

KNOXVILLE INVITATIONAL

April 1 - 2, 2017

Knoxville, Tennessee

COMPETITION DEADLINE: February 27, 2017

Hosted By: The Knoxville Figure Skating Club

www.knoxskating.org

Sanctioned By: US Figure Skating #

Event Location:

Cool Sports, home of the ICEARIUM
110 South Watt Rd, Knoxville, TN 37934
(865) 218-4500



KNOXVILLE INVITATIONAL
C O M P E T I T I O N

Competition Chairs: Anna Ramsey annamramsey@yahoo.com
Denise Rivers drdenise@comcast.net

The Knoxville Invitational will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as well as any pertinent updates which have been posted on the U.S. Figure Skating website. This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the eligibility rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. citizens.

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

EVENTS OFFERED:

Basic Program & Basic Elements (Snowplow → Basic 6, Pre-Freeskate, FS 1 → 6)
Test Track Program & Compulsory Moves
Well Balanced Program & Compulsory Moves
Spins Challenge
Jump Challenge
Interpretive Event
Showcase Events (Singles, Duets, Mini-Production, Group Ensembles)

ENTRIES AND FEES:

A secure, online registration is available until **11:59 PM, February 27, 2017** at www.knoxskating.org or www.entryeeze.com.
A late entry fee of \$25 will be added to all accepted competition forms received after February 27, 2017. Events may be cancelled or combined when low enrollments are concerned. Skaters will be notified of necessary changes. Skaters wishing to change their events after the close of entries may be subject to a \$25 change of event fee.

GENERAL ENTRY FEES

First Solo Full-Ice Event:	\$85.00 / \$95.00 for IJS Events
First Pair/Partnered Event:	\$50.00 per person
Additional Solo Full-Ice Event:	\$40.00 each
Additional Solo Half Ice Events:	\$30.00 each
Additional Partnered Events:	\$30.00 per person
Mini Production/Ensemble Event:	\$85.00 per team + \$8 per skater
First Basic Skills Event:	\$45.00
Additional Basic Skills Events:	\$25.00 each
Basic Skills partner fee:	\$20 per partner

REFUNDS:

No refunds for events will be made after the closing date (February 27, 2017) unless the event is cancelled by the LOC.

Refunds will not be issued if a skater has personal conflicts with the competition schedule. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Refunds will not be given for missed practice sessions; however, a skater is allowed to change his/her practice ice time before the session occurs. Checks returned for nonsufficient funds and contested credit card charges will be issued a \$20 service fee.

MUSIC:

The skater must provide their own music for all free skating, showcase, and dance events on CDs only (no tapes will be accepted). CDs should be clearly marked with the name of the skater, event entered and length of music (not skating time). Competition music is to be turned in at the time of registration. Skaters should arrive with a backup CD. CDs can be picked up at the registration desk after their event. The organizing committee will not accept responsibility for damage or loss of music but will take every precaution to ensure their safety. Coaches should have an extra copy of the skaters music ready-in-hand during the skaters' performance.

LIABILITY:

U.S. Figure Skating, The Knoxville Figure Skating Club, and Cool Sports accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with rule 1600 of the official US figure skating rulebook.

JUDGING SYSTEM:

Well Balanced Program Freeskate Events: Open Juvenile, Juvenile, Intermediate, Novice, Junior, Senior

Short Program Events: Juvenile, Intermediate, Novice, Junior, Senior

Adult: Gold

Adult Masters: Intermediate, Novice, Junior, Senior

All competitors skating in these events need to submit the planned program content form online. This form is found in the member's only section at www.usfigureskating.org. **The deadline to submit the form is March 17, 2017.**

The 6.0 Judging System will be used for all other events.

REGISTRATION:

The official registration desk will be located in the rink lobby area at Cool Sports. It will open approximately 30 minutes prior to the first practice ice session or scheduled event each day of the competition, and will remain open throughout scheduled competition events.

Competitors must check in at least 45 minutes prior to their event, and should be prepared to skate earlier than scheduled, should the competition be running ahead.

PRACTICE ICE:

Skaters who wish to pre-purchase practice ice may do so online, prior to the release of the official schedule & practice schedule times. Separate payment is NOT required. Practice ice is \$12.00 per 20 minute session if purchased by or before the entry deadline of February 27, 2017. **Skaters who pre-register will receive an email approximately 1 week before the competition informing them to select their desired practice ice time online. The practice ice selection is first-come, first-served.** After skaters who have pre-registered have an opportunity to select their practice ice times, the online booking system will be opened up for all other skaters to purchase and select practice ice times at a rate of \$15.00 per 20 minutes. Additional practice ice, if space allows, will be sold at the event at the rate of \$20.00 per 20 minute session. Free skate practice ice and dance practice ice will be limited to 20 skaters. Phone or email reservations will not be accepted.

