

# The Carousel Sherwood Figure Skating Club Presents



## “Sherwood Invitational”

August 17th – 19th, 2018

Sherwood Ice Arena  
Sherwood, Oregon

Arena hosting the 2019 Northwest Pacific Regionals  
October 4 – 7, 2018

### Sanctioned by US Figure Skating

USFS Sanction #27911

*Offering Compete USA, No-Test through Senior Well Balanced, Adult Freeskate and Figure Events. The IJS Mini System with instant video replay will be utilized for all IJS events.*

**Chief Referee: Pine Kopka-Ross**  
**Chief Accountant: Kathy Bosworth**

**Entry, Music Upload, and PPC Upload Deadline: 11:59 PM, July 28, 2018**  
**Registration is ONLINE ONLY**

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# **2018 Sherwood Invitational**

**Presented By the Carousel Sherwood Figure Skating Club**

**August 17<sup>th</sup> – 19<sup>th</sup> 2018**

**Deadline: July 28<sup>th</sup>, 2018 via EntryEeze**

[www.EntryEeze.com](http://www.EntryEeze.com).

The 2018 Sherwood Invitational Competition will be conducted in accordance with the rules 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.

Persons who are registered in a Compete USA program are eligible to skate in events authorized by the program.

With the arena hosting Northwest Pacific Regionals this year, the events are being limited to Figures and Free Skate events. Good luck to all competitors!

## **ELIGIBILITY/TEST LEVEL:**

**Test requirements:** Competition level is the highest test passed as of the **JULY 28th, 2018** deadline in the discipline the skater is entering. Skaters may compete at one level higher than the event for which he/she qualifies by test but may not enter more than one level in any one 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:** Eligibility for entries is governed by age at the close of entries, which is **July 28th, 2018**. Skaters entering Juvenile Free Skate events must be under 13 years of age at the close of entries. Skaters entering Open Juvenile free skate events (Well Balanced and Test Track), must be at least 13 years of age at the close of entries. Adult event competitors must be at least 21 or over. All skaters should be prepared to show proof of age.

Skaters entering Beginner through Pre-Juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group. Events may be combined boys/girls at the discretion of the referee (per USFS guidelines).

**ENTRIES:** Entries for will only be accepted online via the EntryEeze. **Deadline for entries is midnight, July 28th, 2018.** [www.Entryeeze.com](http://www.Entryeeze.com). Late entries will be accepted at the discretion of the referee and the local organizing committee and will be subject to a \$30 late entry fee.

## EVENTS TO BE SKATED

### EVENTS WITHOUT MUSIC

Figures

### EVENTS WITH MUSIC

Basic Program Event: SNOWPLOW SAM – Free skate 6

Program Event

Introductory Levels Free Skate

Well Balanced Program – Short Programs  
and Free Skates

Adult Singles

### FEES:

Event/Level	
Compete USA – Snowplow Sam	\$35
Compete USA – Basic 1-6	\$65
Pre-Free through Free Skate 6 and Non-Test through Pre-Juvenile Free Skate	\$85
Juvenile/Open Juvenile Short Program	\$65
Juvenile/Open Juvenile Free Skate	\$85
Intermediate through Senior Combined Events	\$150
Adult singles	\$85
Figures	\$25 each

**REFUND POLICY:** Entry fees will not be refunded after **July 28th, 2018** unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. To withdraw, please notify the competition chair as soon as possible. Any refunds, minus the online processing fee, will be credited to the original payee's account. The online processing fees are not refundable for any reason. Contested credit card charges will be issued a \$35 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition schedule and practice ice times will be available at [www.EntryEeze.com](http://www.EntryEeze.com).

The competition schedule will also be posted at Sherwood Ice Arena approximately 7 days before the competition. Please be sure to double check the schedule for updates and changes.

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

Sherwood Ice Arena  
20407 SW  
Borchers Drive  
Sherwood, OR  
97140  
503-625-5757

Sherwood Ice Arena is an indoor ice surface 85' x 200', with slightly rounded corners. The ice rink is unheated, with seating along one side of the rink. Warm clothing is advised. There are locker rooms for Males and Females to change into their costumes. Parents and coaches are not allowed in the locker rooms. It is recommended that you bring your skater to the rink already dressed, if assistance is needed. **Restrooms are not to be used as changing rooms.**

