



# 2018 Desert West Championships



Basic Skills through Preliminary/Bronze in Singles and Adults  
Entry must be received on [entryeeze.com](http://entryeeze.com)  
September 10<sup>th</sup> 2018

## October 6<sup>th</sup>-7<sup>th</sup>, 2018

AZ Ice-Peoria  
15829 N. 83 rd. Ave  
Peoria AZ 85382  
623-334-1200  
Referee: Patricia Wilkins

**General Information:**

The conduct of this competition will be in accordance with Learn to Skate USA rules governing Basic Skills competitions. All skating level/test and age requirements are as of the date of close of entries. Skaters may skate in one (1) level only - do not register for multiple levels if signing up for more than one event. If you have questions, please call the Registrar prior to mailing your application. The Test Track event is for all non-qualifying competitions that limits the difficulty of skating elements performed in each level. The Test Track lines up the test structure requirements with the competition levels. The 6.0 judging system will be used for the Test Track. Skaters may choose to participate in either the Test Track or Well-Balanced Free Skating Track, but not both during the same non-qualifying competition.

**ELIGIBILITY RULES FOR PARTICIPANTS**

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills program/club or any other Basic Skills program/club.

Eligibility will be based on skill level as of closing date of entries. All SNOWPLOW SAM AND BASIC SKILLS SKATERS THROUGH PRE-FS must skate at highest level passed or one higher and NO official U.S. Figure Skating tests may have been passed including Moves in the Field or individual dances. Skaters in other events may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

**GROUPING:** All Basic Skills categories will be limited to eight skaters and divided into groups by age as of the first day of competition. Age/test level restrictions will be strictly enforced. In the case of single entries, it shall be the Referee's discretion whether to eliminate the event or have it skated as exhibition, or to combine similar events and levels in order to make an event. Exhibition skaters will receive an award. Warm-ups may be combined to maximize ice time, and will be noted on the skate order posting if combined. Previous first place winners in Desert West Championships categories No-Test and higher must move up one level higher, regardless of test level status. The decision of the referee on all matters will be final. The referee, along with the competition chairperson, shall have the right to exclude any person whose behavior is unruly or unsportsmanlike.

**QUESTIONS:** Regarding the competition should be directed to:

Bridget Kaus  
Skating Director/Competition Chair  
623-334-1200 ext.203  
E-mail: [bridgetk@azice.com](mailto:bridgetk@azice.com)

**ENTRIES AND FEES** -All entries must be registered through Entryeze.com

Paper entries will not be accepted. Late entries will be accepted only if the limit has not been reached, at the discretion of the organizers. Entry fees are per person. NO refunds after closing date unless event is canceled by AZ Ice-Peoria.

First Event	\$80.00	Additional Events/Compulsory Only	\$45.00
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**COACHES:**

All coaches must be compliant with the US Figure skating Rule MR 5.11 Coach Compliance requirements.

Only coaches with proper credentials will be permitted in the practice ice coaching areas and in the competitor entry area prior to events.

**REGISTRATION:** The registration desk will be located in the lobby of Az Ice-Peoria and will be open during the competition beginning 1 hour prior to the first event through the end of the last event. Regardless of coach's preference, it is the skater's sole responsibility to check in with the registration desk a minimum of one (1) hour prior to your event. Failure to check in with the registration desk within the required time frame may result in the skater's withdrawal. The competition schedule will be posted at the registration desk. Copies of the final results pages will be available at the registration desk for .25 cents each.

**ADMISSION:** There is no admission charge to any of the events.

**AWARDS** –Medals will be awarded to 1<sup>st</sup> -4<sup>th</sup> places. ALL awards will be given immediately following the posting of results.

**SCHEDULE OF EVENTS** – A complete schedule of events and groupings will be posted on Entryeze.com approximately 14 days prior to the start of competition.

**PRACTICE ICE** -Practice ice will be available on Entryeze once the final schedule is posted. You may sign up for NO MORE THAN TWO SESSIONS on a first-come, first-served basis.

**MUSIC** - The music for all free skating programs and showcase must be downloaded through Entryeze no later than 10 day prior to the event!

