



## Fiesta Skate 2019

Sno-King Kirkland Ice Arena
In-House Competition and Exhibition
March 30, 2019

## COMPETITION

Sno-King Kirkland Ice Arena's annual "Fiesta Skate" In-House competition/Exhibition will be held on March 30, 2019. The competition is a non-qualifying U.S. Figure Skating In-house and is sanctioned by Learn to Skate USA. This competition will be governed by the current Compete USA manual.

### **ENTRIES**

Entries and Fee's must be completed via Entryeeze registration on-line. Entries must be Completed and Received by March 1, 2019. (Registration link to be distributed among members upon competition approval). Group ensembles are to register through the skating director by Team Coach by March 1, 2019. Practice Ice shall be scheduled through Entryeeze for all events.

## **ELIGIBILITY AND TEST REQUIREMENTS**

Eligibility will be based on skill level as of closing date of entries. All **Snowplow Sam and Basic 1-6** skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.

For the **Pre-free skate, free skate 1-6, and Well-Balanced levels**, eligibility will be based only upon highest free skate test level passed (Moves in the Field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition.

### **REFUNDS**

Refunds will be issued only if one of the following applies:

- 1. Injury with Physician's written recommendation.
- 2. There is a death in the competitor's immediate family.
- 3. The event is not held.

To withdraw, please notify Lisa Ware ASAP or Lisa@snokingkirkland.com

#### **FACILITIES**

The arena is located at 14326 124<sup>th</sup> Avenue N.E. Kirkland, Washington 98034

### **FEES REGISTRATION**

Fees must accompany Entryeeze registration and be <u>Completed</u> and <u>Received</u> by March 1, 2019. Group ensembles are to register through the skating director by Team Coach.

Event schedules will be e-mailed to the participant's coaches and posted at the arena one week prior to the event. Schedules will NOT be mailed to individual skaters.

## Fees & Payments for Individual participants

First Event Fee \$42.00 2nd Event Fee \$22.00

Practice Ice \$ 10.00 / 20 minutes

Small and Large Group Fees and Payments
To be registered through Skating Director by Team
Coach

Small Group Event Fee \$ 60.00 Large Group Event Fee \$ 70.00

**Group Practice Ice** \$ 5.00 pr participant / 20 minutes

### **EVENTS** (The following events will be offered):

## **Basic Program Events:**

Snowplow Sam - Basic 1-6

Pre- Free Skate, Free Skate 1-6 Program Events:

## **Well Balanced Program Events:**

No test, Pre-Preliminary, Preliminary

## **Adult Program Events:**

Adult Beginner, Adult High Beginner, Adult Pre-Bronze, Adult Bronze

### **Solo Dance Events:**

Preliminary Dutch Waltz/Canasta Tango
Pre-Bronze Swing Dance/Cha- Cha

**Showcase/Artistic Events:** 

**Exhibition Events:** 

All Levels, solo dance, large and small groups

### **AWARDS**

Awards will be presented immediately following the official posting of each event. <u>Awards will be given</u> to all participants.

#### **MUSIC**

Music can be reproduced on CD's only (no CD/RWs or DVD). CD's must contain only 1 cut of music. Clearly label CD in ink (Sharpie pen) with the skater's name, his/her professional's name, the event, and the music run time. Music must be turned in at the time of official registration. All competitors must have an extra copy of their music available. Once the music is turned in, it will not be returned until the event is completed. Sno-King Ice Arena will not accept responsibility for breakage, damage, or loss, but will take every precaution to safeguard music media.

### **LIABILITY**

Learn to Skate USA, U.S. Figure Skating, Kingsgate Skating Club, and Sno-King Kirkland Arena accepts no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

### **JUDGING SYSTEM**

The 6.0 Majority Judging System under Rule 1060 will be used for all events:

### **ADMISSION**

No admission will be charged. All events are open to spectators.

## **CHECK IN**

The official registration desk will be in the lobby of Sno-King Ice Arena. All competitors are required to check in 45 minutes prior to their scheduled event. Competition CDs should be turned in and clearly marked with the participant's full name, level, coach's name, and running time. Events will not be delayed for skaters who arrive late.

### **VIDEOTAPING & PHOTOGRAPHY**

No flash photography is permitted. Professional photographers will be offering Videos of the event as well as action shot photography. Information regarding ordering will be in the competition program.

## **SAFESPORT:**

U.S. Figure Skating strives to provide a safe environment for its members that is free of misconduct and harassment.

The <u>U.S. Center for SafeSport</u> is a national nonprofit organization providing education, resources and training to promote respect and prevent abuse in sports.

At Sno-King arena's we require that our coaching staff and volunteers adhere to the Center's policies and procedures including the SafeSport Code.

This does affect our protocol for locker rooms and changing areas.