**MUSIC UPLOAD/SUBMISSION** - Online music submission is the **ONLY** acceptable method to submit program music. After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can logout of your account and return later to upload your music by going to the "Competition" tab and then selecting "My Music." Please be sure you are uploading the correct music for the correct event segment. Be careful, for example, not to mix up your short program and your free skate! **All music must be uploaded by the entry deadline, 11:59 PM July 28, 2018. A \$30 fee will be charged for late music upload.**

*The uploaded program music MUST conform to the following specifications:*

- Programs per file: One (1) - Only one piece of competition program music (e.g. Well balanced, Showcase, Interpretive etc.) per file is allowed.
- File Format: mp3 - The uploaded file music must be an mp3 file (MPEG-1 or MPEG-2 Audio Layer III). Simply changing the file extension to "mp3" from another file format is not acceptable.
- Bit Rate: 192 kbps is requested (bit rates between 128 and 320 kbps will be accepted).
- Maximum file size: 10 MB
- Maximum run time: Five (5 minutes)
- ID3 Metadata (tags): None - The Chief Music Coordinator strongly requests that mp3 files DO NOT contain any ID3 metadata, commonly called tags. This is especially true of any embedded images such as album cover art, picture of the skater, etc. Please, NO EMBEDDED IMAGES!
- Maximum leader: The Chief Music Coordinator requests that there be NO leader. The leader is the silence between the start of the track and the actual start of the program music.
- Maximum trailer: The Chief Music Coordinator requests that there be NO trailer. The

trailer is the silence between the end of the program music and the end of the actual track.

### **Backup Music at Event (CDs)**

In addition to submitting the music online, **all competitors/teams must also have at least one**

**(1) backup copy of their competition music on CD, AT RINKSIDE, during the actual competition event segment.** CDs must meet the following requirements:

- In standard Audio CD format (Compact Disc Digital Audio). Other formats, including mp3 are NOT acceptable.
- Clearly marked with a permanent marker (e.g. Sharpie, do NOT use a label or tape) as follows: First Name, Last Name, (Club – Optional but requested), Event, Event Segment and Music Length (e.g. Jane Smith, Acme FSC, Novice Ladies, Free Skate, 3:10 or Synchro Team, Widget FSC, Preliminary, Free Skate, 1:59)
- Each CD may have only ONE (1) music track on it. In the case where a skater competes in both a short program/dance and a free skate/free dance, two (2) separate discs must be available. Any disc with more than one (1) track is NOT acceptable.
- Lead in time (time before the music begins) on CDs may not exceed two (2) seconds.
- Due to the compatibility and reliability reasons, music may NOT be submitted on re-recordable “CD-RW” discs. **PLEASE, no CD-RWs!**

**LIABILITY:** U.S. Figure Skating, Carousel Sherwood Figure Skating Club and Sherwood Ice 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:

- Introductory free skate events (Beginner, High Beginner)
- All figures events
- All Compete USA events
- Adult Singles events Pre-Silver or below

The International Judging System (IJS) will be used for the following events:

- Well Balanced Program free skate events, No Test – Senior\*\*\*\*
- Short program events, Intermediate – Senior
- Adult Silver, Gold and Masters Events

***\*\*\*\*The referee reserves the right to use the 6.0 system for No Test – Pre-Juvenile if IJS-qualified officials are not available or the schedule does not permit\*\*\*\****

A U.S. Figure Skating mini-system will be used for all IJS events. All competitors skating in these events need to submit the Planned Program Content (PPC) form online. This form is found in the “Members Only” section at [www.usfigureskating.org](http://www.usfigureskating.org). PPC sheets must be submitted online via EntryEeze no later than 11:59 pm PDT, **11:59 PM July 28, 2018**. Late PPC sheets will be accepted on paper forms with a \$30 late fee at registration before the

skater can complete registration.

No final rounds will be held. Intermediate through Senior events are **combined events only**. All other events are considered final rounds and separate events.

All well balanced programs: Short, Free Skate and adult events will be conducted based on any new rules that take effect after Governing Council May 2018 and ISU Congress June 2018.

All competitors skating in these IJS events need to submit the planned program content form online. This form is found on Entryeze. **The deadline to submit the form is 11:59 PM July 28, 2018. A \$30 fee will be charged for late PPCs.**

**REGISTRATION:** Registration will begin one to two hours before the first scheduled day of competition and end approximately an hour prior to the last scheduled event on the last day of competition. Registration will be located at the Sherwood Ice Arena. Please register promptly upon arrival. Competitors who arrive after their warm-up group begins will be allowed to skate only at the discretion of the referee. If they do not skate, they will forfeit all fees for that event.

