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**14<sup>th</sup> Annual Bend of the River Competition  
Mankato Figure Skating Club  
Saturday – January 14, 2017**

**Chief Referee: Jennifer Gillespie  
Chief Accountant: Joe Pope**

The Bend of the River Competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

**ELIGIBILITY/TEST LEVEL:**

**Test level:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

**Age restrictions/requirements:** Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 14 years of age at the close of entries.

Skaters entering beginner–pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

**ENTRIES:**

\*Registration will be available at [www.mankatofsc.com](http://www.mankatofsc.com)

\*Entry fees are \$90 for the first event and \$20 for each additional event

\***ONLY** online registrations will be accepted

\*Deadline for entries is midnight **December 16, 2016**

\***Entries received after December 16, 2016 will be considered late**

\*Pay via a secured credit card transaction (Visa, MasterCard or Discover only)

\*Credit card charges will show up as: ENTRYEEZE, LLC

\*Persons contesting the charges on their credit card for their entry fees will be charged an additional \$30 fee

\*A non-refundable processing fee applies



- \*Late entries will be assessed a \$25 late fee
- \*Late entries acceptance will be at the discretion of the Chief Referee
- \*Changes to a skater's event registration done after the deadline will incur a \$25 fee
- \*Skaters will not be allowed to practice or compete until all financial obligations are met
- \*Males and Females will compete together ONLY in Showcase, Spins, Short Program and Compulsory
- \*The competition committee and/or the referee reserves the right to cancel or combine any event(s) or to limit entries because of time constraints. Skaters will be notified if their event is cancelled or combined.

**REFUND POLICY:** Entry fees will not be refunded after **December 16, 2016** unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$30 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available by e-mail and the Entry Eeze notification system.

**FACILITIES:** The competition will be held at:

All Seasons Arena  
1251 Monks Avenue  
Mankato, MN 56001

507-387-6552  
Allseasonsarena.com

- \*Ice Surface is 85 x 200 – South Rink
- \*Ice Surface is 100 x 200 – North Rink
- \*Bleacher seating is available
- \*Admission to the competition is free
- \*Locker rooms will be available for the skaters to use
- \*The arena has a concession stand
- \*There is a first aid room located at the concession stand end of the South Rink
- \*There will be trained first aid staff on site during practice ice and all events
- \*There will be a coach's hospitality room

**MUSIC:** Only CD's (standard format only) will be accepted, they must be clearly marked with the competitor's name and event. The official competition music must be turned in at the registration table at the time of check-in. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Mankato Figure Skating Club cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

**LIABILITY:** U.S. Figure Skating, Mankato Figure Skating Club and All Seasons Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

## **JUDGING SYSTEM:**

The 6.0 Majority Judging System will be used for:

- \*Well Balanced Program free skate events, (pre-preliminary-senior)
- \*Introductory free skate events (beginner, high beginner, no-test)
- \*All Test Track events
- \*All specialty singles events (spins, jumps, and compulsory moves)
- \*Showcase events

## **REGISTRATION DESK:**

- \*The competition registration desk will be open at All Seasons Arena during all scheduled practices and events. **Check-in at least one hour to your event.** Events can begin as early as 30 minutes ahead of schedule.
- \*The registration desk will be located in the lobby of the arena. Please register promptly upon arrival.
- \*Results and programs can be purchased at the registration desk
- \*Lost and Found is at the registration desk
- \*Maps to local restaurants, hotels, malls and the hospital will be available at the registration desk
- \*A self-service first aid station is available at the registration desk.
- \*Competition apparel will be available for pick-up at the registration desk for those that pre-ordered items

## **PRACTICE ICE:**

- \*Limited practice ice will be available for the evening of January 13, 2017 and on the morning of January 14, 2017.
- \*An e-mail notification will be sent to all skaters once practice ice is available for online sign-up
- \*Practice ice purchased during initial registration will be \$10 per session
- \*Practice ice purchased online once practice ice is posted will \$12 per session
- \*Practice ice purchased at the arena during the competition will be \$15 per session
- \*Practice ice sessions are 20 minutes in length and no music is played

**PHOTOGRAPHY/VIDEOGRAPHY:** An official photographer located near the awards area will take group pictures of ALL participants as well as individual skater pictures. Pictures will be available to order online at [www.spxsports.com](http://www.spxsports.com). There will be no professional videotaping available.

