

# 2016 High School Final Competition



OBM Arena operated by Iceland  
USA 15381 Royalton Rd  
Strongsville, Ohio 44136

Hosted by Greater Cleveland Council of  
Figure Skating Clubs  
April 15-17, 2016

[www.clevelandskating.com](http://www.clevelandskating.com)



# 2015-16 HIGH SCHOOL FINAL COMPETITION

Hosted by the Greater Cleveland Council of Figure Skating Clubs  
April 15-17, 2016

The High School Final competition will run in accordance to the 2015-16 U.S. Figure Skating High School competition Handbook and Technical Rulebook document found on the High School Programs webpage, as well as being conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook and any pertinent updates which have been posted on the U.S. Figure Skating website. This announcement and the High School Competition Handbook and Technical Rulebook will take precedence if there is a conflict with the U.S. Figure Skating Rulebook.

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, or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

## **HIGH SCHOOL COMPETITION INFORMATION, RULES, ELIGIBILITY AND TEST LEVEL SPECIFICS:**

High School competitions are run as U.S. Figure Skating, sanctioned nonqualifying competitions.

Athletes participating in these events are considered to be student-athletes. Their education is of the highest priority, and in all decision making matters, the Program Development Committee and the local organizing committee (LOC) have a responsibility to minimize the days missed from school.

**Test level:** Athletes must register at their current test level or one level up for all events as of March 15, 2016. (It is permissible for an athlete to enter the free skate and short program at different levels if "skating up" qualifies them for both). Competition level is the highest test passed 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. *Please note: You must compete at the same level in the High School Final Competition as you do in your state high school competition.*

Team maneuvers: Athletes may skate up to any level they desire, but they may not compete on a team at a lower level than the highest test they have passed.

**ENTRIES:** All registration will be online through Entryeeze. The registration deadline is 11:59pm Tuesday, March 15, 2016.

- All singles events are \$125 for the first event and \$60 for each additional event.
- Team maneuver events are \$185 per team, practice ice for the team is included.

Checks returned for any reason will carry a \$35.00 handling charge and no refunds will be made unless the event is eliminated by the LOC or chief referee. Late entries will not be accepted.

If you incorrectly choose an event that results in the event needing to be changed, you will be assessed a \$20 change of event fee per changed event.

The Greater Cleveland Council of Figure Skating Clubs and Competition Chairpersons reserves the right to limit the number of entries, eliminate events due to insufficient entries, and combine or divide groups as necessary.

Each skater will receive one complimentary chaperone credential, one competitor credential and one coach credential. Coach credentials will only be given to U.S. Figure

Skating compliant coaches and must be picked up by the coach only.

All High School Teams participating in high school competitions must register with U.S. Figure Skating by filling out the **School Affiliated Club (SAC) Membership and Team Registration Form** and paying required annual membership dues by January 15, 2016. This application can be found on the High School Programs webpage at <http://www.usfigureskating.org/Programs.asp?id=67> and in the High School Competition Handbook. Teams are required to submit a copy of their SAC application or SAC Certificate for proof of membership to [nrksk8@netscape.net](mailto:nrksk8@netscape.net) by March 15, 2016.

**REFUND POLICY:** Entry fees will not be refunded after March 15, 2016 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$35 fee. Payment of the fee will be required before the team is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available through Entryeze and at [www.clevelandskating.com](http://www.clevelandskating.com).

**FACILITIES:** The competition will be held at OBM Arena operated by Iceland USA at 15381 Royalton Rd, Strongsville, Ohio 44136. OBM Arena contact information is 440-268-2800 and [www.icelandusa.info](http://www.icelandusa.info). There are two ice surfaces (East rink and West rink) and both rinks are 200' x 85'. Dressing rooms, concession stand, pro shop and lobby will be available in the arena. Free parking is available. No outside food or drink. The Holiday Inn is our host hotel and is behind the arena within walking distance.

**MUSIC:** CDs are the only acceptable media. Music for free skate may have vocals and should have at least one change of tempo (speed). Music for short program may have vocals. The competitor's program must be the only music on the CD and it must start at the beginning.

Music should be clearly marked with the athlete's name, high school name and event. Music must be turned into the registration desk one hour before the event. Skaters are responsible for bringing a back-up copy.

**LIABILITY:** U.S. Figure Skating, Greater Cleveland Council of Figure Skating Clubs and OBM Arena operated by Iceland USA accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

**JUDGING SYSTEM:** The 6.0 Majority judging system will be used for all events and levels at High School competitions. The ISU judging system will not be used.