**PRACTICE ICE:** Each practice ice session is 20 minutes long and costs \$15.00. Sessions will have level designations to prevent unsafe level combinations. Coaches will only be allowed to be on the ice with their Snowplow Sam students on the Lower level sessions. **Skaters must sign up and pre-pay for sessions on the EntryEeze website at the time of entry.**

Practice ice is limited to one session per event entered. Additional practice ice may be available if sessions are not filled and/or there are cancellations. Should sessions be filled, names and contact information will be put on a waiting list on a first come, first served basis. Should additional practice ice be available after the deadline, more practiced sessions can be purchased on the EntryEeze website. If there are still available spots the weekend of competition, practice ice will be available for purchase on a first come, first served basis. Payment will be made to the practice ice chairperson at registration, prior to skater taking the ice. Cash or credit cards only will be accepted. No receipts will be given.

Skaters need to check with Practice Ice Monitor (PIM) 5-10 minutes prior to commencement of each session. Proper, modest attire should be worn please. Also, please use polite language, attitude and behavior befitting representatives of the US Figure Skating organization.

#### **PARENTS WILL NOT BE ALLOWED TO COACH SKATERS ON PRACTICE ICE SESSIONS.**

Any parent seen doing so will be asked to leave rink lobby area.

#### **USFS SAFESPORT LOCKER ROOM POLICY.**

USFS policy adopted by the SafeSport Subcommittee of the Competitions Committee prohibits parents and coaches from being present in locker rooms used as changing rooms by the athletes. This is a "sex neutral" policy that is intended to insure the safety of the skaters and to insure that skaters who select a coach of the opposite gender do not suffer a perceived disadvantage at the competition. An area will be provided in which parents can assist younger skaters with costumes and equipment. That area will be open to public view. The LOC recommends that younger skaters dress before coming to the rink.

**Restrooms are not to be used as changing rooms.**

**PHOTOGRAPHY/VIDEOGRAPHY:** A professional videographer and photographer will be at the competition. Any other professional videotaping and photography is prohibited. Only hand-held videotaping devices will be allowed, without tripod, and is only permissible outside of rink.

**VIDEO TAPING OR PHOTOGRAPHING ANY SKATER OTHER THAN YOUR OWN IS STRICTLY PROHIBITED.** For safety reasons, flash photography is prohibited

**AWARDS:** Individual events are separate and considered final rounds. Combined event overall placements will be determined by the combination of results from the Short Program and Free Skate events. Awards will be presented at the photographer's table immediately after the official posting of each event for individual events. Combined event awards will be presented after the official posting of the Free Skate results. Medals will be awarded for 1<sup>st</sup> through 4<sup>th</sup> place. Award photographs will be taken and we ask that all award winners pose for the group picture even if you do not plan on purchasing a picture.

**For Compete USA events ONLY** - Snowplow Sam, Basic 1 – 6, Pre-Free - Free Skate 6, ribbons will be awarded for 5<sup>th</sup> and 6<sup>th</sup> places. Compete USA events will have no more than six skaters per group and all will receive an award.

- **LAUREN ELIZABETH BERNSTEIN AWARD** – This award is presented to a competitor who exemplifies the heart and spirit of the skating experience in Juvenile to Novice levels

**OFFICIAL NOTICES:** An official bulletin board will be maintained by the competition registration desk. 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 one hour prior to the scheduled time of their event. **Events may start up to ten minutes earlier than shown in the schedule.** A tentative schedule of events will be posted prior to the competition, as well as be posted on the EntryEeze website.

**INFORMATION REGARDING COACHES:** U.S. Figure Skating Rule MR 5.11 Coach Compliance:

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 Compete USA ONLY coaches – Any person 18 and older instructing in a Compete USA must have successfully passed the annual background screen and be registered as a Compete 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 ID 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 compliance 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>

**REFEREE:** The decision of the Referee on all matters will be final. The Referee, along with the LOC, shall have the right to exclude any person(s) whose behavior is unruly or unsportsmanlike. Additionally, the Referee reserves the right to combine or split events to best accommodate the number of entries and schedule of events.

