

# 2024 Chicagoland Skate USA Championship

*Sponsored by the Chicagoland Skate USA Committee  
& The Chicago Figure Skating Club*

## One Competition: Two Tracks

***Snow Plow Sam***

***– Basic 6***

***Pre Free Skate***

***– Free Skate 6***

***Aspire 1 – Aspire 4***



***Excel***

***Excel Plus***

***Well Balanced***

**Solo, Compulsory, Freestyle, Interpretive, Stroking & Crossover, Jumps, Spins,  
Adults, Ice Show Solo, Duets & Group Stroking, MIF (Skating Skills),  
Synchronized Skating**

**March 16 & 17**

**Robert Crown Community Center  
1801 Main St, Evanston IL 60202  
Registration Online through Entryeeze**

***Entry Deadline: February 5, 2024***

***All Events Will Be Scored On A 6.0 Basis***



Inquiries: Please contact Inga Fedorova at email: [agni.skate@gmail.com](mailto:agni.skate@gmail.com)

**Coaches, Parents & Skaters: To eliminate any confusion, the  
2024 Championship packet rules take precedence over any USFS links.**

## Chicagoland Skate USA Championships

### March 16 & March 17, 2024

The 2024 Chicagoland Skate USA Championship is sponsored by the Chicagoland Skate USA Committee and the Chicago Figure Skating Club. This Learn to Skate USA Competition is approved by the USFS and conducted in accordance with the USFS rulebook.

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the USFS Learn to Skate USA Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Learn to Skate USA Program/Club or any other Learn to Skate USA Program/Club. Please contact Inga Fedorova at [agni.skate@gmail.com](mailto:agni.skate@gmail.com) if you do not want us to share your email address with our vendors.

**SKATERS, PLEASE NOTE** - For the Free Skate 1- Free Skate 6, Aspire 1, 2, 3 4. Excel and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

**COMPETITION OVERVIEW** - The 2024 Chicagoland Skate USA Championship will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the [current rulebook](#), and current Compete USA handbook as well as any pertinent updates that 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.

Skaters must be a currently registered member of a U.S. Figure Skating member club, Learn to Skate USFSA member, a collegiate club or who is an individual member in accordance with the current rulebook. For non-U.S. citizens, please refer to the [rulebook](#) for more information.

**SERIES INFORMATION** - The 2024 Chicagoland Skate USA Championship is part of the 15th Annual U.S. Figure Skating Illinois Compete USA Series - July 1, 2023- June 30, 2024.

#### **ELIGIBILITY - Singles Excel and Well Balanced Events:**

- Skaters must meet at least the minimum singles test requirements for the event's level. A skater's singles test level may be higher than the minimum requirement.
  - Skate Up skaters may skate up one level higher than their highest singles test level allows.
- Skaters may not register for an event level lower than allowed by their competitive floor. An athlete's competitive floor is set by one of the following scenarios:
  - If an athlete has participated in the NQS series, the event level registered for in the most recent NQS series will become the lowest level they may compete at in any U.S. Figure Skating sanctioned event.

- If an athlete has participated in the Excel Series, the event level registered for in the most recent Excel series will become the lowest level they may compete in any Excel event. For Well Balanced and Specialty events the skater will be permitted to register at one level lower than the “floor” set by their excel series entry.
- Skaters are not permitted to enter an Excel and a Well Balanced event of the same type and same level (example: Juvenile Girls Free Skate and Juvenile Girls Excel Free Skate) at the same competition. However, they are permitted to enter an Excel and a Well Balanced event of different types (example: Intermediate Women Short Program and Intermediate Women Excel Free Skate).
- If an athlete, coach, parent and/or guardian needs assistance with confirming their eligibility, email [events@usfigureskating.org](mailto:events@usfigureskating.org).

**REGARDING SECONDARY SPECIAL EVENTS** - Skaters who are registered in the Pre-Free Skate through Free Skate 6 track are not permitted to crossover to the Aspire track. Skaters who are registered in the Aspire track skaters are not permitted to transfer are not permitted to crossover to the Free Skate track.

**OUR COMMUNITY** - U.S. Figure Skating is dedicated to fostering a culture of belonging and community that is welcoming for all individuals. We are committed to championing diversity, equity and inclusion and understand its value in combating discrimination and challenging inequalities necessary to develop champions both on and off the ice. We are actively working toward developing equitable practices and policies that foster safety and empower all individuals to authentically pursue their unique path in all areas of our sport. We stand firmly on the belief that our members are the most important asset to our organization and that our differences are meaningful and strengthen our sport. We believe that skating is for everyone.

**NON-DISCRIMINATION** - U.S. Figure Skating commits in policy, principle, and practice to sustain a non-discriminatory approach on and off the ice for all members. We strive to provide equal opportunity for all despite their varied backgrounds, experiences and identities, and want all members to feel valued and respected at every level of organization. U.S. Figure Skating's SkateSafe® Program received, investigates and addresses allegations of discrimination or harassment throughout its membership and the organization. Please refer to the [SkateSafe® Program Handbook](#) for further definition of harassment, discrimination and abuse.

By attending this event, all participants are willingly committing to upholding U.S. Figure Skating's Code of Ethics (GR 1.01) and Code of Conduct (GR 1.02), as detailed within the [U.S. Figure Skating Rulebook](#).

To report a concern of discrimination or harassment to U.S. Figure Skating, please visit [www.USFigureSkating.org/SkateSafe](http://www.USFigureSkating.org/SkateSafe) or email [SkateSafe@USFigureSkating.org](mailto:SkateSafe@USFigureSkating.org).

