



2016 Grand Rapids Open Figure Skating Competition

Hosted by The Greater Grand Rapids Figure Skating Club

(As part of the State Games of Michigan)

June 24-26, 2016

The Greater Grand Rapids Figure Skating Club is excited to present the 18th annual Grand Rapids Open. This year we have been selected to participate in the **National Solo Dance Series**. We are also part of the **Tri-State Council Championship Series** (Test Track). We will be offering testing in conjunction with the competition. Testing details will be updated on our website at www.ggrfsc.org. Information may also be obtained by emailing our test chair at vanzanten5@att.net.

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

COMPETITION CONTACTS

Co-Chair/Registration: Vicki Scott – grandrapidsopen@gmail.com

Co-Chair/Test Chair: Jenifer VanZanten – vanzanten5@att.net

Practice Ice: Renee Peirce – rppeirce@comcast.net

Meijer State Games and State Games of America

The Grand Rapids Open is a participant in the Meijer State Game of Michigan. For more information about the state games and the opening ceremonies please visit: www.stategamesofmichigan.org. We will be hosting the The National State Games of America in August of 2017!

See the following link to learn more: www.sga2015.com/sga2017. You may also LIKE the State Games of America facebook page for updated information as the event approaches.

FACILITIES

The competition will be held at Patterson Ice Center which is located at **2550 Patterson Avenue, SE, Grand Rapids, MI 49546**. The rink phone number is: 616.940.1423.

Patterson Ice Center is a two rink indoor facility with ice surfaces of 200' x 85'. A snack bar will be open, and various vendors will be offering items for sale. There are numerous restaurants and stores located within a mile of the rink. Many of these businesses will be offering discounts to skaters and families during the competition weekend.

ELIGIBILITY/TEST LEVEL:

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

Age restrictions/requirements: Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 14 years of age at the close of entries. Skaters entering beginner-pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

ENTRIES

You may register for the Grand Rapids Open at: www.entryeeze.com.

No paper entries will be accepted.

Online entries and payment must be completed by: **May 24, 2016.**

Fee Schedule *(Includes DVD of each event)*

\$105 - First IJS event (Juvenile/Open Juvenile – Senior; Adult Gold; Combined Dance Event)

\$60 - Second IJS Event

\$100 - Shadow Dance (team)

\$95 - First 6.0 event (Solo Pattern Dance/Pairs/Duet/Showcase)

\$50 - Each additional event

\$75 Team + \$15/skater - Production Ensemble

\$55 - First Snow Plow Sam or Basic Skills 1-8

\$35 - Each additional Snow Plow Sam or Basic Skills 1-8

\$25 - Change of Event Fee (per event changed)

\$15 - Late fee for entries received after 5/24/16

\$15 - Missing USFSA Number/incomplete registration

\$25 - for each returned check or contested credit card (Only cash will be accepted for this fee.)

Entry fees will not be refunded after entry deadline FOR ANY REASON unless no competition exists or is cancelled. No exceptions will be made. **There will be no refunds for medical withdrawals.** Online processing fees are not refundable. Checks returned for non-sufficient funds will be assessed a \$35 fee. Payment of the fee will be required before skater is allowed to participate in practice ice or events.

Registration/Practice Ice Desk Hours

The registration desk will be open one hour before the start of the competition each day. Skaters must check in at least one hour prior to their event.

We will offer several options for practice ice this year... evening, morning, and mid-day. Practice Ice will be available for purchase for the rate of \$15 per 25 minute session. The Practice Ice table will be open 30 minutes prior to the start of the first practice ice each day.

Practice ice sessions may be purchased in advance on www.entryeeze.com at the time of online entry or at the practice ice desk during competition days if space is still available.

The practice ice schedule will be posted on www.entryeeze.com and skaters will be emailed by www.entryeeze.com of practice ice opening and closure dates. Music will not be played on practice ice. Please contact Renee Peirce at rpeirce@comcast.net with any questions.

MUSIC

The official competition music must be turned in on CD at the registration table at the time of check-in. CD should only have one track of music. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Greater Grand Rapids Figure Skating Club cannot be responsible for CDs left at the end of the competition.

LIABILITY

US Figure Skating, The Greater Grand Rapids Figure Skating Club, Patterson Ice Center and the Meijer State Games accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the US Figure Skating Rulebook.

JUDGING SYSTEM

The International Judging System (IJS) will be used for the following events: Well-Balanced Program free skate and short program events, Juvenile – Senior, and Adult Gold.

The 6.0 Majority Judging System will be used for Well-Balanced Program free skate events (Pre-Preliminary – Pre-Juvenile, Open Juvenile, plus Adult Bronze and Silver; Introductory free skate events (Beginner, High Beginner and No Test); all Test Track events; all specialty singles events (spins, jumps, compulsory moves, showcase); Pairs: freeskate and short programs, all solo dance events.

Planned Program Content (PPC)

IJS events are required to submit a PPC (planned program content) online. The PPC is to be completed no later than June 10, 2016. You can find the PPC by going to the members only section at : www.usfigureskating.org. **If a PPC is not submitted by the deadline, a \$25 processing fee will be required at the time of registration.** Canadian skaters who are not USFSA members should email the list of elements to Jim Achtenberg at: jacht@umich.edu.

CRITIQUES

Critiques will be offered for all IJS long program events. Short program event critiques will be offered if scheduling allows. Times for the critiques will be available at registration the day of the event.

PHOTOGRAPHY

Professional photography will be provided by ProEvent Photo. Pre-orders are available, as well as on-site sales.

VIDEOGRAPHY

All events are recorded by Ledin Video (313.928.9097) www.ledinvideo.com.

A DVD of each event is included with your entry fee. DVDs must be picked up before the competition has ended. They will not be mailed.

SCHEDULE OF EVENTS

A tentative schedule of competition events and skater's event time(s) will be posted at www.ggrfsc.org and www.entryeeze.com as soon as it is known. All times are approximate. Please check with Registration for changes and exact times.

AWARDS

Medals are awarded for 1st – 4th place; Ribbons are awarded for 5th – 8th place.

Skating order and event results will be posted in a specified location in the rink (posted at registration desk).

COMPETITION WEAR

Information regarding Official GRO logo wear purchase opportunities is included at the end of this announcement and will be emailed to all registered competitors at the conclusion of the entry deadline. Names of all competitors will be printed on the back of each logo wear item. If you are a late entrant, your name will not appear on any logo wear apparel.

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 Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

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

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

For more information regarding Coach Compliance, please refer to:

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

Sanction

This is a non-qualifying competition sanctioned by US Figure Skating (**#23133**) and Skate Canada. It will be conducted in accordance with the rules of US Figure Skating as forth in the 2016 rulebook, except as modified in this announcement.