**CONTACT INFO:**

If you have questions, please contact CSFSC. Competition Chairs at [csfscsherwoodivntl@gmail.com](mailto:csfscsherwoodivntl@gmail.com)

**HOTEL AND ACCOMMODATIONS:**

Holiday Inn  
(7 miles from rink)  
25425 SW 95th  
Wilsonville, OR 97070  
Phone: 503-682-2211

**Booking Link:**

<https://www.holidayinn.com/redirect?path=rates&brandCode=HI&localeCode=en&regionCode=1&hotelCode=PDXSO&checkInDate=17&checkInMonthYear=072018&checkOutDate=19&checkOutMonthYear=072018&PMID=99801505&GPC=OSK&viewfullsite=true>





## EVENTS OFFERED

### COMPETE USA

#### *FREESKATE EVENTS:*

- Snowplow Sam
- Basic 1-6
- Pre-Free Skate - Free Skate 6
- ADULT 1-6 PROGRAM WITH MUSIC
- ADULT INTRODUCTORY – BRONZE FREE SKATE PROGRAM

### SINGLES WELL BALANCED FREE SKATE & SHORT PROGRAM

- No-test through Open Juvenile events are separate and considered final rounds.
- Intermediate through Senior Well Balanced events will consist of both short and long programs.
- Pre-Preliminary (FS Only)
- Preliminary (FS Only)
- Pre-Juvenile (FS Only)
- **NEW THIS YEAR!** Open Juvenile **SP & FS**
- **NEW THIS YEAR!** Juvenile **SP & FS**

### **NEW THIS YEAR!** Offered as Combined **SP & FS** Events:

- **Intermediate**
- **Novice**
- **Junior**
- **Senior**

### **Adult**

- Non-Test - Gold: Well-Balanced Free Skate
- Masters Intermediate – Senior: Well-Balanced Free Skate

### **Figures**

- Open Events
- Creative Figure
- Waltz Eight
- Restricted Events



## SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

- To be skated on full ice.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:10 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:10 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:10 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, both directions</li> <li>• Beginning two-foot spin, maximum 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
Basic 5	1:10 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, both directions</li> <li>• Advanced two-foot spin, maximum 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>

## PRE-FREE SKATE – FREE SKATE 6 PROGRAM WITH MUSIC

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels. Bonus skills from the same level or below are allowed but will not be judged elements.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:40 max	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum three revolutions</li> <li>• Half Loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz-loop jump combination-</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Beginning Axel jump</li> </ul>



## INTRODUCTORY LEVELS FREE SKATE PROGRAM

General event parameters:

- Skaters will skate to the music of their choice.
- 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
Beginner 1:40 Maximum	Max. 5 jump elements: <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>	Max. 2 spins: <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
High Beginner 1:40 Maximum	Max. 5 jump elements: <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>	Max. 2 spins: <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



## ADULT 1-6 PROGRAM WITH MUSIC

General event parameters:

- **The skating order of the required elements is optional.**
- **The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.**
- To be skated on full ice
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

Level	Time	Elements
Adult 1	1:40 MAX	<ul style="list-style-type: none"> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>
Adult 2	1:40 MAX	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
Adult 3	1:40 MAX	<ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward snowplow stop, Right and Left</li> </ul>
Adult 4	1:40 MAX	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Backward one-foot glides, right and left</li> <li>• Hockey stop, both directions</li> </ul>
Adult 5	1:40 MAX	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin</li> </ul>
Adult 6	1:40 MAX	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (min 2 revs on 1 foot)</li> </ul>



## ADULT INTRODUCTORY – BRONZE FREE SKATE PROGRAM

General event parameters:

- Skaters will skate to the music of their choice and vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, or ballet</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	Max. 2 spins <ul style="list-style-type: none"> <li>• Two forward 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 Learn to Skate USA Free Skate 1 Badge Test
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max 2 spins: <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 Learn to Skate USA Free Skate 1 Badge Test
Adult Pre-Bronze 1:40 Maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included</li> <li>• 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps.</li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are allowed</li> <li>• No single Lutz, single Axel or double jumps are allowed</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> </ul>	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze Free Skate
Adult Bronze 1:50 maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences;</li> <li>• 1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	Max 1 Sequence: <ul style="list-style-type: none"> <li>• Choreographic Step Sequence</li> </ul> Must use at least ½ ice surface	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze Free Skate

### **SINGLES EVENTS:**

No-test through Open Juvenile events are separate and considered final rounds. Intermediate through Senior Well Balanced events will consist of both short and long programs. Requirements for the 2018-2019 season can be found here: <http://www.usfsa.org/story?id=84109>

#### **Singles Free Skate Events**

All charts have been updated with changes from the U.S. Figure Skating Governing Council and ISU Congress that went into effect July 1, 2018. Please follow the links to the charts. Well Balanced Program Free Skate for *No-Test through Senior*. See the Well Balanced Program Free Skate requirements here: <http://www.usfsa.org/content/2018-19%20Singles%20FS%20Chart.pdf>

#### **Singles Short Program Events:**

All charts have been updated with changes from the U.S. Figure Skating Governing Council and ISU Congress that went into effect July 1, 2018. Please follow the links to the charts.

