

2017 Shamrock Open

USFS Learn to Skate USA and Beyond



Sunday, March 5th, 2017

**Carlson Ice Arena
4150 N. Perryville Rd.
Loves Park, IL 61111**

COMPETITION ENTRY DEADLINE

Sunday, January 29th, 2017

**Compulsory and Free Skating: Snowplow Sam -- USFS Pre-Juvenile
And Competitive Test Track through Senior
Artistic, Basic 1 through Senior, Adult
Synchronized Skating Beginner 1-3**



**Approved by US Figure Skating
Sponsored by the Rockford Skating Club**

**FOR COMPETITION INFORMATION GO TO: www.rockfordskatingclub.org
OR EMAIL: Patricia Pifer rpifer0347@comcast.net**

**Referee: Max Moses
Accountant: Sandi Phelan**

9th Annual U.S. Figure Skating Illinois Learn To Skate USA Series
July 1, 2016- June 30, 2017



2017 Illinois Learn To Skate USA Series Mission Statement
"To provide a fun and positive experience that will instill a lifelong love of skating"

During the season, skaters will have the chance to compete at different competitions and earn points for a final standing. An awards ceremony will take place where the TOP 3 skaters from each level for compulsory and free skate will be awarded a medal. You need not be present at the season end ceremony to receive your award. The final award announcement will be emailed to all qualifying skaters on July 18, 2017 for the location, date, and time of ceremony.

Series Point System

The Free Skate/Program with Music events and the Compulsory/Elements events of each of the Series Competitions will be eligible for accumulating points.

Each event will have a maximum of 6 skaters. The system for scoring points for the final award will be as follows:

Place	Points
1	6
2	5
3	4
4	3
5	2
6	1

If an event has 2-6 skaters, points are awarded as if there were six skaters in the group. If there is only one skater in the group, he or she will be awarded three points. If last-minute changes cause groups to become larger than six skaters, then all skaters finishing lower than sixth will receive one point.

At the end of the Series, if all scores are tied, the tie will not be broken. Points are accumulated for Compulsory and Free Skate events separately.

The following events will be offered:

July 1, 2016- August 31, 2016

Snowplow Sam
Basic 1 through Basic 8
Free skate 1 through Free Skate 6,
Introductory Levels: Beginner through No Test
Pre-Preliminary Test Track through Preliminary Test Track
Pre-Preliminary Well Balanced through Preliminary Well Balanced

September 1, 2016- June 30, 2017

Snowplow Sam
Basic 1 through Basic 6
Pre-Free skate, Free skate 1 through Free Skate 6
Introductory Levels: Beginner through No Test
Pre-Preliminary Test Track through Preliminary Test Track
Pre-Preliminary Well Balanced through Preliminary Well Balanced

Skaters moving to the next level during the Series will take their points with them. If a skater moves up a level for at least two competitions, they will receive an additional 3 points as long as they do not move back down a level at any time during the series. You can earn the bonus points only once per series. Check Skating council website: <http://skatingcouncilofillinois.org> for updated points. Contact: Brigitte Roquet: brigitteroquet811@gmail.com

Chicago Basic Skills Challenge
July 10, 2016
Robert Crown, Evanston, IL
Shannon Lamaster: slamaster@cityofevanston.org

Arctic Heatwave
July 16, 2016
Artic Ice Arena, Orland Park, IL
Deb Swanson: kramerswanson@att.net

DuPage Open
August 7, 2016
DuPage FSC, Vernon Hills, IL
Jan Serafine: sk8judgja@aol.com

Summer's Last Hurrah
August 13, 2016
Pepsi Ice Center, Bloomington, IL
Lindsay Danner: ldanner@cityblm.org

Rocket Ice Classic
August 21, 2016
Rocket Ice Arena, Bolingbrook, IL
Michelle Tepkasetkul Martineau: michelle@rocketice.com

Skate the Lake
August 26-28, 2016
Cutting Edge FSC, Pleasant Prairie, WI
Joseph Zons: joezons@gmail.com

2016 Springfield Skating Invitational
September 17, 2016
The Nelson Center, Springfield, IL
Lori Hedges: lhedges@sps186.org

7th Annual Kankakee Valley Open
October 9, 2016
Ice Valley Centre, Kankakee, IL
Angela Tousignant: atousignant@kvpd.com

Great Pumpkin Blast
October 29, 2016
All Seasons Ice Rinks, Naperville, IL
Vicki Revere: skateallseasons@gmail.com

Snowflake Classic
October 30, 2016
Southwest Ice Arena, Crestwood, IL
May Wiza: mayfsc@aol.com

13th Annual Cranberry Classic
November 6, 2016
Rockford SC, Loves Park, IL
Patty Pifer: rpifer0347@comcast.net

Autumn Classic
November 12-13, 2016
Ice Plex: Pleasant Prairie, WI
Katie Kerley: kkerley@plprairiewi.com

North Shore Winter Classic
December 3-4, 2016
Centennial Ice Arena, Highland Park, IL
Inga Fedorova: ifedorova@pdhp.org

Winter Blizzard
January 14-15, 2017
Skokie Skatium, Skokie, IL
Kerry Murphy: KMMurphy@skokieparks.org

H-F Basic Skills
February 12, 2017
Homewood Flossmoor Ice Arena, Homewood, IL
Deb Swanson: kramerswanson@att.net

The Freeze
February 17-18, 2017
Glenview Ice Center, Glenview, IL
Dorie Cascio: dorie.cascio@glenviewparks.org

17th Annual Wagon Wheel Basic Skills
TBA
Crystal Ice House, Crystal Lake, IL
Lanny Nelson: Lannyww@sbcglobal.net

12th Annual Shamrock Open
March 5, 2017
Rockford Skating Club, Loves Park, IL
Patty Pifer: rpifer0347@comcast.net

Greater Chicagoland Basic Skills Championships
March 18-19, 2017
Chicago FSC, All Seasons Ice Arena, Naperville, IL
Kerry Murphy: KMMurphy@skokieparks.org

Riverbend Spring Classic
TBA
East Alton Skating Academy, East Alton, IL
Kathryn McKeon: krhsk8@gmail.com

6th Annual Southport Spring Classic
April 9, 2017
Rink Side Sports & Family Entertainment Center
Southport Skating Club, Gurnee, IL
Elaine Johnson: elainejohnson67@sbcglobal.net

Heart of Illinois Basic Skills
TBA
Heart of Illinois Skating Club, Peoria IL
Amy Barney: abarneycpa@yahoo.com

Oak Lawn Basic Skills
May 21, 2017
Oak Lawn Ice Arena, Oak Lawn, IL
Deb Swanson: kramerswanson@att.net

Quad Cities Championships
June 9-11, 2017
FSC of Quad Cities, Davenport, IA
Sue Schwaegler: SDSCHWAEG@aol.com

2017 Southport Summer Classic
June 15-17, 2017
Southport SC, Rec Plex Ice Arena: Pleasant Prairie, WI
Val Berger: Valarie.L.Berger@gmail.com

Contact: Brigitte Roquet: brigitteroquet811@gmail.com
Illinois Learn to Skate USA Series Director

Cranberry Classic
USFS Learn to Skate USA
March 5th, 2017

The Shamrock Open Basic Skills & Beyond Competition, hosted by the Rockford Skating Club, will be held at Carlson Ice Arena, 4150 N Perryville Rd., Loves Park, Illinois on March 5th, 2017. The single sheet arena is 85x200. The Learn to Skate USA & Beyond Competition is approved by USFS and conducted in accordance with the current USFSA rulebook.

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the 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.

Eligibility will be based on skill level as of the closing date of entries. ALL SNOWPLOW SAM and LEARN TO SKATE USA SKATERS through BASIC 6 must skate at the highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including MIF or Individual Dances.

Skaters Please Note – For Test Track and Well Balanced levels, eligibility will be based upon highest freeski 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 competition. For all Freeski programs and all events using the 6.0 system of judging, vocal music with lyrics is permitted.

Information Regarding Coaches – U.S. Figure Skating Rule MR 5.11 Coach Compliance

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

- A. Must be a current full member of U. S. Figure Skating – either through a member club or as an individual member.
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18n 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 Learn to Skate USA only coaches – Any person 18 or older, instructing in a Learn to Skate USA Program must have successfully passed the annual background screen and be registered as a Learn to Skate USA Instructor member. Rockford Skating Club will have a list of compliant coaches who are cleared for a credential at the competition. 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 the practice sessions. Coaching at U. S. Figure Skating events without compliance is an ethics violation which is reported to U. S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

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

Entry: (1) Online registration: online registration is preferred and is available via a secured credit card transaction at rockfordskatingclub.com, serviced by Entryeeze. Registration must be completed by midnight, January 29th, 2017. Upon receiving your application online an email will be sent to the skater's coach to verify accuracy of entry. An official at the skater's home club will also be notified to certify the skater's standing within the club.

(2) Mail in paper registration: paper registration and payment by check will be accepted with a **\$5 processing** fee. Mail in entries must be post-marked no later than January 29th, 2017. Mail in the registration form with check (payable to RSC) to: Rockford Open, Patricia Pifer, Carlson Ice Arena, 4150 N. Perryville Rd., Loves Park, IL 61111. Please note that your coach/instructor is required to sign your application form verifying your level of competition and the events in which you are competing.

It is the skaters' and coaches' responsibility to verify that the skater has entered the correct event and level.

Late entries are only accepted at the discretion of the Referee and subject to a \$20 late fee. There will be a \$25.00 fee for returned checks.

Fees: Fee for a **skater's first event is \$50.** If entering a second event (Skaters have the option to skate one level higher in compulsories than their free skate program), the additional fee is \$20.00. There are **no refunds** (including for medical circumstances) after the registration closing date.

Admission and Event Programs: There is no admission charge for the Shamrock Open. Event programs May be pre-purchased for \$2 with a limited quantity available for purchase at the competition.

Registration: Skaters must check in at least one hour prior to their first event. Events may run ahead at the discretion of the Referee. Please plan to check in with the rink monitor at least 45 minutes prior to your event's scheduled start time.

Practice ice: Practice ice will be available for purchase online via Entryeeze or at the Registration Desk on the day of the competition. Pre-paid practice ice is being offered to competitors for a cost of \$8 for each 20-minute session. Skaters will be able to select their own practice ice sessions online but you must indicate the number of sessions you want during the registration process and must be pre-paid with your entry. Additional ice sales will be available for a cost of \$10 after the schedule has been posted and those that pre-register for sessions have had time to select their sessions. A limited amount of practice ice will also be available for purchase during the competition and will be sold for a cost of \$12.

Awards: Everyone will receive an award immediately following the completion of the event and the posting of the results.

Music: No tapes allowed! CDs should be labeled with the Skater's Name and Event Information. CDs must be in the CD-R format. Competition music is turned in at the time of registration. Don't forget an additional CD. CDs will not be mailed. Don't forget to pick-up your music following your music event.

Inquiries: Please contact Patricia Pifer at 815-979-2907 or at rpifer0347@comcast.net . Our club's website is www.rockfordskatingclub.org.

Directions: From I-90, Exit Riverside Blvd going West. Pass Perryville Road and take the first right, which is approximately one mile and just past the Lexus dealer. The building will be directly in front.

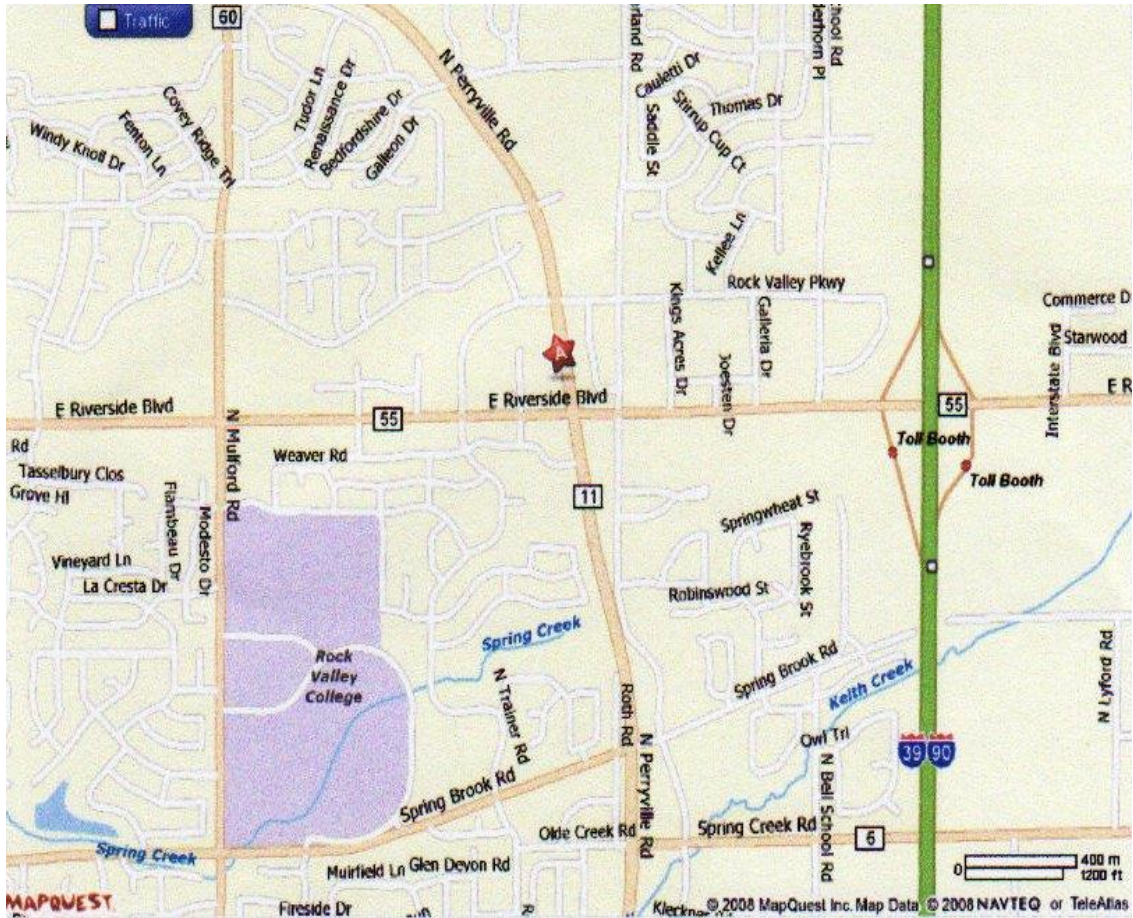




ILLUSTRATION OF THE PROGRESSION THROUGH THE LEVELS OF U.S. FIGURE SKATING

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
Competition levels for skaters within Compete USA include: Snowplow Sam Basic 1-6, Adult 1-4, Hockey 1-4 Pre-Free Skate and Free Skate 1-6

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

Beginner High Beginner	INTRODUCTORY LEVELS
---------------------------	----------------------------

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.

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 competitions

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

Compulsory Snowplow Sam – Basic 6

Format choice of the host: Skaters will perform one element at a time in the order listed below (no excessive connecting steps).

- Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- To be skated on 1/3 to 1/2 ice
- No music
- **Elements must be skated in the order listed**

Level	Time	Skating rules / standards
Snowplow Sam 1-4	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"> • Standstill forward inside three-turn - R & L • Bunny Hop • Forward spiral on a straight line - R or L • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop - R or L

Solo Snowplow Sam – Basic 6

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

- Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- To be skated on full ice
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level

Level	Time	Skating rules / standards
Snowplow Sam 1-4	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"> • Standstill forward inside three-turn - R & L • Bunny Hop • Forward spiral on a straight line - R or L • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop - R or L

Compulsory Intro to Free Skate – Free Skate 6

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 .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

Level	Time	Skating rules / standards
Intro to Free Skate	1:15 max.	<ul style="list-style-type: none"> • One outside and one inside moving three turn • Lunge rising up to forward stroking position • Tap toe • Stand still waltz jump
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 jump • 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 -R or L • 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

Solo Intro to Free Skate – Free Skate 6

Format: The skating order of the required elements is optional. The elements are not restricted as 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.

- 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 .2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

Level	Time	Skating rules / standards
Intro to Free Skate	1:30+/-10 sec	<ul style="list-style-type: none"> • One outside and one inside moving three turn • Lunge rising up to forward stroking position • Tap toe • Stand still waltz jump
Pre-Free Skate	1:30+/-10 sec	<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	1:30+/-10 sec	<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	1:30+/-10 sec	<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	1:30+/-10 sec	<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	1:30+/-10 sec	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets -R or L • Sit spin- minimum three revolutions • Half loop jump • Flip jump
Free Skate 5	1:30+/-10 sec	<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	1:30+/-10 sec	<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: Introductory Levels Compulsory Event

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.	<ol style="list-style-type: none"> 1. Waltz jump 2. ½ jump of choice 3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional) 4. Forward or backward spiral
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin - minimum three revolutions 4. Forward or backward spiral
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions 4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.

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 flip (for competitions held before December 31, 2014) Single Toe Loop (for competitions held after January 1, 2015) 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



EVENT: Introductory Levels Free Skate Program

General event parameters:

- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

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



EVENT: Test Track Free Skate

General event parameters:

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

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 Maximum	<i>Maximum of 5 jump elements:</i> <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. • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Minimum 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 1:40 Maximum	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Minimum 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.	<i>Maximum of 5 jump elements:</i> <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 	<i>Maximum of 2 spins:</i> <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 	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-

		revolutions). Spins may not fly.		juvenile free skate test
Juvenile 2:15 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps, including Axel, are permitted. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One solo spin in one position, no change of foot (Min. 4 revolutions). One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) <i>Only solo spin may fly</i> 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test
Intermediate 2:30 +/- 10 sec.	<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). 	One step sequence fully utilizing ice surface	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
Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) The other spins are the option of the skater (min 6 revolutions per foot) <i>All spins may fly</i> 	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 & 4105 for remarks)</p>	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>Junior</p> <p>Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow, double toe loop, double loop and double flip • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> • One spin in one position (Min. 6 revolutions) • One flying spin (Min. 6 revolutions) • One combination spin consisting of all three 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. Men: 4:30 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> • Any single jumps. • Must include at least four different double jumps, one must be a double Lutz. • Triple jumps are not permitted • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> • One spin in one position (Min. 6 revolutions) • One flying spin (Min. 6 revolutions) • One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<p><i>Men:</i> Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p><i>Ladies:</i> One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>



EVENT: Well Balanced Program Free Skate

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted for pre-preliminary – intermediate.
- 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.
- Either IJS or the 6.0 judging system may be used for this event.
- All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under "Technical Information," then "Singles/Pairs"

Level	Time	Jumps	Spins	Step Sequences
Pre-Preliminary	1:40 Max. Vocal music permitted	Maximum of 5 jump elements: a) Any single jumps, including Axel, allowed. b) Max. 2 jump combinations or sequences c) Jump combinations are limited to 2 jumps. d) Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.) e) Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Max of 2 Axels. f) Double or triple jumps are not allowed.	Maximum of 2 spins: a) Spins must be of a different nature b) Spins may change feet and/or position. c) Spins may start with a fly. d) Min. of 3 revolutions	One step sequenced that must use ½ of the ice surface.
Preliminary	1:30 +/- 10 Sec. Vocal music permitted	Maximum of 5 jump elements: a) One must be an Axel or waltz-jump. b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.) e) Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop) f) Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences. g) Max. of 2 Axels or any double jump. h) Double flips, double Lutzes, double Axels or triple jumps are not allowed.	Maximum of 2 spins: a) Spins must be of a different nature b) Spins may change feet and/or position. c) Spins may start with a fly. d) Min. of 3 revolutions	One step sequenced that must use ½ of the ice surface.
Pre-Juvenile	2:00 +/- 10 sec. Vocal music permitted	Maximum of 5 jump elements: a) One must be an Axel or waltz –jump. b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in jump sequence is limited to a max. of 3 single or double jumps. (½ loop is not considered a single jump at this level.) e) Number of different double jumps is not limited. f) Axel and no more than 3 different double jumps may be repeated as individual jumps, as part of jump combination or jump sequence. g) Maximum of 2 Axels or any double jump h) No double Axels or triple jumps	Maximum of 2 spins: a) 1 spin combination; with or without change of foot*, may fly. b) 1 spin with only 1 position*, may fly, no change of foot c) Min. 4 revolutions.; 6 revolutions for combo d) Spins must be of a different nature	One step sequence fully utilizing ice surface.



U.S. Figure Skating Basic Skills Competitions Suggested Additional Events

ADULT EVENTS: This event can be used as a Compulsory or Program Event

Adult 1-6 Free Skate, Pre-Bronze and Bronze:

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.
- Time 1:30+/-10 sec unless otherwise noted

<p>Adult 1</p> <ul style="list-style-type: none"> • Falling and Recovery • Forward Marching • Forward two-foot glide • Forward swizzle • Moving Snowplow Stops 	<p>Adult 4</p> <ul style="list-style-type: none"> • Basic forward outside and forward inside consecutive edges • Backward edges on a circle, (outside and inside, clockwise and counterclockwise) • Backward crossovers, (clockwise and counterclockwise, 5 consecutive) • Forward outside 3-turns, right and left • Forward outside swing rolls to a count of 6
<p>Adult 2</p> <ul style="list-style-type: none"> • Forward stroking showing correct use of the blade • Forward ½ swizzle pumps on a circle, (clockwise and counterclockwise) 4-6 in a row • Forward one-foot glides • Slalom • Backward swizzles, (4-6 in a row, clockwise and counterclockwise) 	<p>Adult 5</p> <ul style="list-style-type: none"> • Forward and backward crossovers in a figure 8 pattern • Forward outside to inside change of edge on a line • T-stop, right or left • Forward inside 3-turns, right and left • Beginning one-foot spin
<p>Adult 3</p> <ul style="list-style-type: none"> • Forward outside and inside edges on a circle (clockwise and counterclockwise) • Forward crossovers (clockwise and counterclockwise) • Backward ½ swizzle pumps on a circle (4-6 in a row consecutive, clockwise and counterclockwise) • Moving forward to backward and backward to forward two-foot turn • Beginning 2-foot spin 	<p>Adult 6</p> <ul style="list-style-type: none"> • Forward perimeter stroking with crossover end patterns • Backward crossovers to a backward outside edge glide (landing position) • Lunge • Spiral • Footwork sequence: (3-5 forward crossovers to an inside Mohawk, 3-5 backward crossovers, step forward inside the circle and repeat)
<p>Adult Pre-Bronze: Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test. Time: 1:40 maximum Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.</p>	<p>Adult Bronze: Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 maximum Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.</p>

<p>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</p> <p>2:10 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 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>Max 2 Spins</p> <ul style="list-style-type: none"> • 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>Max 1 Sequence</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence or • Spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
<p>CHAMPIONSHIP ADULT GOLD & ADULT GOLD</p> <p>2:40 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 3 combinations or sequences • 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps, including the single Axel, are permitted, as are the following double jumps: double toe loop, double Salchow. • No double-double jump combinations or sequences are permitted • Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 4 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • 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.



SHOWCASE EVENTS:

Showcase events are open to skaters in Basic, Free Skate, and Beginner through Senior. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event. 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 time allowed for the performance, for handling props 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 the 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 or Artistic competitions, refer to the Nonqualifying Showcase Guidelines posted on www.usfigureskating.org.

Event Categories:

1. Dramatic Entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme. Props and Scenery ARE permitted.
2. Light Entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills. Props and Scenery ARE permitted.
3. Duets: Theatrical/artistic performances by any competitors.
4. Mini production ensembles: Theatrical performances by three to seven competitors.

	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00 Max
Free skate 1-6/ Beginner/High Beginner/ Adult 1/4	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 Preliminary/ Adult Bronze	3 jump maximum. No axels or double jumps permitted. 3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult Pre-Bronze Test Must have passed no higher than U.S. Figure Skating Preliminary Free Skate or Adult Bronze test.	Time: 1:30 Max Time: 1:40 Max



Nonqualifying Competition Showcase Guidelines

EVENT LEVELS, AGES, TEST REQUIREMENTS AND PERFORMANCE TIMING SKATERS MUST COMPETE AT THE HIGHEST LEVEL FOR WHICH THEY QUALIFY

	Event	Must have passed (dance tests refer to solo or partnered standard track)	Must not have passed (dance tests refer to solo or partnered standard track)	Age	Time
Singles or Duets (Duets must compete at the highest test level of the two skaters)	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate 2 Preliminary Dances	No minimum age (max age 20)	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate or 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate or Complete Pre-Bronze Dance	Intermediate Free Skate or Complete Bronze Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate or Complete Pre-Bronze Dance	Intermediate Free Skate or Complete Bronze Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate or Complete Bronze Dance	Novice Free Skate or One Silver Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate or Complete Pre-Bronze Dance	Novice Free Skate or One Silver Dance	18-20	2:10 max
	Novice	Novice Free Skate or One Silver Dance	Junior Free Skate or Two Pre-Gold Dances	No age restriction	2:10 max
	Junior	Junior Free Skate or Two Pre-Gold Dances	Senior Free Skate or Completed Gold Dance		2:40 max
	Senior	Senior Free Skate or Complete Gold Dance			2:40 max
		Event	Must meet requirements for*	Must not have passed	Age
	Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
	Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre- Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
	Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
	Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max
Mini Production	Open			Open	3:10 max
Production	Open			Open	6:15 max

**The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart For Basic Skills levels and events, please refer to the U.S. Figure Skating Basic Skills Competition Manual for Showcase event levels; elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.*



U.S. Figure Skating Basic Skills Competitions

BEGINNER SYNCHRONIZED SKATING

The beginner competition program is also part of the U.S. Figure Skating Basic Skills program.

The beginner competition program is for Basic Skills level skaters who are interested in a first competition or “team” experience, taking the Synchro 1-4 badges a step further. Beginner teams compete at Basic Skills competitions and nonqualifying synchronized skating competitions around the country.

Required elements – Each level has specific required elements that must be completed:

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
BEGINNER 1 8-16 skaters, majority under 9 years old 1 ½ - 2 minutes +/- 10 seconds	One circle, which must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and must have only forward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, choice of 4-spoke or 3 spoke with backward pumps.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
BEGINNER 2 8-16 skaters, majority 9 – 11 years old 1 ½ - 2 minutes +/- 10 seconds	One circle, which must include the choreographed step sequence: 2 forward crossovers, FO 3 turn, back pump, BO 1 foot glide (held for at least 2 counts), back pump, 1 backward crossover, FI stroke (1 direction only, don't need to repeat)	One line, which must cover the ice and may include forward and backward skating.	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the team's choice with backward pumps.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
BEGINNER 3 8-16 skaters, majority at least 12 years old 2 – 2 ½ minutes +/- 10 seconds	Circle element, which must include the combination move from Basic 8. (1 direction only, don't need to repeat)	Line element, which must cover the ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 or 3 configurations.	Wheel element of the team's choice with backward pumps, chasses, or crossovers.	One intersection: Two lines facing each other, 1-foot glide or forward lunge at point of intersection.

The emphasis of the Beginner competition is on mastering the “basic skills” of synchronized skating:

- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Unison and use of skills such as guiding and shadowing.
- Incorporating skills from the Basic 1-8 levels to strengthen skating skills.
- Learning how to do transitions and skate to music.
- Learning skills that will be the foundation for higher levels.

Restrictions in Beginner 1 & 2:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Beginner 1 teams may not do steps higher than Basic 5, with the exception of forward chasses.
- Beginner 2 teams may not do steps higher than Free Skate 1, with the exception of forward chasses.

Restrictions in Beginner 3:

- No traveling within elements (change of configuration and rotational direction are allowed).

Restrictions in all levels: All of the synchronized skating “illegal elements” found in Rule #7160 of the U.S. Figure Skating Rulebook

**Shamrock Open
March 5th, 2017**

Learn to Skate USA and Beyond COMPETITION Entry Form

Form must be completely filled out before it can be processed. Please Print Clearly

Name _____ Age _____ Birthdate _____

Address _____ City _____

State _____ Zip _____ Area Code/Phone # _____

Email Address _____ Program/Club Afiliation _____

Basic Skills or USFS number _____ Highest Level Passed _____

Parent/Guardian _____

Signatures are Mandatory

I have reviewed the above entry form. I hereby certify that the above skater is an amateur member and is eligible to enter the event(s) specified.

Coach **Date** **Basic Skills Director** **Date**

It is agreed that the competitor and family hold the Rockford Skating Club harmless from any and all liability for damages due to personal injury or loss of property.

Competitor **Date** **Parent or Guardian** **Date**

Certification of Club Officer: **Only Pre-Preliminary through Senior skaters.** To the best of my knowledge, the information on this form is true and correct. This competitor is a member of our club and in good standing.

Signature of Club Officer **Date** **Pres., Vice-Pres., Secretary** **Date**

The completed entry form, with fees, a current email address must be **postmarked** no later than **January 29th, 2017.** Make checks payable to the **Rockford Skating Club** and mail to: **Rockford Open, Patricia Pifer, Carlson Ice Arena, 4150 N Perryville Rd., Loves Park, IL 61111.**

Coaches Information:

Name _____ Email _____

Address _____ City/State/Zip _____

Email _____ Phone # _____

Note to Coaches: All coaches must be registered with U.S. Figure Skating. Any coach who does not appear on the U.S. Figure Skating Coach Registration will not receive a competition credential and will not be permitted rink-side during the competition or practice ice sessions.

Coaches will need to check in at the event registration desk and show a government issued Photo I.D., U.S Figure Skating and PSA credentials. Coaches registration card, proof of Category A, B, or C compliance in CER. If a coach cannot provide a photo I.D. and 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.

Name _____

Please check the event(s) you are entering:

Basic Elements:

- _____ Snowplow Sam _____ Freeskate 1
- _____ Basic 1 _____ Freeskate 2
- _____ Basic 2 _____ Freeskate 3
- _____ Basic 3 _____ Freeskate 4
- _____ Basic 4 _____ Freeskate 5
- _____ Basic 5 _____ Freeskate 6
- _____ Basic 6
- _____ Intro to Free Skate
- _____ Pre-Free Skate

Basic Freeskate Program:

- _____ Snowplow Sam _____ Freeskate 1
- _____ Basic 1 _____ Freeskate 2
- _____ Basic 2 _____ Freeskate 3
- _____ Basic 3 _____ Freeskate 4
- _____ Basic 4 _____ Freeskate 5
- _____ Basic 6 _____ Freeskate 6
- _____ Intro to Free Skate
- _____ Pre-Free Skate

Light Entertainment

- _____ Basic 1-6 _____ Juvenile
- _____ FS 1-6
- _____ Beg/HBeg _____ Intermediate
- _____ No Test/Pre-Pre
- _____ Adult PreBronze _____ Novice
- _____ Prelim/AdultBrz _____ Junior
- _____ Pre-Juvenile _____ Senior
- _____ Adult Silver _____ Adult Gold

Dramatic Entertainment

- _____ Basic 1-6 _____ Juvenile
- _____ FS 1-6
- _____ Beg/HBeg _____ Intermediate
- _____ No Test/Pre-Pre
- _____ Adult PreBronze _____ Novice
- _____ Prelim/AdultBrz _____ Junior
- _____ Pre-Juvenile _____ Senior
- _____ Adult Silver _____ Adult Gold

Duets

- _____ Basic 1-6 _____ Juvenile
- _____ FS 1-6
- _____ Beg/HBeg _____ Intermediate
- _____ No Test/Pre-Pre
- _____ Adult PreBronze _____ Novice
- _____ Prelim/AdultBrz _____ Junior
- _____ Pre-Juvenile _____ Senior
- _____ Adult Silver _____ Adult Gold

Mini Production Ensembles

- _____ Basic 1-6 _____ Juvenile
- _____ FS 1-6
- _____ Beg/HBeg _____ Intermediate
- _____ No Test/Pre-Pre
- _____ Adult PreBronze _____ Novice
- _____ Prelim/AdultBrz _____ Junior
- _____ Pre-Juvenile _____ Senior
- _____ Adult Silver _____ Adult Gold

Introductory Levels Compulsories:

- _____ Beginner
- _____ High Beginner
- _____ No Test

Test Track Freeskate Program:

- _____ Pre-Preliminary Test
- _____ Preliminary Test
- _____ Pre-Juvenile Test
- _____ Juvenile Test
- _____ Intermediate Test
- _____ Novice Test
- _____ Junior Test
- _____ Senior Test

Introductory Levels Freeskate:

- _____ Beginner
- _____ High Beginner
- _____ No Test

Well Balanced Freeskate Program:

- _____ Pre-Preliminary Freeskate
- _____ Preliminary Freeskate
- _____ Pre-Juvenile Freeskate
- _____ Open Juvenile Freeskate

Adult Program Events

- _____ Adult 1 _____ Adult 5
- _____ Adult 2 _____ Adult 6
- _____ Adult 3 _____ Adult Pre-Bronze
- _____ Adult 4 _____ Adult Bronze
- _____ Adult Silver
- _____ Adult Gold

Well Balanced and Test Track Compulsory Moves

- _____ Pre-Preliminary
- _____ Preliminary

Showcase

_____ Event Type/Level

Practice Ice (20 min. sessions):

_____ Before Compulsory _____ Before Freeskate

Skaters will be able to select their own practice ice sessions online after the schedule is posted. Additional practice ice will be available for sale online after those that pre-register for their sessions have selected their practice ice.

ENTRY FEE IS \$ 50.00 PER EVENT, \$20.00 PER EACH ADDITIONAL EVENT

- First Event \$ _____
- Additional Event \$ _____
- Additional Event \$ _____
- Practice Ice (\$8) \$ _____

Program Book (\$2) \$ _____

Paper entry Fee \$ 5.00

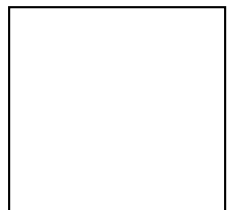
Personal Ad: (\$5) \$ _____

Total: \$ _____

Entry Fees are not refundable

Personal Ad \$5

Place a congratulations ad in the box to the right



BEGINNER SYNCHRONIZED SKATING / ENTRY FORM p. 1

Date of Competition March 5th, 2017

ENTRY FORM 1: Team Information

Team name:		U.S. Figure Skating #:	
Club: (if applicable)			
Team contact person:			
Daytime phone number:		E-mail:	
Address:		City	State / ZIP
Primary coach:		U.S. Figure Skating #	
Daytime phone number:		E-mail:	
Number of skaters:		Number of alternates:	

Please check the level and/or event (s) entered:

- BS Level 1
 BS Level 2
 BS Level 3

Entry Fee:

Number of skaters _____ x \$14 per skater = \$_____

\$_____ Exclusive team Practice Ice \$75/15 min.

\$_____ Total

Online Entry: www.entryezze.com

Checks should be made payable to: Rockford Skating Club

Please send all forms and fees to:

Rockford Open Carlson Ice Arena

All fees and entry forms must be received by: January 29th, 2017

Basic Skills teams may choose to represent either a full member club or a U.S. Figure Skating Basic Skills school / program.

SYNCHRONIZED SKATING / ENTRY FORM p. 2

Name of the team:
Name of the club of program represented:

TEAM ROSTER (Please list skaters in alphabetical order. It is not necessary to indicate who is an alternate).

Skater's name	Membershi p #	Age	USFSA tests passed	Signature of skater / parent if under 18