The logo is circular with a blue border containing the text "Tri States Council" at the top and "Championship Series" at the bottom. In the center is a white five-pointed star with a blue outline. Inside the star, the words "US FIGURE SKATING" are written in blue, with a stylized red and blue figure skater icon above the text.

Have you heard about the Tri-States Council Championship Series?

The Tri-States Council Championship Series is the next step up for Basic Skills Series Competitors. 2016-2017 will be the sixth year of this event. Each year we hope to build more interest in this series making it a fun and anticipated event for test track skaters in Indiana, Michigan, Ohio and Western Pennsylvania. This is a way to keep your skaters involved in skating as they get more involved with school activities and friendships. They can still compete and gain self confidence even if their ultimate goal is not the Olympics.

At each event, points are assigned to the skaters entered in any Test Track event and those points are tallied and posted on www.sk8stuff.com [under the heading test track series]. The more competitions entered, the more points accumulated. If a skater advances to a higher level during the season, he/she takes the accumulated points to the new level along with 8 bonus points [awarded only once per skater during the year]. A special medal ceremony is held for each test track level during the annual Tri State Championships [location of this event varies from year to year].

**THE TRI-STATE COUNCIL OF
FIGURE SKATING CLUBS
IS PROUD TO CONTINUE THE
TEST TRACK CHAMPIONSHIP SERIES**

At this Competition, points will be accumulated and tabulated for all individuals participating in *test track events*. No need to register – nothing for you to do. These points will be tallied for the entire season (from April 1, 2016 thru March 31, 2017). You can follow your points on www.sk8stuff.com – click on Tri State Series! At the end of the season, medals will be presented at the Tri State Free Skating Competition held in Spring 2017 for those accumulating the most points.



2015-16 Test Track Free Skate Event (Introductory through Senior levels)

General event parameters:

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

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Two 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 Basic Skills free skating badge tests
High Beginner 1:40 maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • 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 tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Pre-Preliminary 1:40 maximum	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. 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 pre-preliminary free skate test



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

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



Well Balanced Program - FREE SKATE

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>NO TEST</p> <p><u>1:40 maximum</u></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 <u>except that one 3-jump combination with a maximum of 3 single jumps is permitted.</u> ○ Jump sequences limited to a maximum of 3 single jumps ○ <u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination.</u> 	<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 (For definition see U.S. Figure Skating rule 4103 (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 permitted 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><u>1:40 maximum</u></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 <u>except that one 3-jump combination with a maximum of 3 single jumps is permitted.</u> ○ Jump sequences limited to a maximum of 3 single jumps ○ <u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</u> 	<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 (For definition see U.S. Figure Skating rule 4103 (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 permitted 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 or a waltz jump-type 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 <u>except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted</u> ○ Jump sequences limited to a maximum of 3 single or double jumps. ○ <u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</u> 	<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 (For definition see U.S. Figure Skating rule 4103 (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 permitted 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 triple or quadruple jumps allowed ○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps, in jump sequences or in jump combinations ○ 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 <u>except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</u> ○ Jump sequences limited to a maximum of 3 single or double jumps ○ <u>Half-loop is considered a listed jump with the value of a single jump when used in a sequence or combination</u> 	<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"> ○ May start with a flying entry ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ May start with a flying entry ○ Min 4 revs <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (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 permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>JUVENILE and OPEN JUVENILE</p> <p>2:15 +/- 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, allowed <ul style="list-style-type: none"> ○ No triple or quadruple jumps 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 ○ No double jump can be repeated more than once • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps <u>except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump</u> ○ <u>Half loop is considered a listed jump with the value of a single jump when used in a sequence or combination</u> ○ Number of jumps in jump sequence is not limited 	<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 (For definition see U.S. Figure Skating rule 4103 (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</p> <p>2:30 +/- 10 sec</p> <p>*means element is required</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 <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 No double or triple jump can be repeated more than once Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations are limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	<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 (For definition see U.S. Figure Skating rule 4103 (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>NOVICE LADIES</p> <p>3:00 +/- 10 sec</p> <p>*means element is required</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 are 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 as part of a jump combination or sequence. 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"> Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	<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 (For definition see U.S. Figure Skating rule 4103 (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>NOVICE 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* All single, double and triple jumps are 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 one attempt must be part of a jump combination or sequence. 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"> Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	<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 (For definition see U.S. Figure Skating rule 4103 (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>JUNIOR LADIES</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"> Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in a sequence is not limited 	<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 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 rule 4103 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>JUNIOR MEN</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 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"> Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in a sequence is not limited 	<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 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 (For definition see U.S. Figure Skating rule 4103 (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</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 <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"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<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 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 (For definition see U.S. Figure Skating rule 4103 (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
<p>SENIOR MEN</p> <p>4:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 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"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<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 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 (For definition see U.S. Figure Skating rule 4103 (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



SINGLES SHORT PROGRAM

The short program events listed below will be skated. Elements required are for the 2016-2017 season. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc. and to be aware of official USFS rule changes.

- A. Juvenile and Intermediate short program – Rule 4230
- B. Novice short program – Rule 4220
- C. Junior short program – Rule 4210
- D. Senior short program – Rule 4200



INTRODUCTORY LEVELS COMPULSORY EVENT

Format

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

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

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump 2. ½ jump of choice 3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional) 4. Forward or backward spiral
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin - minimum three revolutions 4. Forward or backward spiral
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions 4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.



General event parameters:

1. Basic Skills – Juvenile: Elements skated on ½ ice
2. Intermediate – Senior: Elements skated on full-ice
3. Elements may be performed only once
4. Music is not allowed

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single Toe Loop 2. Jump combination: single/single (no Axel) 3. Sit spin or camel spin - minimum three revolutions 4. Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single/single (may include Axel) 3. Back upright spin - minimum three revolutions 4. Forward inside spiral
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single jump (may include Axel) 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – circular
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Flying spin, minimum five revolutions 4. Step sequence – straight line
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Jump combination: double/single or double/double 3. Flying spin - minimum five revolutions 4. Step sequence – straight line
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line