**AWARDS:** All skaters will be given awards which will be presented off-ice after the official results are posted for each event. Trophies will be given for 1<sup>st</sup>-4<sup>th</sup> place skaters in all freestyle and artistic events: subsequent places in those events will receive medals. Medals will be given in all other events for all places.

**OFFICIAL NOTICES:** An official bulletin board will be maintained on the wall near the concession stand in the lower lobby of the South Rink. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

### **INFORMATION REGARDING COACHES:**

U.S. Figure Skating Rule MR 5.11 Coach Registration

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;

B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.

C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.

D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Learn to Skate USA ONLY coaches – Any person 18 and older, instructing in a U.S. Figure Skating Learn To Skate USA Program must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor member.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without proper registration is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

### **CONTACT INFO:**

Registration questions:

Jill Nusser

[jill\\_nusser@yahoo.com](mailto:jill_nusser@yahoo.com)

507-304-1058

General competition questions:

Debbie Radzak

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507-340-3464

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507-382-2986

**ADDITIONAL INFORMATION:**

**Competition apparel** will need to be pre-ordered from the Entry Eeze registration site. Apparel will be ready for pick-up at our registration desk during the competition.

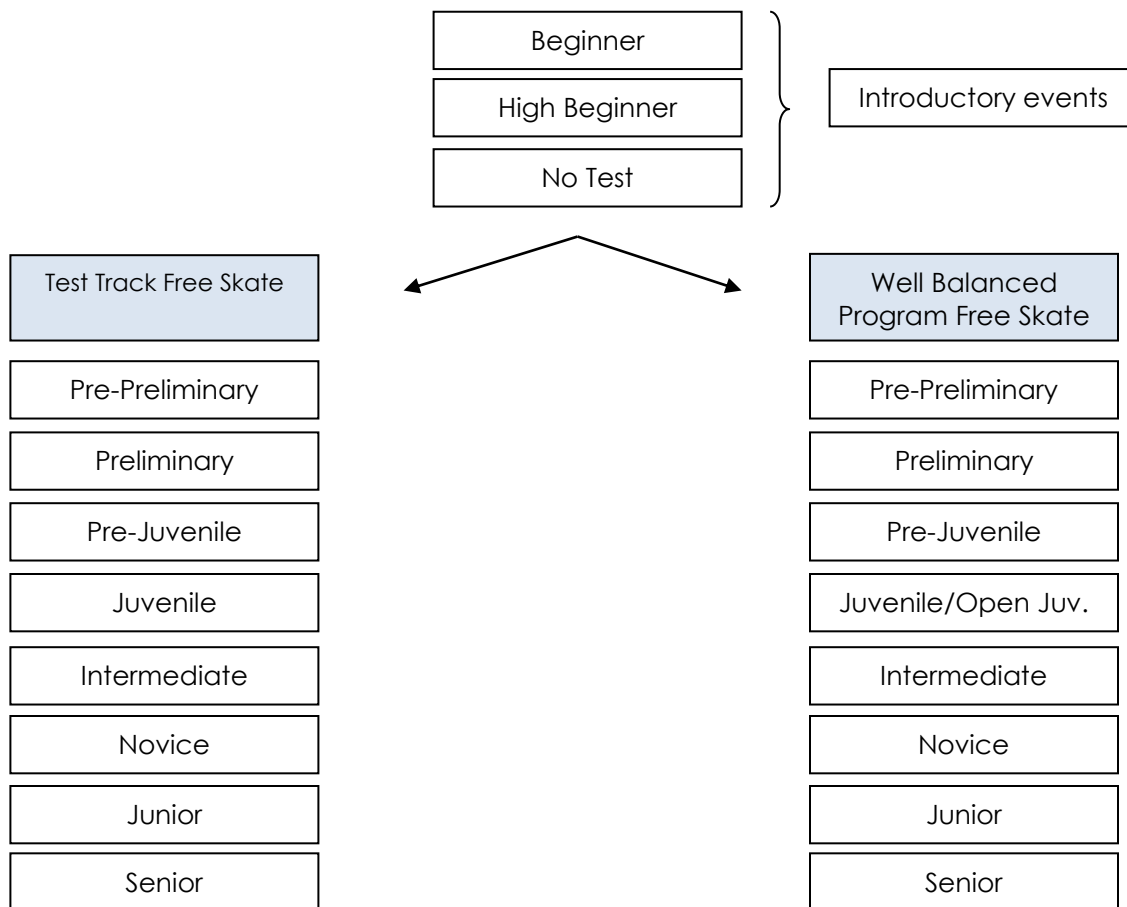
**Personal ads** for placement in the Bend of the River program are available for \$5 and can be purchased through the Entry Eeze site.

