

Springfield Skating Invitational 2017

BASIC SKILLS COMPETITION

Free Skate, Compulsory, Jumps, Spins & Artistic

**Open to all US Figure Skating Basic Skills Members
And US Figure Skating Competitors Thru Preliminary!**

Part of the Illinois Basic Skills Series!



September 23, 2017

A fun introduction to
figure skating competition!

A GREAT competition
for all Skaters --
Basic Skills to Preliminary



The Nelson Center

1600 North Fifth Street

Springfield, IL 62702

Approved by US Figure Skating
Sponsored by the **SPRINGFIELD FIGURE SKATING CLUB**

Deadline: August 25, 2017

For More Information:

www.sfsc4u.com

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ELIGIBILITY FOR PARTICIPANTS

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

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 MIF 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.

Groups may be combined by age and gender at the discretion of the competition committee. If there is only one competitor in a group, the competitor may be asked if they wish to skate up to the next level.

Skaters 18 years of age and older may choose to compete in Adult 1-4, Pre-Bronze, and Bronze events.

AWARDS

All skaters will receive an award immediately following the completion of the event and posting of results.

ENTRY FEES and FORMS

The first event is \$50. Each additional event is \$20. Only online entries with secure credit card payment through EntryEeze will be taken. See event site at www.sfsc4u.com for more information. Note that electronic entries must be paid with a successful credit card transaction to be considered valid and must be completed by midnight, August 25, 2017. Late entries will be accepted at the discretion of the competition committee, and only if accompanied by a \$20 late fee.

Please note that your coach/instructor is required verifying your level of competition and events. It is the skaters' and coaches' responsibility to verify that the skater has entered the correct events and levels. Any change in a skater's level/event after the deadline is subject to a \$20 change fee.

REGISTRATION

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

MUSIC

The music for all Free Skate programs must be turned in at the registration desk on CD (CD-RWs are not acceptable).

PRACTICE ICE

Practice ice will be available prior to the start of the competition and as needed before free skating events. No music will be played on practice ice. Price for practice ice is \$10.00 for a 20-minute session if registered in advance. Walk-ons will be charged \$15.00.

SCHEDULE OF EVENTS

The schedule of events will be posted at www.sfsc4u.com. The schedule will be emailed to all competitors and coaches who provide an email address.

QUESTIONS

Inquiries should be directed to Lori Hedges, lhedges@sps186.org or 217-801-1630 E-mail communications are preferred.

HOTEL INFORMATION

Please refer to the SFSC website, www.sfsc4u.com, for further information when available.

10th Annual U.S. Figure Skating Illinois Learn To Skate USA Series
July 1, 2017- June 30, 2018



2018 Illinois Learn To Skate USA Series Mission Statement
“To provide a fun and positive experience that will instill a lifelong love of skating”

During the season, skaters will have the chance to compete at different competitions and earn points for a final standing. An awards ceremony will take place where the TOP 3 skaters from each level for compulsory and free skate will be awarded a medal. You need not be present at the season end ceremony to receive your award. The final award announcement will be emailed to all qualifying skaters on July 18, 2018 for the location, date, and time of ceremony.

Series Point System

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

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

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

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

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

The following events will be offered:

July 1, 2017- June 30, 2018
Snowplow Sam
Basic 1 through Basic 6
Intro Pre-Free skate, Pre-Free skate, Free skate 1 through Free Skate 6
Introductory Levels: Beginner through No Test
Pre-Preliminary Test Track through Preliminary Test Track
Pre-Preliminary Well Balanced through Preliminary Well Balanced

Skaters moving to the next level during the Series will take their points with them. If a skater moves up a level for at least two competitions, they will receive an additional 3 points as long as they do not move back down a level at any time during the series. You can earn the bonus points

only once per series. Check Skating council website: <http://skatingcouncilofillinois.org> for updated points. Contact: Brigitte Roquet: brigitteroquet811@gmail.com