All participants are assigned a locker room based on their age. The locker rooms are primarily used for personal items and putting skates on.

We encourage participants will arrive in costume. We encourage a coat or warm clothing to wear over the costume.

Parents are NOT allowed past the post for any reason to be compliant.

Children under age 11 can have parental assistance if needed. Locker room 1 will be the assigned locker room for those needing parental assistance. Boys are assigned the locker room located right before locker room 1.

Parent's assisting children will sign in at Safesport monitor station.

Men (age 18+) that need to change can do so in the locker room near the Men's' restroom.

All staff and volunteers manning the post are SafeSport compliant.

No photography allowed in ANY of the locker rooms.

## **COACHES**

U.S. Figure Skating Rule MR 5.11 Coach Registration To be granted access to work within U.S. Figure Skating sanctioned activities. Learn to Skate USA ONLY coaches - Any person, 18 and older, instructing a Learn to Skate USA Program must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor.

#### **CONTACT INFORMATION**

For further information regarding this announcement, please contact the following: Lisa Ware— Event Coordinator/Skating Director
Sno-King Kirkland Ice Arena
Lisa@snokingkirkland.com
425-821-7133

### **GENERAL QUALIFICATIONS AND SPECIFICATIONS**

- Events with large numbers of entries may be split into multiple groups. Large events will be split by age for Basic Skills through Preliminary.
- Event groups will not have more than 6 skaters. Warm-up groups may be skated with more than 6 skaters Two entries in a group will constitute an event. If only one entry is received in an event, the skater will have the option to skate an exhibition.
- This competition is governed by the current Compete USA manual.



## **SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC**

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

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

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

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

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

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

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

## **WELL BALANCED FREE SKATE PROGRAM**

## General event parameters:

- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up one level higher.

	passed,	, or skate up one level higher.		
Level	Time	Jumps	Spins	Step Sequences
No-Test	1:40 Max.	<ul> <li>Max 5 Jump Elements</li> <li>All single jumps allowed except for the single Axel         <ul> <li>No single Axels, double, triple or quadruple jumps allowed</li> <li>Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or jump sequences         <ul> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> </ul> </li> <li>Jump sequences limited to a maximum of 3 single jumps</li> </ul>	Max 2 Spins Spins may change feet and/or position Spins may start with a flying entry Min 3 revs.  These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence  Step Sequence  Must use one-half the ice surface  Moves in the field and spiral sequences are allowed but will not be counted as elements  Jumps may be included in the step sequence
Pre- Preliminary	1:40 Max.	Max 5 Jump Elements  All single jumps, including the single Axel, allowed  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  Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed  Jump sequences limited to a maximum of 3 single jumps	Max 2 Spins Spins may change feet and/or position Spins may start with a flying entry Min 3 revs.  These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence  Step Sequence  Must use one-half the ice surface  Moves in the field and spiral sequences are allowed but will not be counted as elements  Jumps may be included in the step sequence
Preliminary	1:40 Max.	<ul> <li>Max 5 Jump Elements</li> <li>1 must be an Axel-type jump or a waltz jump*</li> <li>All single jumps, including the single Axel, allowed.         Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)</li></ul>	Max 2 Spins Spins may change feet and/or position Spins may start with a flying entry Min 3 revs.  These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence  Step Sequence  Must use one-half the ice surface  Moves in the field and spiral sequences are allowed but will not be counted as elements  Jumps may be included in the step sequence

**ADULT 1-6 FREE SKATE WITH MUSIC** 

## General event parameters:

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

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

# ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC

General event parameters:

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

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

### **SOLO PATTERN DANCE**

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 his/her level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30<sup>th</sup> July 2<sup>nd</sup>), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2<sup>nd</sup> 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 grouping.

Level	January 1 <sup>st</sup> –		April 1 <sup>st</sup> –		July 1 <sup>st</sup> –		October 1 <sup>st</sup> –	
	March	31 <sup>st</sup>	June 30	) <sup>th</sup>	Septem	iber 30 <sup>th</sup>	Decem	ber 31 <sup>st</sup>
Preliminary	1.	Dutch Waltz	1.	Rhythm Blues	1.	Canasta Tango	1. R	hythm Blues
	2.	Canasta	2.	<b>Dutch Waltz</b>	2.	Rhythm Blues	2. [	Outch Waltz
		Tango						
Pre-Bronze	1.	Swing Dance	1	Fiesta Tango	1.	Cha-Cha	1.	Swing Dance
	2.	Cha-Cha	2	Swing Dance	2.	Fiesta Tango	2.	Cha-Cha

#### SHOWCASE EVENTS

Showcase events are open to skaters in Basic, Free Skate, No-Test through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

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

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

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

<sup>\*</sup> For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on www.usfigureskating.org.

# **Showcase categories may include:**

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

## **SHOWCASE EVENTS**

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