**Hotel Information** and links can be found on our website at [www.mankatofsc.com](http://www.mankatofsc.com). MFSC has partnered with the Country Inn and Suites for reduced hotel rates.

SECTION 2: Events Offered

**SINGLES FREE SKATING EVENTS**

Illustration of Singles Free Skating Events:



# Event: Introductory Levels Free Skate Program

## General event parameters:

- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Max. 2 jump sequences</li> <li>• Max. 2 of any same jump</li> </ul>	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner 1:40 Maximum	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
No-Test 1:40 Maximum	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Single jumps, with the exception of the single Axel, are allowed</li> <li>• No single Axels, double jumps or triple jumps</li> <li>• Maximum of 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted</li> <li>• Jump sequences limited to a maximum of 3 single jumps</li> <li>• Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a fly</li> <li>• Minimum 3 revs.</li> </ul> <p>Spins must be of a different character (For definition see rule 4103E)</p>	<ul style="list-style-type: none"> <li>• Step sequence*</li> <li>• Must use one-half the ice surface</li> <li>• Moves in the field and spiral sequences are permitted but will not be counted as elements.</li> <li>• Jumps may be included in the step sequence</li> </ul>	

# Event: Test Track Free Skate

## General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
4. Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
5. The following deductions will be taken:
  - 0.1 from each mark for each technical element included that is not permitted in the event description.
  - 0.2 from the technical mark for each extra element included.
  - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Max. 2 jump sequences</li> <li>• Max. 2 of any same jump</li> </ul>	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner 1:40 maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Pre-Preliminary 1:40 maximum	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test

<p>Preliminary 1:30 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test</p>
<p>Pre-Juvenile 2:00 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position, no change of foot (Min. 3 revolutions)</li> <li>• One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly.</li> </ul>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test</p>
<p>Juvenile 2:15 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Any single jumps, including Axel, are permitted.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <li>• One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot)</li> <li>• <i>Only solo spin may fly</i></li> </ul>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>



Intermediate 2:30 +/- 10 sec.	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow and double toe loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One must be a flying spin (min 5 revolutions),</li> <li>One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot).</li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test
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Level	Jumps	Spins	Step Sequences	Qualifications
Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop and double loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> <li>One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot)</li> <li>The other spins are the option of the skater (min 6 revolutions per foot)</li> <li><i>All spins may fly</i></li> </ul>	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 &amp; 4105 for remarks)</p>	Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test
Junior Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop, double loop and double flip</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> <li>One spin in one position (Min. 6 revolutions)</li> <li>One flying spin (Min. 6 revolutions)</li> <li>One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot)</li> </ul>	<p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p>	Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test

<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p>	<p>Maximum of 8 jump elements for men and 7 for ladies:</p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Must include at least four different double jumps, one must be a double Lutz.</li> <li>Triple jumps are not permitted</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p>Maximum of 3 spins of a different nature:</p> <ul style="list-style-type: none"> <li>One spin in one position (Min. 6 revolutions)</li> <li>One flying spin (Min. 6 revolutions)</li> <li>One combination spin consisting of all three basic spin positions and one change of foot (2 revolutions per foot)</li> </ul>	<p>Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. <i>(See rule 4105 for remarks)</i></p> <p>Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. <i>(See rule 4104 &amp; 4105 for remarks.)</i></p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>
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## EVENT: Well-Balanced Singles Free Skate

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p style="text-align: center;"><b>NO TEST</b></p> <p style="text-align: center;"><b>1:40 maximum</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>All single jumps allowed except for the single Axel               <ul style="list-style-type: none"> <li>No single Axels, double, triple or quadruple jumps allowed</li> <li>Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted.</li> <li>Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence               <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p style="text-align: center;"><b>PRE-PRELIMINARY</b></p> <p style="text-align: center;"><b>1:40 maximum</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>All single jumps, including the single Axel, allowed               <ul style="list-style-type: none"> <li>No double, triple or quadruple jumps allowed</li> <li>Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted.</li> <li>Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence               <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>