- Only 20 skaters permitted during each practice session
- Music will NOT be played during official practice ice
- Practice ice is available & separated based on skating level

Questions regarding practice ice should be sent to annamramsey@yahoo.com

EVENT VIDEO AND PHOTOGRAPHY:

Photography and video services will be available for purchase with **NoDud Photography**. Flash photography is not allowed during the competition and access to rinkside bench seating will be reserved for **NoDud Photography only**.

AWARDS:

All events will be final rounds. Awards will be presented for first through fifth placements. Award Ceremonies will take place off-ice after final results have been posted at scheduled times throughout the competition. Skaters will need to be present to receive an award.

SCHEDULES:

A final competition and practice ice schedule will be posted at www.knoxskating.org approximately 10 days prior to the competition. The competition schedule is set by the LOC, and no changes will be made to the schedule once it is announced unless an error has been made by the LOC.

FACILITIES:

All events will be held at Cool Sports, 110 South Watt Road, Knoxville, TN 37934, which has dressing rooms, one concessions stand, a Sports Lounge, and a pro shop. Free parking. Cool Sports has one NHL-size ice surface, measuring 200' by 85'. Admission to view competition is free.

SHOWCASE EVENTS

Invitation: Singles competitors, Preliminary—Senior, Adult Bronze—Adult Masters, may receive a courtesy invitation to compete at National Showcase, if placed first, second, third or fourth (1) in a contested nonqualifying showcase/interpretive skating event held in the United States from the close of entries for National Showcase in the current skating year back to the close of entries for National Showcase in the preceding year; or (2) in the immediately preceding National Showcase.

Lower levels are not eligible to compete at National Showcase. Intermediate, Novice, Junior or Senior competitors who have entered a competition subsequently canceled for lack of other entries may substitute a testimonial letter from the chair or the registrar to get a bye to National Showcase.

INFORMATION FOR COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration. In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

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

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member. **Sanctioned by US Figure Skating #22869**

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

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

For more information regarding Coach Compliance, please refer to:

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

**** Coaches should have an extra copy of the skater's music ready-in-hand during the skater's performance.**

DIRECTIONS TO COOL SPORTS:

From EAST

Upon entering Tennessee, stay on I-40 heading West Knoxville / Nashville. Take exit 369 Watt Rd. At light turn left onto Watt Rd and travel approximately 2 miles to intersection of Kingston Pike & Watt Rd. Travel through light and take immediate left into Cool Sports parking lot.

From WEST

Follow I-40 East heading towards Knoxville. Take exit 369 Watt Rd. At end of exit ramp, take a right onto Watt Rd and travel approximately 2 miles to intersection of Kingston Pike & Watt Rd. Travel through light and take immediate left into Cool Sports parking lot.

From SOUTH

Take I-75 North to I-40 East heading towards Knoxville. Take exit 369 Watt Rd. At end of exit ramp, take a right onto Watt Rd and travel approximately 2 miles to intersection of Kingston Pike & Watt Rd. Travel through light and take immediate left into Cool Sports parking lot.

From NORTH

Take I-75 South to I-40 West heading towards Nashville. Take exit 369 Watt Rd. At light turn left onto Watt Rd and travel approximately 2 miles to intersection of Kingston Pike & Watt Rd. Travel through light and take immediate left into Cool Sports parking lot.

LODGING:

Our host hotel is the Hampton Inn located approximately 5 miles from Cool Sports. Nightly fee for a double room is \$99. Call (865) 966-0303 and mention "Knoxville Figure Skating Club" when making reservations.

<http://group.hamptoninn.com/knoxvillefigureskatingcompetitors>

[Hampton Inn & Suites Knoxville-Turkey Creek/Farragut](#)

11340 Campbell Lakes Drive,

Knoxville, Tennessee, 37934

USA +1-865-966-0303

COACHES!!

If an out-of-town, primary coach, registers 10 or more paid skaters for the Knoxville Invitational 2017, KFSC will pay your hotel accommodations (maximum of 2 nights) at our host hotel. Value of \$200 + a FREE breakfast.



