



SCOCNJ Memorial Skate 2017

Basic Skills: Snowplow Sam – Free Skate 6
Well Balanced: No Test through Pre-Juvenile
Test Track: Beginner through Intermediate

Hosted by the Skating Club of Bridgewater

Sunday May 21, 2017

Sanctioned by: United States Figure Skating

Protec Ponds Ice Skating Center
15 World's Fair Drive
Somerset, New Jersey 08873

www.SCOCNJ.org

SCOCNJ Memorial Skate 2017 Basic Skills Competition

Hosted by the Skating Club of Central New Jersey

Location: Protec Ponds Ice Skating Center

15 World's Fair Drive

Somerset, New Jersey 08873

Date: Sunday May 21, 2017

CONTACT: Whitney Wappel Trif & Jaime Berlant SCOCNJ@gmail.com (732) 868 9181 x101

ELIGIBILITY RULES FOR PARTICIPANTS-

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA program and those who are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with Learn to Skate USA or a member club.

Eligibility and Test Requirements-

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills 1-6 skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances. For the Pre-free skate, free skate 1-6, test track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (Moves in the Field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition.

REGISTRATION/MUSIC – Competitors are advised to be in the arena and prepared to skate, at least one hour before their event in case the competition is running early. Competition music is to be turned in at the time of registration. The music for all free skating programs and showcase must be provided on CDs. **Music on I-PODS or CDR-W's will Not be accepted.** CDs should be clearly marked with the name of the skater, event entered and length of music (not skating time). Time duration is always +/- 10 seconds.

AWARDS – Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, third and fourth places. ALL other places will receive ribbons.

APPLICATIONS- Applications will be accepted online at www.Entryeeze.com and www.SCOB.org until 11:59pm on April 23, 2017. This is a secure website requiring a credit card payment. Acceptance of your credit card will serve as acknowledgement of entry. Make sure your coach approves the level your skater has entered. Otherwise, an additional fee will be charged for any changes. See below. Late applications will be accepted at the discretion of the organizers and must include an additional \$15.00 late fee.

FEES- For all levels: The first event is **\$60.00**. Additional Events are **\$20.00 per event**. If you register online, the processing fee is not refundable for any reason. If a change in the level of skating has to be made after the application has been submitted, due to the parent or coach checking the wrong level, there will a \$10.00 fee. There is a \$15.00 late fee for applications received after April 23, 2017. **No refund will be granted for any reason except events cancelled by the LOC (USFS#3235)**

SCHEDULE OF EVENTS – The list of competitors with the tentative schedule of events will be posted on www.Entryeeze.com approximately one week prior to the competition.

Liability- U.S. Figure Skating, the Skating Club of Central New Jersey and Protec Ponds Ice Skating Center accept no responsibility for injury or damage sustained by any participant. **Skate at your own risk.**

Coaches Information: All coaches must comply with U.S. Figure Skating Rule MR 5.11. All coaches must check in at the registration desk upon arrival at the rink. The LOV will have a list of compliant coaches who are cleared for a credential at the competition. Upon checking in, coaches will have to show a photo ID to receive a credential. If a coach cannot provide a photo ID, and is not known to the LOC, and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential- no exceptions. Non-credentialed coaches will not be permitted in the designated coaching area at the rink side events, including practice sessions.

EVENT: Basic Elements: SNOWPLOW SAM – BASIC 6

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 | 1:00 max. | <ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row |
| Basic 1 | 1:00 max. | <ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row |
| Basic 2 | 1:00 max. | <ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row |
| Basic 3 | 1:00 max. | <ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle |
| Basic 4 | 1:00 max. | <ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only |
| Basic 5 | 1:00 max. | <ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop |
| Basic 6 | 1:00 max. | <ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left |

EVENT: Basic Program: SNOWPLOW SAM – BASIC 6

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

- 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 | 1:10 max. | <ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row |
| Basic 1 | 1:10 max. | <ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row |
| Basic 2 | 1:10 max. | <ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row |
| Basic 3 | 1:10 max. | <ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle |
| Basic 4 | 1:10 max. | <ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only |
| Basic 5 | 1:10 max. | <ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop |
| Basic 6 | 1:10 max. | <ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left |

Compete USA Competitions

EVENT: Pre-Free Skate – Free Skate 6 Compulsory

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

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

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

EVENT: Pre-Free Skate – Free Skate 6 Program

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

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

| Level | Time | Skating rules/standards |
|----------------|-----------|--|
| Pre-Free Skate | 1:40 max | <ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump |
| Free Skate 1 | 1:40 max | <ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop jump • Half flip jump |
| Free Skate 2 | 1:40 max. | <ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump |
| Free Skate 3 | 1:40 max | <ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination |
| Free Skate 4 | 1:40 max. | <ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half Loop jump • Flip jump |
| Free Skate 5 | 1:40 max. | <ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz-loop jump combination • Lutz jump |
| Free Skate 6 | 1:40 max. | <ul style="list-style-type: none"> • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump |



Compete USA Competitions

EVENT: Introductory Levels Compulsory

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

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

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



Compete USA Competitions

EVENT: Introductory Levels Free Skate Program

General event parameters:

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

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



Compete USA Competitions

EVENT: COMPULSORY MOVES

General event parameters:

- Elements skated on ½ ice
- Elements may be performed only once
- Music is not allowed

| 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)• Solo spin - sit <u>or</u> camel spin - minimum three revolutions• Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included. |
| Pre-Preliminary | 1:15 max. | <ul style="list-style-type: none">• Toe Loop jump• Jump combination: single/single (no Axel)• Sit spin or camel spin - minimum three revolutions• Spiral sequence with one forward spiral and one backward spiral (any edge) |
| Preliminary | 1:15 max. | <ul style="list-style-type: none">• Lutz jump• Jump combination: single/single (may include Axel)• Back upright spin - minimum three revolutions• Forward inside spiral |

EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.

| Level | Time | Jumps | Spins | Step Sequences |
|-----------------|--|--|---|--|
| No-Test | 1:40 Maximum | <p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> • Single jumps, with the exception of the single Axel, are allowed • No single Axels, double jumps or triple jumps • Maximum of 2 jump combinations or sequences • Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted • Jump sequences limited to a maximum of 3 single jumps <p>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</p> | <p>Max. 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a fly • Minimum 3 revs. <p>Spins must be of a different character (For definition see rule 4103E)</p> | <p>Step sequence*</p> <p>Must use one-half the ice surface</p> <p>Moves in the field and spiral sequences are permitted but will not be counted as elements.</p> <p>Jumps may be included in the step sequence</p> |
| Pre-Preliminary | 1:40 Maximum Vocal music permitted | <p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps, including single Axel, allowed • No double, triple or quadruple jumps allowed • Axel may be repeated once as a solo jump, as part of a jump combination or jump sequence. (maximum of 2 single Axels) • Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max. 2 jump combinations or sequences • Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 3 jumps is permitted. • Jump sequences limited to a maximum of 3 single jumps • ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination | <p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position. • Spins may start with a fly. • Minimum of 3 revolutions <p>These spins must be of a different character (For definition see Rule 4103 (E))</p> | <p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p> |
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| <p>Preliminary</p> | <p>1:40 Maximum</p> <p>Vocal music permitted</p> | <p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel or Waltz-jump type jump • All single jumps, including single Axel, allowed. Only 2 different jumps may be attempted (limited to double Salchow, double toe loop and double loop) • Double flip, double Lutz, double Axel, triple or quadruple jumps are not allowed • An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of jump combinations or jump sequences • Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or sequences • Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted. • Jump sequences limited to a maximum of 3 single or double jumps • ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination | <p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position. • Spins may start with a fly. • Minimum of 3 revolutions <p>These spins must be of a different character (For definition see Rule 4103 (E))</p> | <p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p> |
|--------------------|--|---|---|--|

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| <p>Pre –Juvenile</p> <p>*Means element is required</p> | <p>2:00 +/- 10 sec.</p> | <p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps, in jump sequences or in jump combinations ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</u> ○ Jump sequences limited to a maximum of 3 single or double jumps • <u>Half-loop is considered a listed jump with the value of a single jump when used in a sequence or combination</u> | <p>Max 2 Spins</p> <p>1 spin combination, with or without change of foot* May start with a flying entry Min 6 revs</p> <p>1 spin with only 1 position* No change of foot May start with a flying entry Min 4 revs</p> <p>These spins must be of a different character</p> <ul style="list-style-type: none"> • (For definition see U.S. Figure Skating rule 4103 (E)) | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must fully utilize the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence |
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EVENT: Test Track Free Skate

General event parameters:

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

| Level | Jumps | Spins | Step Sequences | Qualifications |
|----------------------------------|---|---|---|---|
| Pre-Preliminary 1:40 max. | Maximum of 5 jump elements: <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump | Maximum of 2 spins: <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program. | Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test. |
| Preliminary 1:40 max.. | Maximum of 5 jump elements: <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels) • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump | Maximum of 2 spins: <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) | Connecting moves and steps should be demonstrated throughout the program. | Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test, but may not have passed tests higher than the preliminary free skate test. |
| Pre-Juvenile 2:00 +/- 10 sec. | <i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump | <i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. | One step sequence fully utilizing ice surface | Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test |
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| <p>Juvenile 2:15 +/- 10 sec.</p> | <p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps, including Axel, are permitted. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump | <p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One solo spin in one position, no change of foot (Min. 4 revolutions). • One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) • <i>Only solo spin may fly</i> | <p>One step sequence fully utilizing ice surface</p> | <p>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> |
| <p>Intermediate 2:40 +/- 10 sec.</p> | <p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow and double toe loop. • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump | <p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One must be a flying spin (min 5 revolutions), • One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). | <p>One step sequence fully utilizing ice surface</p> | <p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p> |

Adult Program event

General event parameters:

- The skating order of required elements is optional. The elements are not restricted to the number of times elements is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.
- Skaters will skate to the music of their choice. Vocal music is permitted.
- A 0.02 decoction will be taken for each element performed from a higher level.

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| <p>Adult Pre-Bronze: Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test. Time: 1:40 maximum Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.</p> | <p>Adult Bronze: Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 maximum Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.</p> |
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Interpretive Program Event

During warm-up skaters will hear selection of music twice. Following the warm-up all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

- To be skated on full ice
- There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.

| LEVEL | QUALIFICATIONS | PROGRAM LENGTH |
|-----------------------------------|---|----------------|
| Basic 1 - 6 | Skaters may not have competed higher than Basic 5 level in this competition. | Time: 1.15 |
| Pre-Free Skate - Free Skate 3 | Skaters may not have competed higher than Free skate 3 level in this competition. | Time: 1.15 |
| Free Skate 4 - No Test | Skaters may not have competed higher than No Test level in this competition. | Time: 1.30 |
| Pre-Preliminary – Pre-Juvenile | Skaters may not have competed higher than Pre-Juvenile level in this competition. | Time: 1.30 |