



Annual Figure Skating Competition

Thursday, February 2 - Saturday, February 4, 2017

Entries must be posted online by 11:59 p.m. on Monday,
January 16th

A test session will be held on Thursday, February 2, 2017

www.entryeeze.com

Sponsored by: Cache Valley Figure Skating Club

Eccles Ice Arena

2825 N. 200 E.

North Logan, UT 84341

Gary Merrill, Referee

Rebecca Oniki, Accountant

Sanctioned by:



The Intermountain Winter Classic 2017 will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current Rulebook as well as any pertinent updates which have been posted on the U.S. Figure Skating web site.

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

ELIGIBILITY/TEST LEVEL:

Test level: Competition level is the highest freestyle test passed as of the entry deadline, in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters who placed in the top four in final round of their last qualifying competition in their divisions must move up one level, except for novice and higher. All Learn to Skate USA competitors may not have passed any MIF or USFS freestyle test higher than the LTS level for which he/she is registering.

Age restrictions/requirements: Skaters entering Juvenile Free Skate events (either Test Track or Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering Open Juvenile Free Skate events (either Test Track or Well Balanced Program), must be at least 14 years of age at the close of entries.

Special Skater: Events are open to any skater with a disability, including mental and physical challenges. Please note any special limitations of the skater, such as hearing or vision impairment, as well as any other physical challenges that would require special consideration (such as special equipment like walkers) and include this at time of registration. All Special Skater events will be skated on full ice in accordance with Section E of the Special Olympics World Games Rules, which may be found at <http://usfigureskating.org/> -> Programs -> Special Olympics/Therapeutic Skating. All Special Skater events shall be judged using the 6.0 system and will be skated to instrumental or vocal music.

COMPETITION EVENTS:

The Intermountain Winter Classic 2017 competition includes Learn to Skate USA, Test Track, Introductory Levels, Singles Well-Balanced Free Skate and Short Program, Showcase, Jump and Spin Events, Special Skater Events. and Synchronized Skating Team.

The Free Skate event or Short Program/Free Skate events are designated as first event.

EVENTS	First event	As an additional event
Snowplow Sam-Basic 6, Pre-Free Skate, Free Skate 1-6	\$45.00	Not applicable
Basic Skills Showcase (Snowplow Sam- Basic 6, Pre-Free Skate, Free Skate 1-6, Beginner/High Beginner)	\$45.00	\$35.00
Introductory Levels, Test Track, Well Balanced Free Skate (No Test and Pre- Pre only)	\$55.00	Not applicable
Well Balanced Free Skate (Preliminary, Pre-Juv, Juv/Open Juv, Adult Gold, Adult Masters-Intermediate/Novice, Adult Masters-Junior/Senior)	\$70.00	Not applicable
Intermediate-Senior Singles (Short Program and Free Skate combined)	\$140.00	Not applicable

Adult Free Skate (Pre-Bronze thru Silver)	\$55.00	Not applicable
Special Skater	\$45.00	Not applicable
Jumps (No-Test – Adult)	\$45.00	\$40.00
Spins (No Test – Adult)	\$45.00	\$40.00
Showcase-Light Entertainment (No Test- Adult)	\$55.00	\$40.00
Showcase-Dramatic Entertainment (No Test-Adult)	\$55.00	\$40.00
Synchronized Skating Team (All levels)	\$150.00	Not applicable

Competitors must be available to compete all day Thursday (February 2), all day Friday (February 3), and all day Saturday (February 4).

COMPETITION ENTRIES:

Online registration will be available starting Monday, December 19th until 11:59 p.m. on Monday, January 16th via secured credit card transaction at www.entryeeze.com. An email will be sent to the skater's primary coach and home club when a skater's entry is processed to verify accuracy of entry. Your credit card statement will show a charge to Entryeeze, LLC. **Online entry will close at 11: 59 p.m. on Monday, January 16.**

One or more entries in a category will constitute an event. Groups may be divided or combined by age, sex, or randomly at the discretion of the Chief Referee. Entries after 11:59 p.m. on January 16 will be considered late, and will be accepted at the discretion of the Referee and Competition Chairperson, and subject to a \$20.00 late fee. Changes or additions to event entries after skating groupings are posted are not permitted unless deemed necessary by the Chief Referee. If the changes/additions are permitted by the Chief Referee, a \$20.00 event change fee will be collected by CVFSC.

