

40th Annual
Northland Figure Skating Competition
Official host of the 2020 Excel Series Events



2020
EXCEL
SERIES



January 30 - February 2, 2020

Duluth, MN

Excel Series

Free Skating • Short Program • IJS
Compulsory • Spins • Jumps • Showcase
Team Compulsory

Hosted by the Duluth Figure Skating Club www.duluthfsc.org

Chief Referee: Jennifer Marker Johnson
Chief Technical Accountant: Carolyn Marker
Chief Accountant: Christine Hills
Music Coordinator: Mike Wittmann

THE APPROVED RULE WILL BE IMPLEMENTED IN THIS COMPETITION
ISU RULE #611 PER 2020-2021 REQUIREMENTS

Co- Chairs: Leanne Warren and Kalli Manion
Email: northlandcompetition@gmail.com

ENTRY DEADLINE IS DECEMBER 8, 2019
FOLLOW US ON FACEBOOK AT [NORTHLAND COMPETITION](https://www.facebook.com/northlandcompetition)



The **40th Northland Figure Skating Competition** will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

SERIES INFORMATION: Northland Figure Skating Competition is a designated Excel Series competition for the 2020 Excel Series. As an Excel Series event, skaters entered in the Series at eligible levels will earn points for their placement here in order to qualify for the National Festival. Skaters must be registered for the Excel Series prior to competing at a designated competition or by **March 1, 2020**; registration for the Series is available by [clicking here](#) and additional information is available on U.S. Figure Skating's [Excel webpage](#). For any questions related to the Excel Series, please contact Excelseries@usfigureskating.org

ELIGIBILITY/TEST LEVEL:

Test level: Competition level is the highest test passed as of the entry deadline, in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. (**Exception** - Juvenile/Open Juvenile skaters wishing to skate a short program may skate a Juvenile/Open Juvenile Freeski and an Intermediate Short Program.)

Age restrictions/requirements: Singles free skate events have the following requirements.

Juvenile: Girls – 12 years of age or younger; Boys – 13 years of age or younger

Open Juvenile: Girls – 13 years of age or older; Boys – 14 years of age or older

Intermediate must be under the age of 18

Adults must be 21 years of age or older

Skaters entering will be divided as closely as possible by age, should the number of entries warrant more than one group.

ENTRIES: Online registration is available via secured credit card transaction at www.duluthfsc.org serviced by Entryeze. Upon receiving your application online, an email will be sent to the skater's coach to verify accuracy of the entry. An official of the skater's home club will also be notified to certify the skater's standing within the club.

No paper entries will be accepted. Due to the large number of registrations in previous years, the referee may choose to limit or eliminate certain events. Fees will be as follows:

\$145.00 first event

\$35.00 each additional event

Team compulsory: \$25 per person, per team (this event must be an additional event)

Note: In the event that a skater is signed up for the incorrect level or event, the Chief Referee must approve all changes after the deadline, an additional fee of \$25.00 will be charged to the skater if the referee approves any changes. Late entries will be accepted only at the discretion of the Chief Referee and must be accompanied by a \$25.00 late fee.

REFUND POLICY: Entry fees will not be refunded after **December 8, 2019** unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$35.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice times will be available on Entryeze.



SCHEDULE: Competitors may be scheduled on any day or time for the announced dates of the competition. Notification of competition and practice ice times will be available on Entryeze. Please check registration desk during the competition as well as the Official Bulletin Board in Edmund Fitzgerald Hall.

FACILITIES: The competition will be held January 30 - February 2, 2020 at the Duluth Entertainment Convention Center (www.decc.org), 350 Harbor Drive, Duluth, MN 55802. The DECC is a two rink facility with ice surfaces of 190' x 85'. There is a daily parking fee of \$5.00. Concession stands available on premise at various hours. The nearby Canal Park area offers many different restaurants and is located within walking distance of the DECC.

