



## 28th Annual

### Eau Claire Figure Skating Competition

Sponsored by the  
Eau Claire Figure Skating Club

[www.ecfigureskate.org](http://www.ecfigureskate.org)

Sparks- Sternaman Founders Trophy Awarded to top Jr. Freestyle Skater

\*\*\*\*\*NEW High Point Club Trophy Awarded\*\*\*\*\*

Sanctioned by U S Figure Skating



March 10&11, 2017 Individual Events  
March 12, 2017 Synchronized Team  
Skating

Entry Closing Date: January 31, 2017

The Eau Claire Figure Skating 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 web site.

**ELIGIBILITY/TEST LEVEL:** 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.

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. Where necessary, levels will be divided into flights as closely as possible by age.

**ENTRIES:** The fees for single events are \$110 for the first event and \$45 for the next event and \$25 for any other events. Fees for synchronized teams are \$100 per team plus \$15 per skater for all levels except Beginner, which will be \$65 per team plus \$7 per skater.

On-line registration at the Eau Claire FSC website (ecfigureskate.org) is **preferred**; however you may instead submit a paper registration form. Credit or debit card payments will be charged a 3.8% service fee by the credit card service the club is using. If you pay by check a \$10.00 processing fee will be charged. An additional \$25 will be charged for checks that are returned and the skater will only be allowed to compete if payment is subsequently made by cash or money order.

Entries must be either postmarked no later than January 31, 2017 or made on-line prior to midnight January 31, 2017. Late entries may be accepted at the discretion of the Competition Committee, and will be assessed a \$25 late fee. If there is only one skater the event will be cancelled, unless the single entry is due to a withdrawal. The skater may still choose to skate an exhibition. Notification of competition and practice ice times will be available by email with a PIN number to access your account.

**REFUND POLICY:** Entry fees will not be refunded **after January 31, 2017** unless no competition exists or an event is canceled. There will be no refunds for medical withdrawals. **The online processing fees are not refundable.**

**FACILITIES:** The competition will be held at Hobbs Ice Arena, 915 Menomonie Street Eau Claire, Wisconsin. The arena has two ice surfaces that will be used for the competition and practices. Rink sizes are 85 x 190. The arena has seating for spectators and a concession stand that will be open during the competition. Dressing rooms are available and vendors will be present. Free parking is available for the event.

**MUSIC:** Only CD's (standard compact disc format only) will be accepted. They should be clearly marked with the skater's name. CD's must contain only one track and be recorded on CD-R media (no CD-RW's due to compatibility problems). It is suggested that you have a duplicate CD available with you. 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 Eau Claire Figure Skating Club cannot be responsible for CDs left at the end of the competition. **PLEASE HAVE SEPARATE CD'S FOR PRACTICE AND COMPETITION.**

**LIABILITY:** In accordance with Rule 1600 of the official U.S. Figure Skating Rulebook U.S. Figure Skating, Eau Claire Figure Skating and Hobbs Ice Arena accept no responsibility for injury or damage sustained by any participant in this competition.

**JUDGING SYSTEM:** The 6.0 Majority Judging System will be used for all events.

**REGISTRATION:** Registration will be available no later than 30 minutes before the first event of the competition and during all scheduled practice ice sessions and competition events. The registration table will be located in the main lobby of Hobbs Ice Arena. **PLEASE REGISTER PROMPTLY UPON ARRIVAL.**

**PRACTICE ICE:** Sessions of 20 minutes may be reserved in advance for \$12.00 per session. Please complete the practice ice portion of the online registration or with your mailed form. You will be notified when online practice ice registration is available. Skaters will choose their own practice ice sessions. You will receive an email with a PIN number to access your practice ice records and to select your session(s). Practice ice will begin on Thursday evening, March 9, 2017, and continue at various times for the duration of the competition. Reserved practice ice is transferable (to other sessions or skaters), but not refundable. If available, additional practice ice can be purchased at the event for \$15.00. Information regarding available practice ice will be posted on our website.

Synchronized team practice ice will be available for purchase at a cost of \$60 per 15-minute session and will be held on Saturday evening March 11, 2017. You will be notified when online practice ice registration is available.

