



Sanctioned by US Figure Skating

FORT COLLINS CLASSIC 2019

April 4-7, 2019

FORT COLLINS FIGURE SKATING CLUB

EDORA POOL AND ICE CENTER

1801 RIVERSIDE DRIVE

FORT COLLINS, CO 80525

Chief Referee: Hannah Katz

Chief Accountant: Sheldrin Zhu

Attended by ISU, International, National, and Competition-Level USFSA officials.

Hosted Events: Compete USA Solo Free Skate, Pairs, Compulsory, Showcase Solo and Duet Events.

Pre-Preliminary-Senior Well-Balanced, Excel, Excel Plus, Adult, and Compete USA Solo Free skate events. Pairs Compete USA through Senior levels. Spins Compete USA through Senior Level, Adult Pre-Bronze to Adult Gold. Jumps Compete USA through Senior level. Compulsory Compete USA through Senior level, Adult Pre-Bronze to Adult Gold. Showcase Solo and Duet events Compete USA, Adult, and Pre-Preliminary to Senior Level. Mini Ensembles, Ensembles, and Synchronized Exhibitions.

IJS Mini System will be used for Preliminary through Senior Level Well Balanced Free Skates. All Excel Plus Levels and Intermediate through Senior Excel Levels. Preliminary to Senior Well Balanced Spins and Jumps.

Entries due March 4th, 2019-Online registration only!

(\$10 early bird discount if you register by 11:59 pm MST Feb 10, 2019)

For further information please contact the competition chair Kelly Cann: kelly.cann79@gmail.com

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

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

SERIES INFORMATION: The 2019 Fort Collins Classic has been approved by U.S. Figure Skating as part of the 2019 Excel Series as well as the 2019 Skate Colorado Compete USA Series.

Excel Series

The Fort Collins Classic competition is a designated Excel Series competition for the 2019 Excel Series. As an Excel Series event, skaters entered in the Series at eligible levels will earn points for their placement here in order to qualify for the National Festival to be held in Coral Springs, Florida, June 7 – 9, 2019. Skaters must registered for the Excel Series prior to competing at designated competition or by March 1; registration is available by [clicking here](#) and additional information is available on U.S. Figure Skating's [Excel webpage](#). For any questions related to the Excel Series, please contact ExcelSeries@usfigureskating.org.

ELIGIBILITY /TEST LEVEL:

Test Level: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

Age restrictions/requirements: Singles free skate events (Well Balanced Program) have the following requirements.

Juvenile: Girls – 12 years of age or younger; Boys – 13 years of age or younger

Open Juvenile: Girls – 13 years of age or older; Boys – 14 years of age or older

Intermediate must be under the age of 18

Adults must be 21 years of age or older.

ENTRIES:

Entries must be entered online by 11:59 pm MST on March 4, 2019. Online registration with secure credit card payment at www.fortcollinsfsc.org. Late entries or changes to your entry after entry deadline will be accepted only at the discretion of the Chief Referee and there will be an assessed \$25.00 fee.

EARLY BIRD DISCOUNT: Entries registered by 11:59 pm MST February 10, 2019 will receive a \$10 early bird discount.

ENTRY FEES:

Event Type	Entry Fee	Comments
First IJS Event	\$115.00	
Additional IJS Event	\$50.00	
First 6.0 Event	\$100.00	\$50/skater for Artistic Duet
Additional 6.0 Events	\$45.00	\$20/skater for Artistic Duet
Pairs as only Event	\$50.00	Per Skater
Pairs as second Event*	\$25.00	Per Skater
First Compete USA Event	\$60.00	
Additional Compete USA Event	\$30.00	
Synchronized Teams, Group Ensembles, and Mini Ens.	\$100.00 + \$5/skater	
Special Olympics First Event	\$40	
Special Olympics 2 nd Event	\$25	
EARLY BIRD DISCOUNT	-\$10	Registered by February 10th
Late fee/change fee	\$25	Late registration or change after March 4 th .
Late PPC/Music Upload Fee	\$15	PPC and/or music not uploaded by March 25 th

***Please note that pairs may not be taken as your first event unless it is the only event you are entering. Short and long programs for single and pairs are being offered as separate events.**

Notification of competition and practice ice times, schedules and announcements will be sent to your email through EntryEeze. Listing a valid email address when you register online is required.

Competition information and updates can be found at www.fortcollinsfsc.org.

TENTATIVE SCHEDULE: The event schedule will be set by the Chief Referee in cooperation with the LOC after the close of entries and is subject to change. A tentative schedule will be listed on our website after the beginning of the year. This schedule is provided for planning purposes only and should not be considered final. The final schedule will be published approximately two weeks before competition on Entryeze.

REFUND POLICY: **Entry fees will not be refunded after March 4, 2019 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals.** The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$25.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

FACILITIES: The competition will be held at Edora Pool and Ice Center (EPIC), 1801 Riverside Ave. Fort Collins, CO 80525. (970) 221-6683. <https://www.fcgov.com/recreation/epic.php>

The facility has two NHL size ice surfaces measuring 85' by 200' which consist of the Blue rink and the Green rink. There is spectator seating on both rinks. The Green rink can be cold so remember to dress warm. There are vending machines on site and there will be locker rooms and warm up areas available for all competitors.

MUSIC: Music must be submitted electronically via the online registration system by the music deadline of **March 25, 2019**. A back up CD should be readily available at the competition in case something happens to your music rink side. CD's will only be accepted at registration if the electronic file could not be downloaded by the music staff. You will be prompted to provide a cd at registration if this is the case. The LOC will accept no responsibility for damage or loss.

LIABILITY: U.S. Figure Skating, Fort Collins Figure Skating Club and Edora Pool and Ice Center (EPIC) accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEM: ****2019-2020 RULES WILL BE USED

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

- Well Balanced Program Free Skate events- Preliminary – Senior
- Excel Free Skate Events: Preliminary Plus, Pre-Juvenile Plus, Juvenile Plus, Intermediate, Novice, Junior, Senior
- Short Program Events, Open Juv, Juvenile – Senior
- Pairs Free Skate events, Juvenile – Senior
- Pairs Short Program events, Intermediate – Senior
- Adult Gold/Championship Gold, Masters Intermediate – Senior
- Spins –Preliminary – Senior
- Jumps—Preliminary-Senior

IJS Ltd Preliminary through Pre-Juvenile events will be called according to the standard rules of IJS (see TN 201)
Spins will be limited to a maximum of level 1 in BOTH Freeskate and in Spins events

IJS Preliminary through Pre-Juvenile events will be called according to the standard rules of IJS.

-Step sequences will be called as ChSt.

-Spins will be limited to a maximum of level 2.

-The ½ loop jump is a listed jump per USFSA Rulebook and Technical notification 167

-Free skate events have 3 components: Skating skills and transitions, performance and execution and choreography and interpretation.