MUSIC: Only standard format CD's clearly marked with the competitor's name will be accepted. A CD must have only ONE track on it. Each CD must be in a paper CD sleeve with a see-through window. Standard hard plastic jewel cases or other CD holders are no longer acceptable. The official competition music must be turned in at the time of check-in. A duplicate CD should be readily available. Music may be picked up at the registration desk after completion of the event. Music WILL NOT be mailed to skaters after the competition. Music will not be played during practice ice.

LIABILITY: U.S. Figure Skating, the Duluth Figure Skating Club, and the Duluth Entertainment Center accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEM: The International Judging System (IJS) will be used for the following events: Pre-Juvenile through Senior (including Open Juvenile Free Skate events, short program, Adult Gold and Masters events, all Excel "PLUS" Levels (Preliminary PLUS, Pre-Juvenile PLUS, Juvenile PLUS, Intermediate PLUS), and Juvenile through Senior Excel events. All competitors skating in these events need to submit the planned program content form online via Entryeze by **January 17, 2020.**

The 6.0 Judging System will be used for: Pre-Preliminary through Preliminary Free Skate events, Introductory events, all other levels of the Excel series program, and all levels of spins, jumps, compulsory, team compulsory, and showcase events.

REGISTRATION: The registration desk is located in Edmund Fitzgerald Hall and will open at 2 pm on Thursday, January 30th, and one hour prior to the first scheduled event on all other days and will remain open through the last event of the day. The skater must have their music in order to check in, even if their first event does not require music. Skaters are required to check in at least one hour prior to their first event.

LOCKER ROOMS AND CHANGING AREAS: This event will be following the Locker Rooms and Changing Area policy included in the SafeSport Handbook. Please click here to review the [Locker Rooms and Changing Area policy](#). More detailed information can be found in the [SafeSport Handbook](#). It is advised to arrive to the rink 45 minutes prior to your scheduled event and be prepared to skate. All locker rooms will have their doors kept open, there will be no changing areas available. Bathrooms are available throughout the facility, however, we advise that skaters come dressed and ready to skate.

PRACTICE ICE: Practice ice will be available for purchase via Entryeze or at the Registration desk. Pre-paid practice ice is being offered to skaters for a cost of \$16.00 per 20-minute session. Skaters will be able to choose their own practice ice sessions online after practice ice selection opens on Entryeze, but will need to indicate the number of sessions desired during the registration process and must be pre-paid with your entry. Additional practice ice will be available to purchase for \$18.00 per session once the schedule has been posted and those skaters who have pre-registered for practice ice have had time to make their selections. Practice ice will also be available to purchase at the registration desk for \$20.00 per session. Refunds will not be given for unused practice ice sessions.

PHOTOGRAPHY: An official photographer will be taking action shots of all skaters and events, as well as at awards. Your registration fee includes all photos, including awards, from one event of skaters' choice. Additional photos and/or events will be available to purchase.

VIDEOGRAPHY: Your entry fee includes a video of one event of skaters' choice. Additional videos and/or events will be available to purchase.

AWARDS: All award ceremonies will be off ice in Edmund Fitzgerald Hall shortly after the final results are posted. Awards will be given to all Limited Beginner through Pre-Preliminary skaters and to the top four skaters in all other groups.

OFFICIAL NOTICES: An official bulletin board will be maintained in Edmund Fitzgerald Hall near the registration desk. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

TEST CREDIT: Skaters that meet the requirements for test credit may request their test credit forms at the registration desk. **Test Credit Forms must be requested prior to the last IJS event of the competition.** Forms must be picked up at the registration desk prior to the end of the competition and will require a \$5.00 fee.

TEST SESSION: A USFS test session will precede the competition on Thursday, January 30, 2020. Registration will be available online at www.duluthfsc.org. **Deadline is January 9, 2020.**

IMPORTANT NOTICE FOR ALL COACHES:

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the following requirements:

Coaching U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training*
- Continuing Education Requirements (CERs) for the 2018-19 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

Coaching Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Completed SafeSport Training* (for coaches 18 years old and over)
- Completed background check (green light status) (for coaches 18 years old and over)
- Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

*SafeSport training is available through www.usfsaonline.org for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons.