**PHOTOGRAPHY/VIDEOGRAPHY:** An official backdrop and podium will be provided for award pictures, by Buckley's Studio of Fine Photography. Awards will be presented on the podium for skaters. Action photos will be available pending vendor availability. Skaters may sign up for these services at the designated tables near the registration area. Also note that flash photography on the rinks is not allowed when skaters are on the ice.

**At this year's competition 1 video of 1 performance will be provided to each skater. Please bring a memory stick to have the performance downloaded at the competition.**

**INITIAL/FINAL ROUND FOR FREE SKATE EVENTS:** Where necessary Free Skating Events will be divided into flights as closely as possible by age. If there are two or more flights, final rounds will be skated. If there are two flights, the top three in each flight will qualify for a final round skate-off. If there are three or more flights, the top two in each flight will qualify for a final round skate-off. If there are enough entrants for only one flight, there will be no final round for that level. THERE ARE NO FINAL ROUNDS FOR INTRODUCTORY LEVELS FREE SKATE. Final rounds will not count towards the team trophy.

**AWARDS:** OFFICIAL Medals will be given to the top four skaters in each flight. All Introductory level skaters will receive an award. Awards will not be given for exhibition skating. Plaques will be awarded to the top three skaters in each Finals Event. Trophies will be awarded to the top three synchronized skating teams in each division. Awards and pictures will be held off-ice as soon as official results for each event are posted. Skaters should report to the awards and pictures area immediately following the posting of results. **The 28th Annual Sparks-Sternaman Founders Trophy will be awarded to the top-ranked Junior Freestyle skater.**

New this year- HIGH POINT TEAM TROPHY awarded to the club with the most points earned for top 4 places by participating club skaters in all events (excluding the host club ECFSC). Points will be award to the team by 1st place = 4 points, 2nd place= 3 points, 3rd place = 2 points and 4th place = 1 point. Final rounds will not count towards the high point score. Awards or points for the team trophy will not be given for exhibition free skates.

**OFFICIAL NOTICES:** An official bulletin board will be maintained in the main lobby area of the Arena near the registration desk. It is the responsibility of each competitor, parent, and/or coach to check the bulletin board frequently for any schedule changes and/or additional information. A tentative schedule of events will be posted prior to the competition. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. Events may run ahead at the discretion of the referee.

**INFORMATION REGARDING COACHES:** To coach at a U.S. Figure Skating qualifying level competition, a professional coach or choreographer must be:

- Declared by a skater in the registration process with the club
- Listed as Coaches Education Requirement (CER) Category A or B (Category C for Basic Skills events) compliant for the current season
- Current with Coach Registration (requires annual fee and background check)
- A current member in good standing with U.S. Figure Skating
- A coaches' requirements chart can be found here:  
<http://www.usfigureskating.org/Content/Coaches%20Requirement%20Chart.pdf>.

The local organizing committee/club will have a list of 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. Coaches who are NOT on the list will need to show proof of membership in U.S. Figure Skating, a Coaches Registration card, proof of Category A or B (C for Basic Skills) compliance in CER, and a photo I.D. at check in. **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.**

**CONTACT INFORMATION:** If you have questions, please contact Angie Southworth at [southwak@hotmail.com](mailto:southwak@hotmail.com) or 715-577-1755 or Kristin Walukas at [klwalukas@msn.com](mailto:klwalukas@msn.com).

**ADDITIONAL INFORMATION:**

**Clarion Hotel Campus Area** -located 1.5 miles from Hobbs Ice Arena  
2703 Craig Road, Eau Claire, WI -715-835-2211

RATES ARE \$84.95 + tax PER NIGHT (one to four occupants)

All rooms have a microwave and refrigerator. Amenities also include: Green Mill Restaurant & Bar, indoor pool, whirlpool and fitness center.