Arctic Heatwave

July 22, 2017

Artic Ice Arena, Orland Park, IL

Deb Swanson: kramerswanson@att.net

Chicago Learn to Skate Challenge

July 23, 2017

Robert Crown, Evanston, IL

Christine Hathaway: Chathaway@cityofevanston.org

Summer's Last Hurrah

August 13, 2017

U.S. Cellular Coliseum , Bloomington, IL

Lindsay Danner: ldanner@cityblm.org

Rocket Ice Classic

August 20, 2017

Rocket Ice Arena, Bolingbrook, IL

Michelle Tepkasetkul: michelle@rocketice.com

Skate the Lake

August 25-27, 2017

Cutting Edge FSC, Pleasant Prairie, WI

Joseph Zons: joezons@gmail.com

2017 Springfield Skating Invitational

September 23, 2017

The Nelson Center, Springfield, IL

Lori Hedges: lhedges@sps186.org

8th Annual Kankakee Valley Open

October 1, 2017

Ice Valley Centre, Kankakee, IL

Angela Tousignant: atousignant@kvpd.com

Great Pumpkin Blast

October 29, 2017

All Seasons Ice Rinks, Naperville, IL

Vicki Revere: skateallseasons@gmail.com

Cranberry Classic Learn to Skate USA and Beyond

November 5, 2017

Rockford SC, Loves Park, IL

Joyce Budlong: ssjam1@comcast.net

Autumn Classic

November 11 (singles) November 12 (synchro), 2017

Ice Plex: Pleasant Prairie, WI

Katie Luburich: kluburich@plprairiewi.com

Snowflake Classic

November 12, 2017

Southwest Ice Arena, Crestwood, IL

May Wiza: mayfsc@aol.com

North Shore Winter Classic

December 2-3, 2017

Centennial Ice Arena, Highland Park, IL

Inga Fedorova: ifedorova@pdhp.org

Winter Blizzard

January 14, 2018

Skokie Skatium, Skokie, IL

Kerry Murphy: KMMurphy@skokieparks.org

Cupid Classic

February 10, 2018

Homewood Flossmoor Ice Arena, Homewood, IL

Deb Swanson: kramerswanson@att.net

The Freeze

February 16-17, 2018

Glenview Ice Center, Glenview, IL

Dorie Cascio: dorie.cascio@glenviewparks.org

Shamrock Open Learn to Skate USA and Beyond

March 4, 2018

Rockford Skating Club, Loves Park, IL

Joyce Budlong: ssjam1@comcast.net

Heart of Illinois Basic Skills

March 10, 2018

Heart of Illinois Skating Club, Peoria IL

Amy Barney: abarneycpa@yahoo.com

18th Annual Wagon Wheel Basic Skills

TBD

Crystal Ice House , Crystal Lake, IL

Lanny Nelson: Lannyww@sbcglobal.net

Greater Chicagoland Basic Skills Championships

March 18, 2018

Chicago FSC, TBA

Kerry Murphy: KMMurphy@skokieparks.org

Riverbend Spring Classic

TBA

East Alton Skating Academy, East Alton, IL

Kathryn McKeon : krhsk8@gmail.com

7th Annual Southport Spring Classic

April 14, 2018

Glacier Ice Arena Southport Skating Club, Vernon Hills, IL

Elaine Johnson: elainejohnson67@sbcglobal.net

Oak Lawn Basic Skills

April 29, 2018

Oak Lawn Ice Arena, Oak Lawn, IL

Deb Swanson: kramerswanson@att.net

Quad Cities Championships

June 8-10, 2018

FSC of Quad Cities, Davenport, IA

Sue Schwaegler: SDSCHWAEG@aol.com

2018 Southport Summer Classic

June 14-16, 2018

Southport SC, Rec Plex Ice Arena: Pleasant Prairie, WI

Val Berger: Valarie.L.Berger@gmail.com

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



Compete USA Competitions

EVENT: Basic Elements Event: 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
		<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade

Basic 3	1:00 max.	<ul style="list-style-type: none"> 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



Compete USA Competitions

EVENT: Basic Program Event: 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

		<ul style="list-style-type: none"> • 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 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.
- 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

		<ul style="list-style-type: none"> • 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



Compete USA Competitions

EVENT: Pre-Free Skate – Free Skate 6 Program Event

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
		<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets)

Free Skate 2	1:40 max.	<ul style="list-style-type: none"> 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 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.	<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	Max. 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more 	Max. 2 spins: <ul style="list-style-type: none"> • Two upright spins, 	Connecting moves	Skaters may not

1:40 Maximum	<p>than one-half rotation (front to back or back to front including half-loop)</p> <ul style="list-style-type: none"> • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	change of foot optional, no flying entry (Min. 3 revolutions)	and steps should be demonstrated throughout the program	have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests
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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



Compete USA Competitions

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	Max. 5 jump elements: <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 Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination	Max. 2 spins: <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a fly • Minimum 3 revs. Spins must be of a different character (For definition see rule 4103E)	Step sequence* Must use one-half 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

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>
Preliminary	1:40 Maximum Vocal music permitted	<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>



Compete USA Competitions

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 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.