The local organizing committee will have a list of compliant coaches who are approved to receive a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential. **Coaches will need to wear the official competition name badge in order to be permitted in the designated coaching area at rink side during events.**

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. There can be no exceptions to this policy. 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.

If a foreign coach has only foreign athletes at your competition, a background check and SafeSport Training is not required. Instead, the coach must submit a letter from their Federation stating they are a member in good standing.

For more information regarding Coach Compliance, please visit: [U.S. Figure Skating Coach Requirements](https://www.usfsaonline.org/US-Figure-Skating-Coach-Requirements).

CONTACT INFO: If you have questions, please contact northlandcompetition@gmail.com

LODGING INFORMATION: Blocks of rooms have been reserved at the following hotels under **Northland Figure Skating Competition**

Comfort Suites Canal Park: 218-727-1378

Holiday Inn and Suites Downtown: 800-439-4745

Pier B: 218-481-8888

Radisson Duluth Harborview: 218-727-8981

THE FOLLOWING RULE AMENDMENTS WILL BE IMPLEMENTED IN THIS COMPETITION

ISU Rule 611 – Short Program Singles – Junior

2020-2021

Men

- a) Double or triple Axel
- b) Double or triple Lutz jump;
- c) Jump combination consisting of a double and a triple jump or two triple jumps;
- d) Flying camel spin;
- e) Sit spin with only one change of foot;
- f) Spin combination with only one change of foot;
- g) Step sequence fully utilizing the ice surface.

Ladies

- a) Double Axel
- b) Double or triple Lutz jump immediately;
- c) Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps;
- d) Flying camel spin;
- e) Layback / sideways leaning spin or sit spin without change of foot;
- f) Spin combination with only one change of foot;
- g) Step sequence fully utilizing the ice surface.

See current rulebook or click [here](#) for current rules and requirements.

FREE SKATE & SHORT PROGRAM SINGLES

[Singles Short Program \(Intermediate - Senior\)](#)

[Singles Well Balanced Free Skate \(No Test - Senior\)](#)

[Excel Free Skate](#)

COMPULSORY MOVES

Excel Compulsory (Excel Beginner – Excel Preliminary)

Compulsory Moves (No Test – Senior)

SPECIALITY EVENTS - SINGLES

[Jumps Challenge](#)

[Spin Challenge](#)

SHOWCASE EVENTS

Showcase Events – Light Entertainment Events

ADULT EVENTS

[Adult Singles Free Skate](#)

[Adult Compulsory Moves](#)

[Adult Jumps Challenge](#)

[Adult Spins Challenge](#)

*This event is a standard U.S. Figure Skating Nonqualifying Competition
LE/9/1/18*



EXCEL COMPULSORY

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

| Level | Time | Skating rules/standards |
|-----------------------|-----------|---|
| Excel Beginner | 1:15 max. | <ul style="list-style-type: none"> • Toe loop jump • Salchow jump • One-foot upright spin - minimum 3 revolutions • Choreographic step sequence |
| Excel High Beginner | 1:15 max. | <ul style="list-style-type: none"> • Loop jump • Salchow/toe loop combination • Sit spin - minimum 3 revolutions • Choreographic step sequence |
| Excel Pre-Preliminary | 1:15 max. | <ul style="list-style-type: none"> • Flip jump • Loop/loop jump combination • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence |
| Excel Preliminary | 1:15 max. | <ul style="list-style-type: none"> • Lutz jump • Flip/loop jump combination • Camel, sit combination spin – minimum 6 revolutions total • Choreographic step sequence |



U.S. Figure Skating Nonqualifying Competitions

EVENT: COMPULSORY MOVES

General event parameters:

1. No Test – Pre-Juvenile: Elements skated on ½ ice
2. Juvenile – Senior: Elements skated on full-ice
3. The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
4. A 0.2 deduction will be taken for each element performed from a higher level.
5. Music is not allowed.
6. Skaters may compete at their test level or one level higher.

| Level | Time | Skating rules/standards |
|----------------------|-----------|--|
| No-Test | 1:15 max. | <ul style="list-style-type: none">• Loop jump• Jump combination to include a toe loop (may not use a loop or Axel)• Upright spin with change of foot – minimum 3 revolutions on each foot• Choreographic step sequence |
| Pre-Preliminary | 1:15 max. | <ul style="list-style-type: none">• Lutz jump• Jump combination: single/single (no Axel)• Spin with one change of position and no change of foot – minimum 6 revolutions total• Choreographic step sequence |
| Preliminary | 1:15 max. | <ul style="list-style-type: none">• Axel jump• Jump combination: single/single (may include Axel)• Spin with one change of foot and one change of position – minimum 3 revolutions on each foot• Choreographic step sequence |
| Pre – Juvenile | 1:15 max. | <ul style="list-style-type: none">• Axel or double Salchow• Jump combination: single/single (may include Axel)• Layback spin or camel spin - minimum three revolutions• Step sequence – must include rotating in both directions |
| Juvenile & Open Juv. | 1:15 max. | <ul style="list-style-type: none">• Double Salchow or double toe loop• Jump combination: single/single or double/single• Layback spin or camel spin - minimum four revolutions• Step sequence – must include 3 difficult turns and rotating in both directions |
| Intermediate | 1:30 max. | <ul style="list-style-type: none">• Double Salchow, double toe loop or double loop• Jump combination: single/single or double/single, double/double• Flying spin, minimum five revolutions• Step sequence – must include 4 difficult turns and rotations in both directions |
| Novice | 1:30 max. | <ul style="list-style-type: none">• Double loop or double flip• Jump combination: double/single or double/double• Flying spin - minimum six revolutions• Step sequence – must include 5 difficult turns and rotations in both directions |



| Level | Time | Skating rules/standards |
|--------|-----------|--|
| Junior | 1:30 max. | <ol style="list-style-type: none"> 1. Double flip or double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot) 4. Step sequence – must include 7 difficult turns and rotations in both directions |
| Senior | 1:30 max. | <ol style="list-style-type: none"> 1. Double Lutz or double Axel 2. Jump combination: double/double or triple/double 3. Combination spin - all 3 basic positions required (min. 6 on each foot) 4. Step sequence – must include 7 difficult turns and rotations in both directions |



ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC

General event parameters:

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

| Level and Time | Jumps | Spins | Step Sequences | Qualifications |
|-------------------------------------|--|--|--|---|
| Adult Beginner 1:40 Maximum | Max. 4 jump elements Jumps limited to bunny hop, mazurka, ballet and Waltz jump Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same jump | Max. 2 spins Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program | Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1 |
| Adult High Beginner 1:40 Maximum | Max 4 jump elements: Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same type jump. | Max 2 spins: Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program | Skaters may not have passed any U.S. Figure Skating Free Skate tests |



U.S. Figure Skating Nonqualifying Competitions

EVENT: Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice

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





U.S. Figure Skating Nonqualifying Competitions

EVENT: Spins Challenge

General event parameters:

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

| Level | Time | Skating rules / standards |
|----------------------|-----------|--|
| Beginner | 1:30 max. | <ol style="list-style-type: none"> 1. Upright one-foot spin (3 revs) 2. Upright back spin (3 revs) 3. Sit spin (3 revs) |
| High Beginner | 1:30 max. | <ol style="list-style-type: none"> 1. Upright one-foot spin (4 revs) 2. Upright spin with change of foot (3 revs on each foot) 3. Sit spin (3 revs) |
| No-Test | 1:30 max. | <ol style="list-style-type: none"> 1. Upright spin with change of foot (3 revs on each foot) 2. Sit spin (3 revs) 3. Camel spin (3 revs) |
| Pre – Preliminary | 1:30 max. | <ol style="list-style-type: none"> 1. Spin with one change of position* and no change of foot (6 revs) 2. Backward sit spin (3 revs) 3. Camel spin (4 revs) |
| Preliminary | 1:30 max. | <ol style="list-style-type: none"> 1. Spin with one change of foot and one change of position* (min. 3 revs each foot) 2. Combination sit spin with change of foot (min. 3 revs each foot) 3. One position spin – skater's choice (upright, sit or camel), (4 revs) |
| Pre – Juvenile | 1:30 max. | <ol style="list-style-type: none"> 1. Backward entry Camel spin (4 revs) 2. Combination spin – All 3 basic positions are required (camel, sit, upright), (2 revs in each position) 3. Forward to backward scratch spin (min 4 revs per foot) |
| Juvenile & Open Juv. | 1:30 max. | <ol style="list-style-type: none"> 1. Sit spin (4) 2. Combination spin – with change of foot; all 3 basic positions required 2 revs in each position (min. 4 revs per foot) 3. Girls – layback spin (6 revs); Boys – camel spin (5 revs) |
| Intermediate | 1:30 max. | <ol style="list-style-type: none"> 1. Flying camel spin-basic camel position required (5 revs) 2. Sit spin to backward sit spin-basic sit position required (4 revs per foot) 3. Combination spin – change of foot & all 3 basic positions required (2 revs in each position & min 5 revs per foot) |
| Novice | 1:30 max. | <ol style="list-style-type: none"> 1. Illusion to back scratch spin; may change feet (6 revs) 2. Camel spin to backward camel spin (4 revs per foot) 3. Combination spin – change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot) |
| Junior | 1:30 max. | <ol style="list-style-type: none"> 1. Flying sit spin or flying reverse sit spin (6 revs) 2. Solo spin of choice – may not fly (8 revs) 3. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot) |
| Senior | 1:30 max. | <ol style="list-style-type: none"> 1. Flying spin of choice (8 revs) 2. Solo spin of choice (8 revs) – may not fly 3. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot) |

* There are 3 basic spin positions: Upright, Sit and Camel. Any variation of these positions is still considered the same position (i.e. a broken leg spin is still a sit position. A camel-sit-broken leg spin has one change of position).





U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Compulsory Moves

General event parameters:

1. Beginner to Silver: Elements skated on ½ ice; Gold/Masters: Elements skated on full-ice
2. Elements may be performed only once
3. Music is not allowed
4. Minimum number of revolutions is noted in parentheses

| Level | Time | Elements |
|-----------------------------|----------|---|
| Adult Beginner | 1:30 MAX | <ul style="list-style-type: none"> • Mazurka • <u>Waltz jump</u> • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open mohawk (right and left) – heel to instep • Alternating right and left forward inside and outside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot) |
| Adult High Beginner | 1:30 MAX | <ul style="list-style-type: none"> • Waltz jump • ½ flip • Forward upright spin (Min. 2 revolutions) • Backward outside 3-turn right and left • Alternating right and left backward outside and inside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot) |
| Adult Pre-Bronze | 1:30 MAX | <ul style="list-style-type: none"> • <u>Single toe loop</u> • <u>Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence</u> • Forward upright spin (Min. 3 revolutions) • 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 either direction • Forward spiral (any edge) |
| Adult Bronze | 1:30 MAX | <ul style="list-style-type: none"> • Single Salchow • <u>Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination and 3 jumps in a sequence</u> • <u>Solo spin with no change of foot (min. 3 revolutions)</u> • Backward inside 3-turn right and left • Spiral sequence (min. 2 spirals) |
| Adult Silver | 1:30 MAX | <ul style="list-style-type: none"> • Single loop • Single/single jump combination • <u>Solo spin with no change of foot (min. 3 revolutions)</u> • Straight line step sequence |
| Adult Gold | 1:30 MAX | <ul style="list-style-type: none"> • Single Lutz or Axel • <u>Jump combination (Single/single, single/double, double/single) that may include any single jump, double Salchow, or double toe loop</u> • <u>Solo spin with no change of foot (min 4 revolutions)</u> • Straight line step sequence |
| Masters Intermediate/Novice | 1:30 MAX | <ul style="list-style-type: none"> • <u>Choice of any solo jump (any single jump, double Salchow, double toe loop or double loop allowed)</u> • <u>Jump combination that may include any single jump, double Salchow, double toe loop or double loop</u> • Solo spin of skater's choice (min. 6 revolutions) • Straight line step sequence |
| Masters Junior/Senior | 1:30 MAX | <ul style="list-style-type: none"> • <u>Choice of any solo jump (all single and double jumps allowed)</u> • <u>Jump combination that may include any single or double jump</u> • Solo spin of skater's choice (min. 8 revolutions) • Straight line step sequence |