**COACHES COMPLIANCE** - To be an eligible coach at a nonqualifying competition, coaches must meet the applicable compliance requirements and verified by U.S. Figure Skating. Coach compliance falls into two categories, Coach Compliance (includes choreographers) and Learn to Skate USA® Instructor Compliance.

All compliance requirements must be met at the time of check-in to access the competition, no exceptions.

Coaches of foreign athletes: If you are a coach of a foreign athlete only, you are not subject to U.S. Figure Skating coach compliance and will only be asked to provide a letter of good standing for the federation your athlete represents.

Minor athletes who turn 18 mid-season are encouraged to seek parental consent to take the online SafeSport™ Training early to avoid any disruptions in their ability to participate as the training is required upon turning 18. The athlete will not be compliant until they have completed the training and their Members Only portal reflects completion. Please email [skatesafe@usfigureskating.org](mailto:skatesafe@usfigureskating.org) for instructions or questions regarding parental consent.

**ENTRIES AND FEES** - All entries must be submitted no later than February 5, 2024. The initial event is \$95 and each additional event is \$15. Entry Fees are nonrefundable after the closing date. Registration is through Entryeeze.

**AWARDS** - Everyone will receive an award immediately following the completion of the event and posting of the results.

**SCHEDULE OF EVENTS** - Schedules will be available approximately 1 week prior to the competition.

**TENTATIVE SCHEDULE** - The tentative schedule is as follows. However, keep in mind the competition director does reserve the right to adjust the events and days as necessary. However, every attempt to follow the below outline will be made.

**Saturday, March 16 Events:** Pre Free Skate, Free Skate 1 & Free Skate 2 and Aspire 1 skaters who are register. Plus Special Skaters & Special Olympic skaters.

**Tentatively, all other events will be held on Sunday, March 17.**

**MUSIC** - Skaters will need to download their music on Entryeeze by February 5, 2024. There will be a \$20 late fee for any music downloaded after the music deadline date.

**JUDGING** - Judging will be on a 6.0 basis for all levels.

**CHANGES** – There will be an additional \$20 charge for any and all change requests made after the competition closing date.

**LATE FEE** – There will be a \$20 late fee for any excepted registration request made after the competition closing date.

**LIABILITY** - U.S. Figure Skating, Learn to Skate USA®, The Greater Chicagoland Skate USA Committee and the Chicago Figure Skating Club, accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

**LOCKER ROOMS** - Locker rooms and changing areas will not be available for this competition. All athletes are expected to arrive at the arena ready (costumes, hair, make-up etc.). Athletes

will be provided with an area to put skates on but changing will not be permitted in these spaces.

**U.S. FIGURE SKATING TRAVEL POLICY** - All travel must strictly adhere to Two-Deep Leadership requirements. An Adult Participant cannot transport a Minor Athlete one-on-one and Two-Deep Leadership requirements must be adhered to at all times during In-Program travel, by transporting at least two minors or a second Adult Participant. An Adult Participant cannot share a hotel room or other sleeping arrangement with a Minor Athlete(s). Full details of the SkateSafe® Travel Policy and any exceptions can be found starting on page 12 of the [SkateSafe® Handbook](#).

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee discovers that a skater has been placed in a category that is below his/her class level, the chairman and referee will have the option to move the skater into the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors.

**It is an ethical violation for coaches to sandbag an event.**

## Snowplow Sam – Basic 6 Program with Music

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

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

LEVEL	TIME	SKATING RULES/STANDARDS
<b>SNOWPLOW SAM</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
<b>BASIC 1</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on one or two feet</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
<b>BASIC 2</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward swizzles, 6-8 in a row</li> </ul>
<b>BASIC 3</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
<b>BASIC 4</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
<b>BASIC 5</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
<b>BASIC 6</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk, right to left and left to right</li> <li>• Bunny hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position</li> <li>• T-stop, right or left</li> </ul>



## Snowplow Sam - Basic 6 Elements

### THERE ARE TWO FORMAT OPTIONS FOR THE ELEMENTS EVENT:

- Each skater will perform each element when directed by a judge/referee OR
- Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)  
Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.
  - To be skated on 1/3 to 1/2 ice (determined by the LOC)
  - No music
  - Divide Snowplow Sam skaters by level (1-4), if registrations warrant
  - All elements must be skated in the order listed.**
  - Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
SNOWPLOW SAM	1:00 max	<ul style="list-style-type: none"> <li>March followed by a two-foot glide and dip</li> <li>Forward swizzles, 2-3 in a row</li> <li>Forward snowplow stop</li> <li>Backward wiggles, 2-6 in a row</li> </ul>
BASIC 1	1:00 max	<ul style="list-style-type: none"> <li>Forward two-foot glide and dip</li> <li>Forward swizzles, 6-8 in a row</li> <li>Beginning snowplow stop on one or two feet</li> <li>Backward wiggles, 6-8 in a row</li> </ul>
BASIC 2	1:00 max	<ul style="list-style-type: none"> <li>Forward one-foot glide (no variations), either foot</li> <li>Scooter pushes, 2-3 each foot</li> <li>Moving snowplow stop</li> <li>Two-foot turn in place, forward to backward</li> <li>Backward swizzles, 6-8 in a row</li> </ul>
BASIC 3	1:00 max	<ul style="list-style-type: none"> <li>Beginning forward stroking showing correct use of blade</li> <li>Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>Forward slalom</li> <li>Moving forward to backward two-foot turn on a circle</li> <li>Beginning backward one-foot glide, either foot</li> </ul>
BASIC 4	1:00 max	<ul style="list-style-type: none"> <li>Forward outside edge on a circle, clockwise or counterclockwise</li> <li>Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>Backward one-foot glides (no variations), right and left</li> <li>Beginning two-foot spin, maximum 4 revolutions</li> </ul>
BASIC 5	1:00 max	<ul style="list-style-type: none"> <li>Backward outside edge on a circle, clockwise or counterclockwise</li> <li>Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>Forward outside three-turn, right and left</li> <li>Advanced two-foot spin, minimum 4 revolutions</li> <li>Hockey stop</li> </ul>
BASIC 6	1:00 max	<ul style="list-style-type: none"> <li>Forward inside three-turn, right and left</li> <li>Mohawk, right to left and left to right</li> <li>Bunny hop</li> <li>Basic forward spiral on a straight line (no variations), right or left</li> <li>Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position</li> <li>T-stop, right or left</li> </ul>