	<ul style="list-style-type: none"> Maximum 2 of any same type jump 			
Preliminary 1:40 max..	<p>Maximum of 5 jump elements:</p> <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 	<p>Maximum of 2 spins:</p> <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.



Compete USA Competitions

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

Adult 1-6 Free Skate, Pre-Bronze and Bronze: *Adult groups will allow skaters ages 18 and up.*

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

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:30+/-10 sec unless otherwise noted

<p>Adult 1</p> <ul style="list-style-type: none"> Falling and Recovery Forward Marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop – two feet or one foot 	<p>Adult 4</p> <ul style="list-style-type: none"> Forward outside edge on a circle, right and left Forward inside edge on a circle, right and left Forward crossovers, clockwise and counterclockwise Backward one-foot glides, right and left Hockey stop, both directions
<p>Adult 2</p> <ul style="list-style-type: none"> Forward skating across the width of the ice Forward one-foot glides Forward slalom 	<p>Adult 5</p> <ul style="list-style-type: none"> Backward outside edge on a circle, right and left Backward inside edge on a circle, right and left Backward crossovers, clockwise and

<ul style="list-style-type: none"> • Backward skating • Backward swizzles, 4-6 in a row 	<ul style="list-style-type: none"> • counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin
Adult 3 <ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Backward skating to a long two-foot glide • Forward chasses on a circle, clockwise and counterclockwise • Backward snowplow stop, Right and Left 	Adult 6 <ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin
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.	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.



Compete USA Competitions

HOCKEY EVENTS: Hockey 1-4 Elements and Skills Competition

Invite the Hockey 1-4 participants plus members of the local hockey association by creating fun and challenging skills competition. Ages should be divided by 8 & under, 10 & under, 12 & under, 14 & under, 16 & under, 18 & under, and adult. These age groups may be combined based upon number of entries.

Hockey 1-4 Elements: Each skater will perform each element when directed by a judge or referee. The following elements have been chosen for the skaters to perform. Format choice: 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
- All elements must be skated in the order listed
- Time: 1:00 or less

Hockey 1 <ul style="list-style-type: none"> • Proper basic hockey stance, forward and backward • March forward across the ice, 8-10 steps • Two-foot glides and dips from forward marching • Forward swizzles / double C-cuts (4-6 in a row) • Stationary Snowplow Stop 	Hockey 3 <ul style="list-style-type: none"> • Forward C-cuts (1/2 swizzle pumps) on a circle, both directions • Forward outside edges on half circles, alternating feet on the axis • Forward inside edges on half circles, alternating feet on the axis • Backward C-Cuts on a circle, both directions • Backward snowplow stops, one foot and two feet V-stop
Hockey 2 <ul style="list-style-type: none"> • Forward strides using 45 degree V-Push, focus on good recovery and alternating arm drive • Forward C-cuts: single leg and alternating feet in 	Hockey 4 <ul style="list-style-type: none"> • Quick starts using forward V-Start • Backward one-foot glide, right and left • Forward crossovers on a circle, clockwise and

<p>a straight line</p> <ul style="list-style-type: none"> • Backward hustle or march, then glide on two feet • Backward swizzles / double C-cuts (4 – 6) • Two-foot moving Snowplow stop 	<p>counterclockwise</p> <ul style="list-style-type: none"> • Backward crossovers on a circle, clockwise and counterclockwise • Hockey stops (to right and left, with speed)
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Hockey Skills Challenge: Have skaters complete each of the five following skills competitions. Set up each station according to the descriptions below. Skaters earn points upon placement in each station (First place - 5 points, second place - 4 points, third place - 3 points, fourth place - 2 points, fifth place - 1 point). Highest combined total wins.

1. Shooting: Using a “shooter tutor,” give each skater 10 pucks to shoot into the five holes. Alternate each shot into the different holes in the tutor. Most number of hits wins.
2. Fastest Skater: Starting at the center red line, have skaters complete one lap around all of the dots and behind the nets. Set up cones on each red dot to outline to course. 2-4 skaters can race at a time at different sides of the red line. Use stop watch. Fastest skater wins.
3. Stick Handling: Place two rows of staggered cones down the length of ice. Have skaters stick handle through the cones down one length and back again. Shortest time wins. A missed cone is a 5-second penalty.
4. Agility: Set up an obstacle course with cones for forward and backward skating, turns and stops. Fastest skater wins.
5. Passing: Set up stationary targets (i.e. cones, bucket, mini-net) 25 feet away from starting line. Give each skater 10 pucks to try to hit each target. Highest number of hits wins.



Compete USA Competitions

SHOWCASE EVENTS:

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge's mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on www.usfigureskating.org.