U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Jumps Challenge

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- Adult silver and lower will be skated $\frac{1}{2}$ ice; adult gold – masters junior/senior will be skated on full ice

| Level | Time | Elements |
|-----------------------------|------|---|
| Adult Beginner | 1:00 | <ol style="list-style-type: none">Mazurka or ballet jump<u>Waltz jump</u> |
| Adult Pre-Bronze | 1:00 | <ol style="list-style-type: none">Toe loop jump$\frac{1}{2}$ flip, $\frac{1}{2}$ Lutz or $\frac{1}{2}$ loop |
| Adult Bronze | 1:00 | <ol style="list-style-type: none">Single SalchowSingle toe loopAny single jump + single toe loop combination (No Axels allowed) |
| Adult Silver | 1:15 | <ol style="list-style-type: none">Single flipSingle loopSingle/single combination (Axel is permitted) |
| Adult Gold | 1:15 | <ol style="list-style-type: none">Single Axel <u>or waltz jump</u>Single LutzJump combination that may include any single jump, double toe loop, or double Salchow. <u>May include only one double jump.</u> |
| Masters Intermediate/Novice | 1:30 | <ol style="list-style-type: none">Single Axel <u>or waltz jump</u>Salchow (<u>single or double</u>), toe loop (<u>single or double</u>) or loop (<u>single or double</u>)Jump combination that may include any single jump, double toe loop, double Salchow, or double loop |
| Masters Junior/Senior | 1:30 | <ol style="list-style-type: none">Loop jump (<u>single or double</u>) or flip jump (<u>single or double</u>)Lutz (<u>single or double</u>)Jump combination that may include any single or double jump |





U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Spins Challenge

General event parameters:

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

| Level | Time | Skating rules / standards |
|-----------------------------|-----------|---|
| Adult Beginner | 1:30 max. | <ol style="list-style-type: none"> 1. Pivot 2. Upright two-foot spin (2 revs) <p><i>Spins may not have a flying entry. If judged with IJS, max Level 1.</i></p> |
| Adult Pre-Bronze | 1:30 max. | <ol style="list-style-type: none"> 1. Upright one-foot spin (3 revs) 2. Upright two-foot spin (3 revs) <p><i>Spins may not have a flying entry. If judged with IJS, max Level 1.</i></p> |
| Adult Bronze | 1:30 max. | <ol style="list-style-type: none"> 1. Upright one-foot spin (3 revs) 2. Solo spin with no change of foot (3 revs) - must be different from the upright spin <p><i>Spins may not have a flying entry. If judged with IJS, max Level 1.</i></p> |
| Adult Silver | 1:30 max. | <ol style="list-style-type: none"> 1. Solo spin with no change of foot (3 revs) 2. Seconds solo spin, different from the first; change of foot optional (3 revs per foot) 3. Combination spin - with at least one change of position* and no change of foot (2 revs in each position) <p><i>If judged with IJS, max Level 2.</i></p> |
| Adult Gold | 1:30 max. | <ol style="list-style-type: none"> 1. Solo spin with no change of foot (4 revs) 2. Second solo spin, different from the first; change of foot optional (4 revs per foot) 3. Combination spin - with change of foot and at least one change of position* (2 revs in each position and 4 revs per foot) <p><i>If judged with IJS, max Level 3.</i></p> |
| Masters Intermediate/Novice | 1:30 max. | <ol style="list-style-type: none"> 1. Solo spin (5 revs if one foot, 4 revs per foot if change of foot) 2. Second solo spin, different from the first (5 revs if one foot, 4 revs per foot if change of foot) 3. Combination spin - with change of foot and at least one change of position* (2 revs in each position and 4 revs per foot) |
| Masters Junior/Senior | 1:30 max. | <ol style="list-style-type: none"> 1. Solo spin (5 revs if one foot, 4 revs per foot if change of foot) 2. Second solo spin, different from the first (5 revs if one foot, 4 revs per foot if change of foot) 3. Combination spin - with change of foot and at least one change of position* (2 revs in each position and 4 revs per foot) |

* There are 3 basic spin positions: Upright, Sit and Camel. Any variation of these positions is still considered the same position (i.e. a broken leg spin is still a sit position. A camel-sit-broken leg spin has one change of position).





U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Light Entertainment Events

Format:

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

General event parameters:

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

Light Entertainment Levels:

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

| Event | Must meet requirements* | Must not have passed | Age | Time |
|--|--|--|---------------------------------------|----------|
| No Test <small>(does not qualify for National Showcase)</small> | No Free Skate test passed | Pre-Preliminary Free Skate OR Any Free Dance | No minimum age (max age 20) | 1:30 max |
| Pre-Preliminary <small>(does not qualify for National Showcase)</small> | Pre-Preliminary Free Skate | Preliminary Free Skate OR Any Free Dance | No minimum age (max age 20) | 1:30 max |
| Preliminary | Preliminary Free Skate | Pre Juvenile Free Skate OR Juvenile Free Dance | No minimum age (max age 20) | 1:40 max |
| Pre Juvenile | Pre Juvenile Free Skate | Juvenile Free Skate OR Juvenile Free Dance | No minimum age (max age 20) | 1:40 max |
| Juvenile | Juvenile Free Skate OR Juvenile Free Dance | Intermediate Free Skate OR Intermediate Free Dance | Under 13 | 2:10 max |
| Teen | Juvenile Free Skate OR Juvenile Free Dance | Intermediate Free Skate OR Intermediate Free Dance | 13-17 | 2:10 max |
| Intermediate | Intermediate Free Skate OR Intermediate Free Dance | Novice Free Skate OR Novice Free Dance | 17 and under | 2:10 max |
| Young Adult | Juvenile Free Skate OR Juvenile Free Dance | Novice Free Skate OR Novice Free Dance | 18-20 | 2:10 max |

This event is a standard U.S. Figure Skating Nonqualifying Competition
LE/9/1/18



| Event | Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track) | Must not have passed Free Skate or Dance (solo or partnered) Test or higher | Age | Time |
|---|---|---|--------------------|-------------|
| Novice | Novice Free Skate OR Novice Free Dance | Junior Free Skate OR Junior Free Dance | No age restriction | 2:10 max |
| Junior | Junior Free Skate OR Junior Free Dance | Senior Free Skate OR Senior Free Dance | | 2:30 max |
| Senior | Senior Free Skate OR Senior Free Dance | | | 2:30 max |
| Adult Pre-Bronze <small>(does not qualify for National Showcase)</small> | Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate | Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance | 21 and older | 1:40 max |
| Adult Bronze | Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17) | Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77) | 21 and older | 1:40 max |
| Adult Silver | Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77) | Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77) | 21 and older | 1:40 max |
| Adult Gold | Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77) | Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77) | 21 and older | 1:40 max |
| Masters | Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79) | | 21 and older | 2:10 max |