ROOMS WILL BE AVAILABLE AT THIS RATE THROUGH FEBRUARY 24, 2016  
under ECFSC

**Directions to the hotel from I-94:** Exit 65 to Hwy 37, left at Craig Rd, hotel on right. **Directions from Clarion hotel to rink:** Right on Craig Rd, left on Clairemont Ave, right on Menomonie St, right at Riverside Bike and Skate.

**Holiday Inn Eau Claire South-** 7 miles from Hobbs. 4751  
Owen Ayres Ct. Eau Claire, WI 715-830-9889 Rates:  
\$114.95 +tax PER NIGHT (one to four occupants)

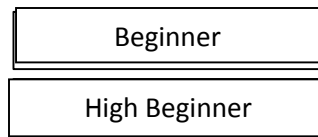
All rooms have a microwave and refrigerator. Amenities also include: Johnny's Italian Steakhouse, indoor pool, whirlpool and fitness center.

**SYNCHRONIZED INFORMATION**

All Synchronized events will be held on Sunday March 12 , 2017.

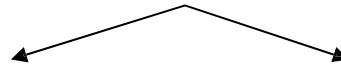
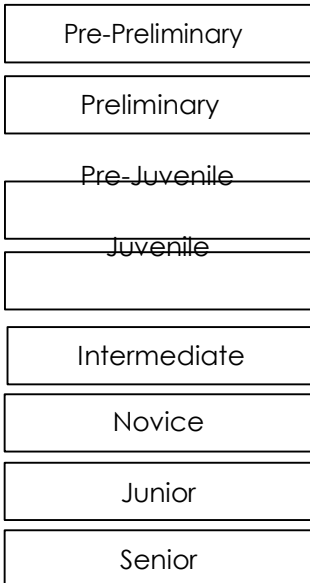
A \$4.00 spectator admission will be charged for this event for those 13 and older.

Once skaters have competed at the introductory level, and begin the official U.S. Figure Skating test structure, they may then choose whether to enter the "Test Track Free Skate" or "Well Balanced Free Skate" program. Test requirements for both categories are the same, it is completely the choice of the athlete which track to follow.



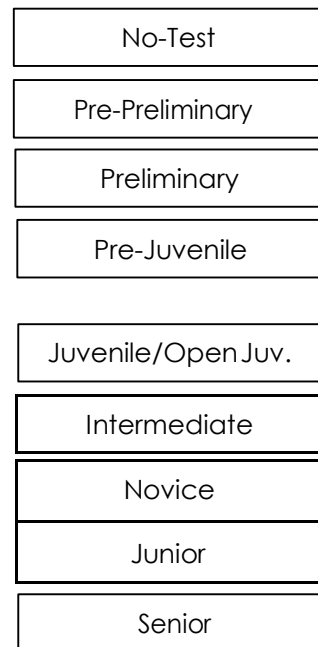
**INTRODUCTORY LEVELS**

**TEST TRACK FREE SKATE**



Skaters may choose, at any point, which track to follow. They may not, however, enter both events at the same competition. They may also move between the tracks at different nonqualifying competitions

**WELL BALANCED PROGRAM FREE SKATE**



### 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> <li>•</li> </ul>
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>• Solo spin - sit or camel spin - minimum three revolutions</li> <li>• Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ul>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: COMPULSORY MOVES

General event parameters:

1. Basic Skills – Juvenile: Elements skated on ½ ice
2. Intermediate – Senior: Elements skated on full-ice
3. Elements may be performed only once
4. 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>
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>

## U.S. Figure Skating Nonqualifying Competitions

### EVENT: 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	Qualifications
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	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests
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	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: 2016-17 Test Track Free Skate – Pre-Preliminary through Senior levels

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate or Introductory Level 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
Pre-Preliminary 1:40 maximum	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</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>	<p><i>Maximum of 2 spins:</i></p> <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
Preliminary 1:30 +/- 10 sec.	<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>	Connecting moves and steps should be demonstrated throughout the program	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
Pre-Juvenile 2:00 +/- 10 sec.	<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>	One step sequence fully utilizing ice surface	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