**PHOTOGRAPHY AND VIDEO** - Spectators are reminded that flash photography is dangerous and will be strictly prohibited. A professional photographer will be available in the awards area. Skaters who have placed in their event are encouraged to have a group photo taken, purchase of photo is optional. Individual photos will be taken upon request regardless of placement.

Personal video cameras are permitted but due to contractual obligations, may only be used to film your own participant's performance, for personal use. *It is strictly prohibited to film any other skater's performance.* Only battery powered video units are allowed; electrical cords, tripods (or similar devices) are not permitted in the arena.

**VENDORS**

A number of vendors have been invited to participate. We encourage everyone to visit all the booths and find something of interest!

## **EVENT: BASIC ELEMENT EVENT : SNOWPLOW SAM – BASIC 6**

Each skater will perform each element when directed by a judge or referee. Skaters will perform one element at a time in the order listed below (no excessive connecting steps).

- To be skated on 1/3 to 1/2 ice.
- No music.
- All elements must be skated in the order listed.

Level	Time	Skating rules/standards
Snowplow Sam	1:00 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	1:00 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	1:00 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	1:00 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	1:00 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, 2-4 revolutions</li><li>• Backward ½ swizzle pumps on a circle, one direction only</li></ul>
Basic 5	1:00 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, 4-6 revolutions</li><li>• Forward outside three-turn, right and left</li><li>• Hockey stop</li></ul>
Basic 6	1:00 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>

## **EVENT: BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 6**

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.

<b>Level</b>	<b>Time</b>	<b>Skating rules/standards</b>
<b>Snowplow Sam</b>	<b>1:10 max.</b>	<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>
<b>Basic 1</b>	<b>1:10 max.</b>	<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>
<b>Basic 2</b>	<b>1:10 max.</b>	<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>
<b>Basic 3</b>	<b>1:10 max.</b>	<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>
<b>Basic 4</b>	<b>1:10 max.</b>	<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, 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
<b>Basic 5</b>	<b>1:10 max.</b>	<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, 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
<b>Basic 6</b>	<b>1:10 max.</b>	<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>

## EVENT: PRE FREESKATE – FREESKATE 6 COMPULSORY EVENT

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.
- Time: 1:15 max

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> <li>• Forward inside open Mohawk from a standstill position (R to L and L to R)</li> <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 (Right and Left)</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Backward outside three-turns, right and left</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Backward inside three-turns, right and left</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, clockwise and counterclockwise</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	1:15 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	1:15 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 jump-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power pulls, right and left</li> <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>• Axel jump</li> </ul>

## EVENT: PRE FREESKATE-FREESKATE 6 PROGRAM EVENT

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.
- 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 (Right and Left)</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>• Axel jump</li> </ul>

## EVENT: EXCEL COMPULSORY EVENT

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
Excel Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Toe Loop jump</li> <li>• Salchow jump</li> <li>• One-foot upright spin-min. 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
Excel High Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Salchow/toe loop combination</li> <li>• Sit spin-min. 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>

## EVENT: INTORDUCTORY LEVELS FREE SKATE PROGRAM

- 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	Qualifications
<b>Beginner</b>  1:40 Maximum	<b>Max. 5 jump elements:</b> <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>	<b>Max. 2 spins:</b> <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 Learn to Skate USA free skating badge tests
<b>High Beginner</b>  1:40 Maximum	<b>Max. 5 jump elements:</b> <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>	<b>Max. 2 spins:</b> <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 skating badge tests



## EVENT: WELL BALANCED PROGRAM FREE SKATE

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non qualifying competition.
- 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.