KNOXVILLE INVITATIONAL
C O M P E T I T I O N

Vendor Agreement

April 1 - 2, 2017

Registration deadline is February 27, 2017



KNOXVILLE INVITATIONAL
C O M P E T I T I O N

Cost: \$50 non-refundable deposit and 10% of total sales minus the \$50 deposit.

Inclusions: Vendor fees include the use of no more than 1 table and 2 chairs. When possible, electricity will also be available. Advanced registration and payment are required.

Company Name: _____

Vendor Name: _____

Phone #: _____

Email: _____

Items to be sold: _____

I will need ____ additional tables and ____ chairs (\$15 additional fee for extra table). I will / will-not require electricity.

Set up will be permitted starting no earlier than 6:00am on the day of competition. Pre set-up is not available. All vendors must be packed up and out of the building no later than 1 hour after the final event of the competition.

The Competition Committee reserves the right to accept or deny any or all vendor applications based on available space, products to be sold, or competition with local on-site Pro Shop. Applications will be denied or approved by February 27, 2017 and a message will be sent via email. Be sure to provide an updated email address below.

Vendor Application forms are due by **Monday February 27, 2017**. Forms & vendor payments (Check or money order) should be submitted to:

**Knoxville Figure Skating Club
C/O Denise Rivers
110 South Watt Rd
Knoxville, TN 37934**

Contact Info: drdenise@comcast.net



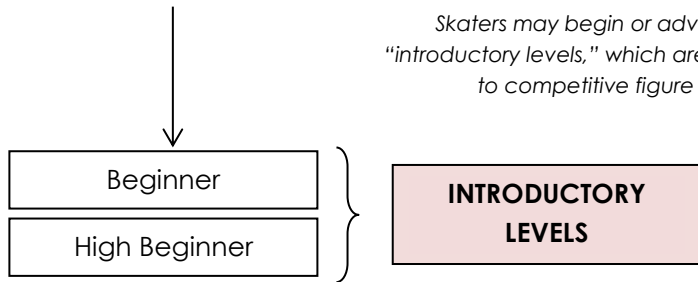
ILLUSTRATION OF THE PROGRESSION THROUGH THE LEVELS OF U.S FIGURE SKATING

Singles athletes begin with the Learn to Skate USA program, then progress to the "introductory levels," and finally choose whether to follow the test track or Well Balanced program category. Athletes may choose to move between test track and Well Balanced program at any point.

LEARN TO SKATE USA PROGRAM
<p>Competition levels for skaters within Compete USA include:</p> <p>Snowplow Sam</p> <p>Basic 1-6, Adult 1-6, Hockey 1-4</p> <p>Pre-Free Skate and Free Skate 1-6</p>

Once skaters have competed at the introductory level, and begin the official U.S. Figure Skating test structure, they may then choose whether to enter the "Test Track Free Skate" or "Well Balanced Free Skate" program. Test requirements for both categories are the same, it is completely the choice of the athlete which track to follow.

Skaters may begin or advance to the "introductory levels," which are an introduction to competitive figure skating.



TEST TRACK FREE SKATE
Pre-Preliminary
Preliminary
Pre-Juvenile
Juvenile
Intermediate
Novice
Junior
Senior

↙ ↘

Skaters may choose, at any point, which track to follow. They may not, however, enter both events at the same competition. They may also move between the tracks at different nonqualifying

WELL BALANCED PROGRAM FREE SKATE
No-Test
Pre-Preliminary
Preliminary
Pre-Juvenile
Juvenile/Open Juv.
Intermediate
Novice
Junior
Senior

EVENT: Basic Program Event: SNOWPLOW SAM – BASIC 6

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.

	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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: Basic Elements Event: SNOWPLOW SAM – BASIC 6

Each skater will perform one element at a time in the order listed below (no excessive connecting steps).

- To be skated on 1/3 to 1/2 ice.
- No music.
- **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • 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	1:00 max.	<ul style="list-style-type: none"> • 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	1:00 max.	<ul style="list-style-type: none"> • 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	1:00 max.	<ul style="list-style-type: none"> • 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	1:00 max.	<ul style="list-style-type: none"> • 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 Event

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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump

EVENT: Pre-Free Skate – Free Skate 6 Compulsory Event

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

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 max

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Backward outside three-turns, right and left • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Backward inside three-turns, right and left • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Waltz three-turns, clockwise and counterclockwise • 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	1:15 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half loop jump • Flip jump
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz jump-loop jump combination • Lutz jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Forward power pulls, right and left • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump

EVENT: Adult 1-6 Free Skate, Adult Pre-Bronze and Adult Bronze Program Event

General event parameters:

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

- Vocal music is allowed
- 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.