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner/ Adult 1-4	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
No Test/ Pre-Preliminary/ Adult Pre-Bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 max.
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 max.



Compete USA Competitions

INTERPRETIVE PROGRAM:

Competition Format

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a 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.

Levels:

Levels should be broken by ability with ages divided appropriately.

Judging Rules:

Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

Time:

Music Duration: Pre-Free Skate - No Test: 1:00 Max

Pre-Preliminary - Preliminary: 1:00 Max

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



Compete USA Competitions

EVENT: Spins Challenge

General event parameters:

- 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.
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
High Beginner	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
No Test	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
Pre – Preliminary	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright back-scratch spin (3) • Sit spin (3)
Preliminary	1:30 max.	<ul style="list-style-type: none"> • Forward scratch to back scratch spin (3) • Combination spin with no change of foot (4) • Sit spin (3)



Compete USA Competitions

EVENT: Jumps Challenge

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on ½ 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 be Axel)



Compete USA Competitions

EVENT: Solo Pattern Dance

General event parameters:

- Levels are based upon the skaters' highest pattern dance test passed.
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for his/her level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30th – July 2nd), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2nd quarter).
- Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances groupings.

Level	January 1 st – March 31 st	April 1 st – June 30 th	July 1 st – September 30 th	October 1 st – December 31 st
Preliminary	1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz
Pre-Bronze	1. Swing Dance 2. Cha-Cha	1. Fiesta Tango 2. Swing Dance	1. Cha-Cha 2. Fiesta Tango	1. Swing Dance 2. Cha-Cha



Compete USA Competitions

EVENT: Compete USA Team Compulsories

Format:

The designated skater from each team will perform their chosen element in sequence on full ice, with no music, and will follow this format:

1. Minimum of three skaters on a team; each skater will do at least one required element.
2. When the event is called, all skaters will take the ice for a two (2) minute STROKING ONLY warm-up.
3. This will be followed by a one (1) minute individual warm-up for the elements.
4. Teams will be directed to find a "base" for their team along the boards on the ice where they will stay for the remainder of the event.
5. The announcer, referee or judge-in-charge will call the first element (e.g. jump or stop) to be performed.
6. The team member performing the element will step forward and execute the skill, with the element first being performed by the skater on team one, then team two, then team three and so on
7. Once all the teams have had their skaters complete the element, the next element will be called.
8. Judging is done with one mark for each element (skater) for total team points.
9. Repeat #4-7 above as this will be done in sequence until all the elements at each level are completed.

COMPETE USA LEVELS (SNOWPLOW SAM, HOCKEY, BASIC, PRE-FREE SKATE AND FREE SKATE)

Level	Jumps / Stops	Spins / Turns / Glides	Spiral or Step Sequences
Snowplow Sam – Basic 3, Hockey 1-4	a) Wiggles, two-foot swizzles, forward or backward, (4-8 in a row) b) Snowplow stop (one or both feet) or hockey stop (with skid)	a) Curves, glide turns, or hockey turns (right and left, forward) b) March then glide on two feet or forward one-foot glide on left and right foot (one time skater's height, forward)	a) Forward ½ swizzle pumps or forward c-cuts on a circle (right and left, 6-8 consecutive)
Basic 4-Basic 6	a) Side-toe hop, bunny hop, ballet jump, mazurka b) Waltz jump	a) Forward inside pivot or two-foot spin (min. 3 revs.) b) One-foot upright spin, optional entry & free foot position (min. 3 revs.)	a) Moving forward to backward two-foot turns on a circle, clockwise and counterclockwise (from Basic 3)
Learn to Skate USA Pre-Free Skate and Free Skate 1-6 levels	a) Single jump (no Axel) b) Jump combination or jump sequence (no Axel allowed)	a) Solo spin (scratch spin, layback, camel or sit, min. 3 revs, no flying entry) b) Combo Spin: One change of foot, change of position optional (min. 3 revs. on each foot)	a) Spiral Sequence (from Free Skate 2 or Free Skate)



Compete USA Competitions

LEARN TO SKATE USA SYNCHRO SKILLS 1 – 3

In order to safely practice and compete at the various levels, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level at which they are skating. (See program requirements.)

Eligibility Rules: All skaters on the team must either be full U.S. Figure Skating members or members of the Learn to Skate USA program. All Learn to Skate USA Synchronized Skating teams must be registered with U.S. Figure Skating and have a team number.

In order for the team to be eligible for this event, no skaters on the team may have passed higher than a preliminary test (moves in the field, freestyle or dance). The skaters' test level is as of the competition entry deadline.

No skater may compete on multiple Learn to Skate USA synchronized skating teams.

Age/Number of Skaters: Varies based on the level. The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1. If the majority of team is younger than the listed age, consider skating "up" to the level that best meets the skaters' skill levels.

Each team may have between 8-16 skaters. Teams may have a total of four athletes on their roster in addition to the maximum number permitted on the ice for their respective level.

Costume Rules: Learn to Skate USA synchronized skating teams should follow Rule 7022 Clothing and Equipment (U.S. Figure Skating Rulebook) when selecting their clothing for competition.

Coach Compliance: Coaches bringing their Learn to Skate USA synchronized skating team to a Compete USA competition should have, at a minimum, the Learn to Skate USA Instructor Membership, background check and complete the Learn to Skate USA Instructor Certification



Compete USA Competitions

LEARN TO SKATE USA SYNCHRO SKILLS 1-3

The synchronized competition program is also part of the Learn to Skate USA program. The Compete USA competition program is for Learn to Skate USA level skaters who are interested in a first competition or “team” experience, taking the Synchro 1-4 badges a step further. Synchro Skills teams compete at Learn to Skate USA competitions and nonqualifying synchronized skating competitions around the country.

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

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
SYNCHRO SKILLS 1 8-16 skaters, majority under 9 years old Maximum 2 minutes 10 seconds	One circle, which must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and must have only forward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, choice of 4-spoke or 3 spoke with backward pumps.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
SYNCHRO SKILLS 2 8-16 skaters, majority under 12 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward 3-turn and must contain a backward inside and/or backward outside edge glide.	One line, which must cover full ice and may include forward and backward skating.	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the team’s choice with backward pumps and chasses.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
SYNCHRO SKILLS 3 8-16 skaters, majority at least 12 years old Maximum 2 minutes 40 seconds Minimum of two different hand holds	One circle, which must contain a mohawk and must contain a backward inside and/or backward outside edge glide.	Line element, which includes a change of configuration (1 line to 2 lines or 2 lines to 1 line), and must cover full ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 different configurations.	Wheel element of the team’s choice with backward pumps, chasses, or crossovers.	One intersection: Two lines facing each other, 1-foot glide or forward lunge at point of intersection.

The emphasis of the Learn to Skate USA synchronized skating competition is on mastering the Synchro Skills of synchronized skating:

- Unison of body alignment, and learning to guide with the head.
- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Learning how to transition within elements with ease and clarity.
- Incorporating skills from Basic 1-6, Pre-Free Skate and Free Skate 1 to strengthen skating skills.
- Learning skills that will be the foundation for higher levels.
- Demonstrate ability to recognize and skate to the tempo of the music.

Restrictions in Synchro Skills 1 & 2:

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

Restrictions in Synchro Skills 3:

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

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

Please reference <http://usfsa.org/programs?id=84096&menu=synchronized> for most up-to-date Learn to Skate USA Synchronized Skating rules



Compete USA Competitions

EVENT: Theatre On Ice (TOI) Events

Format: The competitive programs shall create a story based on the theme while demonstrating the choreographic process and gesture or movement.

- Programs should contain skating skills from the Learn to Skate USA program levels listed.
- Elements from higher levels are not allowed.
- Elements from lower levels are encouraged.
- Coaches should refer to the U.S. Figure Skating Learn to Skate USA Instructor’s Manual for further details on the elements.
- Props, scenery and theatrical makeup are not allowed.

Please refer to the Learn to Skate USA Instructor’s Manual for more detailed information on Theatre On Ice 1-4.

Learn to Skate USA Theatre On Ice Levels

Level	Program Length	Test, Team Size and Age Requirements
TOI/CE 1	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Joy (emotion) • Choreographic process: Repetition • Movement or gesture: Allegro (fast movement) <p>Skaters should demonstrate elements from the Learn to Skate USA program levels 1 through 4. Elements from higher levels are not allowed.</p>
TOI/CE 2	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Body as an instrument • Choreographic process: Canon • Movement or gesture: Soft movement (fluid and light) <p>Skaters should demonstrate elements from the Learn to Skate USA program levels 5 through 6 Elements from higher levels are not allowed.</p>
TOI/CE 3	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Traveling through space • Choreographic process: Mirroring • Movement or gesture: Unison <p>Skaters should demonstrate elements from the Learn to Skate USA Free Skate 1 through 3. Elements from higher levels are not allowed.</p>
TOI/CE 4	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Rhythm • Choreographic process: Call and response • Movement or gesture: Percussive (sharp, fast movement) <p>Skaters should demonstrate elements from the Learn to Skate USA Free Skate 4 through 6. Elements from higher levels are not allowed.</p>



Compete USA Competitions

EVENT: SPECIAL OLYMPICS BADGE PROGRAM

Competition hosts can use the skills listed below to create either an elements event or program event for Special Olympics competitors. If doing a program, music can be used and will be 1:10 max.

Badge 1

- A. Stand unassisted for five seconds
Sit on ice or fall and stand up unassisted
- B. Knee dip standing still unassisted
- C. March forward ten steps assisted

Badge 2

- A. March forward ten steps unassisted
- B. Swizzles, standing still: three repetitions
- C. Backward wiggle or march assisted
- D. Two foot glide forward for distance of at least length of body

Badge 3

- A. Backward wiggle or march
- B. Five forward swizzles covering at least ten feet
- C. Forward skating across the rink
- D. Forward gliding dip covering at least length of body

Badge 4

- A. Backward two-foot glide covering at least length of body
- B. Two foot jump in place
- C. One foot snowplow stop: left or right
- D. Forward one foot glide covering at least length of body: left and right

Badge 5

- A. Forward stroking across rink
- B. Five backward swizzles covering at least ten feet
- C. Forward two-foot curves left and right across rink
- D. Two-foot turn front to back, on the spot

Badge 6

- A. Gliding forward to backward two-foot turn
- B. Five consecutive forward one-foot swizzles on circle: left and right
- C. Backward one foot glide length of body: left and right
- D. Forward pivot

Badge 7

- A. Backward stroking across the rink
- B. Gliding backward to forward two-foot turn
- C. T-stop left or right
- D. Forward two foot turn on a circle: left and right

Badge 8

- A. Five consecutive forward crossovers: left and right
- B. Forward outside edge: left and right
- C. Five consecutive backward $\frac{1}{2}$ swizzles on a circle: left and right
- D. Two-foot spin

Badge 9

- A. Forward outside 3 turn: left and right
- B. Forward inside edge: left and right
- C. Forward lunge or shoot the duck at any depth
- D. Bunny hop

Badge 10

- A. Forward inside three-turn: left and right
- B. Five consecutive backward crossovers: left and right
- C. Hockey stop
- D. Forward spiral three times length of body

Badge 11

- A. Consecutive forward outside edges: minimum of two on each foot
- B. Consecutive forward inside edges: minimum of two on each foot
- C. Forward inside Mohawk: left and right
- D. Consecutive backward outside edges: minimum of two on each foot
- E. Consecutive backward inside edges: minimum of two on each foot

Badge 12

- A. Waltz jump
- B. One foot spin: minimum of three revolutions
- C. Forward crossover, inside Mohawk, backward crossover, step forward:step sequence should be repeated clockwise and counter clockwise
- D. Combination of three moves chosen from badges 9-



Compete USA Competitions

Event: THERAPEUTIC SKATING Badge Program

Competition hosts can use the skills listed below to create either a elements or program event for Special Olympics competitors. If doing a program, music can be used and will be 1:10 max.

Therapeutic 2 – ON ICE

- A. Stand on ice
- B. Fall and stand up
- C. Knee dip in place
- D. March forward 10 steps

Therapeutic 3

- A. Three swizzles standing still
- B. March forward 10 steps
- C. Forward two-foot glide
- D. Backward wiggle and march assisted

Therapeutic 4

- A. Backward wiggle or march
- B. Five forward swizzles
- C. Forward skating
- D. Forward gliding dip

Therapeutic 5

- A. Backward two-foot glide
- B. Two-foot jump in place
- C. One-foot snowplow stop, R or L
- D. Forward one-foot glide

Therapeutic 6

- A. Forward stroking across the rink
- B. Five backward swizzles
- C. forward two-foot curves
- D. Two-foot turn front to back standing still

Therapeutic 9

- A. Forward outside edge on a circle
- B. Forward inside edge on a circle
- C. Five forward crossovers
- D. Five backward half swizzles, R or L

Therapeutic 10

- A. Forward outside three-turn, R and L
- B. Forward lunge or shoot the duck
- C. Back outside edge on a circle, R and L
- D. Back inside edge on a circle, R and L

Therapeutic 11

- A. Forward inside three-turn, R and L
- B. Five backward crossovers, R and L
- C. Hockey stop
- D. Two-foot spin

Therapeutic 12

- A. Two forward outside edges
- B. Two forward inside edges
- C. Forward Mohawk, R and L
- D. Forward spiral

Therapeutic 13

- A. Backward outside edges
- B. Two backward inside edges
- C. Two-foot to one-foot spin
- D. Side toe hop, R or L

Therapeutic 7

- A. Gliding forward to backward two-foot turn
- B. Five forward one-foot swizzles, R or L
- C. Backward one-foot glide, R or L
- D. Forward pivot

Therapeutic 8

- A. Backward stroking across the rink
- B. Gliding backward to forward two-foot turn
- C. T-stop R or L
- D. Forward two-foot turn on a circle, R and L

Therapeutic 14

- A. One-foot spin
- B. Forward crossover inside Mohawk
backward crossover step forward
- C. Backward crossovers to a back outside
edge
- D. Waltz jump from a standing or moving
position



Special Olympics Levels Non-badge

SECTION E - RULES OF COMPETITION

1. Singles Competition

a. Level I

1) Eligibility: A skater competing in Level I must be able to complete the skills required in Badges 1-5 but no higher.

2) Level I Compulsory Element Group

Skaters shall skate all of the following elements in isolation. After one skater has completed all their elements the next skater will begin. The skater has two opportunities to perform the elements.

- a) Forward Swizzles for a distance of 10 meters
- b) Backward Swizzles for a distance of 10 meters
- c) One Foot forward snowplow Stop (left or right)

3) Level I Freestyle Program

- a) Skater may start program at any spot on ice surface.
- b) Judging and timing will begin when skater commences to skate.
- c) This is a Beginning Freestyle program. A well balanced program with elements selected from Badges 1-5 with emphasis on balance, glide and beginning moves done well that includes a selection of the following elements only:
 - Forward march or stroking
 - Backward wiggle or march
 - Forward swizzles
 - Backward swizzles
 - Forward two-foot glide
 - Backward two-foot glide
 - Forward gliding dip
 - Backward gliding dip
 - Forward one-foot glide left and right (length of the body)
 - Two-foot jump in place or moving
 - One-foot forward snowplow stop (left or right)
 - Forward two-foot curves left and right
 - Two-foot turn front to back on the spot

- d) The skills may be performed in any order.
- e) The skater is not required to perform a set number of skills, however, the skater will be judged on the quality of the performance and the content.
- f) The program must be performed to music: instrumental or vocals.
- g) The program will not exceed a time limit of one (1) minute, plus or minus ten (10) seconds.
- h) No elements above Badge 5 are to be included in the program. A mandatory .2 deduction will be made for each added element.

b. Level II

1) Eligibility: A skater competing in Level II must be able to complete the skills required in Badges 1-9 but no higher.

2) Level II Compulsory Element Group

Skaters shall skate the first eight elements in succession. The skater has two opportunities to perform the elements. After completion of the first eight elements the skater will perform the ninth element.

- a) Skater starts at one end of the rink (or on the red goal line).
- b) Skater begins when so instructed by the referee.
- c) Skater skates forward using stroking motion (not swizzles, a .2 deduction will be made for swizzles) to the first blue line, or a point approximately one-third the length of the skating area.
- d) At the first blue line (or one-third the length of the ice), skater performs a forward to backward two-foot turn.
- e) Upon completion of the turn, the skater skates backward stroking (not swizzles, a .2 deduction will be made for swizzles) to the second blue line or a point approximately two thirds the length of the skating area.
- f) At second blue line (or two thirds the length of the ice), skater performs a backward to forward two-foot turn.
- g) Upon completion of the turn, the skater skates forward “using stroking motion” to the finish line (red goal line at the end of the rink).
- h) At the finish line (red line), the skater performs a T-Stop.
- i) Forward crossovers around the hockey circles in figure eight pattern. One pattern clockwise and one pattern counterclockwise (with no stop between), minimum of five crossovers per circle.

3) Level II Freestyle Program

- a) Skater may start program at any spot on ice surface.
- b) Judging and timing will begin when skater commences skating.
- c) This is an Advanced Beginner Freestyle program. A well balanced program with elements selected from Badges 1-9 with emphasis on Glide and Turns and includes all elements listed in Level I as well as a selection of the following elements only and max 2 single jumps (2-foot jump in place or movement and Bunny hop) are allowed:
 - Consecutive forward one-foot swizzles (left foot and right foot)
 - Consecutive backward one-foot swizzles (left foot and right foot)
 - Backward one-foot glide length of body (left foot and right foot)

- Bunny Hop
- T-Stop left or right
- Backward stroking
- Two-foot turn gliding forward to a backward
- Two-foot turn gliding backwards to forward
- Forward Pivot
- Forward two-foot spin
- Forward two-foot turn on a circle (two-foot three-turn) left and right
- Forward outside three-turn (left and right)
- Consecutive forward crossovers (left and right)
- Forward outside edge
- Forward inside edge
- Forward Lunge or Shoot the Duck (at any depth)

d) The skills may be performed in any order.

e) The skater is not required to perform a set number of skills, however, the skater will be judged on the quality of the performance and the content.

f) The program must be performed to music: instrumental or vocals.

g) The Program will not exceed a time limit of one and one half (1 1/2) minutes, plus or minus ten (10) seconds.

h) No elements above Badge 9 are to be included in the program. A mandatory .2 deduction will be made for each added element.

c. Level III

1) Eligibility: A skater competing in Level III must be able to complete the skills required in Badges 1-12 but no higher.