Level	Time	Jumps	Spins	Step Sequences
No-Test	1:40 Maximum	<p>Max. 5 jump elements:</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> </ul>	<p>Max. 2 spins:</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>	<p>Step sequence*</p> <p>Must use one-half the ice surface</p> <p>Moves in the field and spiral sequences are permitted but will not be counted as elements.</p> <p>Jumps may be included in the step sequence</p>
Pre-Preliminary	1:40 Maximum  Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed</li> <li>• No double, triple or quadruple jumps allowed</li> <li>• Axel may be repeated once as a solo jump, as part of a jump combination or jump sequence. (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> <li>• Max. 2 jump combinations or sequences</li> <li>• Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 3 jumps is permitted.</li> <li>• Jump sequences limited to a maximum of 3 single jumps</li> </ul>	<p>Maximum of 2 spins:</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 of 3 revolutions</li> </ul> <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>
Preliminary	1:40 Maximum  Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>• One must be an Axel or Waltz-jump type jump</li> <li>• All single jumps, including single Axel, allowed. Only 2 different jumps may be attempted (limited to double Salchow, double toe loop and double loop)</li> <li>• Double flip, double Lutz, double Axel, triple or quadruple jumps are 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 jump combinations or jump sequences</li> <li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Jump combinations are 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>	<p>Maximum of 2 spins:</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 of 3 revolutions</li> </ul> <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>

# EXCEL FREE SKATE

## General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same competition.
- 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 one level higher.

<p><b>Excel Beginner Free Skate 1:40 Max.</b></p> <p>Must not have passed higher than Learn to Skate USA Free Skate 2</p>	<p>Maximum 4 jump elements:</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>• Single rotation jumps: Salchow, toe loop only</li> <li>• Half Loops are not allowed.</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same jump</li> </ul>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• Two upright spins</li> <li>• No change of foot</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> </ul>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>• Must use one-half of the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the step sequence</li> </ul>
<p><b>Excel High Beginner Free Skate 1:40 Max.</b></p> <p>Must not have passed higher than Learn to Skate USA Free Skate 4</p>	<p>Maximum 5 jump elements:</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>• Single rotation jumps: toe loop, Salchow, half-loop, loop</li> <li>• Flip, Lutz, &amp; Axel NOT permitted</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same jump</li> </ul>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• Both spins must be in a single position</li> <li>• No flying entry</li> <li>• Permitted forward spins: upright, sit, camel</li> <li>• Permitted backspins: upright</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>• Must use one-half of the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the step sequence</li> </ul>
<p><b>Excel Pre-Preliminary 1:40 Max.</b></p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Pre-preliminary free skate test</p> <p>*means required element Full</p> <p>U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>• All single jumps allowed, except for the Axel</li> <li>• No single Axels, double, or higher jumps allowed</li> <li>• Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Maximum 2 jump combinations or jump sequences</li> <li>• Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>• Jump sequences are limited to a maximum of 3 single jumps</li> </ul>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• One spin must be in a single position*</li> <li>• One spin may change feet and/or position</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>• Must use one-half of the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the step sequence</li> </ul>
<p><b>Excel Preliminary 1:30 +/- 10 sec.</b></p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Preliminary free skate test</p> <p>*means required element Full</p> <p>U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>• All single jumps allowed, except for the Axel</li> <li>• No single Axels, double, or higher jumps allowed</li> <li>• Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Maximum 2 jump combinations or jump sequences</li> <li>• Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>• Jump sequences are limited to a maximum of 3 single jumps</li> </ul>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• One spin must be in a single position*</li> <li>• One spin may change feet and/or position</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>• Must use one-half of the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the step sequence</li> </ul>

## ADULT EVENTS: PROGRAM EVENT

### ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC

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	<p>Max. 4 jump elements</p> <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet and Waltz jump</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	<p>Max. 2 spins</p> <ul style="list-style-type: none"> <li>• Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1</p>
Adult High Beginner 1:40 Maximum	<p>Max 4 jump elements:</p> <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz</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>	<p>Max 2 spins:</p> <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed any U.S. Figure Skating Free Skate tests</p>
Adult Pre-Bronze 1:40 Maximum	<p>Max 4 Jump Elements:</p> <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>	<p>Max 2 Spins:</p> <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)</li> </ul>	<p>Connecting steps throughout the program are required</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre- Preliminary Free Skate</p>
Adult Bronze 1:50 maximum	<p>Max 4 Jump Elements:</p> <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>	<p>Max 2 Spins:</p> <ul style="list-style-type: none"> <li>• Max Level 1</li> <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>	<p>Max 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence</li> </ul> <p>Must use at least ½ ice surface</p> <p>May include Moves in the Field and spirals</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate</p>