REFUND POLICY: Entry fees will not be refunded after 11:59 p.m. on Monday, January 16 unless no competition exists or 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 assessed a \$20.00 fee. Payment of the fee will be required in cash or with a money order before the skater is allowed to participate in events.

FACILITIES:

Eccles Ice Center
2825 N. 200 E.
North Logan, UT
84341 (435) 787-
2288

Dressing rooms will be available to skaters. Dressing rooms are unsupervised. Please bring skate guards and do not leave valuables unattended. Neither Cache Valley FSC nor the Eccles Ice Center will be responsible for missing valuables. There is no charge to watch the competition events.

MUSIC: Music will be submitted on a CD at competition check-in.

LIABILITY: U.S. Figure Skating, Cache Valley Figure Skating Club and Eccles Ice Center 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 System will be used to judge all events.

REGISTRATION DESK: The registration desk will be open one hour before the first event and run through the last event of the day. The registration desk will be located in the lobby of the rink. PLEASE REGISTER PROMPTLY UPON ARRIVAL.

PRACTICE ICE: Pre-reserve your practice ice (20 minutes per session) when you register online! Skaters will be able to pick their own practice ice sessions online but you MUST indicate the number of sessions you want online when you register and you MUST pay for each session when you register online. Skaters may sign up for up to two (2) sessions per event entered. You will receive an email with a PIN number giving you access to your practice ice records and selection of your sessions.

Practice ice will be \$10.00 if you pre-order the sessions. We will allow additional practice ice sales online for \$15.00 per session after the schedule has been posted and the pre-registered sessions have been selected. The walk-on rate will be \$20.00 per session (check/cash only) if space allows. **NO REFUNDS will be issued for those who do not appear or are late for their reserved session. Practice ice sessions are non-transferrable. Music will not be played at any practice ice session.**

VIDEOTAPING AND PHOTOGRAPHY: An attempt will be made to provide professional videotaping and action photography available for purchase. The purchase of awards photos is encouraged. **No personal flash photography** is allowed in the rink area during competition. Flash photography is dangerous to the skaters! The competition committee reserves the right to remove anyone from the rink who ignores requests and warnings regarding the use of flash photography.

There will be **no personal videotaping of other competitors** during the competition. Videotaping of practice ice or warm up periods where multiple skaters are on the ice is not allowed.

AWARDS: Awards will be presented immediately following the posting of the results for each event. They will be provided to all 1st - 4th place finishers in each event and will be presented as a group. All remaining skaters in each event will receive a participation award.

OFFICIAL NOTICES: An official bulletin board will be maintained at the registration desk. It is the responsibility of each competitor, parent, and/or coach to check the bulletin board frequently for any schedule changes and/or additional information. **Skaters are requested to arrive 60 minutes prior to the scheduled time of their event.** A tentative schedule of events will be posted online at <http://www.entryeeze.com> as soon as it is available. All skaters should confirm their event time at the registration desk. **The referee may begin any competition event up to 30 minutes early.**

INFORMATION REGARDING COACHES:

To coach at a U.S. Figure Skating competition, a professional coach or choreographer must be:

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

The local organizing committee/club will have a list of coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential. Coaches who are NOT on the list will need to show proof of membership in BOTH U.S. Figure Skating and the PSA, a Coaches Registration card, proof of Category A or B (C for Basic Skills) compliance in CER, and a photo I.D. at check in. **If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions.** We strongly urge *all* coaches to have their cards with them. **Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including during warm-up.**

CONTACT INFO:

Competition Chairperson: Jen Lyons 435-770-9240 jensquest@hotmail.com

Competition Co-Chairperson: Shana Longhurst 435-232-8198 slonghurst5@gmail.com

Competition Co-Chairperson: Kim Larson 435-760-1778 klarson@infoalli.com

Entryeeze/Registrar: Shana Longhurst 435-232-8198 slonghurst5@gmail.com

Chief Referee: Gary Merrell 307-690-6699 merrellwestdesign@gmail.com

Please-no phone calls after 9 P.M. MST. Email is preferred.