Level	Time	Elements
Adult 1	1:30 +/- :10 sec	<ul style="list-style-type: none"> • Falling and Recovery • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:30 +/- :10 sec	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3	1:30 +/- :10 sec	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Backward skating to a long two-foot glide • Forward chases on a circle, clockwise and counterclockwise • Backward snowplow stop, Right and Left
Adult 4	1:30 +/- :10 sec	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions
Adult 5	1:30 +/- :10 sec	<ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin
Adult 6	1:30 +/- :10 sec	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin
Adult Pre-Bronze	1:40 max	<p>Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test.</p> <p>Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.</p>
Adult Bronze	1:50 max	<p>Must have passed no higher than adult bronze free skate test or the preliminary free skate test.</p> <p>Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.</p>

EVENT: Adult 1-6 Free Skate, Adult Pre-Bronze and Adult Bronze Compulsory Event

General event parameters:

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

- 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.

Level	Time	Elements
Adult 1	1:30 +/- :10 sec	<ul style="list-style-type: none"> • Falling and Recovery • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:30 +/- :10 sec	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3	1:30 +/- :10 sec	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Backward skating to a long two-foot glide • Forward chases on a circle, clockwise and counterclockwise • Backward snowplow stop, Right and Left
Adult 4	1:30 +/- :10 sec	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions
Adult 5	1:30 +/- :10 sec	<ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin
Adult 6	1:30 +/- :10 sec	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin
Adult Pre-Bronze	1:40 max	<p>Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test.</p> <p>Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.</p>
Adult Bronze	1:50 max	<p>Must have passed no higher than adult bronze free skate test or the preliminary free skate test.</p> <p>Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.</p>

EVENT: Introductory Levels Compulsory

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

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

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ul style="list-style-type: none"> • Waltz jump • ½ jump of choice • Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional) • Forward or backward spiral
High Beginner	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • Forward scratch spin - minimum three revolutions • Forward or backward spiral

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: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	Max. 2 spins: <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests
High Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	Max. 2 spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests



COMPETE USA COMPETITION

SHOWCASE EVENTS:

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

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

Performances will be judged from an entertainment standpoint, for theatrical 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 contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

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

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

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner/ Adult 1-6	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
No Test/ Pre-Preliminary/ Adult Pre-Bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 max.
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 max.



COMPETE USA COMPETITION

EVENT: Theatre On Ice (TOI) Events , Learn to Skate USA levels

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

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

Please refer to the Learn to Skate USA Instructor’s Manual for more detailed information on Theatre On Ice 1-4.

Level	Program Length	Test, Team Size and Age Requirements
TOI/CE 1	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Joy (emotion) • Choreographic process: Repetition • Movement or gesture: Allegro (fast movement) <p>Skaters should demonstrate elements from the Learn to Skate USA program levels 1 through 4.</p> <p>Elements from higher levels are not allowed.</p>
TOI/CE 2	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Body as an instrument • Choreographic process: Canon • Movement or gesture: Soft movement (fluid and light) <p>Skaters should demonstrate elements from the Learn to Skate USA program levels 5 through 6</p> <p>Elements from higher levels are not allowed.</p>
TOI/CE 3	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Traveling through space • Choreographic process: Mirroring • Movement or gesture: Unison <p>Skaters should demonstrate elements from the Learn to Skate USA Free Skate 1 through 3.</p> <p>Elements from higher levels are not allowed.</p>
TOI/CE 4	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Rhythm • Choreographic process: Call and response • Movement or gesture: Percussive (sharp, fast movement) <p>Skaters should demonstrate elements from the Learn to Skate USA Free Skate 4 through 6.</p> <p>Elements from higher levels are not allowed.</p>



U.S. Figure Skating Nonqualifying Competitions

EVENT: 2016-17 Test Track Free Skate – Pre-Preliminary through Senior levels

General event parameters:

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

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 maximum	<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 • Max. 2 of any same type jump 	<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
Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile 2:00 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test

<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 (minimum 4 revolutions per foot). 	<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.</p> <p>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) All spins may fly 	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 & 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>
<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec.</p> <p>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 basic positions and one change of foot (2 per position, min. 5) revolutions per foot) 	<p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>
<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec.</p> <p>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>Men:</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>Ladies:</p> <p>One step sequence of advanced difficulty, covering the full ice surface and either one spiral sequence or choreographic sequence.</p> <p>(See rule 4104 & 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>



2016-17 Singles Free Skate Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council and the ISU Congress that will go into effect July 1, 2016.