All competitors skating in these events need to submit the Planned Program Content (PPC) online through EntryEeze. The deadline to submit the PPC is **March 25, 2019 at 11:59 pm**. **There will be a \$15 late fee PRIOR TO SKATING for skaters who do not turn in their PPC.**

The 6.0 Majority Judging System will be used for:

Well Balanced Program Free Skate events, No Test, Pre-Preliminary & Ltd Pre-Preliminary
Excel Beginner, High Beginner, Pre-Preliminary, Preliminary, Pre-Juvenile, and Juvenile

Compete USA – Snowplow Sam through Basic 8 and Pre-Free Skate through Free Skate 6.
Specialty Singles Events (Spins Beginner – Pre-Preliminary Adult Pre Bronze-Adult Gold, Jumps Beginner-Pre Preliminary,
Compulsory Moves,
Showcase solos, duets, and ensembles
Adult Pre-Bronze – Silver

REGISTRATION: Registration will begin 1 hour before the first event and will remain open through the last event. The registration area will be located in the skate rental area on the north side of the EPIC lobby. Please register promptly upon your arrival to the rink and no later than 1 hour before your first event.

LOCKER ROOMS AND CHANGING AREAS: This event will be following the Locker Rooms and Changing Area policy included in the SafeSport Handbook. See registration desk for further info.

PRACTICE ICE: Practice ice will begin on Thursday, April 4 2019. Practice ice will be offered for all Free Skate, Short Program, Compulsory, and Artistic Events. There is a maximum of 2 Practice ice sessions per skater, per eligible event (Max of 1 per synchronized team). Practice Ice will be 30 minutes.
Compete USA (Basic Skills) Practice Ice is 15 minutes in length. Eligible events are Free Skate, Compulsory, Pairs, and Artistic Events. **Skater music will not be played.** Compete USA PI will begin on April 6, 2019

Pre-Event Warm up is 20 minutes in length and will take place prior to and on the same day as the event being skated. Warm ups will be available for Short Programs and Free Skate (**Juv and above.**)

<u>PRACTICE ICE FEES</u>			
Practice ice - 30 min	On or before March 4: \$15	March 5- April 3rd: \$18	Start of competition: \$20
Warm up ice - 20 min	On or before March 4: \$12	March 5th - April 3rd: \$14	Start of competition: \$15
Compete USA ice – 15 min	On or before March 4: \$6	March 5th - April 3rd: \$8	Start of competition: \$10
Synchro ice - 30 min	On/before March 4th: \$100 per team	N/A	N/A

Additional practice ice sales will be sold on-line for \$18 per session (\$8 basic skills) after the registration deadline. Additional practice ice will be available for purchase during the competition and will cost \$20 (\$9 basic skills) at the practice ice desk.

Practice ice may or may not take place on the competition ice surfa

ce. There is **NO** “official practice ice” and **NO MUSIC** will be played on any practice ice or warm up session. Assigned practice ice is non-refundable. If you have questions about practice ice, please contact Kelly Cann- Kelly.cann79@gmail.com

Synchronized skating exclusive practice ice will be in 30 minute increments at \$100.00

Props are not allowed on practice ice.

We reserve the right to cancel or change any practice ice session.

Practice ice will be organized by skater when possible. Practice ice will be selected by the skater. After the close of entries, you will receive an email from the LOC through EntryEeze letting you know when practice ice selection is selection is available. Practice ice is not refundable after the close of entries on March 4, 2019.

If you have issues with practice ice the day the competition starts or at the competition, please do not call or email. Please see the practice ice table.

PHOTOGRAPHY/VIDEOGRAPHY: Provided by Local Motion Photography.

AWARDS: Presentation of awards will immediately follow the posting of results. Awards will be given to 1-4th place skaters with the exception of Compete USA (Basic Skills) which an award will be given to all participants.

OFFICIAL NOTICES: An official bulletin board will be maintained next to the registration desk. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes to 1 hour prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

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

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Learn to Skate USA ONLY coaches - Any person, 18 and older, instructing a Learn to Skate USA Program must have successfully passed the annual background screen, be registered as a Learn to Skate USA instructor and completed the Learn to Skate USA Instructor Certification or U.S. Figure Skating Coach Compliance.

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

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

For more information regarding Coach Compliance, please refer to:

<http://usfsa.org/story?id=84159>

CONTACT INFO: Email preferred. No phone calls past 9 pm MST.

<u>Chief Referee</u>	Hannah Katz	hannahekatz@gmail.com	
<u>Chair</u>	Kelly Cann	Kelly.cann79@gmail.com	(970) 237-9842
<u>Co-Chair</u>	Amy Aspelund	aspelua@yahoo.com	
<u>Practice Ice</u>	Kelly Cann		
<u>Programs & Ads</u>	Marci Pilon	mpilon@rocketmail.com	(970) 980-9407
<u>Vendor</u>	Carol Hartman	covakey@comcast.net	(970) 290-3809

ADDITIONAL INFORMATION:

ADMISSIONS: This competition is open to the general public for viewing at no charge. **Please, no flash photography or videotaping.**

CRITIQUES: Will be offer for all **IJS Short and Free Skate events only**. They will be \$10 per critique. The critiques will be based on officials' availability. Please purchase your critique online through EntryEeze. When purchasing the critique on EntryEeze please specify both the level AND event.

HOTELS: Please see the FCFSC website for official hotel information. www.fortcollinsfsc.org.

HOSPITALITY: There will be hospitality available for both officials and coaches. Coaches hospitality will be located in the Pro's room located in the lobby of the green rink.

ADVERTISING: If you are interested in placing an ad in the competition program for your skater, your club, your business or your upcoming competition, please see the following page.

**Fort Collins Classic
Competition Program-Advertising Form
DEADLINE: March 18, 2019**

Name _____ Phone _____

Email _____

Company/Organization _____

PLEASE SELECT AD SIZE:

- _____ \$5 skater's ad (please see options below)
- _____ \$15 business card & quarter page
- _____ \$25 half page
- _____ \$40 full page
- _____ \$60 front inside or back inside cover
- _____ \$80 back cover

SKATER'S AD – ONLY \$5!

Please follow this 4 step process to create your personal skater's advertisement!

STEP 1: Write skater's name as you want it to appear in the ad: _____

STEP 2: Select a message:

- Good Luck!
- Have Fun!
- Skate Great!
- Write your own using line below:

STEP 3: Write additional Text:

Love, _____

From, _____

Write your own using lines below:

STEP 4: Select an image:

(please circle the image you want to use or if you want to use your own, email it to mpilon@rocketmail.com)



****All advertisements must be submitted electronically via email to mpilon@rocketmail.com by March 19th, 2018****

Mail this completed advertising order form with payment (check payable to Fort Collins FSC) to:

Fort Collins Figure Skating Club

C/O Marci Pilon

2512 Fox Run Ct.

Fort Collins, CO 80526

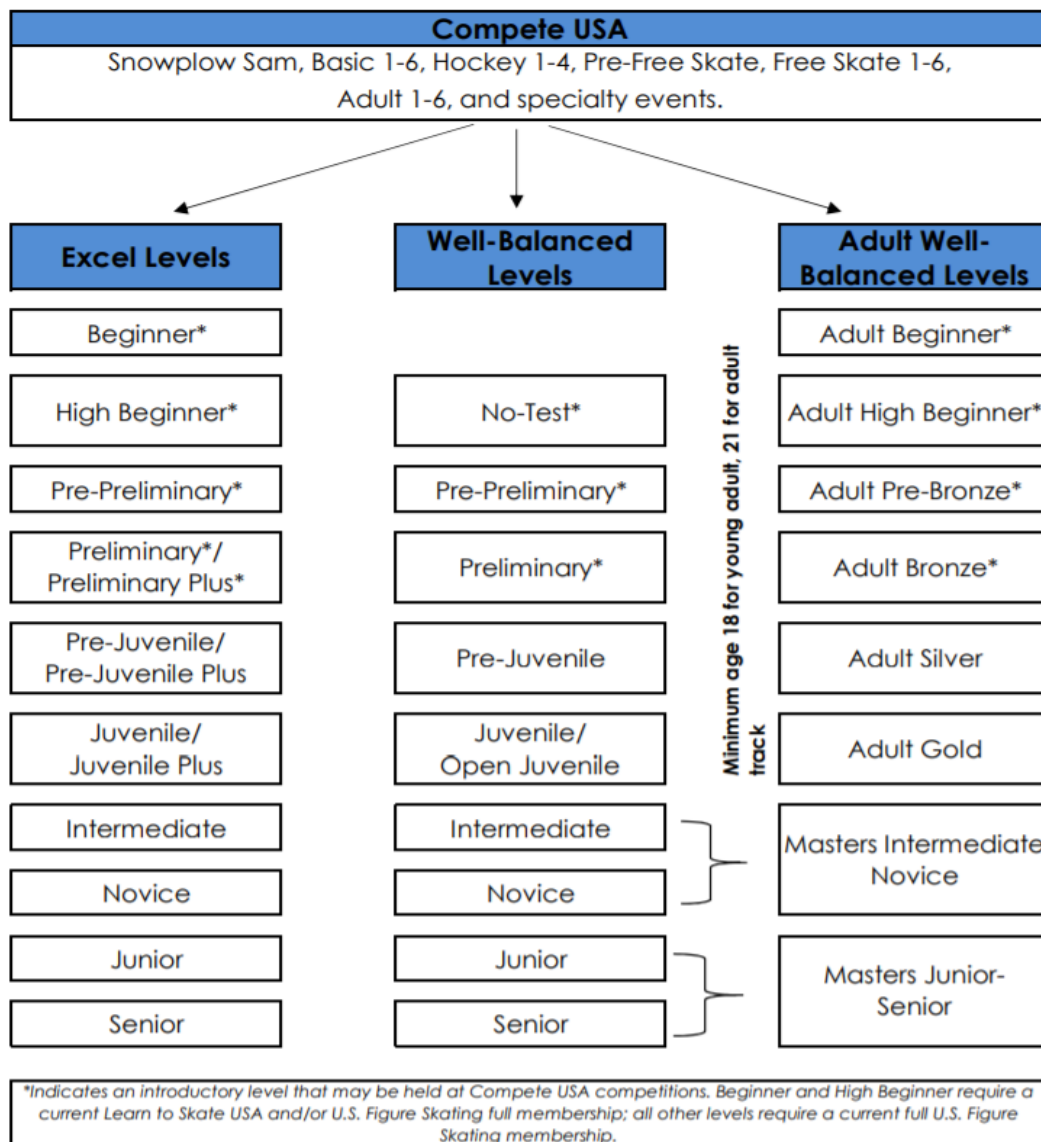
For questions contact Marci Pilon at 970-980-9407 or mpilon@rocketmail.com





COMPETITIVE PROGRESSION THROUGH THE LEVELS OF U.S FIGURE SKATING

Singles athletes begin with Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well-Balanced or Adult levels as appropriate for their ability, test level, and age. Test requirements are the same for the Excel and Well-Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development, but may not enter the same type of event in multiple tracks. Competitive level is determined by highest free skate test passed.



U.S. Figure Skating Nonqualifying Competitions

FREESKATE EVENTS: Well-Balanced No Test Through Senior

Skaters may enter EITHER a Well-Balanced Free Skate event or a Test Track Free Skate but NOT both. Skaters will skate to the music of their choice. The following charts highlight the elements in each program. They are not meant to replace the reading of the rules in the current version of the U.S. Figure Skating rulebook. Should these charts disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

In 6.0 judged events, 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

2019-20 Singles Free Skating Requirements – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019. These rules are subject to change by the U.S. Figure Skating Governing Council (May 10-11, 2019) or the ISU.



2019-20	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>NO TEST</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> All single jumps allowed except for the single Axel <ul style="list-style-type: none"> No single Axels, double, triple or quadruple jumps allowed Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump). 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE-PRELIMINARY</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> No double, triple or quadruple jumps allowed Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRELIMINARY</p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump or a waltz jump* 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"> Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed 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 Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> No double Axels, triple or quadruple jumps allowed 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 Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot Min 4 revs <p>Both spins may start with a flying entry These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must fully utilize the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

2019-20 Singles Free Skating Requirements – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019. These rules are subject to change by the U.S. Figure Skating Governing Council (May 10-11, 2019) or the ISU.



2019-20	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>JUVENILE and OPEN JUVENILE GIRLS & BOYS</p> <p>2:20 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps, including the double Axel, and one triple jump are allowed <ul style="list-style-type: none"> ○ No additional triple jumps and no quadruple jumps are allowed ○ 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"> ▪ If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump can be included more than twice. The triple jump can only be included once. • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps, except one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed. If double Axel or triple jump is part of 3-jump combination, then 2 other double jumps may be included. ○ Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>INTERMEDIATE LADIES & MEN</p> <p>3:00** +/- 10 sec</p> <p>*means element is required</p> <p><u>**New program length begins Feb. 1, 2019</u></p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> ○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated ○ 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"> ▪ 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 ○ No double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Max Level 2. Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level. ○ Must fully utilize the ice surface
<p>NOVICE LADIES** & MEN</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p> <p><u>**Ladies requirements will match men's beginning Feb. 1, 2019</u></p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated and, if repeated, at least 1 attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ 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 ○ 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 • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

2019-20 Singles Free Skating Requirements – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019. These rules are subject to change by the U.S. Figure Skating Governing Council (May 10-11, 2019) or the ISU.



2019-20	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>JUNIOR LADIES & MEN</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ 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 ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>SENIOR LADIES & MEN</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice ○ Of the 2 repetitions only 1 can be a quad jump. Only 1 quad jump can be repeated. ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible

2019-20 Singles Short Program Requirements – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019. These rules are subject to change by the U.S. Figure Skating Governing Council (May 10-11, 2019) or the ISU.



OPTIONAL FOR NONQUALIFYING COMPETITIONS – NOT A SEGMENT AT QUALIFYING COMPETITIONS

(Juvenile events at regional championships, sectional championships and U.S. Championships will still consist of a free skate only.)