**REGISTRATION DESK:** Competition registration will begin one hour prior to the first practice ice or event of the day and run through the last event of the day. The registration desk will be located in the lobby. Please register promptly upon arrival.

**PRACTICE ICE:** Practice ice will be available once the schedule is complete. Practice ice will be available for purchase through Entryeze and walk on available for purchase at the registration desk at OBM Arena. No music will be played during practice ice. Once the schedule is complete an email will be sent to all registrants with more details regarding practice ice.

**PHOTOGRAPHY/VIDEOGRAPHY:** ProEvent Photo will be the official photographer and videographer.

**AWARDS:** Medals will be awarded to skaters placing 1 – 3 in each event. Team awards will be given to the overall, highest point earning teams in individual events. Teams

placing 1 – 3 in the team maneuvers event will receive trophies for overall placement. Awards will be presented immediately following the posting of the results.

*Please Note: Points from individual events do not accrue towards team maneuver points.*

**ADMISSION:** All event tickets are available for \$10. Daily tickets can be purchased for \$5 per day. Children 10 years of age and under are free. Tickets can be purchased through Entryeeze and at the registration desk.

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

**INFORMATION REGARDING COACHES:**

U.S. Figure Skating Rule MR 5.11 Coach Compliance

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 LOC 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 compliance 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>

**COMPETITORS PARTY:** All skaters are invited to attend the competitor's party that will be held on the ice following events and practice ice on Saturday evening.

**CONTACT INFO:** If you have questions, please contact Nicky Kappenhagen, Competition co-chair at [nrksk8@netscape.net](mailto:nrksk8@netscape.net). [www.clevelandskating.com](http://www.clevelandskating.com) will have information as well.

**ADDITIONAL INFO:**

Teams are encouraged to bring team banners to the competition.

## **HOTEL AND TRANSPORTATION:**

Official Hotel:

Holiday Inn Cleveland-Strongsville  
15471 Royalton Rd  
Strongsville, Ohio 44136  
440-238-8800  
877-408-4913 reference High School Final for the group block

Visit [www.clevelandskating.com](http://www.clevelandskating.com) for additional hotel information.

Cleveland Hopkins International Airport (CLE) is approximately 15 minutes from OBM Arena. The Holiday Inn Cleveland-Strongsville offers complimentary shuttle service from Cleveland Hopkins International Airport.

## **EVENTS OFFERED:**

<b>Team maneuvers:</b>	Team level A, team level B, team level C
<b>Free skate (Test-Track):</b>	Beginner, high beginner, no test, pre-preliminary, preliminary, pre-juvenile, juvenile, intermediate, novice, junior, senior
<b>Free skate (Well-Balanced):</b>	No test, pre-preliminary, preliminary, pre-juvenile, juvenile, intermediate, novice, junior, senior
<b>Compulsory:</b>	Beginner, high beginner, no-test, pre-preliminary, preliminary, pre-juvenile
<b>Short program:</b>	Juvenile, intermediate, novice, junior and senior
<b>Showcase:</b>	Light entertainment, dramatic entertainment, interpretive, duets
<b>Solo dance:</b>	Preliminary, juvenile, intermediate, novice, junior, senior, gold, international
<b>Moves in the field to music:</b>	Pre-preliminary, preliminary, pre-juvenile, juvenile, intermediate, novice, junior and senior

## **HIGH SCHOOL TEAM COMPETITION RULES, ELIGIBILITY & ENTRY RESTRICTIONS**

Each athlete may participate in a maximum of five competitive events, but not more than one of each of the following: one free skate (well balanced or test track), one compulsory, one short program, one team maneuver, one showcase, one moves in the field to music and two solo dances.

Each participating high school may have a maximum of 35 starts, including individual events and team maneuvers. Further, each high school may have no more than five entries in any of the senior events and no more than three entries in any other individual event. Men's and ladies' events in singles free skating will be separate events, but men and ladies may compete in the same event in solo dance.

## **ELIGIBILITY TO COMPETE:**

1. Athletes must be eligible members in good standing of U.S. Figure Skating, and may be members of the figure skating club of their choice or be individual members of U.S. Figure Skating.

2. Competitors must be currently enrolled in a high school as a full-time student, as defined by the institution that they attend. This includes both traditional and home school students.
3. Athletes may compete either for the single high school they are attending, or for an area high school team (i.e. two or more area high schools combined to form a single team). NOTE: Competitors may not represent more than ONE high school team.
4. A minimum of two (2) skaters are required to form a team.