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>NO TEST</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps allowed except for the single Axel <ul style="list-style-type: none"> ○ No single Axels, double, triple or quadruple jumps allowed ○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. ○ Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE- PRELIMINARY</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> ○ No double, triple or quadruple jumps allowed ○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. ○ Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRELIMINARY</p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel or a waltz jump* • All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted ○ Jump sequences limited to a maximum of 3 single or double jumps. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted ○ Jump sequences limited to a maximum of 3 single or double jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ May start with a flying entry ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ May start with a flying entry ○ Min 4 revs <p>These spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must fully utilize the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>JUVENILE and OPEN JUVENILE</p> <p>2:15 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> ▪ If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump can be included more than twice • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry</p> <p>Spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>INTERMEDIATE</p> <p>2:40 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps allowed <ul style="list-style-type: none"> ○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated ○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> ▪ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations are limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry</p> <p>Spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

<p>NOVICE LADIES</p> <p>3:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry</p> <p>Spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>NOVICE MEN</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry</p> <p>Spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>JUNIOR LADIES</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry</p> <p>Spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

<p>JUNIOR MEN</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry</p> <p>Spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>SENIOR LADIES</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry</p> <p>Spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible
<p>SENIOR MEN</p> <p>4:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry</p> <p>Spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible

2016-17 Singles Short Program Requirements – This chart has been updated with changes from the U.S. Figure Skating Governing Council and the ISU Congress that will go into effect July 1, 2016.



<p>JUVENILE & INTERMEDIATE LADIES/MEN 2:10 max.</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump</p> <p>Immediately preceded by connecting steps</p> <p>May not repeat double Axel or the triple jump <u>used in the combination</u></p>	<p>Jump Combination</p> <p>Single/Double, Double/Double, Single/Triple, or Double/Triple</p> <p>May not repeat Axel jump or solo jump performed</p>	<p>Spin</p> <p>Only one position No change of foot May start with a fly Min. 5 revs.</p>	<p>Spin Combination</p> <p>With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p>
<p>NOVICE LADIES 2:30 max.</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump</p> <p>Immediately preceded by connecting steps</p> <p>May not repeat double Axel or either jump in combo</p>	<p>Jump Combination</p> <p>Double/Double, Double/Triple or Triple/Triple</p> <p>May not repeat double Axel or solo jump performed</p>	<p>Layback or Sideways Leaning Spin</p> <p>No change of foot No flying entry Min. 6 revs.</p>	<p>Spin Combination</p> <p>With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p>
<p>NOVICE MEN 2:30 max.</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump</p> <p>Immediately preceded by connecting steps</p> <p>May not repeat double Axel or either jump in combo</p>	<p>Jump Combination</p> <p>Double/Double, Double/Triple or Triple/Triple</p> <p>May not repeat Double Axel or solo jump performed</p>	<p>Camel or Sit Spin</p> <p>With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot</p>	<p>Spin Combination</p> <p>With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p>

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



U.S. Figure Skating Nonqualifying Competitions

EVENT: COMPULSORY MOVES

General event parameters:

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

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



U.S. Figure Skating Nonqualifying Competitions

EVENT: Step Sequences

General event parameters:

1. Levels are based on the skaters' highest Moves in the Field test passed.
2. Music of skater's choice, including vocal music, not to exceed the maximum (less time is fine).
3. Skaters perform two different step sequences of their choice; any shape or pattern is permitted; however, skaters must make it clear when their first step sequence ends, and their second begins.
4. Each of the step sequences must include the required steps and/or turns listed for each level.
5. Each step sequence may, and is encouraged to, include additional steps or turns.
6. Each step sequence must utilize the full ice surface.
7. Skaters are encouraged to focus on edge quality, clarity of turns, multi-directional and one-foot skating.

Level	Time	Required elements
Pre-Preliminary	1:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. Forward outside 3-turn 2. Inside mohawk 3. Demonstration of forward outside & forward inside edges
Preliminary	1:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. At least two consecutive forward outside power 3-turns 2. Forward inside 3-turn 3. At least one set of alternating 3-turns (outside or inside)
Pre-Juvenile	1:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. Backward inside 3-turns on each foot 2. Backward outside 3-turns on each foot 3. At least 2 consecutive power pulls (backward or forward)
Juvenile & Open Juv.	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. Forward outside double 3 (either foot) 2. Forward inside double 3 (either foot) 3. At least 2 consecutive cross strokes (backward or forward)
Intermediate	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. Choice of backward double 3 2. At least 2 different brackets with clear entry & exit edges 3. Forward inside 1 ½ twizzle 4. Forward outside 1 ½ twizzle
Novice	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. At least 2 different counters with clear entry & exit edges 2. Forward outside & forward inside loop (either foot) 3. Backward outside double twizzle 4. Backward inside double twizzle
Junior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. At least 2 different rockers with clear entry & exit edges 2. At least 2 different choctaws 3. Backward outside & backward inside loop (either foot) 4. A combination of at least 3 different turns done on one foot
Senior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. At least 1 of each of the following turns: 3-turn, bracket, rocker, counter, choctaw, loop, and twizzle. 2. A combination of at least 3 different turns, to be selected from counter, rocker, bracket, twizzle and loop, done on one foot. 3. An upper body movement. <i>(Any movements of the arms, head and torso that have an effect on the balance of the main body core.)</i> <p><i>Note: If necessary, skaters may combine items 1 & 2. For example, performing 3 different consecutive turns on one foot may also count towards the requirement of demonstrating all seven of the listed turns/steps.</i></p>



U.S. Figure Skating Nonqualifying Competitions

EVENT: Spins Challenge

General event parameters:

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

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)



U.S. Figure Skating Nonqualifying Competitions

EVENT: Jumps Challenge

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. ½ flip or ½ 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 ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Single or double jump 3. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double Salchow 3. Jump combination – single/single or double/single (no Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double loop* 3. Jump combination – double/single (no Axel)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Double flip* 3. Jump combination – double/double (may be double Axel)
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple flip* 3. Jump combination – double/double (may be double Axel)
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple Lutz* 3. Jump combination – double/double or triple/double (may be double Axel)



U.S. Figure Skating Nonqualifying Competitions

EVENT: Moves in the field

General event parameters:

1. Levels are based on the skaters' highest Moves in the field test passed.
2. A moves in the field competition event will consist of the skater performing two moves in the field patterns.
3. The patterns to be skated depend on which quarter of the year the competition is held. The skater will perform the two patterns listed for their level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30th – July 2nd), the moves will be selected based on the start date of the competition listed in the announcement (in this example, the 2nd quarter).
4. Each skater will complete both of their required patterns consecutively in the order listed, pausing briefly in between.
5. The host club may choose to play background music, at a low volume, at their discretion.

Level	January 1- March 31 st	April 1 st – June 30 th	July 1 st – September 30 th	October 1 st – December 31 st
Pre-Preliminary	1. Forward perimeter stroking (1/2 rink only) 2. Basic consecutive edges (Forward outside & forward inside only)	1. Forward perimeter stroking (1/2 rink only). 2. Waltz eight (2 patterns/foot)	1. Basic consecutive edges (Backward outside & backward inside only). 2. Forward left & right spirals	1. Waltz eight 2. Forward left & right spirals
Preliminary	1. Forward & backward crossovers 2. Forward power 3-turns	1. Forward & backward crossovers 2. Consecutive outside & inside spirals	1. Forward circle eight 2. Alternating forward 3-turns.	1. Forward circle eight 2. Forward power 3-turns.
Pre-Juvenile	1. Forward & backward perimeter stroking. 2. Forward outside and backward inside 3-turns.	1. Forward & backward power change of edge pulls. 2. Forward inside and backward outside 3-turns.	1. Five-step mohawk sequence. 2. Backward circle eight.	1. Forward outside-backward inside 3-turns. 2. Backward circle eight.
Juvenile	1. Forward power circle 2. Backward power 3-turns.	1. Backward power circle. 2. Forward double 3-turns.	1. Eight-step mohawk sequence. 2. Forward double 3-turns.	1. Forward & backward free skate cross strokes. 2. Backward power 3-turns.
Intermediate	1. Brackets in the field 2. Spiral sequence	1. Brackets in the field 2. Forward twizzles (right forward outside & right forward inside only)	1. Forward twizzles (left forward outside & left forward inside only). 2. Inside slide chasse pattern.	1. Backward double three-turns. 2. Brackets in the field
Novice	1. Inside 3-turns/rocker-choctaws 2. Twizzles (Backward outside only)	1. Forward & backward outside counters. 2. Twizzles (Backward inside only)	1. Forward & backward inside counters. 2. Forward inside & outside loops.	1. Backward rocker choctaw sequence 2. Forward inside & outside loops.
Junior	1. Forward & backward outside rockers 2. Backward loop pattern.	1. Forward & backward inside rockers 2. Choctaw sequence	1. Straight line step sequence. 2. Power pulls	1. Straight line step sequence 2. Backward loop pattern.
Senior	1. Sustained edge step 2. Serpentine step sequence	1. Spiral sequence 2. Serpentine step sequence	1. Backward outside power double 3-turns to power inside double rockers. 2. Serpentine step sequence	1. Backward inside double 3-turns to power double outside rockers 2. Serpentine step sequence



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Compulsory Moves

General event parameters:

1. Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. On required elements may be included.
2. All events are skated on ½ ice.
3. Minimum number of revolutions are noted in parentheses.

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



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Adult silver and lower will be skated ½ ice; adult gold – masters junior/senior will be skated on full ice
3. Jumps with an "*" must be preceded with connecting steps (intermediate – senior)

Level	Time	Elements
Adult Beginner	1:00	<ol style="list-style-type: none"> 1. Bunny Hop 2. Mazurka or ballet jump
Adult Pre-Bronze	1:00	<ol style="list-style-type: none"> 1. Waltz or toe loop jump 2. ½ flip, ½ Lutz or ½ loop
Adult Bronze	1:00	<ol style="list-style-type: none"> 1. Single Salchow 2. Single toe loop 3. Any single jump + single toe loop combination (No Axels allowed)
Adult Silver	1:15	<ol style="list-style-type: none"> 1. Single flip 2. Single loop 3. Single/single combination (Axel is permitted)
Adult Gold	1:15	<ol style="list-style-type: none"> 1. Single Axel 2. Single Lutz 3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> 1. Axel 2. Double Salchow , double toe loop or double loop 3. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> 1. Double loop or double flip 2. Double Lutz 3. Jump combination that may include any double jump



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Spins Challenge

General event parameters:

1. Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. On required elements may be included.
2. All events are skated on ½ ice.
3. Minimum number of revolutions are noted in parentheses.

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

2016-17 Adult Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2016.



2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<p>CHAMPIONSHIP MASTERS</p> <p>JUNIOR-SENIOR</p> <p>&</p> <p>MASTERS</p> <p>JUNIOR-SENIOR</p> <p>3:40 maximum</p> <p>* means element is required</p>	<p>Max 7 Jump Elements</p> <p>1 must be an Axel-type jump*</p> <p>Max 3 combinations or sequences</p> <p>1 jump combination may contain three jumps; the remaining jump combinations are limited to two jumps</p> <p>Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted</p> <p>No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence</p>	<p>Max 3 Spins</p> <p>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</p> <p>Min 5 revs total if no change of foot</p> <p>Min 4 revs each foot if change of foot</p> <p>Min 2 revs in each position</p>	<p>Max 1 Step Sequence</p> <p>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
<p>CHAMPIONSHIP MASTERS</p> <p>INTERMEDIATE-NOVICE</p> <p>&</p> <p>MASTERS</p> <p>INTERMEDIATE-NOVICE</p> <p>3:10 maximum</p> <p>* means element is required</p>	<p>Max 6 Jump Elements</p> <p>1 must be an Axel-type jump*</p> <p>Max 3 combinations or sequences</p> <p>1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps</p> <p>Each jump may be repeated only once, and only as part of combination or sequence</p> <p>All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop</p> <p>Only one double-double jump combination or sequence is permitted</p> <p>Double flip, double Lutz, double Axel and triple jumps are not permitted</p>	<p>Max 3 Spins</p> <p>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</p> <p>Min 5 revs total if no change of foot</p> <p>Min 4 revs each foot if change of foot</p> <p>Min 2 revs in each position</p>	<p>Max 1 Step Sequence</p> <p>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
<p>CHAMPIONSHIP ADULT GOLD</p> <p>&</p> <p>ADULT GOLD</p> <p>2:40 maximum</p>	<p>Max 5 Jump Elements</p> <p>Max 3 combinations or sequences</p> <p>1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps</p> <p>Each jump may be repeated only once, and only as part of combination or sequence</p> <p>All single jumps, including the single Axel, are permitted, as are the following double jumps: double toe loop, double Salchow.</p> <p>No double-double jump combinations or sequences are permitted</p> <p>Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted</p>	<p>Max 3 Spins</p> <p>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</p> <p>Min 4 revs total if no change of foot</p> <p>Min 4 revs each foot if change of foot</p> <p>Min 2 revs in each position</p>	<p>Max 1 Step Sequence</p> <p>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</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>

2016-17	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<p align="center">CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</p> <p align="center">2:10 maximum</p>	<p>Max 5 Jump Elements</p> <p>Max 2 combinations or sequences 1 combination/sequence may consist of three jumps, and the other may have only two jumps Additional jump sequences which contain non-listed jumps of not more than one revolution performed as part of connecting footwork preceding single jumps are permitted Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted, including single Axel. No double or triple jumps are permitted</p>	<p>Max 2 Spins</p> <p>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position</p>	<p>Max 1 Sequence</p> <p>To be chosen from:</p> <p align="center">Step sequence or Spiral sequence (any pattern)</p> <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p> <p align="center">If IJS is used, then: ChSt</p>
<p align="center">ADULT BRONZE</p> <p align="center">1:50 maximum</p>	<p>Max 4 Jump Elements</p> <p>Max 2 combinations or sequences; 1 combination/sequence may consist of three jumps, and the other may have only two jumps Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except single Axel) No single Axel, double or triple jumps are permitted</p>	<p>Max 2 Spins</p> <p>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position No flying spins are permitted</p>	<p>Max 1 Sequence</p> <p>To be chosen from:</p> <p align="center">Step sequence or Spiral sequence (any pattern)</p> <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p> <p align="center">If IJS is used, then: ChSt</p>
<p align="center">ADULT PRE BRONZE</p> <p align="center">1:40 maximum</p>	<p>Max 4 Jump Elements</p> <p>Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps. Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) Only single and half-revolution jumps are allowed No single Lutz, single Axel or double jumps are allowed</p>	<p>Max 2 Spins</p> <p>Min 3 revs Spins with a flying entry are not permitted</p>	<p>Max 1 Sequence</p> <p>Connecting steps throughout the program are required</p>



U.S. Figure Skating Nonqualifying Competitions

EVENT: Solo Pattern Dance

General event parameters:

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

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



U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Interpretive Events

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

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

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

Interpretative Events and Levels:

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

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



U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Mini Production Ensemble Events

Formats:

- **Mini production ensemble** events are theatrical performances by three to seven competitors. Props and scenery are permitted. Programs are performed under full arena lighting
 - NOTE: Skaters may enter only one duet, mini production AND production event each.

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

Mini Production Ensemble Events:

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



U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Production Ensemble Event

Formats:

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

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

Production Ensemble Events:

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



U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Dramatic Entertainment Events

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness.
- Props and scenery ARE permitted.

General event parameters:

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

EVENT: Showcase Events – Light Entertainment Events

Format:

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

General event parameters:

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

EVENT: Showcase Events – Duet Events

Format:

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

General event parameters:

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



U.S. Figure Skating Nonqualifying Competitions

Showcase Event Guidelines

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

	Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Free Skate or Dance (solo or partnered) Test or higher	Age	Time
	Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum Age (max age 20)	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
	Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
	Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
	Senior	Senior Free Skate OR Senior Free Dance			2:40 max
	Event	Must meet requirements* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	Age	Time
	Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Complete Pre-Bronze Dance Test**	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary FD (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77) OR Any Pre-Silver Dance**	21 and older	1:40 max

	Adult Silver	Adult Silver Free Skate Juvenile FS (prior to 10/1/94) Pre Juvenile FS Adult Silver Free Dance Intermediate Free Dance Preliminary FD (prior to 9/2/2000) 3 rd Figure (prior to 10/1/77) OR One Pre-Silver Dance**	Adult Gold Free Skate Juvenile FS (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze FD (prior to 9/2/2000) 4 th Figure (prior to 10/1/77) OR Any Pre-Gold Dance**	21 and older	1:40 max
	Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance 3 rd Figure (prior to 10/1/77) OR One Pre-Gold Dance**	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver FD (Prior to 9/2/2000) 5 th Figure Test (prior to 10/1/77) OR Complete Pre-Gold Dance Test**	21 and older	1:40 max
	Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver FD (Prior to 9/2/2000) 3 rd Figure Test (prior to 10/1/77) 8 th Figure Test (10/1/77-9/30/79) OR Complete Pre-Gold Dance Test**		21 and older	1:40 max