ADULT COMPULSORY EVENTS

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	Elements
Adult Beginner	1:15	<ol style="list-style-type: none"> 1. Forward crossovers (Min. 5 consecutive) 2. Waltz jump 3. Two foot upright spin 4. Forward spiral (any edge)
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> 1. Backward crossovers (Min. 5 consecutive) 2. Waltz jump 3. Forward upright spin (Min. 3 revolutions) 4. Forward outside spiral
Adult Bronze	1:15	<ol style="list-style-type: none"> 1. Single Salchow 2. Waltz jump – toe loop combination jump 3. Sit spin (Min. 3 revolutions) 4. Spiral sequence (Min. 2 spirals)
Adult Silver	1:30	<ol style="list-style-type: none"> 1. Single loop 2. Single/single jump combination 3. Sit spin (Min. 3 revolutions) 4. Straight line step sequence
Adult Gold	1:30	<ol style="list-style-type: none"> 1. Single Lutz or Axel 2. Single/single or single/double jump combination 3. Camel spin (Min. 4 revolutions) 4. Straight line step sequence
Masters Intermediate/Novice	2:00	<ol style="list-style-type: none"> 1. Axel, double Salchow , double toe loop or double loop 2. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel 3. Solo spin of skater's choice (Min. 6 revolutions) 4. Straight line step sequence
Masters Junior/Senior	2:00	<ol style="list-style-type: none"> 1. Choice of any double jump 2. Jump combination that may include any double jump 3. Solo spin of skater's choice (Min. 8 revolutions) 4. Straight line step sequence



JUMPS CHALLENGE

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice
3. Jumps with an “*” must be preceded with connecting steps (intermediate – senior)

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





ADULT JUMPS CHALLENGE

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Adult silver and lower will be skated $\frac{1}{2}$ ice; adult gold – masters junior/senior will be skated on full ice
3. Jumps with an "*" must be preceded with connecting steps (intermediate – senior)

Level	Time	Elements
Adult Beginner	1:00	<ol style="list-style-type: none">1. Bunny Hop2. Mazurka or ballet jump
Adult Pre-Bronze	1:00	<ol style="list-style-type: none">1. Waltz or toe loop jump2. $\frac{1}{2}$ flip, $\frac{1}{2}$ Lutz or $\frac{1}{2}$ loop
Adult Bronze	1:00	<ol style="list-style-type: none">1. Single Salchow2. Single toe loop3. Any single jump + single toe loop combination (No Axels allowed)
Adult Silver	1:15	<ol style="list-style-type: none">1. Single flip2. Single loop3. Single/single combination (Axel is permitted)
Adult Gold	1:15	<ol style="list-style-type: none">1. Single Axel2. Single Lutz3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none">1. Axel2. Double Salchow , double toe loop or double loop3. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel
Masters Junior/Senior	1:30	<ol style="list-style-type: none">1. Double loop or double flip2. Double Lutz3. Jump combination that may include any double jump



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.
2. Spins may not be repeated. On required elements may be included.
3. All events are skated on ½ ice.
4. Minimum number of revolutions are noted in parentheses.

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



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.
2. Spins may not be repeated. On required elements may be included.
3. All events are skated on ½ ice.
4. 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



BASIC PROGRAM EVENT (SNOWPLOW SAM – BASIC 8)

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. Vocal music is allowed.

- To be skated on full ice
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level

Level	Time	Skating rules/standards
Snowplow Sam 1-3	1:00 +/-10 max.	<ul style="list-style-type: none"> • 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 +/-10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Forward snowplow stop • Backward wiggles, 6-8 in a row
Basic 2	1:00 +/-10 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Forward alternating ½ swizzle pumps in a straight line, 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 +/-10 max.	<ul style="list-style-type: none"> • Forward stroking • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Backward one-foot glide, either foot • Two-foot spin, minimum three revolutions
Basic 4	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward outside three-turn, right and left • Forward crossovers, 4-6 consecutive both directions • Backward stroking, 4-6 strokes • Backward snowplow stop, right or left
Basic 5	1:00 +/-10 max.	<ul style="list-style-type: none"> • Backward crossovers, 4-6 consecutive, both directions • Basic one-foot spin, free leg held to side of spinning leg, minimum three revolutions • Side toe hop, either direction • Hockey stop
Basic 6	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Lunge, right or left • T-stop, right or left
Basic 7	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward inside open Mohawk, right to left and left to right • Ballet Jump, either direction • Back crossovers to a back outside edge landing position, clockwise and counter clockwise • Forward inside pivot
Basic 8	1:00 +/-10 max.	<ul style="list-style-type: none"> • Moving forward outside or forward inside three-turns, right and left • Waltz jump (from at standstill) • Mazurka, either direction • 1 Combination move, clockwise <u>or</u> counter clockwise – two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge • 5. Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position -minimum three revolutions





Free Skate 1-6 PROGRAM EVENT

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 moves and steps should be demonstrated throughout the program. Vocal music is allowed.

- To be skated on full ice
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

Level	Time	Skating rules / standards
Free Skate 1	1:30+/-10 sec	<ul style="list-style-type: none"> • Advanced forward stroking, 4-6 consecutive • One-foot upright scratch spin from backward crossovers, minimum three revolutions • Waltz jump from backward crossovers • Half flip jump
Free Skate 2	1:30+/-10 sec	<ul style="list-style-type: none"> • Forward outside spiral, right or left • Beginning back spin – entry optional, minimum two revolutions • Waltz jump, side toe hop, waltz jump sequence • Toe loop jump
Free Skate 3	1:30+/-10 sec	<ul style="list-style-type: none"> • Forward crossovers in a figure 8 • Back spin, minimum three revolutions • Salchow jump • Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:30+/-10 sec	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin, minimum three revolutions • Loop jump • Waltz jump-loop jump combination
Free Skate 5	1:30+/-10 sec	<ul style="list-style-type: none"> • Camel spin, minimum three revolutions • Forward upright spin to back upright spin, minimum three revolutions each foot • Loop-loop jump combination • Flip jump
Free Skate 6	1:30+/-10 sec	<ul style="list-style-type: none"> • Camel, sit spin combination, minimum of four revolutions total • Split jump or stag jump • Waltz jump, ½ loop, Salchow jump sequence • Lutz jump

2015-16 Adult Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council with changes that will go into effect July 1, 2015.

2015-16	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* • Min 1*, max 3 combinations or sequences • 1 jump combination may contain three jumps; the remaining jump combinations are limited to two jumps • Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted • No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence 	<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"> • <u>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals.)</u> • 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* • Min 1*, max 3 combinations or sequences • 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps • May perform only one double-double combination or sequence • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop • Only one double-double jump combination or sequence is permitted • 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"> • <u>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals.)</u> • 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 * means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Min 1*, max 3 combinations or sequences • 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow. • No double-double jump combinations or sequences are permitted • 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 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"> • <u>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals.)</u> • 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.

2015-16	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<p>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</p> <p>2:10 maximum * means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Min 1*, max 2 combinations or sequences • 1 combination/sequence may consist of three jumps, and the other may have only two jumps • Additional jump sequences which contain non-listed jumps of not more than one 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 are permitted, including an Axel-type jump. • No double or triple jumps are permitted 	<p>Max 2 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 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 To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence or • Spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <p>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>
<p>ADULT BRONZE</p> <p>1:50 maximum * means element is required</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Min 1*, 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 Axel) • No Axel, double or triple jumps are permitted 	<p>Max 2 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 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 To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence or • Spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <p>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>
<p>ADULT PRE BRONZE</p> <p>1:40 maximum * means element is required</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • 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 Lutz, Axel or double jumps are allowed 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 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

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.