## Pre-Free Skate - Free Skate 1-6 Program with Music

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

- To be skated on full ice
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- **Bonus skills from the same level or below are allowed but will not be judged elements**
- A 0.2 deduction will be taken for each element performed from a higher level
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
PRE-FREE SKATE	1:40 max	<ul style="list-style-type: none"> <li>• 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, one set each direction clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free, foot position, minimum 3 revolutions</li> <li>• Mazurka, right or left</li> <li>• Waltz jump</li> <li>• <b>NOT ALLOWED</b> – Waltz jump-side toe hop-waltz jump</li> </ul>
FREE SKATE 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> <li>• <b>NOT ALLOWED</b> – Waltz jump-toe loop jump combination</li> </ul>
FREE SKATE 2	1:40 max	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Beginning back spin, optional entry and free foot position, maximum 2 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> <li>• <b>NOT ALLOWED</b> – Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
FREE SKATE 3	1:40 max	<ul style="list-style-type: none"> <li>• Alternating mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> <li>• <b>NOT ALLOWED</b> – Waltz-loop jump combination</li> </ul>
FREE SKATE 4	1:40 max	<ul style="list-style-type: none"> <li>• Forward power 3s, 2-3 consecutive sets, right or left</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> <li>• <b>NOT ALLOWED</b> – Waltz-loop or Waltz-Euler-Salchow jump combination</li> </ul>
FREE SKATE 5	1:40 max	<ul style="list-style-type: none"> <li>• Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin, minimum 3 revolutions</li> <li>• Waltz-loop jump combination</li> <li>• Lutz jump</li> </ul>
FREE SKATE 6	1:40 max	<ul style="list-style-type: none"> <li>• Creative step sequence using a variety of three turns, mohawks and toe steps, half-ice</li> <li>• Camel-sit spin combination spin, minimum of 4 revolutions total</li> <li>• Waltz jump-Euler (half loop)-Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>



## Pre-Free Skate - Free Skate 1-6 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 half-ice
- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
PRE-FREE SKATE	1:15 max	<ul style="list-style-type: none"> <li>• 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, one set each direction clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free foot position, minimum 3 revolutions</li> <li>• Mazurka – right or left</li> <li>• Waltz jump</li> </ul>
FREE SKATE 1	1:15 max	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• Backward outside three-turn, right and left</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
FREE SKATE 2	1:15 max	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Backward inside three-turn, right and left</li> <li>• Beginning back spin, optional entry and free-foot position, maximum 3 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
FREE SKATE 3	1:15 max	<ul style="list-style-type: none"> <li>• Alternating mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
FREE SKATE 4	1:15 max	<ul style="list-style-type: none"> <li>• Forward power 3s, 2-3 consecutive sets, right or left</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> </ul>
FREE SKATE 5	1:15 max	<ul style="list-style-type: none"> <li>• Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin, minimum 3 revolutions</li> <li>• Waltz jump-loop jump combination</li> <li>• Lutz jump</li> </ul>
FREE SKATE 6	1:15 max	<ul style="list-style-type: none"> <li>• Forward power pulls, minimum 3 on each foot</li> <li>• Camel, sit spin combination, minimum of 4 revolutions total</li> <li>• Waltz jump-Euler (half loop)-Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>