Level	Jumps	Spins	Step Sequences	Qualifications
Juvenile 2:15 +/- 10 sec.	<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>Only solo spin may fly</li> </ul>	One step sequence fully utilizing ice surface	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
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
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> </ul>	One step sequence or spiral sequence fully utilizing ice surface  (see rule 4104 & 4105 for remarks)	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

• All spins may fly

Level	Jumps	Spins	Step Sequences	Qualifications
Junior  Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.	<i>Maximum of 8 jump elements for men and 7 for ladies:</i> <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>	<i>Maximum of 3 spins of a different nature:</i> <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>	One step sequence fully utilizing ice surface  (See rule 4105 for remarks)	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
Senior  Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.	<i>Maximum of 8 jump elements for men and 7 for ladies:</i> <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>	<i>Maximum of 3 spins of a different nature:</i> <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 per position, min. 5 revolutions per foot)</li> </ul>	Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)  Ladies: One step sequence of advanced difficulty, covering the full ice surface and either one spiral sequence or choreographic sequence. (See rule 4104 & 4105 for remarks.)	Skaters must have passed at least the U.S. Figure Skating junior free skate test

**2016-17 Singles Short Program Requirements** – This chart has been updated with changes from the U.S. Figure Skating Governing Council and the ISU Congress that will go into effect July 1, 2016.



<b>INTERMEDIATE LADIES/MEN</b> 2:00 max.	<b>Single or Double Axel</b>	<b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel or the triple jump <u>used in the combination</u>	<b>Jump Combination</b> Single/Double, Double/Double, Single/Triple, or Double/Triple May not repeat Axel jump or solo jump performed	<b>Spin</b> Only one position No change of foot May start with a fly Min. 5 revs.		<b>Spin Combination</b> 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.	<b>Choreographic Step Sequence</b> Fully utilizing the ice surface
		<b>NOVICE LADIES</b> 2:30 max.	<b>Single or Double Axel</b>	<b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	<b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed	<b>Layback or Sideways Leaning Spin</b> No change of foot No flying entry Min. 6 revs.	
<b>NOVICE MEN</b> 2:30 max.	<b>Single or Double Axel</b>	<b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	<b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	<b>Camel or Sit Spin</b> With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot		<b>Spin Combination</b> 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.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>JUNIOR LADIES</b> <u>2:40 +/- 10 sec</u>	<b>Double Axel</b>	<b>Double or Triple Loop</b> Immediately preceded by connecting steps or other free skating movements	<b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	<b>Flying Camel Spin</b> <u>Flying pos. may be different than landing pos.</u> Min. 8 revs.	<b>Layback, Sideways Leaning or Sit Spin without change of foot</b> No flying entry Min. 8 revs.	<b>Spin Combination</b> 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. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>JUNIOR MEN</b> <u>2:40 +/- 10 sec</u>	<b>Double or Triple Axel</b>	<b>Double or Triple Loop</b> Immediately preceded by connecting steps or other free skating movements	<b>Jump Combination</b> Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	<b>Flying Camel Spin</b> <u>Flying pos. may be different than landing pos.</u> Min. 8 revs.	<b>Sit Spin</b> With only 1 change of foot No flying entry Min. 6 revs. each foot	<b>Spin Combination</b> 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. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>SENIOR LADIES</b> <u>2:40 +/- 10 sec</u>	<b>Double or Triple Axel</b>	<b>Any Triple Jump</b> Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo	<b>Jump Combination</b> Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	<b>Flying Spin</b> Landing position different than <u>spin in 1 position</u> Min. 8 revs.	<b>Layback, Sideways Leaning, Sit or Camel Spin without change of foot</b> No flying entry Min. 8 revs.	<b>Spin Combination</b> 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. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>SENIOR MEN</b> <u>2:40 +/- 10 sec</u>	<b>Double or Triple Axel</b>	<b>Any Triple or Quadruple Jump</b> Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo	<b>Jump Combination</b> Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed	<b>Flying Spin</b> Landing position different than spin in 1 position Min. 8 revs.	<b>Camel or Sit Spin</b> With only 1 change of foot No flying entry Min. 6 revs. each foot	<b>Spin Combination</b> 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. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>NO TEST</b></p> <p><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><b>PRE-PRELIMINARY</b></p> <p><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><b>JUVENILE and OPEN JUVENILE</b></p> <p><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><b>INTERMEDIATE</b></p> <p><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><b>NOVICE LADIES</b></p> <p><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>