2015-16 Pairs Free Skating Requirement – This chart has been updated with changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2015

2015-16	LIFTS**	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
PRE-JUVENILE PAIRS 2:00 +/- 10 sec	1 Lift Group 1 Lift or Group 2 Waist Lift Carry lifts, carry features, variations of position, no-handed, 1-handed, combo lifts and lifts that turn in both directions are NOT permitted	N/A	1 (optional) Throw Jump Single	1 Solo Jump Single	1 (optional) Jump Sequence No limit to the number of jumps in jump sequence Single jumps only Jump combination not permitted	1 Solo Spin Min 3 revs No change of foot or position	1 Pair Spin Min 3 revs No change of foot or position	1 (optional) Pivot Figure No minimum requirements Pivot figure not eligible for features	1 Step Sequence Utilizing one-half the ice surface* Stroking both forward and backward, clockwise and counterclockwise *If IJS is used, then: ChSt
JUVENILE PAIRS 2:30 +/- 10 sec	<u>Max 1 Lift</u> Lift may be chosen from Group 1 or Group 2 Carry lifts, carry features, variations of position, no-handed, 1-handed, combo lifts and lifts that turn in both directions are NOT permitted Min 1 rev and max 3 ½ revs by man	N/A	<u>Max 1 Throw Jump</u> <u>Single only</u>	<u>Max 1 Solo Jump</u> Single or double	<u>Max 1 Jump Sequence or Jump Combination</u> Max 2 jumps in jump combination No limit to number of jumps in jump sequence Single or double jumps only	<u>Max 1 Solo Spin or Solo Spin Combination</u> Min 5 revs Change of foot, change of position, and flying entry are optional	<u>Max 1 Pair Spin</u> Min 3 revs Change of position optional No change of foot	<u>Max 1 Pivot Figure</u> Regular 1-hand-to-1-hand hold required Pivot figure not eligible for features When the position is attained, both partners must execute min ½ rev with the man clearly in full pivot position	<u>Max 1 Choreographic Step Sequence</u> Fully utilizing the ice surface

**To avoid similarities between pairs and ice dance programs, the number of small lifts performed in isolation is limited to two in all pairs free programs.

2015-16	LIFTS**	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
<p>INTERMEDIATE PAIRS</p> <p>3:00 +/- 10 sec</p>	<p>Max 2 Overhead Lifts</p> <p>Lifts can be selected from Groups 1-4 and must be different</p> <p>Carry lifts, carry features, variations of position, no-handed, 1-handed, combo lifts and lifts that turn in both directions are NOT permitted</p> <p>The lady may release her hands on the platter lift after full extension</p> <p>Min 1 rev and max 3 ½ revs by man</p>	<p>Max 1 Twist Lift</p> <p>Single</p> <p>Take off must be flip or Lutz</p>	<p>Max 2 Throw Jumps</p> <p>Single or double</p> <p>Must be different</p>	<p>Max 1 Solo Jump</p> <p>Single or double</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Max 2 jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> <p>Single or double jumps only</p>	<p>Max 1 Solo Spin or Solo Spin Combination</p> <p>Min 5 revs</p> <p>Change of foot, change of position and flying entry are optional</p> <p>Both partners must achieve a basic position (sit/camel/upright) for at least 2 revs</p>	N/A	<p>Max 1 Death Spiral or Pivot Figure</p> <p>Regular 1-hand-to-1-hand hold required</p> <p>Pivot figure not eligible for features</p> <p>When the position is attained, both partners must execute min ½ rev with the knees of the man clearly bent and in full pivot position</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>
<p>NOVICE PAIRS</p> <p>3:30 +/- 10 sec</p>	<p>Max 2 Overhead Lifts</p> <p>Lifts must be from different groups, and 1 must be from Group 3 or Group 4</p> <p>Variations of position, no-handed, 1-handed, combo lifts and lifts that turn in both directions ARE permitted</p> <p>Carry lifts and carry features are Not permitted</p> <p>Min 1 rev and max 3 ½ revs by man</p>	<p>Max 1 Twist Lift</p> <p>Single or double</p> <p>Take off must be flip or Lutz</p>	<p>Max 2 Throw Jumps</p> <p>Single, double or triple</p> <p>Must be different</p>	<p>Max 1 Solo Jump</p> <p>Single, double or triple</p> <p>If double Axel or triple, must be different from jumps executed in the jump sequence / combination</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Jump combination may consist of 2 jumps</p> <p>No limit to number of jumps in jump sequence</p> <p>Both may include jumps with same name</p> <p>Single, double or triple jumps permitted</p>	<p>Max 1 Solo Spin or Solo Spin Combination</p> <p>Min 5 revs</p> <p>Change of foot, change of position and flying entry are optional</p> <p>Both partners must achieve a basic position (sit/camel/upright) for at least 2 revs</p>	<p>Max 1 Pair Spin or Pair Spin Combination</p> <p>Min 5 revs</p> <p>If pair spin combination, must have at least 1 change of foot and 1 change of position by each partner</p>	<p>Max 1 Death Spiral</p> <p>Regular 1-hand-to-1-hand hold required</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>

****To avoid similarities between pairs and ice dance programs, the number of small lifts performed in isolation is limited to two in all pairs free programs.**

2015-16	LIFTS**	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL	STEP SEQUENCE
JUNIOR PAIRS 4:00 +/- 10 sec	<p>Max 2 Overhead Lifts</p> <p>Not all from Group 5</p> <p>Full extension of the lifting arms required</p> <p>Only 1 lift may include a carry feature</p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only)</p> <p>Min 1 rev and max 3 ½ revs by man</p>	<p>Max 1 Twist Lift</p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, loop, flip, Lutz or Axel</p>	<p>Max 2 Throw Jumps</p> <p>Must be different</p>	<p>Max 1 Solo Jump</p> <p>No limit to the number of revs</p> <p>If double Axel or triple, must be different from jumps executed in the jump sequence / combination</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Jump combination may consist of 2 or 3 jumps</p> <p>No limit to number of jumps in jump sequence</p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	<p>Max 1 Solo Spin Combination</p> <p>Must be combination</p> <p>Min 10 revs</p> <p>Optional change of foot (min 3 revs before and after change of foot, if performed)</p>	<p>Max 1 Pair Spin Combination</p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With a least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p>	<p>Max 1 Death Spiral</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>
	<p>Max 3 Overhead Lifts</p> <p>Not all from Group 5</p> <p>Full extension of the lifting arms required</p> <p>If 2 Group 5 lifts are executed, each must have a different take off (toe, step, reverse, backward or Axel)</p> <p>Only 1 lift may include a carry feature</p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only)</p> <p>Min 1 rev and max 3 ½ revs by man</p>	<p>Max 1 Twist Lift</p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, flip, Lutz or Axel</p>	<p>Max 2 Throw Jumps</p> <p>Must be different</p>	<p>Max 1 Solo Jump</p> <p>No limit to the number of revs</p> <p>If double Axel or triple, must be different from jumps executed in the jump sequence / combination</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Jump combination may consist of 2 or 3 jumps</p> <p>No limit to number of jumps in jump sequence</p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	<p>Max 1 Solo Spin Combination</p> <p>Must be combination</p> <p>Min 10 revs</p> <p>Optional change of foot (min 3 revs before and after change of foot, if performed)</p>	<p>Max 1 Pair Spin Combination</p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With at least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p>	<p>Max 1 Death Spiral</p> <p>Must be different from the death spiral in the short program</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>