COMPETITION SOUVENIRS: **Fresh flowers and/or any other items may not be thrown on the ice.**

CVFSC assumes no liability for vendors. CVFSC does not endorse any product and/or service.

HOTEL ACCOMODATIONS:

Hampton Inn
1655 N. Main St.
Logan, Ut 84321
435-713-4567

Holiday Inn Express
2235 N. Main St.
Logan, Ut 84321
435-752-3444

Discount Rate Code for Hampton Inn: FIG

Discount Rate Code for Holiday Inn Express

https://www.ihg.com/holidayinnexpress/hotels/us/en/reservation/book?method=roomRate&ftv=y&qAdlt=1&qBrs=hi.ex.rs.ic.ep.in.sb.cw.ev.6c.vn.ul.ki.sp.nd.ct&qChld=0&qCiD=02&qCiMy=012017&qCoD=04&qCoMy=012017&qGRM=0&qGrpCd=CVS&qHtlC=ognes&qPSt=0&qRRSrt=rc&qRef=rr&qRms=1&qRpn=1&qRpp=20&qRtP=6C BARC&qSHp=1&qSIH=ognes&qSmP=3&qSrt=sBR&qWch=0&srb_u=1&icdv=99502056#roomratestitle

Call for a discounted rate by January 19th.

EVENT: Basic Program: SNOWPLOW SAM – BASIC 6

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.

The skater may use elements from a previous level.

A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	March followed by a two-foot glide and dip Forward two-foot swizzles, 2-3 in a row Forward snowplow stop Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	Forward two-foot glide and dip Forward two-foot swizzles, 6-8 in a row Beginning snowplow stop on two-feet or one-foot Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	Forward one-foot glide, either foot Scooter pushes, right and left foot, 2-3 each foot Moving snowplow stop Two-foot turn in place, forward to backward Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	Beginning forward stroking showing correct use of blade Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Forward slalom Beginning backward one-foot glide, either foot Moving forward to backward two-foot turn on a circle
Basic 4	1:10 max.	Backward one-foot glides, right and left Forward outside edge on a circle, clockwise or counter clockwise Forward crossovers, 4-6 consecutive, both directions Beginning two-foot spin, 2-4 revolutions Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:10 max.	Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, both directions Advanced two-foot spin, 4-6 revolutions Forward outside three-turn, right and left Hockey stop
Basic 6	1:10 max.	Forward inside three-turn, right and left Bunny Hop Forward spiral on a straight line, right or left Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry T-stop, right or left

EVENT: Pre-Free Skate – Free Skate 6 Program

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.

A 0.2 deduction will be taken for each element performed from a higher level.

Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise One-foot upright spin, optional entry and free-foot position (minimum three revolutions) Mazurka Waltz jump
Free Skate 1	1:40 max	Forward power stroking, 4-6 consecutive strokes Upright spin, entry from backward crossovers - minimum 4-6 revolutions Toe loop jump Half flip jump
Free Skate 2	1:40 max.	Alternating forward outside and inside spirals on a continuous axis (2 sets) Beginning back spin, up to two revolutions Half Lutz Salchow jump
Free Skate 3	1:40 max	Alternating Mohawk/crossover sequence, right to left and left to right Advanced back spin with free foot in crossed leg position, min 3 revs Loop jump Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 max.	Forward power 3's, 2-3 consecutive sets, right or left Sit spin - minimum three revolutions Half Loop jump Flip jump
Free Skate 5	1:40 max.	Backward outside three-turn, Mohawk (backward power three-turn), both directions Camel spin - minimum three revolutions Waltz-loop jump combination Lutz jump
Free Skate 6	1:40 max.	Split jump or stag jump Camel, sit spin combination - minimum of four revolutions total Waltz jump, ½ loop, Salchow jump sequence Axel jump

EVENT: Introductory Levels Free Skate Program

General event parameters:

Skaters will skate to the music of their choice.