<p><b>PRELIMINARY</b></p> <p><b>1:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel or a waltz jump*</li> <li>• All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> <li>○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted</li> <li>○ Jump sequences limited to a maximum of 3 single or double jumps.</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p><b>PRE-JUVENILE</b></p> <p><b>2:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> <li>○ No triple or quadruple jumps allowed</li> <li>○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</li> <li>○ Jump sequences limited to a maximum of 3 single or double jumps</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ May start with a flying entry</li> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ May start with a flying entry</li> <li>○ Min 4 revs</li> </ul> </li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p align="center"><b>JUVENILE and OPEN JUVENILE</b></p> <p align="center"><b>2:15 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> <li>○ No triple or quadruple jumps allowed</li> <li>○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> <li>▪ If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump can be included more than twice</li> </ul> </li> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 8 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> <li>○ Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One choreographic step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p align="center"><b>INTERMEDIATE</b></p> <p align="center"><b>2:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps allowed <ul style="list-style-type: none"> <li>○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</li> <li>○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> <li>▪ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double or triple jump can be included more than twice</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations are limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 8 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> <li>○ Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One choreographic step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p align="center"><b>NOVICE LADIES</b></p> <p align="center"><b>3:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps are allowed <ul style="list-style-type: none"> <li>○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. <ul style="list-style-type: none"> <li>▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>

<p><b>NOVICE MEN</b></p> <p><b>3:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps are allowed <ul style="list-style-type: none"> <li>○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> <li>▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>2016-17</b></p>	<p><b>JUMP ELEMENTS</b></p>	<p><b>SPINS</b></p>	<p><b>STEP SEQUENCES</b></p>
<p><b>JUNIOR LADIES</b></p> <p><b>3:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>JUNIOR MEN</b></p> <p><b>4:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 8 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>

<p><b>SENIOR LADIES</b></p> <p><b>4:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>Combinations limited to 2 jumps</li> <li>One 3-jump combination is permitted</li> <li>Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>Min 2 revs in each position</li> <li><u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>1 spin with a flying entry* <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position* <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 2 Sequences</b></p> <ul style="list-style-type: none"> <li>One leveled step sequence* <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> <li>One choreographic sequence* <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul> </li> </ul>
<p><b>SENIOR MEN</b></p> <p><b>4:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 8 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>Combinations limited to 2 jumps</li> <li>One 3-jump combination is permitted</li> <li>Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>Min 2 revs in each position</li> <li><u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>1 spin with a flying entry* <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position* <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 2 Sequences</b></p> <ul style="list-style-type: none"> <li>One leveled step sequence* <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> <li>One choreographic sequence* <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul> </li> </ul>

## Event: Singles Short Program

<p><b>INTERMEDIATE LADIES/MEN</b></p> <p>2:00 max.</p>	<p><b>Single or Double Axel</b></p>	<p><b>Double or Triple Jump</b></p> <p>Immediately preceded by connecting steps</p> <p>May not repeat double Axel or the triple jump <u>used in the combination</u></p>	<p><b>Jump Combination</b></p> <p>Single/Double, Double/Double, Single/Triple, or Double/Triple</p> <p>May not repeat Axel jump or solo jump performed</p>	<p><b>Spin</b></p> <p>Only one position No change of foot May start with a fly Min. 5 revs.</p>	<p><b>Spin Combination</b></p> <p>With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p><b>Choreographic Step Sequence</b></p> <p>Fully utilizing the ice surface</p>
<p><b>NOVICE LADIES</b></p> <p>2:30 max.</p>	<p><b>Single or Double Axel</b></p>	<p><b>Double or Triple Jump</b></p> <p>Immediately preceded by connecting steps</p> <p>May not repeat double Axel or either jump in combo</p>	<p><b>Jump Combination</b></p> <p>Double/Double, Double/Triple or Triple/Triple</p> <p>May not repeat double Axel or solo jump performed</p>	<p><b>Layback or Sideways Leaning Spin</b></p> <p>No change of foot No flying entry Min. 6 revs.</p>	<p><b>Spin Combination</b></p> <p>With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b></p> <p>Fully utilizing the ice surface</p>