****To avoid similarities between pairs and ice dance programs, the number of small lifts performed in isolation is limited to two in all pairs free programs**

PAIRS SHORT PROGRAM EVENTS

Pairs Short Program Requirements – This chart has been updated to reflect the short program requirements that will go into effect on July 1, 2015. Junior and senior events are subject to change by the ISU.

Elements required are for the 2016-2017 season.

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.

- A. Intermediate short program – Rule 5230
- B. Novice short program – Rule 5220
- C. Junior short program – Rule 5210
- D. Senior short program – Rule 5200

2015-16	LIFTS**	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
INTERMEDIATE PAIRS SHORT PROGRAM 2:30 Max	One lift selected from Groups 1-4. Variations of the lady's position, no-handed and one-handed lifts, combination lifts and lifts that turn in both directions are NOT permitted; however, if a pair executes a platter lift, the release of the lady's hands after the lift extension has been achieved is not a violation of this rule. Min 1 and max 3 ½ revs. by man	Single Take off must be flip or Lutz	Not allowed in the Intermediate Pairs Short Program	Single or Double (any take off)	Pair Spin No change of foot and optional change of position Min. 5 revs. total May NOT be commenced with a jump The rotation must be continuous, and no stop is permitted	One Death Spiral or Pivot Figure Regular hand-to-hand hold required In the final position when the lady is performing the actual Death Spiral or Pivot Figure, both the man and the lady must execute a minimum of one-half rev. with the knees of the man clearly bent and in full pivot position	Choreographic Step Sequence Must fully utilize the ice surface
NOVICE PAIRS SHORT PROGRAM 2:50 Max	<u>Any hand-to-hand lift take off (Group 4)</u> Min 1 and max 3 ½ revs. by man One-handed variations and changes of hold or of the lady's position during the lift are permitted The lift may not include a carry feature or be a carry lift	Single or Double Take off must be flip or Lutz	Single, Double or Triple Salchow	Double Flip or Double Axel	Pair Spin No change of foot and optional change of position Min. 5 revs. total May NOT be commenced with a jump The rotation must be continuous, and no stop is permitted	<u>Backward Outside</u> When death spiral position is attained, both partners must execute one revolution with man in full pivot position Lady's head must reach the level of her skating knee	Leveled Step Sequence Must fully utilize the ice surface

**To avoid similarities between pairs and ice dance programs, the number of small lifts performed in isolation is limited to one in all pairs short programs.

2015-16	LIFTS**	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
JUNIOR PAIRS SHORT PROGRAM 2:50 Max	<u>Hand-to-hand loop lift take off (Group 4)</u> Full extension of the lifting arm(s) is mandatory Min 1 and max 3 ½ revs. by man	Double or Triple Take off must be flip or Lutz	Double or Triple Salchow	Double Flip or Double Axel	<u>Pair Spin Combination</u> Only one change of foot (made at the same time by both partners) <u>Min. 8 revs. total, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each</u> May <u>NOT</u> be commenced with a jump The rotation must be continuous, and no stop is permitted	<u>Backward Outside</u> When death spiral position is attained, both partners must execute one revolution with man in full pivot position Lady's head must reach the level of her skating knee	Leveled Step Sequence Must fully utilize the ice surface
SENIOR PAIRS SHORT PROGRAM 2:50 Max	<u>Any hand-to-hand lift take off (Group 4)</u> Full extension of the lifting arm(s) is mandatory Min 1 and max 3 ½ revs. by man	Double or Triple Take off must be flip or Lutz	Double or Triple (any take off)	Double or Triple (any take off)	<u>Pair Spin Combination</u> Only one change of foot (made at the same time by both partners) <u>Min. 8 revs. total, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each</u> May <u>NOT</u> be commenced with a jump The rotation must be continuous, and no stop is permitted	<u>Backward Outside</u> When death spiral position is attained, both partners must execute one revolution with man in full pivot position Lady's head must reach the level of her skating knee	Leveled Step Sequence Must fully utilize the ice surface

**To avoid similarities between pairs and ice dance programs, the number of small lifts performed in isolation is limited to one in all pairs short programs.



Pro-Am/Open Dance

A dance couple will consist of an eligible skater and a pro/coach or an equal or higher-level partner. Competitors may not enter an event below their completed test level (either adult or standard track) as of the deadline for entries. Competitors may skate up one level. If entries warrant, events may be divided by age. The 6.0 judging system will be used for these events. Each individual dance is an event. Number of patterns skated will be the number used for Testing (NOT competition) in the 2016 test book. **TR 42.05A.** You may enter a single dance, both dances in one level, or one or two each in two levels. **Four dance maximum** (2 at test level, 2 at one level higher).

	Preliminary	Pre-Bronze	Bronze	Pre-Silver	Silver	Pre-Gold	Gold	International
Dances in each level	Canasta Tango	Cha- Cha	Hickory Hoedown	Foxtrot	Tango	Killian	Argentine Tango	Silver Samba
	Rhythm Blues	Fiesta Tango	Ten-Fox	European Waltz	Rocker Foxtrot	Blues	Westminster Waltz	Tango Romantica





Solo Pattern Dance (Non-series)

General event parameters:

- Levels are based upon the skaters' highest pattern dance test passed.
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for their level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30th – July 2nd), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2nd quarter).
- Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances groupings.