JUVENILE and OPEN JUVENILE GIRLS/BOYS 2:10 max.	Single or Double Axel	Single or Double Jump May not repeat Axel jump or jumps used in the combination	Jump Combination Single/Double or Double/Double May not repeat Axel jump or solo jump performed	Spin Only one position No change of foot May start with a fly Min. 5 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Choreographic Step Sequence Fully utilizing the ice surface
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REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

INTERMEDIATE LADIES/MEN 2:10 max.	Single or Double Axel	Double or Triple Jump May not repeat double Axel or the triple jump used in the combination	Jump Combination Single/Double, Double/Double, Single/Triple, Double/Triple or Triple/triple May not repeat Axel jump or solo jump performed	Spin Only one position No change of foot May start with a fly Min. 5 revs. Men: Must be a camel spin	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Max Level 2. Only Minimum Variety (5 turns) or Simple Variety (7 turns) & rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Fully utilizing the ice surface
NOVICE LADIES 2:30 max.	Single or Double Axel	Double or Triple Jump May not repeat double Axel or either jump in combo	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed	Layback/Sideways Leaning, Sit or Camel Spin No change of foot No flying entry Min. 6 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
NOVICE MEN 2:30 max.	Single or Double Axel	Double or Triple Jump May not repeat double Axel or either jump in combo	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	Camel Spin With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface

2019-20 Singles Short Program Requirements – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019. These rules are subject to change by the U.S. Figure Skating Governing Council (May 10-11, 2019) or the ISU.



REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

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

2018-19 Adult Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2018.



2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<p>CHAMPIONSHIP MASTERS JUNIOR-SENIOR & MASTERS JUNIOR-SENIOR</p> <p>3:40 maximum * means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump <u>or a waltz jump*</u> • Max 3 combinations or sequences <ul style="list-style-type: none"> ◦ 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps ◦ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> • No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence <ul style="list-style-type: none"> ◦ If both executions (of the same Axel or multi-rotation jump) are as solo jumps, the second of these jumps will receive 70% of its original base value 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE & MASTERS INTERMEDIATE-NOVICE</p> <p>3:10 maximum * means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump <u>or a waltz jump*</u> • Max 3 combinations or sequences <ul style="list-style-type: none"> ◦ 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps ◦ Only 1 jump combination may include 2 double jumps ◦ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> • Each jump may be repeated only once, and only as part of a combination or sequence <ul style="list-style-type: none"> ◦ If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value • All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop • Double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>CHAMPIONSHIP ADULT GOLD & ADULT GOLD</p> <p>2:40 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 3 combinations or sequences <ul style="list-style-type: none"> ◦ 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps ◦ Each jump combination may include only 1 double jump ◦ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> • Each jump may be repeated only once, and only as part of a combination or sequence <ul style="list-style-type: none"> ◦ If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value • All single jumps, including the single Axel, and the following double jumps are permitted: double toe loop, double Salchow. • Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • <u>Max Level 3</u> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 4 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Spins of a different character – this refers to the abbreviation of a spin, e.g. a combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character; and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see U.S. Figure Skating rule 4103 (E).

6.0 System Penalties: • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs. • 0.2 in 1st mark for each jump and/or spin element exceeding max.
• 0.1 in each mark for time violation • 0.1 in 1st mark for step seq. not utilizing the ice as prescribed. • 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 – over the maximum time will receive a deduction.

2018-19 Adult Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2018.



2018-19	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<p>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</p> <p>2:10 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> Max 2 combinations or sequences <ul style="list-style-type: none"> 1 combination may contain 3 jumps, and the other may contain only 2 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump Non-listed jumps of not more than 1 revolution performed as part of connecting footwork preceding single jumps are permitted Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps, including single Axel, are permitted No double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Max Level 2 Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing at least 1/2 of the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>ADULT BRONZE</p> <p>1:50 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> Max 2 combinations or sequences <ul style="list-style-type: none"> 1 combination may contain 3 jumps, and the other may contain only 2 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except single Axel) No single Axel, double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position No flying spins are permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing at least 1/2 of the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>ADULT PRE BRONZE</p> <p>1:40 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> Max 2 combinations or sequences <ul style="list-style-type: none"> 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) Only single and half-revolution jumps are permitted No single Lutz, single Axel or double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs Spins with a flying entry are not permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Connecting steps throughout the program are required

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Spins of a different character – this refers to the abbreviation of a spin, e.g. a combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character; and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see U.S. Figure Skating rule 4103 (E).

6.0 System Penalties: • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs. • 0.2 in 1st mark for each jump and/or spin element exceeding max.
 • 0.1 in each mark for time violation • 0.1 in 1st mark for step seq. not utilizing the ice as prescribed. • 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.



EVENT: 2018-2019 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 non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- https://fs12.formsite.com/USFSAIT/images/2019_Excel_Series_Handbook.pdf
- <http://www.usfigureskating.org/content/Excel%20Free%20Skate%20Technical%20Information.pdf>

Excel events may be run as either 6.0 or IJS subject to the individual competition announcement. Events will be run in accordance with the Excel Technical Handbook on the Excel Program webpage, regardless of which judging system is used.

**** Intermediate and Novice Program lengths will change February 1, 2019, to align with the Well-Balanced program length changes.**

2018-2019 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

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

** Intermediate and Novice program lengths will change February 1, 2019, to align with the Well-Balanced program length changes.

Last updated 8/24/2018



Effective: September 1, 2018

2018-2019 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

<p>Excel Preliminary Plus 1:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, including single Axel <ul style="list-style-type: none"> ○ No double, or higher jumps allowed ○ Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) ○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position* • One spin may change feet and/or position • No flying entry • Minimum 3 revolutions • Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must use one-half of the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence
<p>Excel Pre-Juvenile 2:00 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> • No single Axels, double, or higher jumps allowed • Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump immediately followed by a waltz jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ No flying entry ○ Minimum 4 revolutions <p>Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the choreographic step sequence
<p>Excel Pre-Juvenile Plus 2:00 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including the single Axel, allowed. • Only 1 double jump may be attempted (limited to double Salchow or double toe loop) <ul style="list-style-type: none"> ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed. ○ Axel plus up to 1 allowable double jump may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combination limited to 2 jumps. One 3 jump combination is allowed ○ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Spin may start with flying entry ○ Minimum 4 revolutions <p>Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the choreographic step sequence

2018-2019 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

<p>Excel Juvenile 2:20 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, including Axel <ul style="list-style-type: none"> ○ No double or higher jumps allowed ○ Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) ○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions <p>Both Spins may start with a flying entry Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Excel Juvenile Plus 2:20 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed ○ No more than 1 Axel plus and 2 different double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combination limited to 2 jumps. One 3 jump combination is allowed ○ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions <p>Both Spins may start with a flying entry Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Excel Intermediate** 2:40 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 6 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop allowed <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel and higher jumps not allowed ○ No more than 1 Axel plus and 2 different double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3 jump combination is permitted. ○ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions <p>Both Spins may start with a flying entry Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

** Intermediate and Novice program lengths will change February 1, 2019, to align with the Well-Balanced program length changes.