<p><b>NOVICE MEN</b></p> <p>2:30 max.</p>	<p><b>Single or Double Axel</b></p>	<p><b>Double or Triple Jump</b></p> <p>Immediately preceded by connecting steps</p> <p>May not repeat double Axel or either jump in combo</p>	<p><b>Jump Combination</b></p> <p>Double/Double, Double/Triple or Triple/Triple</p> <p>May not repeat Double Axel or solo jump performed</p>	<p><b>Camel or Sit Spin</b></p> <p>With only 1 change of foot</p> <p>No change of position</p> <p>No flying entry</p> <p>Min. 5 revs. each foot</p>		<p><b>Spin Combination</b></p> <p>With only 1 change of foot</p> <p>Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u></p> <p>No flying entry</p> <p>Min. 5 revs. each foot</p> <p>Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b></p> <p>Fully utilizing the ice surface</p>
<p><b>JUNIOR LADIES</b></p> <p>2:40 +/- 10 sec</p>	<p><b>Double Axel</b></p>	<p><b>Double or Triple Loop</b></p> <p>Immediately preceded by connecting steps or other free skating movements</p>	<p><b>Jump Combination</b></p> <p>Double/Double, Double/Triple or Triple/Triple</p> <p>May not repeat Double Axel or solo jump performed</p>	<p><b>Flying Camel Spin</b></p> <p><u>Flying pos. may be different than landing pos.</u></p> <p>Min. 8 revs.</p>	<p><b>Layback, Sideways Leaning or Sit Spin without change of foot</b></p> <p>No flying entry</p> <p>Min. 8 revs.</p>	<p><b>Spin Combination</b></p> <p>With only 1 change of foot</p> <p>Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u></p> <p>No flying entry</p> <p>Min. 6 revs. each foot</p> <p>Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b></p> <p>Fully utilizing the ice surface</p>
<p><b>JUNIOR MEN</b></p> <p>2:40 +/- 10 sec</p>	<p><b>Double or Triple Axel</b></p>	<p><b>Double or Triple Loop</b></p> <p>Immediately preceded by connecting steps or other free skating movements</p>	<p><b>Jump Combination</b></p> <p>Double/Triple or Triple/Triple</p> <p>May not repeat Axel jump or solo jump performed</p>	<p><b>Flying Camel Spin</b></p> <p><u>Flying pos. may be different than landing pos.</u></p> <p>Min. 8 revs.</p>	<p><b>Sit Spin</b></p> <p>With only 1 change of foot</p> <p>No flying entry</p> <p>Min. 6 revs. each foot</p>	<p><b>Spin Combination</b></p> <p>With only 1 change of foot</p> <p>Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u></p> <p>No flying entry</p> <p>Min. 6 revs. each foot</p> <p>Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b></p> <p>Fully utilizing the ice surface</p>
<p><b>SENIOR LADIES</b></p> <p>2:40 +/- 10 sec</p>	<p><b>Double or Triple Axel</b></p>	<p><b>Any Triple Jump</b></p> <p>Immediately preceded by connecting steps or other free skating movements</p> <p>May not repeat Triple Axel or either jump in combo</p>	<p><b>Jump Combination</b></p> <p>Double/Triple or Triple/Triple</p> <p>May not repeat Axel jump or solo jump performed</p>	<p><b>Flying Spin</b></p> <p>Landing position different than spin in <u>1 position</u></p> <p>Min. 8 revs.</p>	<p><b>Layback, Sideways Leaning, Sit or Camel Spin without change of foot</b></p> <p>No flying entry</p> <p>Min. 8 revs.</p>	<p><b>Spin Combination</b></p> <p>With only 1 change of foot</p> <p>Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u></p> <p>No flying entry</p> <p>Min. 6 revs. each foot</p> <p>Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b></p> <p>Fully utilizing the ice surface</p>
<p><b>SENIOR MEN</b></p> <p>2:40 +/- 10 sec</p>	<p><b>Double or Triple Axel</b></p>	<p><b>Any Triple or Quadruple Jump</b></p> <p>Immediately preceded by connecting steps or other free skating movements</p> <p>May not repeat Triple Axel or either jump in combo</p>	<p><b>Jump Combination</b></p> <p>Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple</p> <p>May not repeat Axel jump or solo jump performed</p>	<p><b>Flying Spin</b></p> <p>Landing position different than spin in 1 position</p> <p>Min. 8 revs.</p>	<p><b>Camel or Sit Spin</b></p> <p>With only 1 change of foot</p> <p>No flying entry</p> <p>Min. 6 revs. each foot</p>	<p><b>Spin Combination</b></p> <p>With only 1 change of foot</p> <p>Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u></p> <p>No flying entry</p> <p>Min. 6 revs. each foot</p> <p>Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b></p> <p>Fully utilizing the ice surface</p>