**WARM-UP GROUPS:**

Warm-up groups for events will be posted at the start of the competition, but are subject to change up to 15 minutes prior to the start of an event, due to withdrawals.

**RESPONSIBILITY OF THE PARTICIPATING TEAMS:**

It is each participating team's responsibility to review the competition schedule for accuracy within 72 hours of receipt, and notify the competition chair of any errors. Please ensure you have selected the correct events when registering. If you incorrectly choose an event that results in the event needing to be changed, you will be assessed a \$20 change of event fee per changed event.

**GROUP SIZE:**

No group will consist of more than 14 skaters. If more than 14 skaters are entered into one level then the skaters will be split as evenly as possible into as many groups as are necessary to keep each group no larger than 14 skaters.

**QUALIFICATION FOR THE HIGH SCHOOL FINAL COMPETITION**

Any registered High School team with current School-Affiliated Club membership is eligible to enter the 2016 High School Final Competition.

**TEAM MANEUVERS EVENT:**



**High School Final Competition**

**EVENT: TEAM MANEUVERS EVENT**

General event parameters:

1. Team maneuver events consist of teams of at least 2 athletes (any mix of male and female) from the same high school or combined schools with no one skater performing more than half of the total number of elements.

**Note:**

- Teams must attempt all the listed elements in each category: If a team has one athlete perform more than half of the elements, anything over half of the elements performed by that athlete will receive no credit.
  - If a competitor performs an element higher than that listed, that element will receive no credit. For example, if the element specified is a Salchow jump and the competitor performs a double Salchow jump, no credit is given for this element.
2. Each high school may enter only one team in each competitive level.
  3. An athlete may compete for only one team. Athletes may “skate up” to any level they desire, but they may not compete on a team at a lower level than the highest test they have passed.
  4. Teams will have the option to use one retry, per category, per team. Retries must be signaled properly to the event head referee by raising one arm into the air for a retry.

NOTE: All teams that are competing in the team maneuvers event must submit the team roster in the format provided as an attachment to this announcement to [nrksk8@netscape.net](mailto:nrksk8@netscape.net) by March 15, 2016.

Level	Jumps	Spins	Step or Moves in the Field Sequence
<p><b>TEAM LEVEL A</b> Junior &amp; Senior  ( no test restrictions)</p>	<p>a) Single Axel or double Axel b) Double jump – either double loop, double flip or double Lutz c) Combination Jump – consisting of two double jumps or a triple jump and a double jump d) Double or triple Lutz immediately preceded by footwork.</p>	<p>a) Solo spin of choice (min 8 revs in position; may include flying entry) b) Camel Spin (min 8 revs) c) Flying Spin – Any entry and may include change of position (minimum 8 revs in position) d) Combination spin – with only 1 change of foot, at least 1 change of position, a minimum 6 revolutions per foot AND 2 revolutions in position</p>	<p>a) Choreographic Sequence –See Rule 4105 for description b) Forward loops (novice MIF) c) Ina bauer or spread eagle d) Senior Moves in the Field element – Serpentine Step Sequence</p>
<p><b>TEAM LEVEL B</b> Juvenile - Novice  (Skaters may not have passed higher than novice free skate test)</p>	<p>a) Single Axel b) Single or double loop c) Combination jump - consisting of a double jump and a single jump or two double jumps d) Double loop, flip or Lutz immediately preceded by connecting steps or other free skating movements</p>	<p>a) Solo spin (sit, camel, layback or cross foot spin (min. 5 revs; flying entry NOT permitted) b) Forward scratch spin(min 5 revs) c) Back spin (min 5 revs) d) Combination spin – with only 1 change of foot, a min. of 1 change of position, a minimum of 5 revolutions per foot AND minimum of 2 revolutions in position</p>	<p>a) Choreographic Step Sequence – See Rule 4105 for description b) Ina bauer or spread eagle c) Juvenile Moves in the Field element – Forward Free Skate Cross Strokes d) Novice Moves in the Field element – Backward Rocker Choctaw sequence</p>