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

Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	Max. 5 jump elements: Jumps with no more than one-half rotation (front to back or back to front). Max. 2 jump sequences Max. 2 of any same jump	Max. 2 spins: Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests
High Beginner 1:40 Maximum	Max. 5 jump elements: Jumps with no more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow and toe loop only. Max. 2 jump combinations or sequences Max. 2 of any same type jump.	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 tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests

EVENT: TEST TRACK FREE SKATE

General event parameters:

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

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 max	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one- half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre- preliminary free skate test

<p>Preliminary</p> <p>1:40 max</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not 	<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</p>
<p>Pre-Juvenile</p> <p>2:00 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 	<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 (under 14 years)</p> <p>Open Juvenile (14 years or older)</p> <p>2:15 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps, including Axel, are permitted. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One solo spin in one position, no change of foot (Min. 4 revolutions). • One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per 	<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</p> <p>2:30 +/- 10 sec.</p>	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow and double toe loop. • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One must be a flying spin (min 5 revolutions), • One must be a combination spin with at least one change of foot and at least one change of position 	<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"> • Any single jumps. • Double jumps permitted: double Salchow, double toe loop and double loop. • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) • The other spins are the option of the skater (min 6 revolutions per foot) • <i>All spins may fly</i> 	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 & 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>

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

EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.

Level	Time	Jumps	Spins	Step Sequences
No-Test	1:40 Maximum	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> • Single jumps, with the exception of the single Axel, are allowed • No single Axels, double jumps or triple jumps • Maximum of 2 jump combinations or sequences • Jump combinations limited to 2 jumps except that one 3jump combination with a maximum of 3 single jumps is permitted • Jump sequences limited to a maximum of 3 single jumps Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination 	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a fly • Minimum 3 revs. Spins must be of a different character (For definition see rule 4103E) 	<p>Step sequence*</p> <p>Must use onehalf the ice surface</p> <p>Moves in the field and spiral sequences are permitted but will not be counted as elements.</p> <p>Jumps may be included in the step sequence</p>

Pre-Preliminary	1:40 Maximum Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps, including single Axel, allowed • No double, triple or quadruple jumps allowed • Axel may be repeated once as a solo jump, as part of a jump combination or jump sequence. (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 sequences • Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 3 jumps is permitted. • Jump sequences limited to a maximum of 3 single jumps • ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position. • Spins may start with a fly. • Minimum of 3 revolutions <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>
Preliminary	1:40 Maximum Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel or Waltz-jump type jump • All single jumps, including single Axel, allowed. Only 2 different jumps may be attempted (limited to double Salchow, double toe loop and double loop) • Double flip, double Lutz, double Axel, triple or quadruple jumps are not allowed • An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of jump combinations or jump sequences • Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or sequences • Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted. • Jump sequences limited to a maximum of 3 single or double jumps • ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position. • Spins may start with a fly. • Minimum of 3 revolutions <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>

		<ul style="list-style-type: none"> • Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted. • Jump sequences limited to a maximum of 3 single or double jumps ½ loop is considered a listed jump with the value 		
Pre-Juvenile	2:00 +/- 10 sec.	<p>Maximum of 5 jump elements:</p> <ol style="list-style-type: none"> One must be an Axel or waltz –jump. Max. 2 jump combinations or sequences Jump combinations limited to 2 jumps except that skaters may perform one 3-jump combination with a maximum of two double jumps. Number of jumps in jump sequence is limited to a max. of 3 single or double jumps. (½ loop is considered a single jump at this level.) Number of different double jumps is not limited. Axel and no more than 3 different double jumps may be repeated as individual jumps, as part of jump combination or jump sequence. Maximum of 2 Axels or any double jump No double Axels or triple jumps 	<p>Maximum of 2 spins:</p> <ol style="list-style-type: none"> 1 spin combination; with or without change of foot*, may fly. 1 spin with only 1 position*, may fly, no change of foot Min. 4 revolutions.; 6 revolutions for combo Spins must be of a different nature 	One step sequence fully utilizing ice surface.
Juvenile (under 14 years) Open Juvenile (14 years or older)	2:15 +/- 10 sec.	<p>Maximum of 5 jump elements:</p> <ol style="list-style-type: none"> One must be an Axel-type jump* Max. 2 jump combinations or sequences Jump combinations limited to 2 jumps except that skaters may perform one 3-jump combination. Number of jumps in jump sequence is not limited No more than 3 double jumps may be repeated (1 each), but only as part of combination or sequence. Max 2 of same double jump. No triple jumps 	<p>Maximum of 2 spins:</p> <ol style="list-style-type: none"> 1 spin combination; with/without change of foot* 1 spin with only 1 position; no change of foot* Both spins may start with a fly Min. 5 revolutions; 8 revolutions. for combination 	One choreographic step sequence fully utilizing ice surface.
Intermediate	2:30 +/- 10 sec.	<p>Maximum of 6 jump elements:</p> <ol style="list-style-type: none"> 1 must be an Axel-type jump* Max 3 jump combinations (combos) or sequences Jump combinations limited to 2 jumps, but one 3-jump combo is permitted Number of jumps in jump sequence is not limited No more than two jumps with 2-1/2 or 3 revolutions may be repeated. Double or triple jump repeated must be in combo or sequence. Max. 2 of the same double or triple. 	<p>Maximum of 2 spins:</p> <ol style="list-style-type: none"> 1 spin combination; w/without change of foot* 1 spin with only 1 position; no change of foot* Both spins may start with a fly Min. 5 revolutions; 8 revolutions. for combo Min. 2 revolutions. in position Spins must be of a different nature 	One choreographic step sequence fully utilizing ice surface.