# 2024 ASPIRE PROGRAM REQUIREMENTS

	JUMPS	SPINS	STEP SEQUENCE
<b>Aspire 1 Free Skate 1:40 Max</b>	<p><b>Maximum 5 jump elements:</b> <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• ½ flip</li> <li>• ½ lutz</li> </ul> <p><b>Max 1 jump sequence</b> <i>Permitted sequence:</i></p> <ul style="list-style-type: none"> <li>• Waltz jump/waltz jump with no turns or hops in between</li> </ul>	<p><b>Maximum 2 spins:</b> <i>Permitted spins:</i></p> <ul style="list-style-type: none"> <li>• Two-foot spin</li> <li>• Forward one foot spin (free foot optional)</li> </ul>	<p><b>Maximum 1 Sequence:</b> <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> <li>• One ½ of the ice</li> </ul>
<b>Aspire 2 Free Skate 1:40 Max</b>	<p><b>Maximum 5 jump elements:</b> <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> <li>• Any jump from Aspire 1</li> <li>• Single Salchow</li> <li>• Single Toe loop</li> </ul> <p><b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b> <i>Permitted combinations:</i></p> <ul style="list-style-type: none"> <li>• Waltz jump/toe loop</li> <li>• Salchow/toe loop</li> </ul> <p><i>Permitted jump sequence:</i></p> <ul style="list-style-type: none"> <li>• Waltz jump/waltz jump with no turns or hops in between</li> </ul>	<p><b>Maximum 2 spins:</b> <i>Permitted spins:</i></p> <ul style="list-style-type: none"> <li>• Any spin from Aspire 1</li> <li>• Back upright spin</li> <li>• Sit Spin</li> </ul>	<p><b>Maximum 1 Sequence:</b> <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> <li>• One ½ of the ice</li> </ul>
<b>Aspire 3 Free Skate 1:40 Max</b>	<p><b>Maximum 5 jump elements:</b> <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> <li>• Any jump from Aspire 1 and 2</li> <li>• Euler (half-loop)</li> <li>• Single loop</li> </ul> <p><b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b></p>	<p><b>Maximum 2 spins:</b> <i>Required spin:</i></p> <ul style="list-style-type: none"> <li>• Forward upright spin to back upright spin</li> </ul> <p><i>Permitted spins:</i></p> <ul style="list-style-type: none"> <li>• Any spin from Aspire 1 and 2</li> <li>• Camel Spin</li> </ul>	<p><b>Maximum 1 Sequence:</b> <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> <li>• One ½ of the ice</li> </ul>
<b>Aspire 4 Free Skate 1:40 Max</b>	<p><b>Maximum 5 jump elements:</b> <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> <li>• Any jump from Aspire 1, 2 and 3</li> <li>• Single Flip</li> <li>• Single Lutz</li> </ul> <p><b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b></p>	<p><b>Maximum 2 spins:</b> <i>Required spin:</i></p> <ul style="list-style-type: none"> <li>• Forward camel to sit spin combination</li> </ul> <p><i>Permitted spins:</i></p> <ul style="list-style-type: none"> <li>• Any Spin from Aspire 1, 2 and 3</li> </ul>	<p><b>Maximum 1 Sequence:</b> <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> <li>• One ½ of the ice</li> </ul>

## Clarifications:

### Jumps:

#### All Levels

- Maximum 2 of any same jump

#### Aspire 1 and 2

- Euler is not permitted

### Jump Sequence:

#### Aspire 3 and 4

- A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump

### Jump Combinations:

#### Aspire 3 and 4

- Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps

### Spins:

#### All Levels

- Minimum 3 revolutions
- No flying entry
- A Spin may not be repeated
- Basic positions only

#### Aspire 3 and 4

- One spin must be the required spin
- Second spin must be a spin in one position

### Step Sequence:

#### All Levels

- Jumps may be included in the step sequence
- Moves in the field and spiral sequences are allowed but will not be counted as elements

**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 half-ice
- No music
- The skater must demonstrate the required elements listed
- A deduction will be taken for each element performed from a higher level
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
<b>Aspire 1</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• ½ Flip</li> <li>• One-foot upright spin</li> <li>• Choreographic step sequence</li> </ul>
<b>Aspire 2</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Single Salchow</li> <li>• Single Toe Loop</li> <li>• Sit spin</li> <li>• Choreographic step sequence</li> </ul>
<b>Aspire 3</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Single Loop</li> <li>• Salchow/Toe loop jump combination</li> <li>• Forward upright spin to back upright spin</li> <li>• Choreographic step sequence</li> </ul>
<b>Aspire 4</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Single Flip</li> <li>• Waltz Jump-Euler-Salchow jump combination</li> <li>• Camel-Sit spin combination</li> <li>• Choreographic step sequence</li> </ul>

# 2024 Excel Program Requirements

<p><u><b>Excel Beginner</b></u> &amp; <u><b>Excel High Beginner</b></u></p>	<p><u>To reduce redundancy and to create a clearer pipeline, Excel Beginner and Excel High Beginner have been folded into the Aspire Program pipeline.</u></p> <p><u>Excel Beginner most closely matches Aspire 2.</u> <u>Excel High Beginner most closely matches Aspire 3.</u></p> <p><u>Please see the Aspire charts for specific program requirements and more information</u></p>		
<p><b>Excel Pre-Preliminary</b> <b>1:40 Max</b></p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, except for the Axel <ul style="list-style-type: none"> <li>◦ No single Axels, double, or higher jumps allowed</li> <li>◦ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence</li> </ul> </li> <li>• Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <li>◦ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</li> <li>◦ A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin must be in a single position with no change of foot* <ul style="list-style-type: none"> <li>◦ No flying entry</li> <li>◦ Minimum 3 revolutions</li> </ul> </li> <li>• <u>One spin may be either a single position spin with no change of foot or a combination spin with or without a change of foot</u> <ul style="list-style-type: none"> <li>◦ No flying entry</li> </ul> </li> <li>• Spins must be of a different character</li> </ul> <p><u>Max Level: 1</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• <u>One Choreographic Sequence (pChSq)</u> <ul style="list-style-type: none"> <li>◦ <u>Must be clearly visible</u></li> </ul> </li> </ul>
<p><b>Excel Preliminary</b> <b>2:00 +/- 10 sec</b></p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, except for the Axel <ul style="list-style-type: none"> <li>◦ No single Axels, double, or higher jumps allowed</li> <li>◦ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence</li> </ul> </li> <li>• Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <li>◦ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</li> <li>◦ A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin must be a camel or layback spin with no change of foot and no change of position* <ul style="list-style-type: none"> <li>◦ No flying entry</li> <li>◦ Minimum 3 revolutions</li> </ul> </li> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>◦ Minimum 6 revolutions</li> <li>◦ No flying entry</li> </ul> </li> </ul> <p><u>Max Level: 1</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• <u>One Choreographic Sequence (pChSq)</u> <ul style="list-style-type: none"> <li>◦ <u>Must be clearly visible</u></li> </ul> </li> </ul>

\*Denotes required element

# 2024 Excel Program Requirements

<b>Excel Preliminary Plus</b> <b>2:00 +/- 10 sec</b>	<b>Maximum 5 jump elements:</b> <ul style="list-style-type: none"> <li>• All single jumps allowed, including single Axel <ul style="list-style-type: none"> <li>◦ No double, or higher jumps allowed</li> <li>◦ Single Axel and all other single jumps may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (<u>maximum 2 of any same jump</u>)</li> <li>◦ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <li>◦ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</li> <li>◦ A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump</li> </ul> </li> </ul>	<b>Maximum 2 spins:</b> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>◦ Minimum 6 revolutions</li> <li>◦ No flying entry</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>◦ No change of foot</li> <li>◦ No flying entry</li> <li>◦ Minimum 3 revolutions</li> </ul> </li> </ul> <p><u>Max Level: 1</u></p>	<b>Maximum 1 Sequence:</b> <ul style="list-style-type: none"> <li>• <a href="#">One Choreographic Sequence (pChSq)</a> <ul style="list-style-type: none"> <li>◦ <a href="#">Must be clearly visible</a></li> </ul> </li> </ul>
<b>Excel Pre-Juvenile Plus</b> <b>2:00 +/- 10 sec</b>	<b>Maximum 5 jump elements:</b> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• All single jumps, including the single Axel, allowed.</li> <li>• Only 1 double jump may be attempted (limited to double Salchow or double toe loop) <ul style="list-style-type: none"> <li>◦ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed.</li> </ul> </li> <li>• Axel and all other singles may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination. (<u>maximum 2 of any same jump</u>)</li> <li>• No double jump can be included more than twice, and if repeated, at least 1 attempt must be part of a jump combination or sequence.</li> <li>• Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <li>◦ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</li> <li>◦ A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump <u>into the take-off curve of the Axel-type jump.</u></li> </ul> </li> </ul>	<b>Maximum 2 spins:</b> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>◦ Minimum 6 revolutions</li> <li>◦ No flying entry</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>◦ No change of foot</li> <li>◦ Spin may start with flying entry</li> <li>◦ Minimum 4 revolutions</li> </ul> </li> </ul> <p><u>Max Level: 2</u></p>	<b>Maximum 1 Sequence:</b> <ul style="list-style-type: none"> <li>• <a href="#">One Choreographic Sequence (pChSq)</a> <ul style="list-style-type: none"> <li>◦ <a href="#">Must be clearly visible</a></li> </ul> </li> </ul>

\*Denotes required element



# 2024 Excel Program Requirements

<p><b>Excel Juvenile</b>  <b>2:30 +/- 10 sec</b>  <b><u>2<sup>nd</sup> half bonus: 1:15</u></b></p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps allowed, including Axel <ul style="list-style-type: none"> <li>◦ No double or higher jumps allowed</li> <li>◦ Axel <u>and all other singles</u> may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (<u>maximum 2 of any single jump</u>)</li> </ul> </li> <li>• Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <li>◦ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</li> <li>◦ A jump sequence consists of two or three jumps in which the second and/or the third jump is a single Axel with a direct step from the landing curve of the first/second jump <u>into the take-off</u> curve of the single Axel jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>◦ Minimum 8 revolutions</li> <li>◦ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>◦ No change of foot</li> <li>◦ Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry</p> <p><u>Max Level: 2</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>◦ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>Excel Intermediate</b>  <b>3:00 +/- 10 sec</b>  <b><u>2<sup>nd</sup> half bonus: 1:30</u></b></p>	<p><b>Maximum 6 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed.</li> <li>• Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> <li>◦ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed.</li> <li>◦ Single Axel and only 1 double jump may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination.</li> <li>◦ Number of single jumps, excluding single Axel, is not limited provided the maximum number of jump elements allowed is not exceeded.</li> </ul> </li> <li>• Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> <li>◦ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</li> <li>◦ A jump sequence consists of two or three jumps in which the second and/or the third jump is a single Axel with a direct step from the landing curve of the first/second jump <u>into the take-off</u> curve of the single Axel jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>◦ Minimum 8 revolutions</li> <li>◦ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>◦ No change of foot</li> <li>◦ Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry</p> <p><u>Max Level: 3</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>◦ Must fully utilize the ice surface</li> </ul> </li> </ul>

\*Denotes required element

# 2024 Excel Program Requirements

<p><b>Excel Novice</b>  <b>3:30 +/- 10 sec</b></p> <p><b><u>2<sup>nd</sup> half bonus: 1:45</u></b></p>	<p><b>Maximum 7 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed.</li> <li>• Only 4 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop, double flip and double lutz) <ul style="list-style-type: none"> <li>○ Double Axel and higher jumps not allowed</li> <li>○ Only 3 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> <li>○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</li> <li>○ A jump sequence consists of two or three jumps in which the second and/or the third jump is a single Axel with a direct step from the landing curve of the first/second jump <u>into the take-off</u> curve of the single Axel jump.</li> </ul> </li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 10 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 3<sup>rd</sup> spin is option of skater</li> </ul> <p>All spins may start with a flying entry  Spins must be of a different character</p> <p><u>Max Level: 3</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul> <p><u>Max Level: 3</u></p>
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\*Denotes required element

Last updated 09/29/23 - MW



Effective: January 1, 2024 – December 31, 2024

## Excel 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 half-ice
- No music
- The skater must demonstrate the required elements listed
- 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 free skate program*
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
EXCEL PRE- PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Flip jump</li> <li>• Loop-loop jump combination</li> <li>• Camel spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
EXCEL PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Flip-loop jump combination</li> <li>• Camel-sit combination spin, minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>

## Well-Balanced Levels Compulsory

**FORMAT:** To be skated on half-ice

- No music
- The skater must demonstrate the required elements listed
- 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 free skate program*
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
NO TEST	1:15 max	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Upright spin with change of foot, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
PRE- PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Single jump-single jump (no Axel) combination</li> <li>• Spin with one change of position and no change of foot, minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>
PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Axel jump</li> <li>• Single jump-single jump (may <b>not</b> include Axel) combination</li> <li>• Spin combination with one change of foot, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>

# Well-Balanced Free Skate Program

## GENERAL EVENT PARAMETERS:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up one level higher.
- Skaters with physical disabilities may register for standard track or Skate United Track for events
- Step sequence clarification: Implementation date December 1, 2023: pChSq (confirmed or no value)

### NO TEST — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>• Only single jumps allowed except single Axel <ul style="list-style-type: none"> <li>◦ No single Axels</li> <li>◦ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>◦ Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> </ul>	<p>Max 2 Spins</p> <ul style="list-style-type: none"> <li>• Spins must be of a different character</li> <li>• One spin MUST be a spin in one position</li> <li>• One spin may change positions</li> <li>• Spins may change feet</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> <li>• Step sequence <ul style="list-style-type: none"> <li>◦ Must use one-half the ice surface</li> <li>◦ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>◦ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then pChSq</p>

### PRE-PRELIMINARY — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed <ul style="list-style-type: none"> <li>◦ No double, triple or quadruple jumps allowed</li> <li>◦ Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels)</li> <li>◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>◦ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p>Max 2 Spins</p> <ul style="list-style-type: none"> <li>• Spins must be of a different character</li> <li>• One spin MUST be a spin in one position</li> <li>• One spin may change positions</li> <li>• Spins may change feet</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> <li>• Step sequence <ul style="list-style-type: none"> <li>◦ Must use one-half the ice surface</li> <li>◦ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>◦ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then pChSq</p>

### PRELIMINARY — 2:00 +/- 10 SECONDS

JUMPS	SPINS	STEP SEQUENCES
<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• All single jumps, including single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> <li>◦ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>◦ An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination</li> <li>◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>◦ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>◦ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p>Max 2 Spins</p> <ul style="list-style-type: none"> <li>• Spins must be of a different character</li> <li>• One spin MUST be a spin in one position</li> <li>• One spin may change positions</li> <li>• Spins may change feet</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> <li>• Step sequence <ul style="list-style-type: none"> <li>◦ Choreographic step sequence full ice</li> <li>◦ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>◦ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then pChSq</p>

LEVEL	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>PRE-JUVENILE</b></p> <p><b>2:00 +/- 10 sec</b></p> <p>*Means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*.</li> <li>All single and double jumps allowed except for the double Axel. <ul style="list-style-type: none"> <li>No double Axels, triple or quadruple jumps allowed.</li> <li>An Axel plus up to three different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination.</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded.</li> </ul> </li> <li>Max 2 jump combinations, or 1 jump combination and 1 jump sequence. <ul style="list-style-type: none"> <li>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps with a maximum of two double jumps and one single jump.</li> <li>A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel-type jump.</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> </ul> </li> <li>1 spin with only 1 position* <ul style="list-style-type: none"> <li>No change of foot</li> <li>Minimum 4 revolutions</li> </ul> </li> </ul> <p>Both spins may start with a flying entry.</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p> <p>Approved by the 2023 Governing Council pChSq (confirmed or no value) Implementation Date: December 1, 2023</p>



## Adult 1-6, Beginner-Bronze Compulsory

- The skating order of the elements is optional; elements may only be attempted once
- To be skated on half ice in simple program format with limited connecting steps
- A 0.2 deduction will be taken for each element missing, repeated or from a higher level

### ADULT 1 — 1:30 MAX

#### ELEMENTS

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop on one or two feet

### ADULT 2 — 1:30 MAX

#### ELEMENTS

- 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 MAX

#### ELEMENTS

- Forward stroking using the blade properly
- Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise
- Forward chasses on a circle, clockwise and counterclockwise
- Backward skating to a long two-foot glide
- Backward snowplow stop, right and left

### ADULT 4 — 1:30 MAX

#### ELEMENTS

- Forward outside edge on a circle, right and left
- Forward inside edge on a circle, right and left
- Forward crossovers, clockwise and counterclockwise
- Hockey stop, both directions
- Backward one-foot glides, right and left

### ADULT 5 — 1:30 MAX

#### ELEMENTS

- Backward outside edge and 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 (min 2 revs)

### ADULT 6 — 1:30 MAX

#### ELEMENTS

- 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 (min 2 revs on 1 foot)

### ADULT BEGINNER — 1:30 MAX

#### ELEMENTS

- Mazurka
- Waltz jump
- Forward beginning one-foot spin from backward crossovers (min 2 revs)
- Forward moving inside open mohawk (right and left) – heel to instep
- Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)

### ADULT HIGH BEGINNER — 1:30 MAX

#### ELEMENTS

- Waltz jump
- ½ flip
- Forward upright spin – minimum 2 revolutions
- Forward outside three-turn, right and left
- Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)

### ADULT PRE-BRONZE — 1:30 MAX

#### ELEMENTS

- Single toe loop
- Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination or 3 jumps in a sequence
- Forward upright spin – minimum 3 revolutions
- Two forward crossovers into a forward inside mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise
- Forward spiral (any edge)

### ADULT BRONZE — 1:30 MAX

#### ELEMENTS

- Single Salchow
- Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination or 3 jumps in a sequence
- Solo spin in one position with no change of foot (min. 3 revolutions)
- Forward inside three-turn, right and left
- Spiral sequence (Minimum 2 spirals)

## Adult 1-6 Free Skate with Music

### GENERAL EVENT PARAMETERS:

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

#### ADULT 1 — 1:40 MAX

##### ELEMENTS

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop – two feet or one foot

#### ADULT 4 — 1:40 MAX

##### ELEMENTS

- 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 2 — 1:40 MAX

##### ELEMENTS

- Forward skating across the width of the ice
- Forward one-foot glides
- Forward slalom
- Backward skating
- Backward swizzles, 4-6 in a row

#### ADULT 5 — 1:40 MAX

##### ELEMENTS

- 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 3 — 1:40 MAX

##### ELEMENTS

- 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 chasses on a circle, clockwise and counterclockwise
- Backward snowplow stop, Right and Left

#### ADULT 6 — 1:40 MAX

##### ELEMENTS

- 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 (min 2 revs on 1 foot)



# Adult Beginner - Bronze Free Skate Program with Music

## GENERAL EVENT PARAMETERS:

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

### ADULT BEGINNER — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet and waltz jump</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests

### ADULT HIGH BEGINNER — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests

### ADULT PRE-BRONZE — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences               <ul style="list-style-type: none"> <li>◦ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>◦ Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are permitted (<u>half flip and half lutz are permitted</u>)</li> <li>• No single Lutz, single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)</li> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> <li>• A two-foot spin is permitted as one of the spins at this level and is of a different character than a one-foot spin</li> </ul>	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate

### ADULT BRONZE — 1:50 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences               <ul style="list-style-type: none"> <li>◦ 1 combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>◦ Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	Max 1 Sequence: <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</li> <li>• 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.</li> </ul>	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

# Jumps Challenge

## GENERAL EVENT PARAMETERS:

- Each jump may be attempted twice: the best attempt will be counted
- To be skated on half-ice



LEVEL	ELEMENTS	DURATION
Pre Free Skate Freestyle 1	Waltz Jump Half flip Toe loop	Not to exceed 1:15 min
Freestyle 2	Waltz jump/side toe hop/waltz jump Single Salchow Half lutz	Not to exceed 1:15 min
Freestyle 3	Jump combination - Waltz jump/toe loop or salchow/toe loop Single loop	Not to exceed 1:15 min
Freestyle 4	Single Flip Euler (half loop) Jump combination – single jump (up to flip) + toe loop	Not to exceed 1:15 min
Freestyle 5	Single Lutz Jump combination – Waltz jump + single loop Half lutz	Not to exceed 1:15 min
Freestyle 6	Split jump Waltz jump/euler/salchow Jump combination – Any single jump + single loop	Not to exceed 1:15 min
Aspire 1	1/2 Flip 1/2 Lutz Waltz Jump	Not to exceed 1:15 min
Aspire 2	Waltz Jump/toe loop Single Salchow Single Toe Loop	Not to exceed 1:15 min
Aspire 3	Euler (half loop) Single Salchow Single Loop	Not to exceed 1:15 min
Aspire 4	Single Loop Single Flip Single Lutz (edited 1/16/24)	Not to exceed 1:15 min
No Test	Single salchow Single loop Jump combination – Any two half or single revolution jumps (no Axel)	Not to exceed 1:15 min
Pre-Preliminary	Single toe loop Single Flip Jump combination – Any two half or single jumps (no Axel)	Not to exceed 1:15 min
Preliminary	Single flip Single Lutz Jump combination – Any single jump + single loop (may be Axel)	Not to exceed 1:15 min

# Spins Challenge



## GENERAL EVENT PARAMETERS:

- Spins may be done in any order
- Connecting steps are allowed but will not be taken into consideration when scoring
- To be skated on half-ice
- Spins may not be repeated
- Minimum number of revolutions are noted in parenthesis

LEVEL	ELEMENTS	PROGRAM LENGTH
Pre-Freeskate Freeskate 1	Two foot spin (3) Forward one foot spin, optional free leg position (3)	Not to exceed 1:30 min
Freeskate 2-3	Forward one foot spin (3) Forward scratch spin (3) Backward one foot spin, optional free leg position (3)	Not to exceed 1:30 min
Freeskate 4	Forward scratch spin (4) Back Upright spin (4) Sit spin (3)	Not to exceed 1:30 min
Freeskate 5	Sit spin (3) Back Upright spin (4) Camel spin (3)	Not to exceed 1:30 min
Freeskate 6	Sit spin (4) Camel spin (3) Camel/sit combination spin (3 each position)	Not to exceed 1:30 min
Aspire 1	Two foot spin (3) One Foot Spin (3)	Not to exceed 1:30 min
Aspire 2	One Foot Spin (3) Back Upright Spin (3) Sit Spin (4)	Not to exceed 1:30 min
Aspire 3	Back Upright Spin (3) Sit Spin (4) Camel Spin (3)	Not to exceed 1:30 min
Aspire 4	Back Upright Spin (4) Sit Spin (4) Camel to Sit Spin Combination	Not to exceed 1:30 min
No Test	Upright spin with change of foot (3 each foot) Sit spin (3) Camel spin (3)	Not to exceed 1:30 min
Pre-Preliminary	Camel/sit combination spin (3 each position) Backward sit spin (3) Camel spin (4)	Not to exceed 1:30 min
Preliminary	Spin with one change of foot and one change of position (min. 3 each foot) Sit spin with change of foot (min 3. each foot) One position spin, skater's choice (upright, sit or camel) (4)	Not to exceed 1:30 min



# Ice Show Soloist Event

*Compete with your ice show solo program from last year or create a new program.*

**Individual Showcase** is for individual skaters who would like to compete with their ice show programs from last year or create a new program. Skaters should sign for one of the four categories listed below:

- **Individual Level A** – Skills Basic 6 and below
- **Individual Level B** - Single jumps (no axel), any upright spin without a change of foot.
- **Individual Level C** - Single jumps and NO Axel is permitted, sit spin or camel.
- **Individual Level D** - Axel and double jumps are permitted, any spin choice.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Individual Level A	May not have passed any official U.S. Figure Skating free skate tests.	Not to exceed 2:00 min.
Intro to Pre-Freeskate and Pre-Freeskate	Individual Level B	May not have passed any official U.S. Figure Skating free skate tests.	Not to exceed 2:00 min.
Freeskate 1-2	Individual Level B	May not have passed any official U.S. Figure Skating free skate tests.	Not to exceed 2:00 min.
Freeskate 3-4	Individual Level B	May not have passed any official U.S. Figure Skating free skate tests.	Not to exceed 2:00 min.
Freeskate 5-6	Individual Level C	May not have passed any official U.S. Figure Skating free skate tests.	Not to exceed 2:00 min.
No Test and Pre-Preliminary	Individual Level C	Open to all No Test and Pre-Preliminary Skaters	Not to exceed 2:00 min.
Preliminary	Individual Level D	Open to all Preliminary Skaters	Not to exceed 2:00 min.

## Duet Event

**Duet** is for skaters who would like to compete with their ice show programs from last year or create a new program. **Duets must compete at the highest level of the two competitors.** Skaters should sign for one of the four categories listed below:

- **Individual Level A** – Skills Basic 6 and below
- **Individual Level B** - Single jumps (no axel), any upright spin without a change of foot.
- **Individual Level C** - Single jumps and NO Axel is permitted, sit spin or camel.
- **Individual Level D** - Axel and double jumps are permitted, any spin choice.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1- Pre-Freeskate	Individual Level A	May not have passed any official U.S. Figure Skating free skate tests.	Not to exceed 2:00 min.
Freeskate 1-2	Individual Level B	May not have passed any official U.S. Figure Skating free skate tests.	Not to exceed 2:00 min.
Freeskate 3-4	Individual Level B	May not have passed any official U.S. Figure Skating free skate tests.	Not to exceed 2:00 min.
Freeskate 5-6	Individual Level C	May not have passed any official U.S. Figure Skating free skate tests.	Not to exceed 2:00 min.
No Test and Pre-Preliminary	Individual Level C	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult Pre-Bronze free skate test.	Not to exceed 2:00 min.
Preliminary	Individual Level D	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult Pre-Bronze free skate test.	Not to exceed 2:00 min.

## Group Ice Show Event

*Compete with your ice show group number from last year or create your own with four or more skaters – props are optional!*

Groups will be judged on: energy, interpretation, eye contact, choreography, style, originality, costume and use of ice.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 3 - 5	Group Level A	Majority of skaters must be between Basic 3 – 5.	Not to exceed 2:45
Basic 6 – Pre F.S.	Group Level A	Majority of skaters must be between Basic 6 – Pre F.S.	Not to exceed 2:45
F.S. 1 - F.S. 6	Group Level B	Majority of skaters must be between Intro – F.S. 6	Not to exceed 2:45
Adult 1 – Adult Pre-Bronze	Group Level A	Majority of skaters must be between Adult 1 – Adult Pre-Bronze	Not to exceed 2:45

## Stroking and Crossovers (Basic 3 to Free Skate 1)

This event is open to Basic 3 through Free Skate 1 skaters. Skaters will need to perform alternating stroking and forward crossovers in both directions. Skaters will compete with music of different tempos selected by the host rink is played. Skaters will be assigned numbered pins to be worn for this event.

## Interpretive (For Pre-Free Skate, Aspire 1, Excel, Well Balanced and above)

### COMPETITION FORMAT:

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a sound-proof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

**Levels:** Levels should be broken by ability with ages divided appropriately.

**Judging Rules:** Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation /expression  
Spins and jumps performed must be appropriate to competition level.

**Coaching:** There is to be no instruction allowed during this event from coaches, parents or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.

## MIF (Moves in the Field/Skating Skills)

### COMPETITION FORMAT:

Levels are based on the skaters' highest Skating Skills test passed. A Skating Skills competition event will consist of the skater performing two moves in the field patterns. Each skater will complete both of their required patterns consecutively in the order listed, pausing briefly in between. The host club may choose to play background music, at a low volume, at their discretion.

**Level:** Pre-Preliminary

**Patterns:**

Forward Perimeter Stroking (CCW and CW) Basic  
Consecutive Edges (FO, FI, BO, BI)

**Level:** Preliminary

**Patterns:**

Forward Power Three-Turns  
Forward Circle Eight

## Special Olympic / Special Skater Events

Our committee is once again proud to be offering program events as well as badge events for special skaters. If you are interested in registering for one of these events, please contact Kerry Murphy at [kerryjohnsonmurphy@gmail.com](mailto:kerryjohnsonmurphy@gmail.com) for application.