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<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>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice
3. 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>





## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Spins Challenge

General event parameters:

1. 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.
2. All events are skated on ½ ice.
3. 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>



## U.S. Figure Skating Nonqualifying Competitions

### 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 <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



## U.S. Figure Skating Nonqualifying Competitions

	Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	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

*\*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.*



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Showcase Events – Interpretive Events

Format: Interpretive is a performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the competition committee / LOC. Programs should incorporate various elements of expressive movement and skating moves, to enhance the skater's interpretation of the music, rather than technical elements.

- The music will be played continuously during a 30-minute off-ice session in a room and twice during an on-ice warm-up prior to the performance.
  - The room will be attended only by the adult monitor assigned to play the music and the competing skaters in that group.
- **After the warm up, skaters will go back to a room, with no music being played.**
- Skaters will be brought to the ice when the previous skater finishes.
- All competitors in an event will interpret the same music.
- Props are permitted but must be brought into the room prior to listening to the music, and be taken to the ice only when the skater is called to perform. Props may not be pre-positioned on the performance surface.

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.

### Interpretative Events and Levels:

Level	Program Duration	Test Requirements
Pre-juvenile and below	1:00 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Juvenile - novice	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Junior and senior	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.

**NO FORM WILL BE PROCESSED WITHOUT USFS NUMBER March 10&11, 2017 ENTRIES MUST BE POSTMARKED BY January 31, 2017**

First:	Last:	USFS #:	
Address:	City:	State:	Zip:
Parent's Name:	Phone #: (    )	Gender: ___F ___M	
Freestyle Test Passed (as of 02/7/16):	Date of Birth:	Age (as of 02/7/16):	
Home Club:	E-mail Address:		

**Free skating or Test Track Free Skate, Compulsory moves, Short program, Jumps, Spins, and Artistic events MUST be skated at the same level.**

ONLY CD's (standard compact disc format only) will be accepted. They should be clearly marked with the skater's name. CD's must contain only **one** track and be recorded on **CD-R** media (no CD-RW's due to compatibility problems). **Music must be turned in at the time of registration.**

<p><b>Introductory Levels Free Skate:</b></p> <p><input type="checkbox"/> Beginner <input type="checkbox"/> High Beginner</p> <p><b>Test Track Free Skate</b></p> <p><input type="checkbox"/> Pre-Preliminary <input type="checkbox"/> Preliminary <input type="checkbox"/> Pre-Juvenile <input type="checkbox"/> Juvenile <input type="checkbox"/> Open Juvenile <input type="checkbox"/> Intermediate <input type="checkbox"/> Novice <input type="checkbox"/> Junior <input type="checkbox"/> Senior</p> <p><b>Well-Balanced Free Skate</b></p> <p><input type="checkbox"/> No Test <input type="checkbox"/> Pre-Preliminary <input type="checkbox"/> Preliminary <input type="checkbox"/> Pre-Juvenile <input type="checkbox"/> Juvenile <input type="checkbox"/> Open Juvenile <input type="checkbox"/> Intermediate <input type="checkbox"/> Novice <input type="checkbox"/> Junior <input type="checkbox"/> Senior</p>	<p><b>Short Program:</b></p> <p><input type="checkbox"/> Intermediate <input type="checkbox"/> Novice <input type="checkbox"/> Junior <input type="checkbox"/> Senior</p> <p><b>Introductory Levels Compulsory:</b></p> <p><input type="checkbox"/> Beginner <input type="checkbox"/> High Beginner <input type="checkbox"/> No Test</p> <p><b>Compulsory:</b></p> <p><input type="checkbox"/> Pre-Preliminary <input type="checkbox"/> Preliminary <input type="checkbox"/> Pre-Juvenile <input type="checkbox"/> Juvenile / Open Juvenile <input type="checkbox"/> Intermediate <input type="checkbox"/> Novice <input type="checkbox"/> Junior <input type="checkbox"/> Senior</p> <p><b>Jumps:</b></p> <p><input type="checkbox"/> Beginner <input type="checkbox"/> High Beginner <input type="checkbox"/> No test <input type="checkbox"/> Pre-Preliminary <input type="checkbox"/> Preliminary <input type="checkbox"/> Pre-Juvenile <input type="checkbox"/> Juvenile, Open Juvenile <input type="checkbox"/> Intermediate <input type="checkbox"/> Novice <input type="checkbox"/> Junior <input type="checkbox"/> Senior</p>	<p><b>Spins:</b></p> <p><input type="checkbox"/> Beginner <input type="checkbox"/> High Beginner <input type="checkbox"/> No test <input type="checkbox"/> Pre-Preliminary <input type="checkbox"/> Preliminary <input type="checkbox"/> Pre-Juvenile <input type="checkbox"/> Juvenile, Open Juvenile <input type="checkbox"/> Intermediate <input type="checkbox"/> Novice <input type="checkbox"/> Junior <input type="checkbox"/> Senior</p> <p><b>Showcase- Light Entertainment :</b></p> <p>D Beginner, High Beginner, No Test, Pre-Preliminary D Preliminary, Pre-Juv D Juvenile, Open Juvenile/Teen D Intermediate D Novice D Junior D Senior</p> <p><b>Showcase Interpretive:</b></p> <p>D Beginner, High Beginner, No Test, Pre-Preliminary D Preliminary, Pre-Juvenile D Juvenile, Open Juvenile D Intermediate, Novice D Junior, Senior</p>
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**Fees and Signatures on Next Page Must be Completed  
Do Not Forget Your USFS # on this Page**