Level	January 1- March 31 st	April 1 st – June 30 th	July 1 st – September 30 th	October 1 st – December 31 st
Preliminary	1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz
Pre-bronze	1. Swing 2. Cha-Cha	1. Fiesta Tango 2. Swing	1. Cha-Cha 2. Fiesta Tango	1. Swing 2. Cha-Cha
Bronze	1. Hickory Hoedown 2. Willow Waltz	1. Ten Fox 2. Hickory Hoedown	1. Willow Waltz 2. Ten Fox	1. Hickory Hoedown 2. Willow Watz
Pre-silver	1. Fourteenstep 2. European Waltz	1. Foxtrot 2. Fourteenstep	1. European Waltz 2. Foxtrot	1. Fourteenstep 2. European Waltz
Silver	1. American Waltz 2. Silver Tango	1. Rocker Foxtrot 2. American Waltz	1. Silver Tango 2. Rocker Foxtrot	1. American Waltz 2. Silver Tango
Pre-gold	1. Killian 2. Blues	1. Paso Doble 2. Starlight Waltz	1. Killian 2. Blues	1. Paso Doble 2. Starlight Waltz
Gold	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep





NATIONAL SOLO DANCE SERIES EVENTS

The solo pattern dance event, combined event and shadow dance events are being offered as part of the U.S. Figure Skating Solo Dance Series and will be run in accordance with the U.S. Figure Skating Solo Dance Series Guidelines. Please refer to the 2016 Solo Dance guidelines for current rules, levels and requirements.

EVENT: SOLO PATTERN DANCE

This event is being offered at the Preliminary, Pre-Bronze, Bronze, Pre-Silver, Silver, Pre-Gold, Gold and International levels.

General event parameters:

1. Levels are based upon the skaters' highest pattern dance test passed.
2. A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
3. The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for their level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30th – July 2nd), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2nd quarter).
4. Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances groupings.

	Preliminary	Pre-Bronze	Bronze	Pre-Silver	Silver	Pre-Gold	Gold	International
Dances in each level	Canasta Tango	Cha- Cha	Hickory Hoedown	Foxtrot	Tango	Killian	Argentine Tango	Silver Samba
	Rhythm Blues	Fiesta Tango	Ten-Fox	European Waltz	Rocker Foxtrot	Blues	Westminster Waltz	Tango Romantica



EVENT: COMBINED DANCE

The combined dance event is comprised of the following:

- 1.) **JUVENILE, INERMEDIATE, NOVICE:** One solo pattern dance chosen by the referee out of two possible dances as selected by U.S. Figure Skating. This dance will not be posted until the starting order is posted at the competition.
 - Pattern Dance Selection for Juvenile:** Willow Waltz or Ten Fox
 - Pattern Dance Selection for Intermediate:** European Waltz or Foxtrot
 - Pattern Dance Selection for Novice:** Tango or American Waltz
- JUNIOR, SENIOR:** A short dance
- 2.) A solo free dance

The pattern dances competed in the combined dance event are separate from those in the solo pattern dance event and the results will not count towards the solo pattern dance event or results. **This event is offered at the juvenile, intermediate, novice, junior and senior levels.**





SHADOW DANCE

The Shadow Dance event is offered for the preliminary through senior levels. Refer to the current Solo Dance Series Handbook for the shadow dance rules and event details.

Preliminary: Dutch Waltz

Juvenile: Cha Cha

Intermediate: Foxtrot

Novice: Rocker Foxtrot

Junior: Starlight Waltz

Senior: Quickstep

2016 Solo Dance Series Entry Form Information

Are you a registered participant in the 2016 U.S. Figure Skating Solo Dance Series?

Yes, my Solo Dance Series Registration # is _____

No





THEATRE ON ICE (TOI) EVENTS Basic Skills Levels

Format: The competitive programs shall create a story based on the theme while demonstrating the choreographic process and gesture or movement.

- Programs should contain skating skills from the Basic Skills program levels listed.
- Elements from higher levels are not allowed.
- Elements from lower levels are encouraged.
- Coaches should refer to the U.S. Figure Skating Basic Skills Instructor's Manual for further details on the elements.
- Props, scenery and theatrical makeup are not allowed.

Please refer to the Basic Skills Instructor's Manual for more detailed information on Theatre On Ice 1-4.

Basic Skills Theatre On Ice Levels

Level	Program Length	Test, Team Size and Age Requirements
TOI/CE 1	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • THEME: JOY • CHOREOGRAPHIC PROCESS - REPETITION • MOVEMENT OR GESTURE - RAPID MOVEMENT <p>Skaters should demonstrate elements from the Basic Skills Program levels 1 through 4 Elements from higher levels are not allowed</p>
TOI/CE 2	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • THEME - FEAR • CHOREOGRAPHIC PROCESS - CASCADE • MOVEMENT OR GESTURE - ROUND MOVEMENT <p>Skaters should demonstrate elements from the Basic Skills Program levels 5 through 8. Elements from higher levels are not allowed.</p>
TOI/CE 3	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • THEME: ANGER • CHOREOGRAPHIC PROCESS - MIRROR • MOVEMENT OR GESTURE - SHARP MOVEMENT <p>Skaters should demonstrate elements from the Basic Skills Free Skate 1 through 3. Elements from higher levels are not allowed.</p>
TOI/CE 4	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • THEME: GROWTH • CHOREOGRAPHIC PROCESS - CANON • MOVEMENT OR GESTURE - SLOW MOVEMENT <p>Skaters should demonstrate elements from the Basic Skills Free Skate 4 through 6. Elements from higher levels are not allowed.</p>



Theatre On Ice (TOI) Events – Choreographic Exercise (CE) and Free Skate REFER TO CURRENT THEATRE ON ICE GUIDELINES FOR REQUIREMENTS





Showcase Events – Dramatic Entertainment Events

Format:

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

General event parameters:

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.

Dramatic Entertainment Levels:

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



Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max
Event	Must meet requirements for*	Must not have passed	Age	Time
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

This event is a standard U.S. Figure Skating Non-qualifying Competition
Sanction #23133





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
Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Duet Levels and Events:

	Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered standard track)	Age	Time
Duets (Duets must compete at the highest test level of the two skaters)	Beginner, High Beginner, No Test* Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary* Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
	Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance	No age restriction	2:10 max



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

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



Basic Skills Showcase Events

Format:

Showcase groups will be divided by number of entries and ages if possible. Vocal music is permitted and 6.0 judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Showcase categories may include:

- 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.
- Mini production ensembles): Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters.

NOTE: Skaters may enter only one each duet, mini production or production event.

General event parameters:

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judges' mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

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

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Interpretative Events and Levels

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00 Max
Free skate 1-6/ Limited beginner/ Beginner/Adult 1-4	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/ Adult pre-bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating pre-preliminary or adult pre-bronze free skate test.	Time: 1:30 Max
Preliminary/ Adult bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating preliminary free skate or adult bronze test.	Time: 1:40 Max





Showcase Events - Interpretive Events

Format:

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

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

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Interpretative Events and Levels

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





Showcase Events - Light Entertainment

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.