<p><b>TEAM LEVEL C</b> Beginner – Pre-Juvenile</p> <p>(May not have passed higher than pre-juvenile free skate test)</p>	<ul style="list-style-type: none"> <li>a) Single Salchow jump</li> <li>b) Single toe loop jump</li> <li>c) Waltz jump-toe loop combination</li> <li>d) Single jump (Axel is NOT permitted)</li> </ul>	<ul style="list-style-type: none"> <li>a) Upright spin (optional free foot position, may change foot, min. 3 revs)</li> <li>b) Sit spin (min 3 revs)</li> <li>c) Back upright spin (min 3 revs)</li> <li>d) Combination spin – camel to sit spin (no change of foot, minimum of 6 revs total)</li> </ul>	<ul style="list-style-type: none"> <li>a) Step Sequence – See Rule 4105 for description</li> <li>b) Forward spiral</li> <li>c) Preliminary Moves in the Field element – Forward Circle 8</li> <li>d) Pre-Juv MIF Moves in the Field element – Backward Power Change of Edge Pulls</li> </ul>
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Each level (A, B, C) listed above will be held as its own event. The order of events will be: Team Level C, Team Level B, Team Level A; each conducted separately of each other (i.e. team level C will be completed in its entirety before Team Level B begins, etc.). The event will be judged on a team basis. Athletes will have a general warm-up of STROKING ONLY for 2 minutes. There will also be individual warm-ups for each element for 1 minute. Teams will be assigned a place to line up along the barrier, and should remain on the ice for their entire event. Elements will be skated one-at-a-time, and the announcer will call the representative from each team when it is his or her turn to perform the prescribed element. Teams must attempt all the listed elements in each category. One retry per category, per team is allowed.



## FREE SKATE EVENTS:



## High School Final Competition

### EVENT: Free Skate Events

General event parameters:

1. High School competitions will follow the 2015-16 nonqualifying competition guidelines in the U.S. Figure Skating Rulebook for the Well-Balanced and Test Track Free Skate Events.
2. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
3. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
4. 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.
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.

### Well-Balanced Free Skate Program Requirements

The well-balanced free skate program requirements can also be found here:

<http://www.usfigureskating.org/content/2015-16%20Singles%20FS%20Chart%20v1%20final.pdf>

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>NO TEST</b></p> <p><u>1:40 maximum</u></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>All single jumps allowed except for the single Axel                             <ul style="list-style-type: none"> <li>No single Axels, double, triple or quadruple jumps allowed</li> <li>Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted.</li> <li>Jump sequences limited to a maximum of 3 single jumps</li> <li>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination.</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then: ChSt</p>
<p><b>PRE- PRELIMINARY</b></p> <p><u>1:40 maximum</u></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>All single jumps, including the single Axel, allowed                             <ul style="list-style-type: none"> <li>No double, triple or quadruple jumps allowed</li> <li>Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted.</li> <li>Jump sequences limited to a maximum of 3 single jumps</li> <li>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then: ChSt</p>
<p><b>PRELIMINARY</b></p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel or a waltz jump-type jump*</li> <li>All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)                             <ul style="list-style-type: none"> <li>Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted</li> <li>Jump sequences limited to a maximum of 3 single or double jumps.</li> <li>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then: ChSt</p>
<p><b>PRE-JUVENILE</b></p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single and double jumps allowed except for the double Axel                             <ul style="list-style-type: none"> <li>No triple or quadruple jumps allowed</li> <li>An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps, in jump sequences or in jump combinations</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</li> <li>Jump sequences limited to a maximum of 3 single or double jumps</li> <li>Half-loop is considered a listed jump with the value of a single jump when used in a sequence or combination</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot*                             <ul style="list-style-type: none"> <li>May start with a flying entry</li> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position*                             <ul style="list-style-type: none"> <li>No change of foot</li> <li>May start with a flying entry</li> <li>Min 4 revs</li> </ul> </li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> <li>Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then: ChSt</p>