Novice Ladies	3:00 +/- 10 sec.	<p>Maximum of 6 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump* b) Max. 3 jump combinations (combos) or sequences c) Jump combinations limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) One double Axel and two different triple jumps may be repeated. f) If double Axel or triple jumps repeated, must be in combo or sequence. g) No more than two of the same type of double or triple may be attempted. 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) Spins must be of a different nature b) 1 flying entry with no change of foot or position* c) 1 spin combination; w/without change of foot* d) 3rd spin is option of skater e) Min. 6 revolutions; 10 revolutions. for combo f) Min. 2 revolutions. in position g) Spins may change feet and start with a fly, except h) For the flying spin with no 	<p>One leveled step sequence</p> <p>Fully utilizing the ice surface</p>
Novice Men	3:30 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump* b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) One double Axel and two different triple jumps may be repeated. f) If double Axel or triple jumps repeated, must be in combo or sequence. g) No more than two of the same type of double or triple may be attempted. 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) Spins must be of a different nature b) 1 flying entry with no change of foot or position* c) 1 spin combination; with or without change of foot* d) 3rd spin is option of skater e) Min. 6 revolutions; 10 revolutions for combo f) Min. 2 revolutions in position g) Spins may change feet and 	<p>One leveled step sequence</p> <p>Fully utilizing the ice surface.</p>
Junior Ladies	3:30 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or f) sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revs. for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	<p>One leveled step sequence</p> <p>Fully utilizing the ice surface.</p>
Junior Men	4:00 +/- 10 sec.	<p>Maximum of 8 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or f) sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revs. for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	<p>One leveled step sequence</p> <p>Fully utilizing the ice surface.</p>

Senior Ladies	4:00 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or f) Sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revolutions for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	<p>One leveled step sequence</p> <p>One choreographic sequence</p> <p>Fully utilizing</p>
Senior Men	4:30 +/- 10 sec.	<p>Maximum of 8 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or f) Sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revolutions for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	<p>One leveled step sequence</p> <p>One choreographic sequence</p> <p>Fully utilizing the ice surface</p>

EVENT: SINGLES SHORT PROGRAM

The short program events listed below will be skated. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

- A. Intermediate Short Program – Rule 4230
- B. Novice Short Program – Rule 4220
- C. Junior Short Program – Rule 4210
- D. Senior Short Program – Rule 4200

GENERAL SHOWCASE EVENT PARAMETERS

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

Vocal music is permitted. Performances will be judged from an entertainment standpoint, for theatrical and artistic 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 sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce the score. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Elements evaluated will include reflection of the musicality as it pertains to the concept of the program, projection, energy, timing, acting, skating skills that relate to the music, use of props and scenery, interaction (Duets only). Note: Prolonged pauses to express lyrics are discouraged. One mark using the 6.0 judging system will be given by each judge for each performance. No technical skating mark will be used.

Costumes:

1. Costuming and make-up for Showcase skating programs should enhance the feeling created by the performance, and reflect the meaning of the story or theme.
2. Costumes rules for free skate do not apply for Showcase skating. Ornaments and hair accessories must be secure.
3. No bobby-pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. 0.1 deduction will be taken.