* For the US Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete; rules 2540-2552 apply.; and the same level must be chosen for all showcase events at the competition (for example, a skater may not compete in Masters Dramatic Entertainment and Adult Gold Light Entertainment events at the same competition). Adult athletes wishing to be grandfathered into a higher level based on participation at the Adult Championships or National Showcase prior to 4/30/17 may make this request to the National Vice Chair for National Showcase. 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 Compete USA Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.

This event is a standard U.S. Figure Skating Nonqualifying Competition
LE/9/1/18





U.S. Figure Skating Nonqualifying Competitions

EVENT: TEAM COMPULSORY

Teams should be comprised of 3-5 skaters and can be a combination of Ladies and Men. Each skater will do one required element. If there are not five skaters on a team, the skaters may do a maximum of two elements. The elements may be completed in any order but each element shall be allowed only one attempt. Additional elements are not allowed. No music allowed. One skater should perform at a time. Elements are skated on full ice. Referee will indicate when each team should commence but not the individual skaters. Judging done with one mark for each team.

When registering for the competition it is imperative that ONE member of the team register the entire team online or by paper registration. Team registration is separate from skaters' individual event(s). Every team will need a team name and team contact. The person registering the team will need to enter each team member's name, date of birth, USFS number, and test levels passed, and pay the entire team fee of \$25 per team member. This is a fun event and encourages team spirit among the clubs and the skaters. The more members, the lower the cost per skater.

| Event | Five Required Elements (One to two minutes will be allotted for each team). |
|--------------------------------|---|
| No Test/High Beginner/Beginner | <ol style="list-style-type: none"> 1) One (1) foot forward upright spin ~ no change of direction (minimum 3 revolutions) 2) Moves in the Field ~ forward outside consecutive edges 3) Forward Spiral 4) One (1) foot forward upright spin to back spin, minimum 3 revolutions each foot 5) Combination of 2 single jumps ~ one must be a toe loop, no turn in between, no Axel allowed |
| Pre-Preliminary | <ol style="list-style-type: none"> 1) Upright scratch spin (minimum 3 revolutions) 2) Moves in the Field – back outside consecutive edges 3) Forward outside spiral 4) Combination spin ~ Forward upright spin to back spin to forward upright spin. All spins on one (1) foot and at least 3 revolutions in each position. Minimum of 9 revolutions total. 5) Any combination of 2 single jumps ~ no turn in between, no Axel allowed. |
| Preliminary/Pre-Juvenile | <ol style="list-style-type: none"> 1) Sit spin (minimum 5 revolutions) 2) Straight line or diagonal footwork sequence utilizing ½ the ice surface 3) Left forward inside spiral 4) Combination spin with at least one change of position and no change of foot. Minimum of 6 revolutions. No flying entries allowed. 5) Single/Single (Axel permitted) combination jump. |
| Juvenile/Intermediate | <ol style="list-style-type: none"> 1) Camel spin (minimum 5 revolutions) 2) Straight line or diagonal footwork sequence utilizing the entire ice surface. 3) Spiral sequence (at least 2 spiral positions and at least one change of foot). 4) Combination spin with at least one change of position and only one change of foot. At least 2 revolutions in each position. Minimum 5 revolutions on each foot. 5) Double/Single or Double/Double combination jump. |
| Novice and Above | <ol style="list-style-type: none"> 1) Flying spin (minimum 6 revolutions)-only one position and no change of foot. 2) Circular or serpentine footwork sequence using the entire ice surface. 3) Spiral sequence (minimum 3 spiral positions and at least one change of foot). 4) Combination spin with at least two changes of position and at least one change of foot. At least 2 revolutions in each position. Minimum 12 revolutions total. 5) Double/Double combination jump. |