Last updated 8/24/2018

Effective: September 1, 2018

2018-2019 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

<p>Excel Novice** Ladies: 3:00 +/- 10 seconds Men: 3:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating novice free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 6 jump elements for ladies, 7 for men:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop, double flip allowed <ul style="list-style-type: none"> ○ Double Lutz, double Axel and higher jumps not allowed ○ No more than 1 Axel and 3 different double jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence ○ There is no limit to the number of single jumps that can be repeated, but no allowable double jump can be included more than twice • Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3 jump combination with a maximum of 3 jumps is allowed ○ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 8 revolutions ○ Minimum 2 revolutions in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Excel Junior 3:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating junior free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* <ul style="list-style-type: none"> ○ All single and double jumps allowed, except the double Axel. ○ Double Axel and higher jumps not allowed ○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence ○ Maximum 3 jump combinations or sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ All 3 basic positions with minimum 2 revolutions in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 1 spin with only one position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions <p>All spins may change feet and start with a flying entry Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Excel Senior 4:00 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating senior free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* <ul style="list-style-type: none"> ○ All single and double jumps allowed, including the double Axel. ○ Triple and higher jumps not allowed ○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence ○ Maximum 3 jump combinations or sequences ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ All 3 basic positions with minimum 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 1 spin with only one position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions <p>All spins may change feet and start with a flying entry Spins must be of a different character</p>	<p>Maximum 2 Sequences:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One Choreographic Sequence* (ChSq) <ul style="list-style-type: none"> ○ Must be clearly visible

** Intermediate and Novice program lengths will change February 1, 2019, to align with the Well-Balanced program length changes.



PAIRS FREE SKATING EVENTS

Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

-Pre-juvenile - Senior <https://www.usfigureskating.org/content/2019-20%20Pairs%20FS%20Chart.pdf>

PAIRS SHORT PROGRAM EVENTS

Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

-Novice through Senior: <https://www.usfigureskating.org/content/2019-20%20Pairs%20SP%20Chart.pdf>

EVENT: COMPULSORY MOVES

General event parameters:

1. No Test – Pre-Juvenile: Elements skated on ½ ice
2. Juvenile – Senior: Elements skated on full-ice
3. The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
4. A 0.2 deduction will be taken for each element performed from a higher level.
5. Music is not allowed.
6. Skaters may compete at their test level or one level higher.

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (no Axel) • Spin with one change of position and no change of foot – minimum 6 revolutions total • Choreographic step sequence
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Axel jump • Jump combination: single/single (may include Axel) • Spin with one change of foot and one change of position – minimum 3 revolutions on each foot • Choreographic step sequence
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Axel or double Salchow 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – must include rotating in both directions
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum four revolutions 4. Step sequence – must include 3 difficult turns and rotating in both directions

Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Double Salchow, double toe loop or double loop 2. Jump combination: single/single or double/single, double/double 3. Flying spin, minimum five revolutions 4. Step sequence – must include 4 difficult turns and rotations in both directions
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop or double flip 2. Jump combination: double/single or double/double 3. Flying spin - minimum six revolutions 4. Step sequence – must include 5 difficult turns and rotations in both directions
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip or double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot) 4. Step sequence – must include 7 difficult turns and rotations in both directions
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Double Lutz or double Axel 2. Jump combination: double/double or triple/double 3. Combination spin - all 3 basic positions required (min. 6 on each foot) 4. Step sequence – must include 7 difficult turns and rotations in both directions

EXCEL COMPULSORY

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
- 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 than free skate program.*

Level	Time	Skating rules/standards
Excel Beginner	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • One-foot upright spin - minimum 3 revolutions • Choreographic step sequence
Excel High Beginner	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Salchow/toe loop combination • Sit spin - minimum 3 revolutions • Choreographic step sequence
Excel Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Flip jump • Loop/loop jump combination • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Excel Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Flip/loop jump combination • Camel, sit combination spin – minimum 6 revolutions total • Choreographic step sequence



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

IJS SYSTEM WILL BE USED FOR Preliminary to Senior. The 6.0 System will be used for Beginner through Pre-Preliminary and Adult Beginner to Adult Gold

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3 revs) 2. Upright back spin (3 revs) 3. Sit spin (3 revs)
High Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (4 revs) 2. Upright spin with change of foot (3 revs on each foot) 3. Sit spin (3 revs)
No-Test	1:30 max.	<ol style="list-style-type: none"> 1. Upright spin with change of foot (3 revs on each foot) 2. Sit spin (3 revs) 3. Camel spin (3 revs)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Spin with one change of position and no change of foot (6 revs) 2. Backward sit spin (3 revs) 3. Camel spin (4 revs)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Spin with one change of foot and one change of position (min. 3 revs each foot) 2. Combination sit spin with change of foot (min. 3 revs each foot) 3. One position spin – skater’s choice (upright, sit or camel), (4 revs)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> 1. Backward entry Camel spin (4 revs) 2. Combination spin – All 3 basic positions are required (camel, sit, upright), (2 revs in each position) 3. Forward to backward scratch spin (min 4 revs per foot)
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> 1. Sit spin (4) 2. Combination spin – with change of foot; all 3 basic positions required 2 revs in each position (min. 4 revs per foot) 3. Girls – layback spin (6 revs); Boys – camel spin (5 revs)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Flying camel spin-basic camel position required (5 revs) 2. Sit spin to backward sit spin-basic sit position required (4 revs per foot) 3. Combination spin – change of foot & all 3 basic positions required (2 revs in each position & min 5 revs per foot)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Illusion to back scratch spin; may change feet (6 revs) 2. Camel spin to backward camel spin (4 revs per foot) 3. Combination spin – change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Flying sit spin or flying reverse sit spin (6 revs) 2. Solo spin of choice – may not fly (8 revs) 3. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Flying spin of choice (8 revs) 2. Solo spin of choice (8 revs) – may not fly 3. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult 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
Adult Beginner	1:15	<ol style="list-style-type: none">1. Pivot2. Two-foot upright spin (2)
Adult Pre-Bronze	1:15	<ol style="list-style-type: none">1. One-foot upright spin (3)2. Two-foot upright spin (3)
Adult Bronze	1:15	<ol style="list-style-type: none">1. One-foot upright spin (4)2. One-foot back spin (3)3. Sit spin (3)
Adult Silver	1:30	<ol style="list-style-type: none">1. Camel spin (3)2. Layback, sideways leaning or sit spin (4)3. Combination spin with at least one change of position, no change of foot (3 in each position)
Adult Gold	1:30	<ol style="list-style-type: none">1. Solo spin, no change of foot (4)2. Second solo spin, different from the first; change of foot optional (4)3. Combination spin with only one change of foot and at least one change of position (4 each foot)
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none">1. Solo spin of skater's choice (Min. 6 revolutions)2. Second solo spin, different from the first; change of foot optional (4) May have a flying entry3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot)
Masters Junior/Senior	1:30	<ol style="list-style-type: none">1. Solo spin of skater's choice (Min. 8 revolutions)2. Solo spin with a flying entry3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot). May have a flying entry



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 $\frac{1}{2}$ ice; Juvenile – senior will be skated on full ice

IJS SYSTEM WILL BE USED FOR Preliminary to Senior. The 6.0 System will be used for Beginner through Pre-Preliminary.