## ADULT 1-6, BEGINNER-BRONZE COMPULSORY

- The skating order of the elements is optional. Element may only be attempted once.
- To be skated in simple program format with limited connecting steps, ½ ice.
- A 0.2 deduction will be taken for each element MISSING, REPEATED or from a higher level

Level	Time	Elements
Adult 1	1:30 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	1:30 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	1:30 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>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Backward snowplow stop, Right and Left</li> </ul>
Adult 4	1:30 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>• Hockey stop, both directions</li> <li>• Backward one-foot glides, right and left</li> </ul>
Adult 5	1:30 Max.	<ul style="list-style-type: none"> <li>• Backward outside edge and 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 (min 2 revs)</li> </ul>
Adult 6	1:30 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 Beginner	1:30 Max.	<ul style="list-style-type: none"> <li>• Bunny hop</li> <li>• Mazurka</li> <li>• Forward beginning one-foot spin from backward crossovers (min 2 revs)</li> <li>• Forward moving inside open Mohawk (right and left) – heel to instep</li> <li>• Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)</li> </ul>
Adult High Beginner	1:30 Max.	<ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• ½ Flip</li> <li>• Forward upright spin – minimum 3 revolutions</li> <li>• Backward outside three- turn, right and left</li> <li>• Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)</li> </ul>
Adult Pre-Bronze	1:30 Max.	<ul style="list-style-type: none"> <li>• Toe loop jump</li> <li>• Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in combination and 3 jumps in a sequence</li> <li>• Forward upright spin - minimum 3 revolutions</li> <li>• Two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• Forward spiral (any edge)</li> </ul>
Adult Bronze	1:30 Max.	<ul style="list-style-type: none"> <li>• Salchow jump</li> <li>• Waltz jump – toe loop combination jump</li> <li>• Backward Upright Spin – entry optional (Min. 3 revolutions)</li> <li>• Backward inside three-turn, right and left</li> <li>• Spiral sequence (Minimum 2 spirals)- must change edge or foot</li> </ul>

## **EVENT: COMPULSORY MOVES**

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

- Elements skated on ½ ice
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- Time: 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories then free skate program*

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"><li>• Loop jump</li><li>• Jump combination to include a toe loop (may not use a loop or Axel)</li><li>• Upright Spin with change of foot-min. 3 revolutions each foot</li><li>• Choreographic step sequence</li></ul>
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"><li>• Lutz jump</li><li>• Jump combination: Single/single (no Axel)</li><li>• Spin with one change of position and no change of foot-min. 6 revolutions total</li><li>• Choreographic step sequence</li></ul>
Preliminary	1:15 max.	<ul style="list-style-type: none"><li>• Axel jump</li><li>• Jump combination: single/single (may include Axel)</li><li>• Spin with one change of foot and one change of position-min. 3 revolutions per foot</li><li>• Choreographic step sequence</li></ul>

## Showcase Events:

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Costuming and make-up for showcase programs should enhance the feeling created by the performance, and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. A 0.1 deduction will be taken. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for each ten seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

- For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on [www.usfigureskating.org](http://www.usfigureskating.org).

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.
- Light entertainment: Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner/ Adult 1-6/ Adult Beginner/Adult High Beginner	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate or free dance tests.	Time: 1:30 max.
No Test	No prescribed or restricted elements.	Must not have passed Pre-Preliminary Free Skate or any Free Dance tests.	Time: 1:30 max.
Pre-Preliminary	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary May not have passed any free dance test.	Time: 1:30 max.
Adult Pre-Bronze	No prescribed or restricted elements.	Must have passed no higher than Adult pre-Bronze free skate test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.
Preliminary/ Adult Bronze	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze Free Skate or Free Dance test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.