Light Entertainment Levels

	Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered)	Age	Time
Singles	Beginner, High Beginner, No Test* Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary* Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
	Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance	No age restriction	2:10 max
	Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
	Senior	Senior Free Skate OR Senior Free Dance			2:40 max
	Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
	Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
	Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre-Gold Dance Test	21 and older	1:40 max
	Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max





Showcase Events - Mini Production Ensemble

Format:

Mini production ensemble events are theatrical performances by three to seven competitors. Props and scenery are permitted. Programs are performed under full arena lighting

- o NOTE: Skaters may enter only one duet, mini production AND production event each.

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Mini Production Ensemble Events

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered standard track)	Age	Program Duration
Mini Production	Open	Open	No age restriction	3:10 max



Showcase Events - Production Ensemble

Format:

- **Production ensemble** events are theatrical performances by eight or more competitors. Theatre On Ice teams are eligible as production ensembles. Props and scenery are allowed. Programs are performed under full arena lighting
 - o NOTE: Skaters may enter only one duet, mini production AND production event each.

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Production Ensemble Events

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered)	Age	Program Duration
Production Ensemble	Open	Open	No age restriction	6:15 max





SYNCHRONIZED SKATING EVENTS

Synchronized Skating Standard Levels

General event parameters

1. Teams will skate to the music of their choice. Vocal music is permitted.
2. All age restrictions are as of the preceding July 1st.
3. Teams may have a maximum of four alternates, in addition to the maximum number of skaters allowed per level.
4. See the current U.S. Figure Skating Rulebook, technical notification and/or ISU communication for skating requirements.
5. Host clubs may choose to waive the moves in the field test level requirement at nonqualifying competitions.
6. The following rules apply to teams of all levels:
 - Rule 7020 - Clothing
 - Rule 7120 – Definitions of Steps and Turns
 - Rule 7130, 7140 – Definitions of Features and Requirements
 - Rule 7150 – General Criteria for Basic Requirements for Elements
 - Rule 7160 – Illegal Elements/Features/Additional Features/Movements

Level	Time	Roster	Age	Test level	Rules
Preliminary	2:00 +/- 10 sec.	8 – 16 skaters	All under age 12 Majority under age 10	None	Well balanced program: Rule 7270
Pre-Juvenile	2:15 +/- 10 sec.	8 – 16 skaters	Majority under age 12	None	Well balanced program: Rule 7260
Open Juvenile	2:30 +/- 10 sec.	8 – 16 skaters	Under age 20	Pre-preliminary moves in the field	Well balanced program: Rule 7250
Juvenile	3:00 +/- 10 sec.	12 – 20 skaters	Under age 13	Preliminary moves in the field	Well balanced program: Rule 7240
Intermediate	3:30 +/- 10 sec.	12 – 20 skaters	Under age 18	Pre-Juvenile moves in the field	Well balanced program: Rule 7230
Novice	3:15 +/- 10 sec.	12 – 20 skaters	Under age 16, with the exception of up to 4 skaters who may be 16 or 17.	Juvenile moves in the field	Well balanced program: Rule 7220
Junior	FS: 4:00 +/- 10 sec. SP: max 2:50	12 – 16 skaters	At least age 13, must be under 19	Intermediate moves in the field	WBP & Short Program: Rule 7210
Senior	FS: 4:30 +/- 10 sec. SP: max 2:50	16 skaters	At least age 15	Novice moves in the field	WBP & Short Program: Rule 7200
Collegiate	4:00 +/- 10 sec.	12 – 20 skaters	All must be enrolled in a college or university degree program as full-time students	Juvenile moves in the field	Well balanced program: Rule 7280
Open Collegiate	3:00 +/- 10 sec.	8 – 16 skaters	All must be enrolled in a college or university degree program as full-time students	None	Well balanced program: Rule 7290
Adult	3:30 +/- 10 sec.	12 – 20 skaters	At least age 21, with the exception of up to 4 skaters who may be 18 – 20.	Preliminary moves in the field, dance or figure	Well balanced program: Rule 7500
Masters	3:00 +/- 10 sec.	12 – 20 skaters	At least age 25, with the majority of the team at least 30	None	Well balanced program: Rule 7510
Open Adult	2:30 +/- 10 sec.	8 – 16 skaters	Majority at least age 19	None	Well balanced program: Rule 7520
Open Masters	2:30 +/- 10 sec.	8 – 16 skaters	At least age 25, with the majority of the team at least 30	None	Well balanced program: Rule 7530



Refer to Rulebook for Beginner 1-3 and Preliminary Synchro Requirements.



MEIJER STATE GAMES PARTICIPANTS

MEIJER STATE GAMES OF MICHIGAN: The Grand Rapids Open is participating in the Meijer State Games of Michigan. This is a qualifying event for the 2017 State Games of America event at Patterson Ice Arena in Grand Rapids, MI in August of 2017. For more information about the Meijer State Games of Michigan please visit www.stategamesofmichigan.org. For more information about State Games of America, visit www.stategames.org. Opening Ceremonies will be held for the State Games and our best efforts will be made to allow as many skaters as possible to attend, however, the competition schedule will take precedence.

ELIGIBILITY & ENTRIES: Eligible competitors are current members in good standing of US Figure Skating, members in good standing of the ISI (Ice Skating Institute), or unaffiliated with either organization, shall be eligible to enter events based on their test status as of **May 24, 2016**. Low-level flights will be divided in age groups of 8-10 skaters whenever possible. A minimum of two entries will be required for all flights to be scheduled. Men and Ladies events may be combined where necessary and allowable. **ISI Program Members:** If you are in an ISI program, please use the below conversion chart to determine your appropriate competition level.

If You Passed ISI level	Enter USFS	If You Passed ISI level	Enter USFS
Tot or Pre-Alpha (age 7)	Basic 1	Freestyle 8 / Open	Junior or
Advanced Pre-Alpha	Basic 2	Freestyle 9 / Open	Senior
Advanced Pre-Alpha	Basic 3	Freestyle 10 / Open	Senior
Alpha/Gamma	Basic 4	Freestyle 2 / Open Bronze	Adult Pre- Bronze
Beta	Basic 5	Freestyle 3 / Open	Adult Bronze
Delta	Basic 6	Freestyle 4 / Open	Adult Silver
Gamma	Basic 7	Freestyle 5 / Open Gold	Adult Gold
Delta-Freestyle 1	Basic 8	Dance 3	Preliminary Dance
Freestyle 2 or 3 / Open Bronze	Pre-Preliminary	Dance 4	Pre-Bronze Dance
Freestyle 4 / Open	Preliminary	Dance 5	Bronze Dance
Freestyle 5 / Open	Pre-Juvenile	Dance 6	Pre-Silver
Freestyle 6 / Open Gold	Juvenile or	Dance 7	Silver Dance
Freestyle 7 / Open Platinum	Novice	Dance 9	Pre-Gold Dance

HOTEL INFORMATION

We recommend booking your hotel as soon as possible. Due to the State Games of Michigan, many hotels are showing limited availability.