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. $\frac{1}{2}$ flip or $\frac{1}{2}$ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may include Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel or double Salchow 2. Single or double jump 3. Jump combination – single/single (may include Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double Salchow or double toe loop 3. Jump combination – single/single or double/single (may include single Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double toe loop or double loop 3. Jump combination – double/single or double/double (may include single Axel)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Double flip 3. Jump combination – double/double (may include double Axel)
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump (Salchow, toe loop, loop, Lutz) 2. Double or triple flip 3. Jump combination – double/double (may include double Axel)
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump (Salchow, toe loop, loop, flip) 2. Double or triple Lutz 3. Jump combination – double/double or triple/double (may include double Axel)



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, under "Programs" on the National Showcase page.

EVENT: Showcase Events – Dramatic Entertainment Events

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures, and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness.
- 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, as listed in the table below. 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, under "Programs" on the National Showcase page.

EVENT: Showcase Events – Duet Events

Format:

- Duets are theatrical or artistic performances by any competitors.
- 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, under "Programs" on the National Showcase page.

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.

- o The room will be attended only by the adult monitor assigned to play the music and the competing skaters.

- **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, under "Programs" on the National Showcase page.

Interpretative Events Timing:

Level	Program Duration
Pre-juvenile and below	1:00 maximum
Juvenile - Senior	1:30 maximum
Teen and young adult	1:30 maximum
All adult events	1:30 maximum

Showcase Event Levels

Except for Adult events, skaters must compete at the highest level for which they qualify.

Event	Must meet requirements*	Must not have passed	Age	Time
No Test <small>(does not qualify for National Showcase)</small>	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Pre-Preliminary <small>(does not qualify for National Showcase)</small>	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	Under 13	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max

Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max
Event	Must meet requirements* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	Age	Time
Adult Pre-Bronze <small>(does not qualify for National Showcase)</small>	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	1:40 max

* For the US Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete; rules 2540-2552 apply,; and the same level must be chosen for all showcase events at the competition (for example, a skater may not compete in Masters Dramatic Entertainment and Adult Gold Light Entertainment events at the same competition). Adult athletes wishing to be grandfathered into a higher level based on participation at the Adult Championships or National Showcase prior to 4/30/17 may make this request to the National Vice Chair for National Showcase. For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Basic Skills levels and events, please refer to the U.S. Figure Skating Compete USA Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement

Mini Production Ensembles: are theatrical performances by three to seven competitors. Props and Scenery ARE permitted. Programs are performed under full arena lighting. Skaters may enter only one duet, one mini production ensemble and one production ensemble each.

Production Ensembles: are theatrical performances by eight or more competitors. NOTE: Skaters may enter only one duet, one mini production ensemble and one production ensemble each. Props and Scenery ARE permitted. Programs are performed under full arena lighting.

EVENT	LEVEL/REQUIREMENT	AGE	TIME (Min/sec)
MINI ENSEMBLES	OPEN	OPEN	3:10
GROUP ENSEMBLES	OPEN	OPEN	5:30

SYNCHRONIZED SKATING EVENTS

2018-2019 Synchronized skating rules:

<http://www.usfsa.org/content/Synchro%20Elements%20updated%202017.pdf>

SPECIAL OLYMPICS EVENTS

SPECIAL OLYMPICS: The Special Olympics portion of this competition will be conducted in accordance with the new Learn to Skate USA competition rule book and the current Special Olympics Winter Sports Rules. Skaters age 8 years and older are eligible to compete. Skaters will be divided into groups by skating ability (Level 1 through Level 6). Skaters must be registered as Special Olympians through the Special Olympics Office.

https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Figure-Skating-Rules-2018-v2.pdf?_ga=2.89802399.524987425.1534963955-633065589.1533487434



COMPETE USA EVENTS

Compete USA Solo Free Skate

Pairs

Compulsory/Elements

Showcase Solo Events: Light and Dramatic Artistic

Interpretive Event

Showcase Duets

The 6.0 Majority Judging System will be used for: All Compete USA Events

The 2019 Fort Collins Classic has been selected to be part of the 2019 Skate Colorado Compete USA Series

2019 Skate Colorado Compete USA Series



<p>Denver Invitational (South Suburban) Date: March 16-17, 2019 www.denverfsc.org 6580 So. Vine Street Centennial, CO 80121 Competition Chair: Lisa May lisa@denverfsc.org (720) 272-0290 Competition Application Deadline: Feb 3, 2019</p>	<p>Ft. Collins Classic (EPIC) Date: April 4-7, 2019 www.fortcollinsfsc.org 1801 Riverside Fort Collins, CO 80525 Competition Chair: Kelly Cann kelly.cann79@gmail.com (970) 237-9842 Competition Application Deadline: March 4, 2019</p>
<p>Colorado College Cup (Honnen Ice Arena) Date: May 18, 2019 http://www.coloradocollege.edu/other/honnen 14 Cache La Poudre St. Colorado Springs, CO 80903 Competition Chair: Linda Alexander/Donna Schoon lalexander@coloradocollege.edu or dschoon499@gmail.com (719) 389-6156 Competition Application Deadline: April 18, 2019</p>	<p>Front Range Invitational (Greeley Ice Haus) Date: June 1, 2019 www.mountainviewskatingclub.com 900 8th Avenue Greeley, CO 80633 Competition Chair: Leah Hurst competition@mountainviewskatingclub.com (970) 616-9101 Competition Application Deadline: May 12, 2019</p>
<p>Broadmoor Open (World Arena) Date: June 23, 2019 www.broadmoorskatingclub.com 3185 Venetucci Blvd Colorado Springs, CO 80906 Competition Chair: Barbara Bradley HoneyB23@aol.com 719-540-5655 Competition Application Deadline: April 29, 2019</p>	<p>Rocky Mountain Championships (Ice Centre at the Promenade) Date: Aug 3-4, 2019 www.rockymountainfsc.org 10710 Westminster Blvd Westminster, CO 80020 Competition Chair: Alexandra Gilliam ATGilliam2020@gmail.com 303-817-2821 Competition Application Deadline: June 14, 2019</p>
<p>Colorado Gold Date: August 11, 2019 www.coloradoskatingclub.net 6580 So. Vine Street Centennial, CO 80121 Competition Chair: Valerie Powell / Mike Maciolek vailval@comcast.net / mcmaciolek@hotmail.com (303) 596-0339 / (303) 915-9570 Competition Application Deadline: July 8, 2019</p>	<p>Colorado Springs Invitational (Monument Ice Rinks) Date: September 15, 2019 www.centennialskatingclub.org 16240 Old Denver Highway Monument, CO 80132 Competition Chair: Lisa Landon Lisa_landon@comcast.net (719) 659-0912 Competition Application Deadline: Aug 5, 2019</p> <p>*** All 2019 Skate Colorado Compete USA Competition Series awards will be presented at the conclusion of this competition ***</p>

MISSION STATEMENT: To provide an opportunity for Colorado skaters to develop their skating skills in a fun, competitive environment.