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<b>JUVENILE and OPEN JUVENILE</b> 2:15 +/- 10 sec *means element is required	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> <li>No triple or quadruple jumps allowed</li> <li>No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence</li> <li>No double jump can be repeated more than once</li> </ul> </li> <li>Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>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></li> <li>Half loop is considered a listed jump with the value of a single jump when used in a sequence or combination</li> <li>Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>Min 8 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> <li>Min 5 revs</li> </ul> </li> </ul> 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))	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>One choreographic step sequence* <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<b>INTERMEDIATE</b> 2:30 +/- 10 sec *means element is required	<b>Max 6 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump</li> <li>All single, double and triple jumps allowed <ul style="list-style-type: none"> <li>No more than 2 different jumps with 2 1/2 or 3 revolutions may be repeated</li> <li>If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence</li> <li>No double or triple jump can be repeated more than once</li> </ul> </li> <li>Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>Combinations are limited to 2 jumps</li> <li>One 3-jump combination is permitted</li> <li>Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>Min 8 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> <li>Min 5 revs</li> </ul> </li> </ul> 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))	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>One choreographic step sequence* <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<b>NOVICE LADIES</b> 3:00 +/- 10 sec *means element is required	<b>Max 6 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single, double and triple jumps are allowed <ul style="list-style-type: none"> <li>No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence</li> <li>There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice</li> </ul> </li> <li>Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>Combinations limited to 2 jumps</li> <li>One 3-jump combination is permitted</li> <li>Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>3rd spin is option of skater 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))</li> </ul>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>One leveled step sequence* <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<b>NOVICE MEN</b> 3:30 +/- 10 sec *means element is required	<b>Max 7 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single, double and triple jumps are allowed <ul style="list-style-type: none"> <li>No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence</li> <li>There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice</li> </ul> </li> <li>Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>Combinations limited to 2 jumps</li> <li>One 3-jump combination is permitted</li> <li>Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>3rd spin is option of skater 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))</li> </ul>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>One leveled step sequence* <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<b>JUNIOR LADIES</b> 3:30 +/- 10 sec *means element is required	<b>Max 7 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>Combinations limited to 2 jumps</li> <li>One 3-jump combination is permitted</li> <li>Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 spin with a flying entry* <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position* <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> </ul> 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))	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>One leveled step sequence* <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<b>JUNIOR MEN</b> 4:00 +/- 10 sec *means element is required	<b>Max 8 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>Combinations limited to 2 jumps</li> <li>One 3-jump combination is permitted</li> <li>Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 spin with a flying entry* <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position* <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> </ul> 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))	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>One leveled step sequence* <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<b>SENIOR LADIES</b> 4:00 +/- 10 sec *means element is required	<b>Max 7 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>Combinations limited to 2 jumps</li> <li>One 3-jump combination is permitted</li> <li>Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 spin with a flying entry* <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position* <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> </ul> 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))	<b>Max 2 Sequences</b> <ul style="list-style-type: none"> <li>One leveled step sequence* <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> <li>One choreographic sequence* <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul> </li> </ul>
<b>SENIOR MEN</b> 4:30 +/- 10 sec *means element is required	<b>Max 8 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>Combinations limited to 2 jumps</li> <li>One 3-jump combination is permitted</li> <li>Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 spin with a flying entry* <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position* <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> </ul> 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))	<b>Max 2 Sequences</b> <ul style="list-style-type: none"> <li>One leveled step sequence* <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> <li>One choreographic sequence* <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul> </li> </ul>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.  
Singles 2015-16 FS Elements Version 1.0 – 6/4/15 AB

## Test Track Free Skate Program Requirements

Level	Jumps	Spins	Step Sequences	Qualifications
<p>Beginner</p> <p>1:40 maximum</p>	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> <li>Jumps with no more than one-half rotation (front to back or back to front).</li> <li>Max. 2 jump sequences</li> <li>Max. 2 of any same jump</li> </ul>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> <li>Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p>High Beginner</p> <p>1:40 maximum</p>	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> <li>Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>Single rotation jumps: Salchow and toe loop only.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump.</li> </ul>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> <li>Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p>No-Test</p> <p>1:40 maximum</p>	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> <li>Up to 2 may be jump combos or sequences</li> <li>Jump combos are limited to 2 jumps</li> <li>Jump sequences are limited to 3 single jumps (half-loop is not considered a single jump at this level)</li> <li>No Axels or double jumps are permitted</li> </ul>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> <li>Spins must be of different character.</li> <li>Each spin must have a Minimum of 3 revolutions.</li> <li>Spins may change feet, position and start with a fly.</li> </ul>	<p>One step sequence that utilizes ½ of the ice surface</p>	
<p>Pre-Preliminary</p> <p>1:30 maximum</p>	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>Jumps with not more than one-half rotation (front to back or back to front including half-loop)</li> <li>Single rotation jumps: Salchow, toe loop and loop only.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions)</li> </ul>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test</p>

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

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

## COMPULSORY EVENT:



## High School Final Competition

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### EVENT: COMPULSORY MOVES EVENT

General event parameters:

1. In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.
2. Elements skated on ½ ice
3. Elements may be performed only once
4. Music is not allowed
5. The skater must demonstrate the required elements and may use any additional elements from previous levels.
6. A 0.2 deduction will be taken for each element performed from a higher level.
7. 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"><li>1. Waltz jump</li><li>2. ½ jump of choice</li><li>3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional)</li><li>4. Forward or backward spiral</li></ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"><li>1. Toe loop jump</li><li>2. Salchow jump</li><li>3. Forward scratch spin - minimum three revolutions</li><li>4. Forward or backward spiral</li></ol>
No-Test	1:15 max.	<ol style="list-style-type: none"><li>1. Loop jump</li><li>2. Jump combination to include a toe loop (may not use a loop or Axel)</li><li>3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions</li><li>4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li></ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"><li>1. Single Toe Loop</li><li>2. Jump combination: single/single (no Axel)</li><li>3. Sit spin or camel spin - minimum three revolutions</li><li>4. Spiral sequence with one forward spiral and one backward spiral (any edge)</li></ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"><li>1. Single Lutz</li><li>2. Jump combination: single/single (may include Axel)</li><li>3. Back upright spin - minimum three revolutions</li><li>4. Forward inside spiral</li></ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"><li>1. Single jump (may include Axel)</li><li>2. Jump combination: single/single (may include Axel)</li><li>3. Layback spin or camel spin - minimum three revolutions</li><li>4. Step sequence – circular</li></ol>

**SHORT PROGRAM  
EVENT:**



**High School Final Competition**

**EVENT:** Short Program Events

General event parameters:

1. The short program consists of required elements with connecting steps, as prescribed by the 2015-16 Rulebook.
2. Time duration is maximum time allowed – no deduction will be given for being under the specified time.
3. As with free skates, athletes may skate up one level from their highest test passed.
4. The rules will be in accordance to the current U.S. Figure Skating rulebook, except for where noted below.
5. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.
6. Juvenile short program will follow the intermediate short program requirements.

**Short Program Requirements:**

The short program requirements can also be found here:

<http://www.usfigureskating.org/content/2015-16%20Singles%20SP%20Chart%20final.pdf>

<b>INTERMEDIATE LADIES/MEN</b> 2:00 max.	<b>Single or Double Axel</b>	<b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel or the triple jump used in the combination	<b>Jump Combination</b> Single/Double, Double/Double, Single/Triple, or Double/Triple May not repeat Axel jump or solo jump performed	<b>Spin</b> Only one position No change of foot May start with a fly Min. 5 revs.	<b>Spin Combination</b> With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 5 revs. each foot	<b>Choreographic Step Sequence</b> Fully utilizing the ice surface
<b>NOVICE LADIES</b> 2:30 max.	<b>Single or Double Axel</b>	<b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	<b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed	<b>Layback or Sideways Leaning Spin</b> No change of foot No flying entry Min. 6 revs.	<b>Spin Combination</b> With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 5 revs. each foot	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>NOVICE MEN</b> 2:30 max.	<b>Single or Double Axel</b>	<b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	<b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	<b>Camel or Sit Spin</b> With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot	<b>Spin Combination</b> With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 5 revs. each foot	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>JUNIOR LADIES</b> 2:50 max.	<b>Double Axel</b>	<b>Double or Triple Flip</b> Immediately preceded by connecting steps or other free skating movements	<b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	<b>Flying Sit Spin</b> Sit position must be attained in the air. Min. 8 revs.	<b>Layback or Sideways Leaning Spin</b> No flying entry Min. 8 revs.	<b>Spin Combination</b> With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot
<b>JUNIOR MEN</b> 2:50 max.	<b>Double or Triple Axel</b>	<b>Double or Triple Flip</b> Immediately preceded by connecting steps or other free skating movements	<b>Jump Combination</b> Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	<b>Flying Sit Spin</b> Sit position must be attained in the air. Min. 8 revs.	<b>Camel Spin</b> With only 1 change of foot No flying entry Min. 6 revs. each foot	<b>Spin Combination</b> With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot
<b>SENIOR LADIES</b> 2:50 max.	<b>Double or Triple Axel</b>	<b>Any Triple Jump</b> Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo	<b>Jump Combination</b> Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	<b>Flying Spin</b> Landing position different than layback/sideways leaning spin Min. 8 revs.	<b>Layback or Sideways Leaning Spin</b> No flying entry Min. 8 revs.	<b>Spin Combination</b> With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot
<b>SENIOR MEN</b> 2:50 max.	<b>Double or Triple Axel</b>	<b>Any Triple or Quadruple Jump</b> Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo	<b>Jump Combination</b> Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed	<b>Flying Spin</b> Landing position different than spin in 1 position Min. 8 revs.	<b>Camel or Sit Spin</b> With only 1 change of foot No flying entry Min. 6 revs. each foot	<b>Spin Combination</b> With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot

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

Singles 2015-16 SP Elements Version 1.0 – 6/4/15 AB

## SHOWCASE EVENTS:



## High School Final Competition

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### **EVENT:** SHOWCASE – Light Entertainment Event

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. Skaters must register to compete at their level or one level up as of the competition entry deadline. Level will be determined by the highest free skate or dance (solo or partnered) test passed.
2. Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

### **EVENT:** SHOWCASE – 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. Skaters must register to compete at their level or one level up as of the competition entry deadline. Level will be determined by the highest free skate or dance (solo or partnered) test passed.
2. Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

### **EVENT:** SHOWCASE – Duet Events

Format:

- Duets are theatrical or artistic performances.
- Props and scenery ARE permitted.

General event parameters:

1. Skaters must register to compete at their level or one level up as of the competition entry deadline. Level will be determined by the highest free skate or dance (solo or partnered) test passed.
2. Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.



### Showcase - Light Entertainment, Dramatic Entertainment & Duet Levels:

	Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
	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
	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 or Duets (Duets must compete at the highest test level of the two skaters)	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 Intermediate 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
Mini Production		Open	Open	3:10 max	
Production		Open	Open	6:15 max	

## EVENT: Showcase Events – Interpretive Events

### Format:

- Interpretive is a performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the competition committee / LOC. Programs should incorporate various elements of expressive movement and skating moves, to enhance the skater's interpretation of the music, rather than technical elements.
- The music will be played during a 30-minute off-ice session and twice during an on-ice warm-up prior to the performance.
  - The room will be attended only by two or more adult monitors assigned to play the music and the skaters competing 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.

### General event parameters:

1. Skaters must register to compete at their level or one level up as of the competition entry deadline. Level will be determined by the highest free skate or dance (solo or partnered) test passed.
2. Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

### Interpretative Events and Levels:

Level	Program Duration
Pre-juvenile and below	1:00 maximum
Juvenile – novice	1:30 maximum
Junior and senior	1:30 maximum



## High School Final Competition

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### EVENT: Solo Pattern Dance

General event parameters:

1. Levels are based upon the skaters' highest pattern dance test passed.
2. The dances performed at the High School Final competition are listed below.

High School Final Competition
High School Final: Skate the dance at appropriate level as listed below

#### **Solo dance levels, test requirements and dances to be skated:**

*Passing a dance test refers to having passed all of the dances at a particular level. Athletes may compete at their highest test passed, or one level higher, with the exception of the international level. Athletes must have passed a minimum of their gold test to compete at the international level. Athletes who have not passed any dance tests may compete in preliminary.*

Level	Skater must have passed the following dance test:	Dances to be skated (# patterns to be skated per 2015-16 U.S. Figure Skating Rulebook)
Preliminary	Preliminary dance test	Rhythm Blues – 3 patterns
Pre-Bronze	Pre-bronze dance test	Cha Cha – 3 patterns
Bronze	Bronze dance test	Ten Fox – 3 patterns
Pre-Silver	Pre-silver dance test	European Waltz – 2 patterns
Silver	Silver dance test	Tango – 2 patterns
Pre-Gold	Pre-gold test	Killian – 6 patterns
Gold	Gold test dance test	Viennese Waltz – 3 patterns
International	Gold or international	Tango Romantica – 2 patterns

#### Notes on the conduct of the solo dance events at the competition:

All dance events may be double-paneled at the discretion of the referee. When there are more than 14 athletes in a solo dance event, the event will be split so no flight has more than 14 skaters. At the referee's discretion, entries of 10-14 athletes may be divided into two groups, but it is not required. Ladies will skate the ladies' steps and men will skate the men's steps, no exceptions. All pattern dances should start on the judges' side unless directed otherwise by the referee.

#### Number of Patterns:

Competitors will perform the specified number of patterns for each dance in accordance to the rules as described in the 2016 U.S. Figure Skating Rulebook. The number of sequences skated for Pattern Dance events in the initial or final round of all competitions will be based on Rule 6075.

## MOVES IN THE FIELD TO MUSIC EVENT:



### High School Final Competition

#### EVENT: MOVES IN THE FIELD TO MUSIC

General event parameters:

- Each level will skate a program consisting of specified moves in the field elements skated to music of the skater's choice.
- Each program must contain the specified moves within the required time duration.
  - Note: The time duration is maximum time – no deduction will be given for being under the specified time.
- The moves may be skated in any order.
- Music may be vocal or instrumental.
- Skaters must wear all black skating attire or costume
- This will be judged on the 6.0 system.
- Skaters receive two marks.
  - The technical mark will be based on the focuses of the specified moves. Difficulty of transitional elements will not be rewarded in the technical mark.
  - The presentation mark will be based on carriage, projection, style, ice coverage, phrasing of movements to music and creativity of transitional elements.