Scenery/Props: For safety reasons, the following props are not permitted: mirrors or glass, propulsion devices, trampolines, smoke, fire, liquids, live animals, feathers, bubble machines or any substance that may harm the ice surface and/or skaters. Live people props may walk on skates, but must remain in a fixed position during the performance. If scenery/props are used, they must be placed and removed by the competitors or duet competitors within one minute on and off. The Competition Committee and/or Chief Referee may deny the use of any prop.

Mandatory Deductions:

- There will be a 0.2 deduction for each 5 seconds in excess of the maximum performance time.
- There will be a 0.2 deduction for each 5 seconds in excess of the maximum prop placement
- There will be a 0.2 deduction for marring the ice for succeeding skaters
- There will be a 0.2 deduction for prohibited elements in restricted events
- There will be a 0.2 deduction for use of prohibited props

Note: There is no deduction for skating less than the allowed time.

Showcase groups will be divided by number of entries and ages if possible.

EVENT: BASIC SKILLS SHOWCASE

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Snowplow Sam-Basic 6 Note: these levels do not qualify for National Showcase	Elements only from Snowplow Sam-Basic 6 curriculum	May not have passed any higher than Basic 6 level.	Time 1:00 Max
Pre-Free Skate/Free Skate 1-6/Beginner/High Beginner	3 jump maximum, ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 Max

EVENT: SHOWCASE EVENT – LIGHT ENTERTAINMENT

Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Props and Scenery are permitted

General event parameters:

- Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- The determination of level will be based upon test requirement at the entry deadline
- Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under “Programs” on the National Showcase page.

Singles	Level	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
	No Test Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate or 2 Preliminary	No minimum age	1:40 max
	Pre Juvenile	Pre-Juvenile Free Skate or 2 Preliminary	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate or Complete Pre-Bronze Dance	Intermediate Free Skate or Complete Bronze Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate or Complete Pre-Bronze Dance	Intermediate Free Skate or Complete Bronze Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate or Complete Bronze Dance	Novice Free Skate or One Silver Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate or Complete Pre-Bronze Dance	Novice Free Skate or One Silver Dance	18-20	2:10 max
	Novice	Novice Free Skate or One Silver Dance	Junior Free Skate or Two Pre-Gold Dances	No age restriction	2:10 max
	Junior	Junior Free Skate or Two Pre-Gold Dances	Senior Free Skate or Complete Gold		2:40 max
	Senior	Senior Free Skate or Complete Gold			2:40 max

EVENT: SHOWCASE EVENT-LIGHT ENTERTAINMENT (ADULT)

Adult Pre-Bronze	3 jump maximum. No axels or double jumps permitted.	Must have passed no higher than US Figure Skating Adult Pre-Bronze Free Skate Test	21 and older	1:30 max
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre-Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

EVENT: SHOWCASE EVENT-DRAMATIC ENTERTAINMENT

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:

- Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- The determination of level will be based upon test requirement at the entry deadline
- Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Singles	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
	No Test Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate or 2 Preliminary	No minimum age	1:40 max
	Pre Juvenile	Pre-Juvenile Free Skate or 2 Preliminary	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate or Complete Pre-Bronze Dance	Intermediate Free Skate or Complete Bronze Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate or Complete Pre-Bronze Dance	Intermediate Free Skate or Complete Bronze Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate or Complete Bronze Dance	Novice Free Skate or One Silver Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate or Complete Pre-Bronze Dance	Novice Free Skate or One Silver Dance	18-20	2:10 max
	Novice	Novice Free Skate or One Silver Dance	Junior Free Skate or Two Pre-Gold Dances	No age restriction	2:10 max
	Junior	Junior Free Skate or Two Pre-Gold Dances	Senior Free Skate or Complete Gold		2:40 max
	Senior	Senior Free Skate or Complete Gold			2:40 max

EVENT: SHOWCASE EVENT-DRAMATIC ENTERTAINMENT (ADULT)

Adult Pre-Bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than US Figure Skating Adult Pre-Bronze Free Skate Test	21 and older	1:30 max
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

EVENT: ADULT FREE SKATE

General event parameters:

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

Level	Time	Jumps	Spins	Step Sequences
MASTE RS JUNIO R & MASTE RS SENIOR	3:40 max	Max. 7 <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Min. 1*, max. 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted • Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be 	Max. 3 <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 5 revolutions total if no change of foot • Min. 4 revolutions each foot if change of foot • Min. 2 revolutions in position 	Max 1 <ul style="list-style-type: none"> • Choreographic step sequence Must fully utilize the ice surface <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
MASTERS INTERMEDI ATE & MASTERS NOVICE	3:10 max	Max. 6 <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Min. 1*, max. 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps and the following double jumps are permitted: double toe loop, double 	Max. 3 <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 5 revolutions total if no change of foot • Min. 4 revolutions each foot if change of foot • Min. 2 revolutions in position 	Max. 1 <ul style="list-style-type: none"> • Choreographic step sequence Must fully utilize the ice surface <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>

ADULT GOLD	2:40 max	<p style="text-align: right;">Max. 5</p> <ul style="list-style-type: none"> • Min. 1*, max. 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow. 	<p style="text-align: right;">Max. 3</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 4 revolutions total if no change of foot • Min. 4 revolutions each foot if change of foot • Min. 2 revolutions in position 	<p style="text-align: right;">Max. 1</p> <ul style="list-style-type: none"> • Choreographic step <p>sequence Must fully utilize the ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
ADULT SILVER	2:10 max	<p style="text-align: right;">Max. 5</p> <ul style="list-style-type: none"> • Min. 1*, max. 2 combinations or sequences • One combination/sequence may consist of three jumps, and <u>the other</u> may have only two jumps • Additional jump sequences which contain non-listed jumps of not more than one revolution (i.e. mazurkas, half-loops, etc.) performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once, 	<p style="text-align: right;">Max. 2</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 3 revolutions total if no change of foot • Min. 3 revolutions each foot if change of foot • Min. 2 revolutions in position 	<p style="text-align: right;">Max. 1</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence or spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
ADULT BRONZE	1:50 max	<p style="text-align: right;">Max. 4</p> <ul style="list-style-type: none"> • Min. 1*, max. 2 combinations or sequences; • One 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 combination or sequence (maximum of 2 of any jump) 	<p style="text-align: right;">Max. 2</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 3 revolutions total if no change of foot • Min. 3 revolutions each foot if change of foot • Min. 2 revolutions in position • No flying spins are permitted 	<p style="text-align: right;">Max. 1</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence or spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>

ADULT PRE BRONZ E	1:40 max	<p style="text-align: right;">Max. 4</p> <ul style="list-style-type: none"> • Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included • One 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 combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are 	<p style="text-align: right;">Max. 2</p> <ul style="list-style-type: none"> • Min. 3 revolutions • No flying spins are permitted 	<p style="text-align: right;">Max. 1</p> <ul style="list-style-type: none"> • Connecting steps throughout the program are required
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EVENT: Spins Challenge**General event parameters:**

- i. Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
- ii. All events are skated on ½ ice.
- iii. Minimum number of revolutions are noted in parentheses.

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

VENT: Jumps Challenge

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. $\frac{1}{2}$ flip or $\frac{1}{2}$ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 4. Single toe loop 5. Single flip 6. Jump combination - Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 4. Single flip 5. Single Lutz 6. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 4. Single Axel 5. Single or double jump 6. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 4. Single Axel 5. Double Salchow 6. Jump combination – single/single or double/single (no Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 4. Single Axel 5. Double loop* 6. Jump combination – double/single (no Axel)
Novice	1:30 max.	<ol style="list-style-type: none"> 4. Double loop 5. Double flip* 6. Jump combination – double/double (may be double Axel)
Junior	1:30 max.	<ol style="list-style-type: none"> 4. Choice of double or triple jump 5. Double or triple flip* 6. Jump combination – double/double (may be double Axel)
Senior	1:30 max.	<ol style="list-style-type: none"> 4. Choice of double or triple jump 5. Double or triple Lutz* 6. Jump combination – double/double or triple/double (may be double Axel)

Event: SYNCHRONIZED SKATING TEAM

The Synchronized Skating Team performance should contain the following five elements in any order: one block element, one circle element, one intersection element, one line element and one wheel element. Other elements may be incorporated. Creative innovations and variations are permitted. Features and additional features are optional. Refer to rules 7020-7025 regarding costume guidelines. Duration 2:00 minutes +/- 10 seconds.