The short program events listed below will be skated. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc. See the Short Program Requirements here: <http://www.usfsa.org/content/2018-19%20Singles%20SP%20Chart.pdf>

- A. Juvenile short program – Rule 4230 (same as Intermediate Short Program)
- B. Intermediate/Open Intermediate short program – Rule 4230
- C. Novice short program – Rule 4220
- D. Junior short program – Rule 4210
- E. Senior short program – Rule 4200

### **ADULT SKATING EVENTS**

All charts have been updated with changes from the U.S. Figure Skating Governing Council that go into effect July 1, 2018. Adult requirements for the 2018-2019 season can be found here: <http://www.usfsa.org/story?id=84112>

- A. Pre-Bronze - Gold Well Balanced Free Skate. See the 2017-18 Adult Singles Elements requirements here: <https://usfigureskating.org/content/2018-19%20Adult%20Singles%20WBP%20Chart.pdf>
- B. Masters Intermediate – Senior Well Balance Free Skate. See the 2017-18 Adult Singles Elements requirements here: <http://www.usfsa.org/content/2018-19%20Adult%20Singles%20WBP%20Chart.pdf>

## FIGURES EVENTS

Except as otherwise stated herein, the competition will be conducted according to the rules of U.S. Figure Skating as set forth in the Special Regulations of Figure supplement to the U.S. Figure Skating Rule Book.

The 6.0 judging system will be used. One mark will be given for each figure except for the Creative Figure event, where two marks will be given.

A skater will perform only 1 figure per event. The Figure number listed on the entry form refers to the figure number in the USFSA figures supplement. In some events, the skaters have a choice of which figure they wish to perform; skaters may only perform 1 figure from those listed for that event.

**Open Category:** The events will be open to any skater regardless of age or test level

**Restricted Category:** The skater may have passed no higher than the 1st Figure Test, Adult Bronze Figure Test, ISI Figure 2 or any non-US equivalent test. In this category, circles MAY be scribed on the ice prior to the skater taking the ice at the discretion of the skater. The circles will be scribed according to the skater's personal size preference.

In either category: skaters may create a center/axis mark prior to commencing and may place their figure using lines, circles and other marks in the ice within the area indicated by the referee for that skater, Skater may select the starting foot.

**False Starts and Re-Skates:** Are allowed at the sole discretion of the event referee who may consult the judge in charge of the panel or who may delegate the decision to the judge in charge. The decision of the referee or the judge in charge is not subject to protest. False starts or re-skates may be allowed for falls not the fault of the skater, foreign material on the ice or other ice conditions, or for interference with the skater or the judging panel (by collision on the ice, falls, interference from other skaters or spectators.)

### Open Events:

1a	RFO-LFO	Circle Eight	12a	RBO-LBO	Double Three
2a	RFI-LFI	Circle Eight	13a	RBI-LBI	Double Three
3a	RBO-LBO	Circle Eight	18a	RFO-LBI	Bracket
4a	RBI-LBI	Circle Eight	18b	LFO-RBI	Bracket
5a	RFOI-LFIO	Serpentine	20a	RFO-LBO	Rocker
5b	LFIO-RFIO	Serpentine	20b	LFO-RBO	Rocker
6a	RBIO-LBIO	Serpentine	21a	RFI-LBI	Rocker
6b	LBIO-RBIO	Serpentine	21b	LFI-RBI	Rocker
8a	RFO-LBI	Three	22a	RFO-LBO	Counter
8b	LFO-RBI	Three	22b	LFO-RBO	Counter
9a	RFI-LBO	Three	23a	RFI-LBI	Counter
9b	LFI-RBO	Three	23b	LFI-RBI	Counter
10a	RFO-LFO	Double Three	26a	RFIO-LBIO	Change Three
11a	RFI-LFI	Double Three	26b	LFOI-RBOI	Change Three

Waltz Eight  
Creative Figure

### Restricted Events:

1a	RFO-LFO	Circle Eight
2a	RFI-LFI	Circle Eight
3a	RBO-LBO	Circle Eight
4a	RBI-LBI	Circle Eight
5a	RFOI-LFIO	Serpentine

Creative Figure