**FEES AND INSTRUCTIONS**

First Event \$110 .....	\$ <u>110</u>	
Second Event @ 45.00.....	\$ _____	
Additional Events @\$25.....	\$ _____	
Additional Event@ \$25.....	\$ _____	
Additional Event @ \$25.....	\$ _____	
Additional Event @ \$25.....	\$ _____	Practice
Ice: Number of sessions _____ \$12 per session	\$ _____	(practice ice fees) Late
Fee @ \$25.00 (if applicable) postmark after 1/31/2017	\$ _____	(late fee is applicable)
Check Processing Fee	\$ <u>10.00</u>	(Check Fee for paper registration and checks)
<b>TOTAL FEES</b>	\$ _____	(Total Registration Fees) <b>Please remember your USFS number at the top of the previous page</b>

All entry forms must be postmarked by **January 31, 2017**.

No refunds will be issued after January 31, 2017

. Mail entry form including all required signatures and check **payable to ECFSC** to:  
**Angie Southworth 3644 26<sup>th</sup> Street Elk Mound, WI 54739**

**RELEASE AND CERTIFICATION OF CONTESTANT**

I understand that USFS and the Eau Claire Figure Skating Club or organizers of this competition undertake no responsibility for damages or injuries, or loss of property suffered by the skaters. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants and their parents/guardians shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by, or connected with the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, USFS, organizers of the competition, the Eau Claire Figure Skating Club and its Officers, and their entries shall be accepted only on such condition

\_\_\_\_\_  
Signature of Parent/Guardian (or skater if age 18 years of age or older)

\_\_\_\_\_  
Date

***CERTIFICATION OF CLUB OFFICER***

To the best of my knowledge, the information on this form is true and correct. The competitor is a full member in good standing of our club and has passed the appropriate tests to skate the events entered. (If you are an individual member, you will certify your own form.)

Club Officer: Please print name	
Signature:	
Title:	Club: no abbreviations

### ***CERTIFICATION OF PRIMARY COACH***

I have read this entry form, and certify that it is complete and that the information is true and accurate. (Note: Coach's signature is required. If address is completed, your coach will be notified of your skating times.)

**Please Print- Certification of Primary Coach**

Coach's Name:	
Coach's Address:      Street address: _____ City/State/Zip Code: _____	
Phone Number: (      )	E-mail:
Coach's Signature:	Date: