

*EAST ALTON SKATING ACADEMY*

5<sup>th</sup> Annual

# Riverbend Spring Classic



May 16<sup>th</sup> & 17<sup>th</sup>, 2015

*\*\*Events will be held both Saturday & Sunday\*\**

East Alton Ice Arena

631 Lewis & Clark Blvd

East Alton, Illinois

Free Skating, Compulsory, Jumps, Spins, & Moves in the Field,  
Artistic, Interpretive, Open Pair/Ensemble Events

Snowplow Sam - Senior Level

*\*The Riverbend Spring Classic is part of the Illinois Basic Skills Series & Illinois Grand Prix\**

**Entry Deadline: May 1<sup>st</sup>, 2015**

Questions: Please contact Kathryn McKeon (618)-806-3965 or [krhsk8@gmail.com](mailto:krhsk8@gmail.com)

# 5<sup>th</sup> Annual "Riverbend Spring Classic" Figure Skating Competition

## Sanctioned by US Figure Skating

### May 16<sup>th</sup> & 17<sup>th</sup>, 2015

The 4<sup>th</sup> Annual "Riverbend Spring Classic" is sponsored by the East Alton Skating Academy & the East Alton Ice Arena. The competition will be held at the East Alton Ice Arena, 631 Lewis & Clark Blvd, East Alton, IL 62024 on May 16 - 17, 2015. The single sheet arena is 85 X 200 (standard NHL). The competition is approved by US Figure Skating and conducted in accordance with the US Figure Skating rulebook.

The Riverbend Spring Classic will be conducted according to the current Official US Figure Skating Rulebook (2013) and is open to all eligible members of US Figure Skating according to Section 3050 AND Basic Skills Skaters (ER 1.00). Eligibility will be based on skill level as of closing date of entries (May 1<sup>st</sup>, 2014).

- All Snowplow Sam and Basic Skills skaters through Basic 8 MUST skate at highest level passed. At these levels, skaters may NOT have passed any official US Figure Skating tests, including Moves-in-the-Field and Individual Dances.
- For Test Track and Well-Balanced events, eligibility will be based only upon highest free skate test level passed (moves-in-the-field test level does not determine skater's competitive level). Skaters may skate at the highest free skate level passed OR one level higher, BUT not both levels in the same event during the competition.

The 6.0 scoring system will be used to for all events! Programs Juvenile and above will have the option of a critique of their program!

#### Events, Entries & Fees:

Events Offered:

- ❖ Basic Skills: Snowplow Sam through Basic 8
- ❖ Free Skating: Well Balanced - No Test through Senior ; Competitive Test Track - Beginner through Senior
- ❖ Short Program: Juvenile through Senior
- ❖ Spins: Basic Skills through Senior
- ❖ Jumps: Basic Skills through Senior
- ❖ Artistic/Showcase: Basic Skills through Senior \*\*Basic Skills will be divided according to level\*\*
- ❖ Open Pairs/Ensembles: No gender, age, or level restrictions
- ❖ Interpretive: Basic Skills through Senior

\*\*The 6.0 system will be used for all events, including test track.\*\*

**\*Skaters are allowed to and encouraged to enter both the Championship and separate Short Program & Free Skating events\***

**All entries must be postmarked or entered on [entryeeze.com](http://entryeeze.com) NO LATER THAN May 1<sup>st</sup>!**

Fees:

- |                        |                    |                         |
|------------------------|--------------------|-------------------------|
| ❖ Basic Skills Events: | First Event: \$45  | Additional Events: \$25 |
| ❖ Standard Events:     | First Event: \$100 | Additional Events: \$25 |

No refunds will be given without a doctor's note, or death in the immediate family. In a situation where an event is cancelled, the skater will have a choice to skate an exhibition or receive a refund. **Entry forms MUST filled out completely.** Please mail registration forms to:

East Alton Skating Academy  
Attn: Kathryn McKeon  
631 Lewis & Clark Blvd  
East Alton, IL 62024

Participants will not be allowed to compete until fees are paid. Late entries will be accepted at the discretion of the competition chair & referee and charged a late fee of \$30. ***There will be a \$25 service fee for any changes made after May 1<sup>st</sup>, 2015!***

#### Groups:

A large number of entries in events will be divided into groups as follows: Basic Skills through Juvenile/Open Juvenile will be grouped according to date of birth.

#### Schedule of Events:

Schedules will be e-mailed to each skater approximately one week prior to the competition. The schedule will also be available on the East Alton Ice Arena website ([www.eastaltonicearena.org](http://www.eastaltonicearena.org)) and through [www.entryeeze.com](http://www.entryeeze.com). If you wish to receive a paper copy of the schedule, please include a self-addressed and stamped envelope in your registration.

### **Practice Ice:**

If practice ice is available, it will be on a first come, first serve basis the week prior to the event. Practice times will be available after the competition schedule comes out.

### **Registration Desk:**

The Registration Desk in the lobby of the East Alton Ice Arena will be open throughout the competition weekend beginning 1 hour prior to the start of the competition. Each skater must check in upon arrival, at least 1 hour before each event. Any extra/important information will be posted at the registration desk.

### **Music:**

Music will be played from CD ONLY. The CD must contain only the selection for the event. Music must be turned in at the time of registration. Cds should be clearly labeled with the skater's name, event, and group. Entrants are responsible for timing of the music. Skaters must have a back-up of the music at rink side during their event. I-pod/I-pad/tablet will be accepted as BACK-UP ONLY! \*Music should be cued to appropriate place. CD's should be picked up following your event. The East Alton Skating Academy cannot accept responsibility for unclaimed music. Music will not be returned after the competition.

### **Critique:**

A critique will be offered for free skate programs for skaters Juvenile and above if time permits. There will be no additional charge for the critique which will be done by one judge or member of the technical panel immediate following the event.

### **Coach Credentials:**

Only coaches registered with US Figure Skating and in compliance with the new rules will be issued credentials. Coaches must register at the registration desk to receive their credentials. Please be prepared to show proof of certification. All participating coaches MUST show credentials in order to put skaters on the ice.

### **Video/Photography:**

Video and photography will be available the day of the event

### **Questions/Concerns:**

Please contact Kathryn McKeon at 618-806-3965 krhsk8@gmail.com

### **Directions:**

East Alton Ice Arena, is located at 631 Lewis & Clark Blvd, East Alton, IL 62024. From I-270 take IL RT3 North, 9 miles. Turn Left into the parking lot of Eastgate Plaza Shopping Center. The rink is to the right of the shopping center, behind the AMC movie theater.

## **INFORMATION REGARDING COACHES:**

U.S. Figure Skating Rule MR 5.11 Coach Registration

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

A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;

B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.

C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.

D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

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

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

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

For more information regarding Coach Compliance, please refer to:  
<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

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.

- To be skated on full ice
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level

| Level            | Time            | Skating rules/standards   |
|------------------|-----------------|---|
| Snowplow Sam 1-3 | 1:00 +/-10 max. | <ol style="list-style-type: none"> <li>1. March followed by a two-foot glide and dip</li> <li>2. Forward two-foot swizzles, 2-3 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles, 2-6 in a row</li> </ol>  |
| Basic 1          | 1:00 +/-10 max. | <ol style="list-style-type: none"> <li>1. Forward two-foot glide and dip</li> <li>2. Forward two-foot swizzles, 6-8 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles, 6-8 in a row</li> </ol>  |
| Basic 2          | 1:00 +/-10 max. | <ol style="list-style-type: none"> <li>1. Forward one-foot glide, either foot</li> <li>2. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot</li> <li>3. Moving snowplow stop</li> <li>4. Two-foot turn in place, forward to backward</li> <li>5. Backward two-foot swizzles, 6 - 8 in a row</li> </ol>  |
| Basic 3          | 1:00 +/-10 max. | <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>3. Forward slalom</li> <li>4. Backward one-foot glide, either foot</li> <li>5. Two-foot spin, minimum three revolutions</li> </ol>  |
| Basic 4          | 1:00 +/-10 max. | <ol style="list-style-type: none"> <li>1. Standstill forward outside three-turn, right and left</li> <li>2. Forward crossovers, 4-6 consecutive both directions</li> <li>3. Backward stroking, 4-6 strokes</li> <li>4. Backward snowplow stop, right or left</li> </ol>   |
| Basic 5          | 1:00 +/-10 max. | <ol style="list-style-type: none"> <li>1. Backward crossovers, 4-6 consecutive, both directions</li> <li>2. Basic one-foot spin, free leg held to side of spinning leg, minimum three revolutions</li> <li>3. Side toe hop, either direction</li> <li>4. Hockey stop</li> </ol>   |
| Basic 6          | 1:00 +/-10 max. | <ol style="list-style-type: none"> <li>1. Standstill forward inside three-turn, right and left</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line, right or left</li> <li>4. Lunge, right or left</li> <li>5. T-stop, right or left</li> </ol>   |
| Basic 7          | 1:00 +/-10 max. | <ol style="list-style-type: none"> <li>1. Standstill forward inside open Mohawk, right to left and left to right</li> <li>2. Ballet Jump, either direction</li> <li>3. Back crossovers to a back outside edge landing position, clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>   |
| Basic 8          | 1:00 +/-10 max. | <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three-turns, right and left</li> <li>2. Waltz jump (from at standstill)</li> <li>3. Mazurka, either direction</li> <li>4. 1 Combination move, clockwise <u>or</u> counter clockwise – two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position -minimum three revolutions</li> </ol> |

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

| Level        | Time          | Skating rules / standards  |
|--------------|---------------|--|
| Free Skate 1 | 1:30+/-10 sec | <ol style="list-style-type: none"> <li>1. Advanced forward stroking, 4-6 consecutive</li> <li>2. One-foot upright scratch spin from backward crossovers, minimum three revolutions</li> <li>3. Waltz jump from backward crossovers</li> <li>4. Half flip jump</li> </ol> |
| Free Skate 2 | 1:30+/-10 sec | <ol style="list-style-type: none"> <li>5. Forward outside spiral, right or left</li> <li>6. Beginning back spin – entry optional, minimum two revolutions</li> <li>7. Waltz jump, side toe hop, waltz jump sequence</li> <li>8. Toe loop jump</li> </ol>                 |
| Free Skate 3 | 1:30+/-10 sec | <ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Back spin, minimum three revolutions</li> <li>3. Salchow jump</li> <li>4. Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ol>                                     |
| Free Skate 4 | 1:30+/-10 sec | <ol style="list-style-type: none"> <li>6. Forward power 3's, 2-3 consecutive sets, right or left</li> <li>7. Sit spin, minimum three revolutions</li> <li>8. Loop jump</li> <li>9. Waltz jump-loop jump combination</li> </ol>   |
| Free Skate 5 | 1:30+/-10 sec | <ol style="list-style-type: none"> <li>5. Camel spin, minimum three revolutions</li> <li>6. Forward upright spin to back upright spin, minimum three revolutions each foot</li> <li>7. Loop-loop jump combination</li> <li>8. Flip jump</li> </ol>                       |
| Free Skate 6 | 1:30+/-10 sec | <ol style="list-style-type: none"> <li>5. Camel, sit spin combination, minimum of four revolutions total</li> <li>6. Split jump or stag jump</li> <li>7. Waltz jump, ½ loop, Salchow jump sequence</li> <li>8. Lutz jump</li> </ol>                                      |



## U.S. Figure Skating Nonqualifying Competitions

**EVENT:** Introductory Levels Free Skate Program - Beginner, High Beginner and No Test Levels

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
2. 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.
3. Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

| Level                    | Jumps  | Spins   | Step Sequences   | Qualifications  |
|--------------------------|--|---|--|---|
| Beginner<br>1:40 Maximum | <p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Max. 2 jump sequences</li> <li>• Max. 2 of any same jump</li> </ul> | <p>Max. 2 spins:</p> <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul> | 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<br>1:40 Maximum | <p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>   | <p><i>Max. 2 spins:</i></p> <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 tests higher than U.S. Figure Skating Basic Skills free skating badge tests |
| No-Test<br>1:40 Maximum       | <p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Single jumps, with the exception of the single Axel, are allowed</li> <li>• Maximum of 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps</li> <li>• Jump sequences limited to a maximum of 3 single jumps (half-loop is not considered a single jump at this level and may be performed without counting toward jump limit)</li> <li>• No single Axels, double jumps or triple jumps</li> </ul> | <p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a fly</li> <li>• Minimum 3 revs.</li> <li>• Spins must be of a different character (For definition see rule 4103E)</li> </ul> | <ul style="list-style-type: none"> <li>• Step sequence*</li> <li>• Must use one-half the ice surface</li> <li>• Moves in the field and spiral sequences are permitted but will not be counted as elements.</li> <li>• Jumps may be included in the step sequence</li> </ul> |   |



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Test Track Free Skate

#### General event parameters:

4. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
5. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
6. 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.
7. Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
8. 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<br>1:30 +/- 10 sec. | <p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>Single rotation jumps: Salchow, toe loop and loop only.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul> | <p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions)</li> </ul>   | 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<br>1:30 +/- 10 sec.     | <p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Jumps with not more than one rotation (no Axels).</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>   | <p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions)</li> <li>One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>   | 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<br>2:00 +/- 10 sec.    | <p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Jumps with not more than one rotation (no Axels).</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>   | <p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One spin in one position, no change of foot (Min. 3 revolutions)</li> <li>One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly.</li> </ul>   | One step sequence fully utilizing ice surface                            | Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test        |
| Juvenile<br>2:15 +/- 10 sec.        | <p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps, including Axel, are permitted.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>  | <p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <li>One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot)</li> <li><i>Only solo spin may fly</i></li> </ul> | 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           |
|                                     |  |  |  |   |



|   |  |   |   |  |
|---|--|---|---|--|
| <p>Intermediate</p> <p>2:30 +/- 10 sec.</p>                             | <p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Any single jumps.</li> <li>• Double jumps permitted: double Salchow and double toe loop.</li> <li>• Maximum of 3 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>  | <p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One must be a flying spin (min 5 revolutions),</li> <li>• One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot).</li> </ul>   | <p>One step sequence fully utilizing ice surface</p>  | <p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p> |
| <p>Novice</p> <p>Ladies: 3:00 +/- 10 sec.<br/>Men: 3:30 +/- 10 sec.</p> | <p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> <li>• Any single jumps.</li> <li>• Double jumps permitted: double Salchow, double toe loop and double loop.</li> <li>• Maximum of 3 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>  | <p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> <li>• One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot)</li> <li>• The other spins are the option of the skater (min 6 revolutions per foot)</li> <li>• <i>All spins may fly</i></li> </ul> | <p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 &amp; 4105 for remarks)</p>   | <p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>   |
| <p>Junior</p> <p>Ladies: 3:30 +/- 10 sec.<br/>Men: 4:00 +/- 10 sec.</p> | <p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> <li>• Any single jumps.</li> <li>• Double jumps permitted: double Salchow, double toe loop, double loop and double flip</li> <li>• Maximum of 3 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>                                    | <p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position (Min. 6 revolutions)</li> <li>• One flying spin (Min. 6 revolutions)</li> <li>• One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot)</li> </ul>         | <p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p>   | <p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>         |
| <p>Senior</p> <p>Ladies: 4:00 +/- 10 sec.<br/>Men: 4:30 +/- 10 sec.</p> | <p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> <li>• Any single jumps.</li> <li>• Must include at least four different double jumps, one must be a double Lutz.</li> <li>• Triple jumps are not permitted</li> <li>• Maximum of 3 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul> | <p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position (Min. 6 revolutions)</li> <li>• One flying spin (Min. 6 revolutions)</li> <li>• One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot)</li> </ul>     | <p>Men:<br/>Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface.<br/>(See rule 4105 for remarks)</p> <p>Ladies:<br/>One step sequence of advanced difficulty, covering the full ice surface and one spiral</p> | <p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>  |

|  |  |  |   |  |
|--|--|--|---|--|
|  |  |  | sequence. (See rule 4104 & 4105 for remarks.) |  |
|--|--|--|---|--|



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Well Balanced Program Free Skate

#### General event parameters:

9. Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
10. Skaters will skate to the music of their choice. Vocal music is permitted for pre-preliminary – intermediate.
11. 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.
12. Either IJS or the 6.0 judging system may be used for this event.
13. 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](http://www.usfigureskating.org), under "Technical Information," then "Singles/Pairs"

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

|   |                  |  |  |  |
|---|------------------|--|--|--|
|   |                  | <p>combination or jump sequence.</p> <p>g) Maximum of 2 Axels or any double jump</p> <p>h) No double Axels or triple jumps</p>   |  |  |
| Juvenile (under 14 years) & Open Juvenile (14 years or older) | 2:15 +/- 10 sec. | <p>Maximum of 5 jump elements:</p> <p>a) One must be an Axel-type jump*</p> <p>b) Max. 2 jump combinations or sequences</p> <p>c) Jump combinations limited to 2 jumps</p> <p>d) Number of jumps in jump sequence is not limited</p> <p>e) No more than 3 double jumps may be repeated (1 each), but only as part of combination or sequence. Max 2 of same double jump.</p> <p>f) No triple jumps</p>   | <p>Maximum of 2 spins:</p> <p>a) 1 spin combination; with/without change of foot*</p> <p>b) 1 spin with only 1 position; no change of foot*</p> <p>c) Both spins may start with a fly</p> <p>d) Min. 5 revolutions; 8 revolutions. for combination</p> <p>e) Min. 2 revolutions in position</p> <p>f) Spins must be of a different nature</p>  | One choreographic step sequence fully utilizing ice surface. |
| Intermediate  | 2:30 +/- 10 sec. | <p>Maximum of 6 jump elements:</p> <p>a) 1 must be an Axel-type jump*</p> <p>b) Max 3 jump combinations (combos) or sequences</p> <p>c) Jump combinations limited to 2 jumps, but one 3-jump combo is permitted</p> <p>d) Number of jumps in jump sequence is not limited</p> <p>e) No more than 3 double/triple jumps may be repeated; only 1 repeat may be a triple. Double or triple jump repeated only in combo or sequence. Max. 2 of the same double or triple.</p>  | <p>Maximum of 2 spins:</p> <p>a) 1 spin combination; w/without change of foot*</p> <p>b) 1 spin with only 1 position; no change of foot*</p> <p>c) Both spins may start with a fly</p> <p>d) Min. 5 revolutions; 8 revolutions. for combo</p> <p>e) Min. 2 revolutions. in position</p> <p>f) Spins must be of a different nature</p>  | One choreographic step sequence fully utilizing ice surface. |
| Novice Ladies   | 3:00 +/- 10 sec. | <p>Maximum of 6 jump elements:</p> <p>a) One must be an Axel-type jump*</p> <p>b) Max. 3 jump combinations (combos) or sequences</p> <p>c) Jump combinations limited to 2 jumps, but one 3-jump combo is permitted</p> <p>d) Number of jumps in jump sequence is not limited</p> <p>e) No more than 3 double/triple jumps may be repeated; only 1 repeat may be a triple. Double or triple jump repeated only in combo or seq. Max. 2 same double or triple.</p>   | <p>Maximum of 3 spins:</p> <p>a) Spins must be of a different nature</p> <p>b) 1 flying entry with no change of foot or position*</p> <p>c) 1 spin combination; w/without change of foot*</p> <p>d) 3rd spin is option of skater</p> <p>e) Min. 6 revolutions; 10 revolutions. for combo</p> <p>f) Min. 2 revolutions. in position</p> <p>g) Spins may change feet and start with a fly, except</p> <p>h) For the flying spin with no change of foot or position</p> | One leveled step sequence Fully utilizing the ice surface    |
| Novice Men  | 3:30 +/- 10 sec. | <p>Maximum of 7 jump elements:</p> <p>a) One must be an Axel-type jump*</p> <p>b) Max. 3 jump combinations (combos) or sequences</p> <p>c) Combos limited to 2 jumps, but one 3-jump combo is permitted</p> <p>d) Number of jumps in jump sequence is not limited</p> <p>e) One double Axel and two different triple jumps may be repeated.</p> <p>f) If double Axel or triple jumps repeated, must be in combo or sequence.</p> <p>g) No more than two of the same type of double or triple may be attempted.</p> | <p>Maximum of 3 spins:</p> <p>a) Spins must be of a different nature</p> <p>b) 1 flying entry with no change of foot or position*</p> <p>c) 1 spin combination; with or without change of foot*</p> <p>d) 3rd spin is option of skater</p> <p>e) Min. 6 revolutions; 10 revolutions for combo</p> <p>f) Min. 2 revolutions in position</p> <p>g) Spins may change feet and start with a fly, except for the flying spin with no change of foot or position</p>       | One leveled step sequence Fully utilizing the ice surface.   |

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



## U.S. Figure Skating Nonqualifying Competitions

EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 8

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: 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
- No music

• **All elements must be skated in the order listed**

| Level            | Time      | Skating rules/standards   |
|------------------|-----------|---|
| Snowplow Sam 1-3 | 1:00 max. | <ol style="list-style-type: none"> <li>5. March followed by a two-foot glide and dip</li> <li>6. Forward two-foot swizzles, 2-3 in a row</li> <li>7. Forward snowplow stop</li> <li>8. Backward wiggles, 2-6 in a row</li> </ol>  |
| Basic 1          | 1:00 max. | <ol style="list-style-type: none"> <li>9. Forward two-foot glide and dip</li> <li>10. Forward two-foot swizzles, 6-8 in a row</li> <li>11. Forward snowplow stop</li> <li>12. Backward wiggles, 6-8 in a row</li> </ol>   |
| Basic 2          | 1:00 max. | <ol style="list-style-type: none"> <li>6. Forward one-foot glide, either foot</li> <li>7. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot</li> <li>8. Moving snowplow stop</li> <li>9. Two-foot turn in place, forward to backward</li> <li>10. Backward two-foot swizzles, 6 - 8 in a row</li> </ol>   |
| Basic 3          | 1:00 max. | <ol style="list-style-type: none"> <li>10. Forward stroking</li> <li>11. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>12. Forward slalom</li> <li>13. Backward one-foot glide, either foot</li> <li>14. Two-foot spin – minimum three revolutions</li> </ol>  |
| Basic 4          | 1:00 max. | <ol style="list-style-type: none"> <li>9. Standstill forward outside three-turn, right and left</li> <li>10. Forward outside edge on a circle, clockwise or counter clockwise</li> <li>11. Forward crossovers, 4-6 consecutive, both directions</li> <li>12. Backward stroking, 4-6 strokes</li> <li>13. Backward snowplow stop, right or left</li> </ol>   |
| Basic 5          | 1:00 max. | <ol style="list-style-type: none"> <li>9. Backward outside edge on a circle, clockwise or counterclockwise</li> <li>10. Backward crossovers, 4-6 consecutive, both directions</li> <li>11. Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions</li> <li>12. Side toe hop, either direction</li> <li>13. Hockey stop</li> </ol>   |
| Basic 6          | 1:00 max. | <ol style="list-style-type: none"> <li>6. Standstill forward inside three-turn, right and left</li> <li>7. Bunny Hop</li> <li>8. Forward spiral on a straight line, right or left</li> <li>9. Lunge, right or left</li> <li>10. T-stop, right or left</li> </ol>  |
| Basic 7          | 1:00 max. | <ol style="list-style-type: none"> <li>5. Standstill forward inside open mohawk, right to left and left to right</li> <li>6. Ballet jump, either direction</li> <li>7. Back crossovers to a back outside edge landing position, clockwise and counter clockwise</li> <li>8. Forward inside pivot</li> </ol>   |
| Basic 8          | 1:00 max. | <ol style="list-style-type: none"> <li>4. Moving forward outside or forward inside three-turns, right and left</li> <li>5. Waltz jump from a stand still</li> <li>6. Mazurka, either direction</li> <li>4. 1 Combination move, clockwise <u>or</u> counter clockwise, two forward crossovers into forward inside mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions</li> </ol> |

**EVENT: Free Skate 1-6 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 .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

| Level        | Time      | Skating rules / standards   |
|--------------|-----------|---|
| Free Skate 1 | 1:15 max. | 4. Advanced forward stroking, 4-6 consecutive<br>5. Backward outside three-turns, right and left<br>6. One-foot upright scratch spin from backward crossovers - minimum three revolutions<br>7. Waltz jump from backward crossovers<br>5. Half flip jump                            |
| Free Skate 2 | 1:15 max. | 13. Forward outside or inside spiral, right or left<br>14. Waltz three's, right or left, 2-3 sets<br>15. Beginning back spin, entry optional – minimum two revolutions<br>16. Waltz jump, side toe hop, waltz jump sequence<br>17. Toe loop jump                                    |
| Free Skate 3 | 1:15 max. | 5. Forward crossovers in a figure 8<br>6. Backward inside three-turns, right and left<br>7. Back spin - minimum three revolutions<br>8. Salchow jump<br>9. Waltz jump/toe loop or Salchow/toe loop jump combination   |
| Free Skate 4 | 1:15 max. | 15. Forward power 3's, 2-3 consecutive sets, right or left<br>16. Sit spin - minimum three revolutions<br>17. Loop jump<br>18. Waltz jump/loop jump combination   |
| Free Skate 5 | 1:15 max. | 14. Camel spin - minimum three revolutions<br>15. Forward upright spin to back upright spin - minimum three revolutions each foot<br>16. Loop/loop jump combination<br>17. Flip jump  |
| Free Skate 6 | 1:15 max. | 14. Five step mohawk sequence - one set alternating pattern (refer to Basic Skills Curriculum Free skate 6)<br>15. Camel, sit spin combination - minimum of four revolutions total<br>16. Split jump or stag jump<br>17. Waltz jump, ½ loop, Salchow jump sequence<br>18. Lutz jump |



## U.S. Figure Skating Nonqualifying Competitions

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### **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. | 9. Waltz jump<br>10. ½ jump of choice<br>11. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional)<br>12. Forward or backward spiral   |
| High Beginner | 1:15 max. | 18. Toe loop jump<br>19. Salchow jump<br>20. Forward scratch spin - minimum three revolutions<br>21. Forward or backward spiral  |
| No-Test       | 1:15 max. | 11. Loop jump<br>12. Jump combination to include a toe loop (may not use a loop or Axel)<br>13. Solo spin - sit <u>or</u> camel spin - minimum three revolutions<br>14. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included. |



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: COMPULSORY MOVES

General event parameters:

14. Basic Skills – Juvenile: Elements skated on ½ ice
15. Intermediate – Senior: Elements skated on full-ice
16. Elements may be performed only once
17. Music is not allowed

| Level                | Time      | Skating rules/standards  |
|----------------------|-----------|--|
| Pre – Preliminary    | 1:15 max. | 19. Single toe loop<br>20. Jump combination: single/single (no Axel)<br>21. Sit spin or camel spin - minimum three revolutions<br>22. Spiral sequence with one forward spiral and one backward spiral (any edge) |
| Preliminary          | 1:15 max. | 18. Single Lutz<br>19. Jump combination: single/single (may include Axel)<br>20. Back upright spin - minimum three revolutions<br>21. Forward inside spiral  |
| Pre – Juvenile       | 1:15 max. | 19. Single jump (may include Axel)<br>20. Jump combination: single/single (may include Axel)<br>21. Layback spin or camel spin - minimum three revolutions<br>22. Step sequence - circular                       |
| Juvenile & Open Juv. | 1:15 max. | 11. Single Axel<br>12. Jump combination: single/single or double/single<br>13. Layback spin or camel spin - minimum three revolutions<br>14. Step sequence – circular  |
| Intermediate         | 1:30 max. | 9. Double Salchow or double toe loop<br>10. Jump combination: single/single or double/single<br>11. Flying spin, minimum five revolutions<br>12. Step sequence – straight line                                   |
| Novice               | 1:30 max. | 7. Double loop<br>8. Jump combination: double/single or double/double<br>9. Flying spin - minimum five revolutions<br>10. Step sequence – straight line  |
|                      |           | 1. Double flip   |

|        |           |   |
|--------|-----------|---|
| Junior | 1:30 max. | <ol style="list-style-type: none"> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - minimum 10 revolutions</li> <li>4. Step sequence – straight line</li> </ol>                         |
| Senior | 1:30 max. | <ol style="list-style-type: none"> <li>1. Double Lutz</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - minimum 10 revolutions</li> <li>4. Step sequence – straight line</li> </ol> |



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Jumps Challenge

#### General event parameters:

18. Each jump may be attempted twice; the best attempt will be counted.
19. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice
20. Jumps with an "\*" must be preceded with connecting steps (intermediate – senior)

| Level                | Time      | Skating rules / standards  |
|----------------------|-----------|--|
| Beginner             | 1:15 max. | <ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. ½ flip or ½ Lutz</li> <li>3. Single Salchow</li> </ol>   |
| High Beginner        | 1:15 max. | <ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. Single Salchow</li> <li>3. Jump combination – waltz jump-toe loop</li> </ol>                                   |
| No-Test              | 1:15 max. | <ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single loop</li> <li>3. Jump combination – Any two ½ or single revolution jumps (no Axel)</li> </ol>                                 |
| Pre – Preliminary    | 1:15 max. | <ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single flip</li> <li>3. Jump combination - Any two ½ or single revolution jumps (no Axel)</li> </ol>                                 |
| Preliminary          | 1:15 max. | <ol style="list-style-type: none"> <li>22. Single flip</li> <li>23. Single Lutz</li> <li>24. Jump combination – Any single jump + single loop (may be Axel)</li> </ol>                                     |
| Pre – Juvenile       | 1:15 max. | <ol style="list-style-type: none"> <li>23. Single Axel</li> <li>24. Single or double jump</li> <li>25. Jump combination – single/single (no Axel)</li> </ol>   |
| Juvenile & Open Juv. | 1:15 max. | <ol style="list-style-type: none"> <li>15. Single Axel</li> <li>16. Double Salchow</li> <li>17. Jump combination – single/single or double/single (no Axel)</li> </ol>                                     |
| Intermediate         | 1:15 max. | <ol style="list-style-type: none"> <li>13. Single Axel</li> <li>14. Double loop*</li> <li>15. Jump combination – double/single (no Axel)</li> </ol>  |
| Novice               | 1:15 max. | <ol style="list-style-type: none"> <li>11. Double loop</li> <li>12. Double flip*</li> <li>13. Jump combination – double/double (may be double Axel)</li> </ol>   |
| Junior               | 1:15 max. | <ol style="list-style-type: none"> <li>5. Choice of double or triple jump</li> <li>6. Double or triple flip*</li> <li>7. Jump combination – double/double (may be double Axel)</li> </ol>                  |
| Senior               | 1:15 max. | <ol style="list-style-type: none"> <li>5. Choice of double or triple jump</li> <li>6. Double or triple Lutz*</li> <li>7. Jump combination – double/double or triple/double (may be double Axel)</li> </ol> |





## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Spins Challenge

#### General event parameters:

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

| Level                | Time      | Skating rules / standards  |
|----------------------|-----------|--|
| Beginner             | 1:30 max. | 13. Upright one-foot spin (3)<br>14. Upright two-foot spin (3)<br>15. Sit spin (3)   |
| High Beginner        | 1:30 max. | 22. Upright one-foot spin (3)<br>23. Upright two-foot spin (3)<br>24. Sit spin (3)   |
| No-Test              | 1:30 max. | 15. Upright one-foot spin (3)<br>16. Upright two-foot spin (3)<br>17. Sit spin (3)   |
| Pre – Preliminary    | 1:30 max. | 4. Upright one-foot spin (3)<br>5. Upright two-foot spin (3)<br>6. Sit spin (3)  |
| Preliminary          | 1:30 max. | 25. Backward upright spin (3)<br>26. Combination spin with no of foot (4)<br>27. Sit spin (3)  |
| Pre – Juvenile       | 1:30 max. | 26. Camel spin (3)<br>27. Combination spin – camel to sit spin; no change of foot (6)<br>28. Forward to backward scratch spin (3 per foot)   |
| Juvenile & Open Juv. | 1:30 max. | 18. Sit spin (4)<br>19. Combination spin – change of foot; optional change of position (4 per foot)<br>20. Girls – layback spin (4); Boys – camel spin (4)   |
| Intermediate         | 1:30 max. | 16. Flying camel spin (5)<br>17. Sit spin to backward sit spin (4 per foot)<br>18. Combination spin – change of foot & change of position (4 per foot)   |
| Novice               | 1:30 max. | 14. Choice of camel, sit or layback spin (6)<br>15. Camel spin to backward camel spin (4 per foot in position)<br>16. Combination spin – change of foot & two changes of position (2 per position & 5 per foot)          |
| Junior               | 1:30 max. | 8. Flying sit spin or flying reverse sit spin (6)<br>9. Ladies – layback spin (6); men – cross-foot spin (6)<br>10. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot) |
| Senior               | 1:30 max. | 8. Flying spin of choice (6)<br>9. Solo spin of choice (6) – may not fly<br>10. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)                                     |



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Step Sequences

#### General event parameters:

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

| Level                | Time      | Required elements   |
|----------------------|-----------|---|
| Pre-Preliminary      | 1:00 max. | Each of the two step sequences must include: <ul style="list-style-type: none"> <li>- Forward outside 3-turn</li> <li>- Inside mohawk</li> <li>- Demonstration of forward outside &amp; forward inside edges</li> </ul>   |
| Preliminary          | 1:00 max. | Each of the two step sequences must include: <ul style="list-style-type: none"> <li>- At least two consecutive forward outside power 3-turns</li> <li>- Forward inside 3-turn</li> <li>- At least one set of alternating 3-turns (outside or inside)</li> </ul>   |
| Pre-Juvenile         | 1:00 max. | Each of the two step sequences must include: <ol style="list-style-type: none"> <li>18. Backward inside 3-turns on each foot</li> <li>19. Backward outside 3-turns on each foot</li> <li>20. At least 2 consecutive power pulls (backward or forward)</li> </ol>  |
| Juvenile & Open Juv. | 1:30 max. | Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. Forward outside double 3 (either foot)</li> <li>2. Forward inside double 3 (either foot)</li> <li>3. At least 2 consecutive cross strokes (backward or forward)</li> </ol>   |
| Intermediate         | 1:30 max. | Each of the two step sequences must include: <ol style="list-style-type: none"> <li>28. Choice of backward double 3</li> <li>29. At least 2 different brackets with clear entry &amp; exit edges</li> <li>30. Forward inside 1 ½ twizzle</li> <li>31. Forward outside 1 ½ twizzle</li> </ol>  |
| Novice               | 2:00 max. | Each of the two step sequences must include: <ol style="list-style-type: none"> <li>29. At least 2 different counters with clear entry &amp; exit edges</li> <li>30. Forward outside &amp; forward inside loop (either foot)</li> <li>31. Backward outside double twizzle</li> <li>32. Backward inside double twizzle</li> </ol>  |
| Junior               | 2:00 max. | Each of the two step sequences must include: <ol style="list-style-type: none"> <li>11. At least 2 different rockers with clear entry &amp; exit edges</li> <li>12. At least 2 different choctaws</li> <li>13. Backward outside &amp; backward inside loop (either foot)</li> <li>14. A combination of at least 3 different turns done on one foot</li> </ol>   |
| Senior               | 2:00 max. | Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. At least 1 of each of the following turns: 3-turn, bracket, rocker, counter, choctaw, loop, and twizzle.</li> <li>2. A combination of at least 3 different turns, to be selected from counter, rocker, bracket, twizzle and loop, done on one foot.</li> <li>3. An upper body movement. (Any movements of the arms, head and torso that have an effect on the balance of the main body core.)</li> </ol> <p><i>Note: If necessary, skaters may combine items 1 &amp; 2. For example, performing 3 different consecutive turns on one foot may also count towards the requirement of demonstrating all seven of the listed turns/steps.</i></p> |

## Open Pairs & Ensembles:

No restrictions as to gender, age, or skating level. This is a fun event open to any 2 to 6 skaters who want to present a pair or ensemble program. The music selection can be any style, with or without vocals. No lifts permitted. The judges will be looking for good unison and original choreography. Skaters will be divided into pairs and ensembles. Time limit is 1.5 minute maximum.



## U.S. Figure Skating Nonqualifying Competitions

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### EVENT: Showcase Events – Dramatic Entertainment Events

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.
- Props and scenery are permitted

General event parameters:

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

### Dramatic Entertainment Levels:

|                | Event   | Must have passed(dance tests refer to solo or partnered standard track) | Must not have passed(dance tests refer to solo or partnered standard track) | Age                                   | Time     |
|----------------|---|---|---|---------------------------------------|----------|
| <b>Singles</b> | Beginner, High Beginner,<br>No Test*<br><br>Note: these levels do not qualify for National Showcase | -   | Pre-Preliminary Free Skate  | No Age restriction                    | 1:30 max |
|                | Pre-Preliminary*<br><br>Note: this level does not qualify for National Showcase                     | -   | Preliminary Free Skate  | No Age restriction                    | 1:30 max |
|                | Preliminary   | Preliminary Free Skate  | Pre-Juvenile Free Skate OR<br>2 Preliminary Dances                          | No minimum age<br><b>(max age)</b>    | 1:40 max |
|                | Pre Juvenile  | Pre Juvenile Free Skate OR<br>2 Preliminary Dances                      | Juvenile Free Skate OR Complete Pre-Bronze Dance                            | No minimum age<br><b>(max age 20)</b> | 1:40 max |
|                | Juvenile  | Juvenile Free Skate OR<br>Complete Pre-Bronze Dance                     | Intermediate Free Skate OR<br>Complete Bronze Dance                         | 13 and under                          | 2:10 max |
|                | Teen  | Juvenile Free Skate OR<br>Complete Pre-Bronze Dance                     | Intermediate Free Skate OR<br>Complete Bronze Dance                         | 14-17                                 | 2:10 max |

|  |              |   |  |                       |             |
|--|--------------|---|--|-----------------------|-------------|
|  | Intermediate | Intermediate Free Skate OR<br>Complete Bronze Dance | Novice Free Skate OR<br>One Silver Dance     | 17 and<br>under       | 2:10<br>max |
|  | Young Adult  | Juvenile Free Skate OR<br>Complete Pre-Bronze Dance | Novice Free Skate OR<br>One Silver Dance     | 18-20                 | 2:10<br>max |
|  | Novice       | Novice Free Skate OR<br>One Silver Dance            | Junior Free Skate OR<br>Two Pre-Gold Dances  | No age<br>restriction | 2:10<br>max |
|  | Junior       | Junior Free Skate OR<br>Two Pre-Gold Dances         | Senior Free Skate OR<br>Completed Gold Dance |                       | 2:40<br>max |
|  | Senior       | Senior Free Skate OR<br>Complete Gold Dance         |  |                       | 2:40<br>max |

### **Interpretive:**

Competition Format: the organizing committee will pre-select and edit musical choices appropriate for these events. During 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 an area where they cannot hear the music. 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 will not be allowed to view the performing skater. 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 competition.

Limited Beginner, Beginner, No Test: 1:00  
Adult 1:30 max

Pre-Preliminary – Pre-Juvenile: 1:00

Juvenile – Senior: 1:30

# Riverbend Spring Classic

**Entry Deadline: 5/1/2015**

|                    |  |                     |           |        |  |
|--------------------|--|---------------------|-----------|--------|--|
| Skater's Last Name |  | Skater's First Name |           | USFS # |  |
| Address            |  |                     |           |        |  |
| City               |  | State               |           | Zip    |  |
| Phone              |  |                     | Home Club |        |  |
| Date of Birth      |  | Age                 |           | Gender |  |
| E-Mail Address:    |  |                     |           |        |  |

### Highest Test Passed:

|                           |                                    |
|---------------------------|------------------------------------|
| Freestyle<br>Date Passed: | Moves in the Field<br>Date Passed: |
|---------------------------|------------------------------------|

### Coach Information:

|      |         |                |
|------|---------|----------------|
| Name | Address | Phone & E-Mail |
| Name | Address | Phone & E-Mail |

### Please Check the Event(s) you wish to enter

|                   | Test Track Free Skate<br>(Basic Skills) | Well Balanced Free Skate | Short Program | Compulsory Moves | Spins | Jumps | Open Pairs/Ensembles | Interpretive | Step Sequence |
|-------------------|---|--------------------------|---------------|------------------|-------|-------|----------------------|--------------|---------------|
| Basic Skills      |   |                          |               |                  |       |       |                      |              |               |
| Beginner          |   |                          |               |                  |       |       |                      |              |               |
| High Beginner     |   |                          |               |                  |       |       |                      |              |               |
| No Test           |   |                          |               |                  |       |       |                      |              |               |
| Pre-Preliminary   |   |                          |               |                  |       |       |                      |              |               |
| Preliminary       |   |                          |               |                  |       |       |                      |              |               |
| Pre-Juvenile      |   |                          |               |                  |       |       |                      |              |               |
| Open Pre-Juvenile |   |                          |               |                  |       |       |                      |              |               |
| Juvenile          |   |                          |               |                  |       |       |                      |              |               |
| Open Juvenile     |   |                          |               |                  |       |       |                      |              |               |
| Intermediate      |   |                          |               |                  |       |       |                      |              |               |
| Novice            |   |                          |               |                  |       |       |                      |              |               |
| Junior            |   |                          |               |                  |       |       |                      |              |               |
| Senior            |   |                          |               |                  |       |       |                      |              |               |

**Basic Skills Free Skate Event: Snowplow Sam    B1    B2    B3    B4    B5    B6    B7    B8    FS**

**Basic Skills Compulsory Event: Snowplow Sam    B1    B2    B3    B4    B5    B6    B7    B8    FS**

### Signatures

I have read this entry form and certify that it is complete and that to the best of my knowledge, the entrant is eligible to enter the events specified. He/she is a member of my club in good standing, and is an eligible skater in accordance with the rules of the United States Figure Skating Association.

\_\_\_\_\_  
Club Officer or Test Chairperson

\_\_\_\_\_  
Home Club

I have read this entry form and certify that it is complete and that the skater is eligible to enter the above events.

\_\_\_\_\_  
Coach's Signature

I understand that this entry must be postmarked by 4/15/14. The undersigned agrees to hold harmless US Figure Skating, East Alton Skating Academy, East Alton Ice Arena, and their employees and/or agents from any loss, damage, and/or injury that may be sustained by the entrant in any manner while participating in any of the activities of said competition. **If this entry is incomplete, I will accept a collect phone call** to complete my entry. Per US Figure Skating, there will be NO REFUNDS!

\_\_\_\_\_  
Skater's Signature

\_\_\_\_\_  
Parent/Guardian's Signature

*This release must be signed by the parent/guardian if entrant is under 18 years of age.*

**Entry Fees**

|  |  |         |
|--|--|---------|
| Basic Skills - 1 <sup>st</sup> event           |  | \$45    |
| Basic Skills - 2 <sup>nd</sup> event or more   | Number of events ____ X \$25 per event = | \$ ____ |
| Standard 1 <sup>st</sup> Event:                | \$100                                    |         |
| Additional Event 2 <sup>nd</sup> event or more | Number of events ____ X \$25 per event = | \$ ____ |

TOTAL ENTRY FEES: \$ \_\_\_\_\_

***THERE WILL BE A \$35.00 CHARGE FOR ANY RETURNED CHECKS***

Make checks payable to **East Alton Skating Academy**. Submit check and entry form to:

**East Alton Skating Academy  
Attention: Kathryn McKeon-Hicks  
631 Lewis & Clark Blvd  
East Alton, IL 62024**

***Forms must be postmarked by 5/1/2015***

*For additional information, contact us at [krhsk8@gmail.com](mailto:krhsk8@gmail.com) or call 618-806-3965*