Doubletree by Hilton

4727 28th Street SE
Grand Rapids, MI 49512
www.doubletreegrandrapids.com
616-957-0100

Courtyard by Marriott

4741 28th Street SE Grand Rapids Michigan 49512
www.marriott.com
616-954-0500

Springhill Suites

5250 28th St. SE Grand Rapids Michigan 49512
www.marriott.com
616-464-1130

Wyndham Garden Inn

4495 28th Street SE, Grand Rapids, MI 49512
<http://www.wyndham.com/hotels/michigan/grand-rapids/wyndham-garden-grand-rapids/hotel-overview>
616-956-8080

Fairfield Inn

3930 Stahl Dr SE, Grand Rapids, MI 49546
<http://www.marriott.com/hotels/travel/grrpa-fairfield-inn-and-suites-grand-rapids>
616-940-2700



GRO T-SHIRT PRE-ORDER FORM

This year we will be offering an Anvil Tri-Blend short-sleeved competition tee (semi-fitted) in the colors HEATHER RED or HEATHER GALAPAGOS BLUE for Adult Sizes and LIGHT RED and TRUE ROYAL for the Youth Sizes. The cost is \$24. A list of competitor names will be printed on the back of the shirt for those skaters who register before the competition deadline. You may add this to your entry through the EntryEeze registration process. For t-shirt related questions, please contact Tarrah Meyering at meyeringsk8rs@gmail.com.

ADULT SIZES:

SIZE	CHEST	LENGTH
S	36	27
M	40	28
L	44	29
XL	48	30
2X	52	31

YOUTH SIZES:

SIZE	CHEST	LENGTH
S	30.5	20.875
M	32.5	22.125
L	34.5	23.375



Greater Grand Rapids Figure Skating Club

Test Application for Grand Rapids Open

Test Date: Friday, June 24th (am)

Name: _____ USFSA #: _____ Age: _____ Birth Date: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Phone: _____ Email: _____
 GGRFSC Member ? _____ Yes _____ If no, Home Club: _____

**Non-GGRFSC members must pay out of club fee of \$25 per test session.*

Dancers specify: _____ Solo: _____ Adult: _____
 Name of partner: _____

Field Moves	
Pre-Preliminary \$25.00	_____
Preliminary \$35.00	_____
Pre-Juvenile \$40.00	_____
Juvenile \$40.00	_____
Intermediate \$45.00	_____
Novice \$50.00	_____
Junior \$55.00	_____
Senior \$60.00	_____
Adult Moves	
Pre-Bronze \$40.00	_____
Bronze \$45.00	_____
Silver \$50.00	_____
Gold \$60.00	_____
Freeskate	
Pre-Preliminary \$20.00	_____
Preliminary \$25.00	_____
Pre-Juvenile \$30.00	_____
Juvenile \$35.00	_____
Intermediate \$40.00	_____
Novice \$45.00	_____
Junior \$50.00	_____
Senior \$55.00	_____
Adult Freeskate	
Pre-Bronze \$25.00	_____
Bronze \$35.00	_____
Silver \$45.00	_____
Gold \$55.00	_____
Pairs (Per Tester)	
Preliminary \$20.00	_____
Juvenile \$25.00	_____
Intermediate \$30.00	_____
Novice \$35.00	_____

Dance	
Preliminary \$20 Each	
Dutch Waltz	_____
Canasta Tango	_____
Rhythm Blues	_____
Pre-Bronze \$25 Each	
Swing Dance	_____
Cha Cha	_____
Fiesta	_____
Bronze \$25 Each	
Hickory Hoedown	_____
Willow Waltz	_____
Ten Fox	_____
Pre-Silver \$30 Each	
14 Step	_____
European Waltz	_____
Foxtrot	_____
Silver \$35 Each	
American Waltz	_____
Harris Tango	_____
Rocker Foxtrot	_____
Pre-Gold \$35 Each	
Killian	_____
Blues	_____
Paso Doble	_____
Gold/International \$40 Each	
1.	_____
2.	_____
3.	_____
4.	_____
Free Dance	
Juvenile \$25.00	_____
Intermediate \$30.00	_____
Novice \$35.00	_____

Applications: Make sure your application is filled out completely and accurately. Fees must accompany the application and both must be delivered to the Jenifer VanZanten's Test Chair Envelope in the club room *before* the deadline for the test. Mailed applications should be sent directly to Jenifer VanZanten and arrive before the deadline.

Credits: Fees from cancelled tests will be credited only if the cancellation is requested before the schedule is completed.

Special Requests: Any special requests for scheduling on the test day should be noted on the test form. We may or may not be able to honor a request, but we will try when possible. If a request has a substantial impact on the cost of a test session you may be charged for the excess.

USFSA Number: Your USFSA membership must be active at the time of testing. PLEASE REMEMBER TO PUT THIS ON YOUR TEST APPLICATION. If you do not yet have a number, write "pending" in the place of your number.

Schedule: Generally test schedules are posted no later than one week prior to the test session. However testers are advised to recheck the schedule the day before testing, Sometimes late changes are unavoidable.

Out-Of-Club Members: You must have permission from your home club to test outside your club. Please accompany this application with a letter from your home Club Test Chair indicating that you are a member in good standing and eligible to take the requested tests on the date of our session. Out of Club tests will be scheduled only as time is available.

On The Test Day: Arrive at the test session approximately one hour ahead of your scheduled time in case last minute changes must be made. While you and your friends are waiting to test, stay away from the ice door and keep noise levels down. Listen for instructions from the Test Chair, the Judges, or your Coach.

Questions For Judges: Remember that the judges are here to help you improve. If a comment is unclear, your coach may request clarification of comments or additional feedback from the judges.

Report Forms: Judging sheets and copies will be delivered to the skaters and coaches as soon as all scores are checked and recorded. The copies are for the skater's own records. The originals must be stay on file with the club.

Mail Competed Test Form to:

GGRFSC Test Chair
C/O Jenifer VanZanten
1082 Colonial Court
Holland, MI 49423

Fee Total Calculation

Total for all tests _____

Judges Fee + \$10

*Out of Club Fee (+\$25) _____

Check Number _____

Total Enclosed _____

Please make checks payable to Greater Grand Rapids Figure Skating Club.

Coach Signature: _____

Approval of Test Chair or Club Officer: _____

Skater Signature: _____ Date: _____

Parent/Guardian Signature (if skater is under 18 yrs. Of age):

_____ Date: _____