AWARDS: During the competition season, skaters and teams/clubs will have the chance to compete at 8 different competitions and earn points for a final standing. Trophies and medals will be awarded at the conclusion of the CSI Skate Colorado Compete USA competition.

Skate Colorado Compete USA Series Team Banner (3x4) – 1st, 2nd, and 3rd place banners will be awarded to the club/skating school with the most points scored throughout the entire series (all 8 competitions) by skaters representing that club/skating school (points for clubs and skating schools located at the same rink will be added together to enhance and create more of a “team” concept). Points will be awarded based upon the same system as the individual points. **Only the top 10 team members’ OVERALL scores FOR THE ENTIRE SEASON will count toward the team points for the determination of the team trophy.** Tie breakers will be the same as the individual tie breakers.

Free skate Program and Elements/Compulsory Series Point System

A skater must enter **BOTH** the Free skate Program **AND** the Elements/Compulsory event **IN THE SAME LEVEL** in each of at least **TWO** of the **EIGHT** registered Skate Colorado Compete USA Competitions to be eligible for accumulating points. Skaters must compete in a minimum of 2 competitions. **Only up to the best 4 scores (free skate and compulsory/elements added together) of the season will be totaled for the final score in the series.** Each event will have a maximum of six skaters. Both youth and adults may accumulate points!

The system for scoring points for the trophies will be as follows:

1 st place	6 points
2 nd place	5 points
3 rd place	4 points
4 th place	3 points
5 th place	2 points
6 th place	1 point

** A skater will earn three points toward their overall standing each time the skaters enters a level that is higher than the level competed in at the previous competition throughout the duration of the series. In order to keep the extra three points he/she must compete in that level or higher in all subsequent competitions. Move up points will be awarded for all 10 series events (even though the event point scores may not be one of the final four best scores).*

In the event that there is only one skater in an event, the skater will have the choice to skate alone OR move up a level to compete against other skaters, **HOWEVER, THE SKATER WILL HAVE TO MOVE UP IN BOTH THE ELEMENTS/COMPULSORY MOVES AND THE PROGRAMS W/MUSIC EVENTS.** In this case, those skaters will be allowed to move back to their original level to compete at the next competition and shall not be awarded the 3 point move up credit.

If an event has 2-6 skaters, the points will be awarded as if there were six skaters in the group. If there is only one skater in the group, that skater will be awarded three points.

In case of a tie, the total number of skaters that the competitor has skated against throughout the series (all competitions and not just the competitions with the 4 best scores) will be the 1st tie breaker. The total score for all free skate events during the season will be the 2nd tie breaker, the total score for all compulsory events during the season will be the 3rd tie breaker, and the number of levels increased throughout the season will be the 4th tie breaker.

All points follow the skater throughout the series, so if a skater moves up to higher levels, the points follow the skater. Once a skater moves up a level, they may not compete at a lower level unless they moved up as a result of having no other skaters in their group.

Trophies will be awarded 1-3 in each level from Snowplow Sam through Free Skate 6 and Adult 1-6. The trophies will be awarded to the skaters at their level as of the last competition in which they compete.

Rules and Format:

COMPETITION ANNOUNCEMENT

The **Skate Colorado Compete USA Competition Series** is sponsored equally by the 8 participating ice rinks and/or U.S. Figure Skating member clubs. Competition packages will be available at all participating ice rinks and/or via the club or rink websites. Each competition will have its own entry forms and specific rules so please make sure to read the entire announcement for each competition.

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA 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 Learn to Skate USA Program/Club or any other Learn to Skate USA Program/Club.

Eligibility will be based on skill level as of the closing date of entries.

All Snowplow Sam through Basic 6 skaters are eligible to skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition and **NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.**

All Pre-Free Skate through Free Skate 6 skaters are eligible to skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition. **Skaters may have passed Pre-Preliminary MITF and no higher, Preliminary Dance and no higher, and may NOT have passed any U.S. FIGURE SKATING free skate tests.**

It is very important to the success of the series that skaters are placed in the correct divisions. If, for whatever reason, the local organizing committee and/or their Chief Referee discover that a skater has been placed in a category that is below their class level, the chair and referee will have the option to move the skater to the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors.

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

- To be skated on full ice with music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	March followed by a two-foot glide and dip Forward two-foot swizzles, 2-3 in a row Forward snowplow stop Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	Forward two-foot glide and dip Forward two-foot swizzles, 6-8 in a row Beginning snowplow stop on two-feet or one-foot Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	Forward one-foot glide (no variations), either foot Scooter pushes, right and left foot, 2-3 each foot Moving snowplow stop Two-foot turn in place, forward to backward Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	Beginning forward stroking showing correct use of blade Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive Forward slalom Moving forward to backward two-foot turn on a circle Beginning backward one-foot glide, either foot
Basic 4	1:10 max.	Forward outside edge on a circle, clockwise or counterclockwise Forward crossovers, 4-6 consecutive, clockwise and counterclockwise Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive Backward one-foot glides (no variations), right and left Beginning two-foot spin, maximum 4 revolutions
Basic 5	1:10 max.	Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, clockwise and counterclockwise Forward outside three-turn, right and left Advanced two-foot spin, minimum 4 revolutions Hockey stop
Basic 6	1:10 max.	Forward inside three-turn, right and left Bunny Hop Basic forward spiral on a straight line (no variations), right or left Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position T-stop, right or left

PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC

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

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

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max.	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 Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions Mazurka Waltz jump <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i>
Free Skate 1	1:40 max.	Forward stroking, 4-6 consecutive powerful strokes One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions Toe loop jump Half flip jump <i>NOT ALLOWED – Waltz jump/toe loop combination</i>
Free Skate 2	1:40 max.	Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis Beginning back spin- maximum 2 revolutions Half Lutz Salchow jump <i>NOT ALLOWED – Salchow/toe loop combination</i>
Free Skate 3	1:40 max.	Alternating Mohawk/crossover sequence, right to left and left to right Advanced back spin with free foot in crossed leg position, minimum 3 revolutions Loop jump Waltz jump/toe loop or Salchow/toe loop jump combination <i>NOT ALLOWED – Waltz/loop combination</i>
Free Skate 4	1:40 max.	Forward power 3's, 2-3 consecutive sets, right or left Sit spin – minimum 3 revolutions Half Loop jump Flip jump <i>NOT ALLOWED – Waltz/half-loop/Salchow sequence</i>
Free Skate 5	1:40 max.	Backward outside three-turn, Mohawk (backward power three-turn), both directions Camel spin – minimum 3 revolutions Waltz-loop jump combination Lutz jump
Free Skate 6	1:40 max.	Creative step sequence using a variety of three turns, Mohawks and toe steps Camel, sit spin combination - minimum of 4 revolutions total Waltz jump/ half-loop/Salchow jump sequence Beginning Axel jump

SNOWPLOW SAM – BASIC 6 ELEMENTS

Two format options for the Elements Event:

1. Each skater will perform each element when directed by a judge/referee OR
 2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)
 Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.
- To be skated on 1/3 to 1/2 ice (determined by the LOC)
 - No music
 - Divide Snowplow Sam skaters by level (1-4), if registrations warrant

All elements must be skated in the order listed

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	March followed by a two-foot glide and dip Forward two-foot swizzles, 2-3 in a row Forward snowplow stop Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	Forward two-foot glide and dip Forward two-foot swizzles, 6-8 in a row Beginning snowplow stop on two-feet or one-foot Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	Forward one-foot glide (no variations), either foot Scooter pushes, right and left foot, 2-3 each foot Moving snowplow stop Two-foot turn in place, forward to backward Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	Beginning forward stroking showing correct use of blade Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive Forward slalom Moving forward to backward two-foot turn on a circle Beginning backward one-foot glide, either foot
Basic 4	1:00 max.	Forward outside edge on a circle, clockwise or counterclockwise Forward crossovers, 4-6 consecutive, clockwise and counterclockwise Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive Backward one-foot glides (no variations), right and left Beginning two-foot spin, maximum 4 revolutions
Basic 5	1:00 max.	Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, clockwise and counterclockwise Forward outside three-turn, right and left Advanced two-foot spin, minimum 4 revolutions Hockey stop
Basic 6	1:00 max.	Forward inside three-turn, right and left Bunny Hop Basic forward spiral on a straight line (no variations), right or left Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry T-stop, right or left

PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max.	Forward inside open Mohawk from a standstill position (R to L and L to R) 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 Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions Mazurka Waltz jump
Free Skate 1	1:15 max.	Forward stroking, 4-6 consecutive powerful strokes Backward outside three-turns, right and left One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions Toe loop Half flip jump
Free Skate 2	1:15 max.	Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis Backward inside three-turns, right and left Beginning back spin- maximum 2 revolutions Half Lutz Salchow jump
Free Skate 3	1:15 max.	Alternating Mohawk/crossover sequence, right to left and left to right Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise Advanced back spin with free foot in crossed leg position- minimum 3 revolutions Loop jump Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	Forward power 3's, 2-3 consecutive sets, right or left Sit spin - minimum 3 revolutions Half loop jump Flip jump
Free Skate 5	1:15 max.	Backward outside three-turn, Mohawk (backward power three-turn), both directions Camel spin - minimum 3 revolutions Waltz jump-loop jump combination Lutz jump
Free Skate 6	1:15 max.	Forward power pulls, minimum 3 on each foot Camel, sit spin combination - minimum of 4 revolutions total Waltz jump, ½ loop, Salchow jump sequence Beginning Axel jump



SHOWCASE EVENTS: Compete USA

General event parameters:

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.

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.

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	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 tests.	Time: 1:30 max.
No Test/ Pre-Preliminary/	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary.	Time: 1:30 max.
Adult Pre-Bronze Adult Bronze Preliminary	No prescribed or restricted elements.	Must have passed no higher than Adult Pre Bronze free skate test, Adult Bronze, or Preliminary.	Time: 1:40 max.

INTERPRETIVE

Competition Format

The Organizing Committee must 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 soundproof 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.

Levels: Levels should be broken by ability with ages divided appropriately.

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: Basic 1-6: 1:00 Max

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.

ADULT 1-6 FREE SKATE WITH MUSIC

General event parameters:

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

Level	Time	Elements
Adult 1	1:40 Max	Forward Marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop – two feet or one foot
Adult 2	1:40 Max	Forward skating across the width of the ice Forward one-foot glides Forward slalom Backward skating Backward swizzles, 4-6 in a row
Adult 3	1:40 Max	Forward stroking using the blade properly Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise Backward skating to a long two-foot glide Forward chasses on a circle, clockwise and counterclockwise Backward snowplow stop, Right and Left
Adult 4	1:40 Max	Forward outside edge on a circle, right and left Forward inside edge on a circle, right and left Forward crossovers, clockwise and counterclockwise Backward one-foot glides, right and left Hockey stop, both directions
Adult 5	1:40 Max	Backward outside edge on a circle, right and left Backward inside edge on a circle, right and left Backward crossovers, clockwise and counterclockwise Forward outside three-turn, right and left Beginning two-foot spin
Adult 6	1:40 Max	Forward stroking with crossover end patterns Backward stroking with crossover end patterns Forward inside three-turn, right and left T-stop Lunge Two-foot spin into one-foot spin (min 2 revs on 1 foot)

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	Max. 4 jump elements Jumps limited to bunny hop, mazurka, ballet and Waltz jump Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same jump	Max. 2 spins Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1
Adult High Beginner 1:40 Maximum	Max 4 jump elements: Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same type jump.	Max 2 spins: Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
Adult Pre-Bronze 1:40 Maximum	Max 4 Jump Elements: Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps. Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) Only single and half-revolution jumps are allowed No single Lutz, single Axel or double jumps are allowed	Max 2 Spins: Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate
Adult Bronze 1:50 maximum	Max 4 Jump Elements: Max 2 combinations or sequences; 1 combination/sequence may consist of three jumps, and the other may have only two jumps Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except single Axel) No single Axel, double or triple jumps are permitted	Max 2 Spins: Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position No flying spins are permitted	Max 1 Sequence: Choreographic Step Sequence Must use at least ½ ice surface May include Moves in the Field and spirals	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

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.	Forward Marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop – two feet or one foot
Adult 2	1:30 Max.	Forward skating across the width of the ice Forward one-foot glides Forward slalom Backward skating Backward swizzles, 4-6 in a row
Adult 3	1:30 Max.	Forward stroking using the blade properly Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise Forward chasses on a circle, clockwise and counterclockwise Backward skating to a long two-foot glide Backward snowplow stop, Right and Left
Adult 4	1:30 Max.	Forward outside edge on a circle, right and left Forward inside edge on a circle, right and left Forward crossovers, clockwise and counterclockwise Hockey stop, both directions Backward one-foot glides, right and left
Adult 5	1:30 Max.	Backward outside edge and backward inside edge on a circle, right and left Backward crossovers, clockwise and counterclockwise Forward outside three-turn, right and left Beginning two-foot spin (min 2 revs)
Adult 6	1:30 Max.	Forward stroking with crossover end patterns Backward stroking with crossover end patterns Forward inside three-turn, right and left T-stop Lunge Two-foot spin into one-foot spin (min 2 revs on 1 foot)
Adult Beginner	1:30 Max.	Bunny hop Mazurka Forward beginning one-foot spin from backward crossovers (min 2 revs) Forward moving inside open Mohawk (right and left) – heel to instep 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)
Adult High Beginner	1:30 Max.	Waltz Jump ½ Flip Forward upright spin – minimum 3 revolutions Backward outside three- turn, right and left 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)
Adult Pre- Bronze	1:30 Max.	Toe loop jump 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 Forward upright spin - minimum 3 revolutions 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 Forward spiral (any edge)
Adult Bronze	1:30 Max.	Salchow jump Waltz jump – toe loop combination jump Backward Upright Spin – entry optional (Min. 3 revolutions) Backward inside three-turn, right and left Spiral sequence (Minimum 2 spirals)- must change edge or foot