\_\_\_\_\_  
Finance Committee Use Only

Date Rcvd. \_\_\_\_\_

Name on Check \_\_\_\_\_

Ck# \_\_\_\_\_

Check Total \_\_\_\_\_

Entry Fees \_\_\_\_\_ P.I. \_\_\_\_\_ Other \_\_\_\_\_

Underpaid \_\_\_\_\_

Refund Due \_\_\_\_\_

# Riverbend Spring Classic – Contract for Personal Advertisement

Hosted by: East Alton Skating Academy

**DEADLINE FOR ADVERTISEMENT ENTRY: May 1<sup>st</sup>, 2015**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

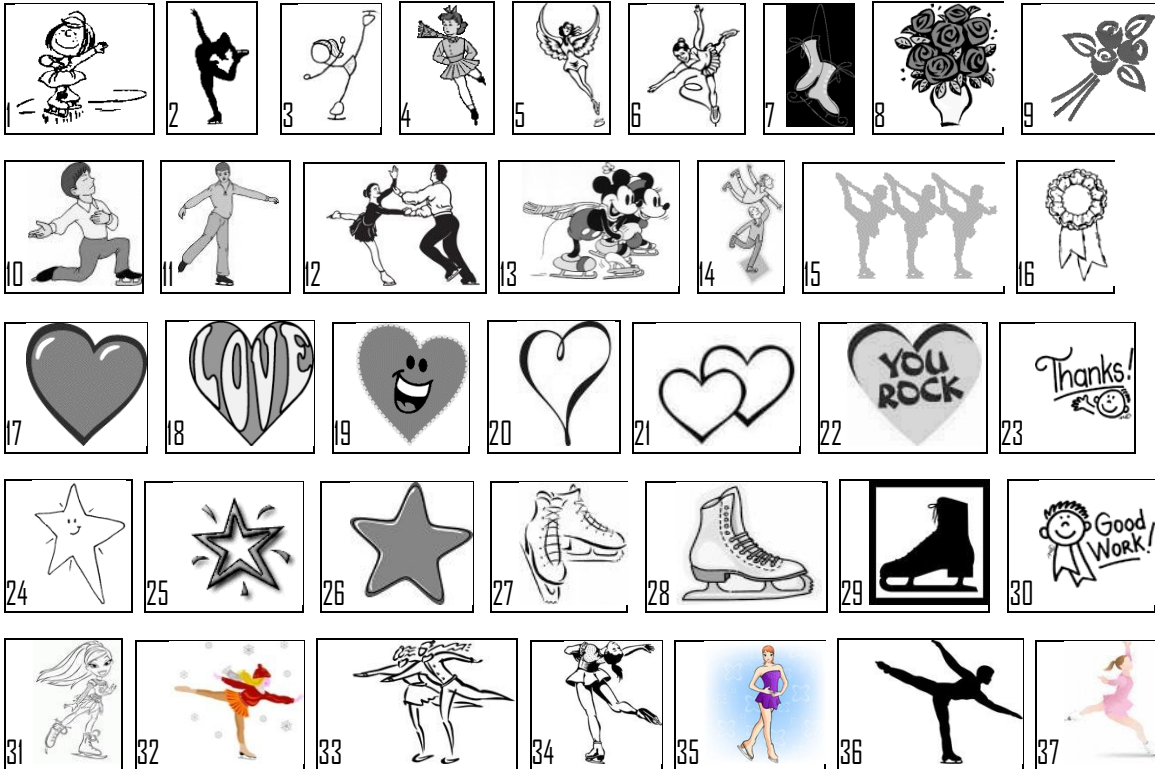
City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

This is a great way for grandparents, neighbors, pets, siblings, friends, coaches, etc. to show their support! Good luck! Skate great! Have fun! Congratulations! We love you! Thanks Mom & Dad! Thank you coach!

**Please circle the one (1) picture you would like included with your copy.**

*Finished size will be 4" x 1" and will be printed in black and white.*



**Please PRINT your message clearly (box is ad's actual size) with a maximum of 20 words.**

Make Check Payable to: East Alton Skating Academy

Personal ads are \$15 each

Mail to: East Alton Skating Academy - Ads  
Attention: Kathryn McKeon-Hicks  
631 Lewis & Clark Blvd  
East Alton, IL 62024

Please – one entry per form  
(One check for multiple ads is ok!)

Questions? Contact Katie McKeon-Hicks @ 618-806-3965 or krhsk8@gmail.com

## Riverbend Spring Classic – Contract for Business Advertisement

Hosted by: East Alton Skating Academy

**DEADLINE FOR ADVERTISEMENT ENTRY: May 1<sup>st</sup>, 2015**

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Skater who sold this advertisement (if applicable): \_\_\_\_\_

The Riverbend Spring Classic has skaters in attendance from across the Midwest.

The final program size is 5½ x 8½, and will be sold to every competitor.

**Please circle the advertisement(s) you wish to purchase:**

| COVER        | SIZE    | COST     | INTERIOR     | SIZE    | COST    |
|--------------|---------|----------|--------------|---------|---------|
| Front Inside | 5½ x 8½ | \$125.00 | Full Page    | 5½ x 8½ | \$75.00 |
| Back Outside | 5½ x 8½ | \$100.00 | Half Page    | 5½ x 4¼ | \$50.00 |
| Back Inside  | 5½ x 8½ | \$125.00 | Quarter Page | 5½ x 2¼ | \$25.00 |

**Questions?** Contact Katie McKeon-Hicks @ 681-806-3965 or ea\_skating@yahoo.com

- Advertisers are permitted *and encouraged* to offer a discount promotions ads.
- Advertisers may submit a coupon or other small item to be placed in the skating competitor's goodie bag. *If you wish to have an item included, please mail 125-150 items with your ad request.*

**Email advertisements to: [krhsk8@gmail.com](mailto:krhsk8@gmail.com)**

Electronic ads are preferred. Please attach a copy of the advertisement, or drawing of advertisement and include any logos, photos or miscellaneous items you would like scanned into your ad.

**INDIVIDUAL AND CORPORATE DONATIONS ARE ALWAYS WELCOME!**  
**Patrons please include business or family name (or anonymous):**

Gold Patron – \$100 +                      Name listed as: \_\_\_\_\_

Silver Patron – \$50 - \$99                      Name listed as: \_\_\_\_\_

Bronze Patron – \$1 - \$49                      Name listed as: \_\_\_\_\_

Make Check Payable to:      **East Alton Skating Academy**

Mail to:      **East Alton Skating Academy - Ads**  
Attention: Kathryn McKeon-Hicks  
631 Lewis & Clark Blvd