Level	Time	Required Elements
Pre – Preliminary	2:10 max.	<ol style="list-style-type: none"> <li>1. Forward perimeter stroking – Clockwise direction only</li> <li>2. Backward inside consecutive edges</li> <li>3. Forward left foot spiral</li> <li>4. Waltz Eight</li> </ol>
Preliminary	2:20 max.	<ol style="list-style-type: none"> <li>1. Forward and Backward Crossovers</li> <li>2. Consecutive inside spirals</li> <li>3. Forward power three-turns – Right foot only</li> <li>4. Forward circle eight</li> </ol>
Pre – Juvenile	2:20 max.	<ol style="list-style-type: none"> <li>1. Forward perimeter power stroking</li> <li>2. RFO – LBI three-turns in the field</li> <li>3. Backward power change of edge pulls</li> <li>4. Five-step mohawk sequence</li> </ol>
Juvenile	2:30 max.	<ol style="list-style-type: none"> <li>1. Forward power circle – Clockwise only</li> <li>2. Backward power three-turns</li> <li>3. Forward free skate cross strokes</li> <li>4. Forward double three-turns – Outside only</li> </ol>
Intermediate	2:50 max.	<ol style="list-style-type: none"> <li>1. Spiral sequence – First side only</li> <li>2. RFO – LBI Brackets in the field sequence</li> <li>3. Forward twizzles – Outside only</li> <li>4. Inside slide chasse</li> </ol>
Novice	3:00 max.	<ol style="list-style-type: none"> <li>1. Inside three-turns/rocker choctaws sequence</li> <li>2. Forward and backward outside counters – Right only</li> <li>3. Forward outside loops</li> <li>4. Backward twizzles – Inside only</li> </ol>
Junior	3:15 max.	<ol style="list-style-type: none"> <li>1. Outside rocker – Right only</li> <li>2. Power pulls – Left foot only</li> <li>3. Choctaw sequence – R – L – R</li> <li>4. Backward loop sequence – Outside only</li> <li>5. Straight line step sequence – Right foot start only</li> </ol>
Senior	3:30 max.	<ol style="list-style-type: none"> <li>1. Sustained edge step – Clockwise only</li> <li>2. Spiral step – Right foot start and side only</li> <li>3. BO power double three-turns to double inside rockers – Left foot only</li> <li>4. BI power double three-turns to power double outside rockers – Right foot only</li> <li>5. Serpentine step sequence – Counterclockwise only</li> </ol>

## **AWARDING OF THE INDIVIDUAL/TEAM POINTS:**

Points will be earned for the first five places in each category as follows:

First place	5 Points
Second place	4 Points
Third place	3 Points
Fourth place	2 Points
Fifth place	1 Point

If only **one skater/team** enters a category and that skater skates a demonstration/exhibition, one (1) point will be awarded.

If only **two skaters/teams** enter a category, points will be awarded as follows:

First place	2 Points
Second place	1 Points

If **three skaters/teams** enter a category, points awarded will be as follows:

First place	3 Points
Second place	2 Points
Third place	1 Point

If **four skaters/teams** enter a category, points awarded will be as follows:

First place	4 Points
Second place	3 Points
Third place	2 Points
Fourth place	1 Point

### **Ties:**

In the case of a tie, skaters will share the available points. For example, competitors tied for first place will share the 5 points for first plus the four points for second, so that each athlete would earn four-and-one-half (4 ½) points.

### **Adjustments in available points due to withdraws:**

The number of athletes in an event will be based on entries as of **seven days prior to the start of the event.** Withdraws after this date will not affect the number of available points to the athletes who actually complete the competition.

### **Substitutions, additions and changes to the team:**

With the exception of documented medical reasons or documented lost luggage there will be no substitutions to a team's roster and/or competitive events within the six days prior to the start of the competition. Substitutions may only be made into the level originally entered, and only by a replacement skater who is qualified for that level. Additions to the roster are not permitted after the close of entries. Points will only be awarded to athletes who complete the competition. No points will be awarded to an athlete who withdraws for any reason, under any circumstances.

## **CONTACT INFORMATION**

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