## Event: Introductory Levels Compulsory Event

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- *Skaters may have the option to skate one level higher in compulsories than their free skate program.*

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• ½ jump of choice</li> <li>• Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional)</li> <li>• Forward or backward spiral</li> </ul>
High Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Toe loop jump</li> <li>• Salchow jump</li> <li>• Forward scratch spin - minimum three revolutions</li> <li>• Forward or backward spiral</li> </ul>

## Event: Compulsory Moves

General event parameters:

- \*Basic Skills – Juvenile: Elements skated on ½ ice
- \* Intermediate – Senior: Elements skated on full-ice
- \* Elements may be performed only once
- \* Music is not allowed

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single flip <b>(for competitions held before December 31, 2014)</b> Single Toe Loop <b>(for competitions held after January 1, 2015)</b></li> <li>2. Jump combination: single/single (no Axel)</li> <li>3. Sit spin or camel spin - minimum three revolutions</li> <li>4. Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Lutz</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Back upright spin - minimum three revolutions</li> <li>4. Forward inside spiral</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Single jump (may include Axel)</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence - circular</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Jump combination: single/single or double/single</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence – circular</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Salchow or double toe loop</li> <li>2. Jump combination: single/single or double/single</li> <li>3. Flying spin, minimum five revolutions</li> <li>4. Step sequence – straight line</li> </ol>

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Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Double loop</li> <li>2. Jump combination: double/single or double/double</li> <li>3. Flying spin - minimum five revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double flip</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - minimum 10 revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Lutz</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - minimum 10 revolutions</li> <li>4. Step sequence – straight line</li> </ol>

## Event: Jumps Challenge

General event parameters:

\*Each jump may be attempted twice; the best attempt will be counted.

\* Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice

\* Jumps with an “\*” must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. ½ flip or ½ Lutz</li> <li>3. Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. Single Salchow</li> <li>3. Jump combination – waltz jump-toe loop</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single loop</li> <li>3. Jump combination – Any two ½ or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single flip</li> <li>3. Jump combination - Any two ½ or single revolution jumps (no Axel)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single Lutz</li> <li>3. Jump combination – Any single jump + single loop (may be Axel)</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Single or double jump</li> <li>3. Jump combination – single/single (no Axel)</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Double Salchow</li> <li>3. Jump combination – single/single or double/single (no Axel)</li> </ol>
Intermediate	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Double loop*</li> <li>3. Jump combination – double/single (no Axel)</li> </ol>
Novice	1:15 max.	<ol style="list-style-type: none"> <li>1. Double loop</li> <li>2. Double flip*</li> <li>3. Jump combination – double/double (may be double Axel)</li> </ol>
Junior	1:15 max.	<ol style="list-style-type: none"> <li>1. Choice of double or triple jump</li> <li>2. Double or triple flip*</li> <li>3. Jump combination – double/double (may be double Axel)</li> </ol>
Senior	1:15 max.	<ol style="list-style-type: none"> <li>1. Choice of double or triple jump</li> <li>2. Double or triple Lutz*</li> <li>3. Jump combination – double/double or triple/double (may be double Axel)</li> </ol>

# Event: Spins Challenge

General event parameters:

- \* Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. On required elements may be included.
- \* All events are skated on ½ ice.
- \* Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
High Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
No-Test	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright back scratch spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Forward scratch to back scratch spin (3)</li> <li>2. Combination spin with no of foot (4)</li> <li>3. Sit spin (3)</li> </ol>
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> <li>1. Camel spin (3)</li> <li>2. Combination spin – camel to sit spin; no change of foot (6)</li> <li>3. Forward to backward scratch spin (3 per foot)</li> </ol>
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> <li>1. Sit spin (4)</li> <li>2. Combination spin – change of foot; optional change of position (4 per foot)</li> <li>3. Girls – layback spin (4); Boys – camel spin (4)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying camel spin (5)</li> <li>2. Sit spin to backward sit spin (4 per foot)</li> <li>3. Combination spin – change of foot &amp; change of position (4 per foot)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Choice of camel, sit or layback spin (6)</li> <li>2. Camel spin to backward camel spin (4 per foot in position)</li> <li>3. Combination spin – change of foot &amp; two changes of position (2 per position &amp; 5 per foot)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying sit spin or flying reverse sit spin (6)</li> <li>2. Ladies – layback spin (6); men – cross-foot spin (6)</li> <li>3. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying spin of choice (6)</li> <li>2. Solo spin of choice (6) – may not fly</li> <li>3. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>

# Event: Showcase Events – Light Entertainment Events

Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Props and scenery are permitted.

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline.
3. Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

## Light Entertainment Levels:

	Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered)	Age	Time
Singles	Beginner, High Beginner, No Test*  Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary*  Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max

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Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance	No age restriction	2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max
<b>Event</b>	<b>Must meet requirements for*</b>	<b>Must not have passed</b>	<b>Age</b>	<b>Time</b>
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre-Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

*\*The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart.*

## EVENT: Showcase Events – Dramatic Entertainment Events

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.
- Props and scenery ARE permitted.

General event parameters:

4. Level will be determined by the highest free skate or dance (solo or partnered) test passed, as listed in the table below. Skaters may compete at the highest level they have passed, or skate up to one level higher.

This event is a standard U.S. Figure Skating Nonqualifying Competition  
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5. The determination of level will be based upon test requirement at the entry deadline.
6. Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

**Dramatic Entertainment Levels:**

	<b>Event</b>	<b>Must meet requirements*</b> Must have passed Free Skating or Dance test (solo or partnered standard track)	<b>Must not have passed</b> Must not have passed Free Skate or Dance (solo or partnered) Test	<b>Age</b>	<b>Time</b>
<b>Singles</b>	Beginner, High Beginner, No Test* <i>Note: these levels do not qualify for National Showcase</i>	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary* <i>Note: these levels do not qualify for National Showcase</i>	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
	Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
	Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
	Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
	Senior	Senior Free Skate OR Senior Free Dance			2:40 max

Event	Must meet requirements for*	Must not have passed	Age	Time
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

\*The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart For Basic Skills levels and events, please refer to the U.S. Figure Skating Basic Skills Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.

### **IMPORTANT INFORMATION:**

#### **1. Events:**

Introductory Level Free Skate Program – Beginner to No-Test  
 Test Track Free Skate – Preliminary-Senior  
 Well-Balanced Free Skating – No-Test-Senior  
 Singles Short Program – Intermediate-Senior  
 Introductory Level Compulsory Event – Beginner-High Beginner  
 Compulsory Moves – Pre-Preliminary-Senior  
 Jumps Challenge – Beginner-Senior  
 Spins Challenge – Beginner-Senior  
 Showcase Events (Light Entertainment) – Limited Beginner-Senior  
 Showcase Events (Dramatic Entertainment) – Limited Beginner-Senior

#### **2. Fees:**

\$90 for the first event; \$20 each additional event

#### **3. Registration:**

ONLY online registrations will be accepted; registration link can be found on our website: [www.mankatofsc.com](http://www.mankatofsc.com). Deadline for registration is **December 16, 2016**.

#### **4. Testing:**

Testing is Friday, **January 13, 2017**; the testing application can be found on our website: [www.mankatofsc.com](http://www.mankatofsc.com). Deadline for testing applications is **December 16, 2016**.

#### **5. Questions:**

Registration: Jill Nusser: [jill\\_nusser@yahoo.com](mailto:jill_nusser@yahoo.com)

Competition: Debbie Radzak: [Debbie.radzak@courts.state.mn.us](mailto:Debbie.radzak@courts.state.mn.us)  
 Cheryl Liu: [cdliu60@gmail.com](mailto:cdliu60@gmail.com)

Testing: Jill Nusser: [jill\\_nusser@yahoo.com](mailto:jill_nusser@yahoo.com)