### EVENT: SPIN CHALLENGE

- 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. Only required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions is noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ul style="list-style-type: none"><li>• Upright one-foot spin (3)</li><li>• Upright two-foot spin (3)</li><li>• Sit spin (3)</li></ul>
High Beginner	1:30 max.	<ul style="list-style-type: none"><li>• Upright one-foot spin (3)</li><li>• Upright two-foot spin (3)</li><li>• Sit spin (3)</li></ul>
No Test	1:30 max.	<ul style="list-style-type: none"><li>• Upright one-foot spin (3)</li><li>• Upright two-foot spin (3)</li><li>• Sit spin (3)</li></ul>
Pre – Preliminary	1:30 max.	<ul style="list-style-type: none"><li>• Upright one-foot spin (3)</li><li>• Upright back-scratch spin (3)</li><li>• Sit spin (3)</li></ul>
Preliminary	1:30 max.	<ul style="list-style-type: none"><li>• Forward scratch to back scratch spin (3)</li><li>• Combination spin with no change of foot (4)</li><li>• Sit spin (3)</li></ul>

### EVENT: JUMP CHALLENGE

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on ½ ice

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>

## **EVENT: INTERPRETIVE PROGRAM:**

The Competition Director will pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a sound proof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

### **Judging Rules:**

Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

### **Time:**

Music Duration: Pre-Free Skate - No Test: 1:00 Max

Pre-Preliminary - Preliminary: 1:00 Max

Coaching: There is to be no instruction allowed during this event from coaches, parents, or fellow skaters.

Staging area must be kept clear except for ice monitor and listening competitor.

## **EVENT: SOLO PATTERN DANCE**

- Levels are based upon the skaters' highest pattern dance test passed.
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for his/her level, based upon the date of the competition.
- Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances groupings.

Preliminary - 1. Rhythm Blues 2. Dutch Waltz

Pre Bronze - 1. Swing Dance 2. Cha-Cha



## **EVENT: SPECIAL OLYMPICS EVENTS: PROGRAM EVENT OR COMPULSORY**

If doing a program, music can be used and will be 1:10 max.

### **Badge 1**

- A. Stand unassisted for five seconds
- B. Sit on ice or fall and stand up unassisted
- C. Knee dip standing still unassisted
- D. March forward ten steps assisted

### **Badge 2**

- A. March forward ten steps unassisted
- B. Swizzles, standing still: three repetitions
- C. Backward wiggle or march assisted
- D. Two foot glide forward for distance of at least length of body

### **Badge 3**

- A. Backward wiggle or march
- B. Five forward swizzles covering at least ten feet
- C. Forward skating across the rink
- D. Forward gliding dip covering at least length of body: left and right

### **Badge 4**

- A. Backward two-foot glide covering at least length of body
- B. Two foot jump in place
- C. One foot snowplow stop: left and right
- D. Forward one foot glide covering at least length of body: left and right

### **Badge 5**

- A. Forward stroking across rink
- B. Five backward swizzles covering at least ten feet
- C. Forward two-foot curves left and right across rink
- D. Two-foot turn front to back, on the spot

### **Badge 6**

- A. Gliding forward to backward two-foot turn
- B. Five consecutive forward one-foot swizzles on circle: left and right
- C. Backward one foot glide length of body: left and right
- D. Forward pivot

### **Badge 7**

- A. Backward stroking across the rink
- B. Gliding backward to forward two-foot turn
- C. T-stop left or right
- D. Forward two foot turn on a circle: left and right

### **Badge 8**

- A. Five consecutive forward crossovers: left and right
- B. Forward outside edge: left and right
- C. Five consecutive backward ½ swizzles on a circle: left and right
- D. Two-foot spin

### **Badge 9**

- A. Forward outside 3 turn: left and right
- B. Forward inside edge: left and right
- C. Forward lunge or shoot the duck at any depth
- D. Bunny hop

### **Badge 10**

- A. Forward inside three-turn: left and right
- B. Five consecutive backward crossovers: left and right
- C. Hockey stop
- D. Forward spiral three times length of body

### **Badge 11**

- A. Consecutive forward outside edges: minimum of two on each foot
- B. Consecutive forward inside edges: minimum of two on each foot
- C. Forward inside Mohawk: left and right
- D. Consecutive backward outside edges: minimum of two on each foot
- E. Consecutive backward inside edges: minimum of two on each foot

### **Badge 12**

- A. Waltz jump
- B. One foot spin: minimum of three revolutions
- C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise
- D. Combination of three moves chosen from badges 9-12