2) Level III Compulsory Short Program Group

Skaters shall skate all of the following elements in isolation. The skater has two opportunities to perform the elements; the attempt which produces the highest aggregate score from the judges will be used towards the skater's final score, the other score will be discarded.

a) Skater may start program at any spot on ice surface.

b) The skills may be performed in any order.

c) Judging and timing will begin when the skater commences skating.

c) The program will not exceed a time limit of one minute, thirty seconds (1:30) plus or minus ten (10) seconds.

d) Any spin or jump other than those required will receive a mandatory .2 deduction.

e) A well balanced program with emphasis on Flow, Carriage and a slightly more advance skill level that includes the following required skills:

- Consecutive forward outside edges (minimum two on each foot)
- Consecutive forward inside edges (minimum two on each foot)
- Waltz jump
- One foot spin (minimum of three rotations)

- Mohawk step sequence (choice of direction)
- Field moves (choice of spirals or lunges)
-

3) Level III Freestyle Program

a) Skater may start program at any spot on ice surface.

b) Judging and timing will begin when skater commences skating.

c) This is an Intermediate Level Freestyle program. A well balanced program with elements selected from Badges 1-12 with emphasis on Flow, Carriage and a slightly more advance skill level that includes all elements listed in Level I and Level II as well as a selection of the following elements only and a max. of 3 single jumps (2-foot jump in place or movement, Bunny hop, Waltz jump, Salchow and Toe Loop):

- Waltz jump
- Forward Spiral
- Backward Spiral
- One foot spin (minimum of three revolutions in the upright position only)
- Consecutive backwards crossovers (left and right)
- Consecutive forward outside edges
- Consecutive forward inside edges
- Consecutive backwards outside edges
- Consecutive backwards inside edges
- Forward inside three-turn (left and right)
- Forward inside Mohawk
- Simpler footwork (Mohawk step sequence, Waltz three-step sequence, etc)
- Field moves (spirals, lunges etc.)
- Salchow
- Toe Loop
- Hockey Stop

d) The skills may be performed in any order.

e) The skater is not required to perform a set number of skills, however, the skater will be judged on the quality of the performance and the content.

f) The program must be performed to music: instrumental or vocals.

g) The program will not exceed a time limit of two (2) minutes, plus or minus ten (10) seconds.

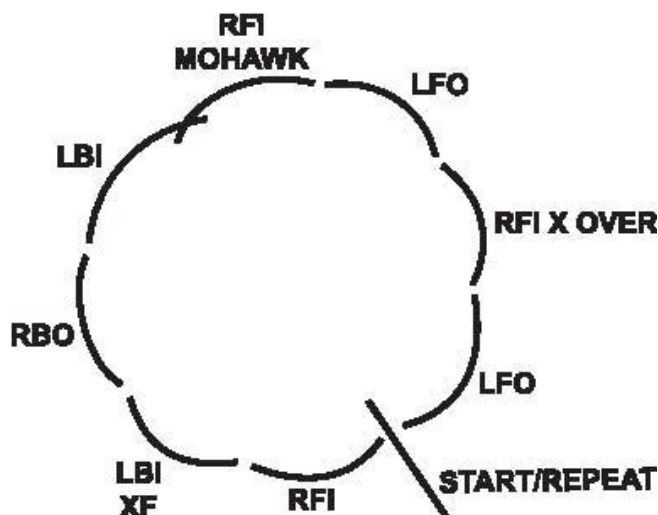
h) Any spin beyond a one-foot spin or jumps other than those listed above will receive a mandatory .2 deduction.

d. Level IV

1) Level IV Compulsory Short Program Group

- a) Skater may start program at any spot on ice surface.
- b) The skills may be performed in any order.
- c) Judging and timing will begin when skater commences skating.
- d) The program may be performed to music that is instrumental or vocal.
- e) The program will not exceed a time limit of one minute, thirty seconds (1:3) plus or minus ten (10) seconds.
- f) Any spin or jump other than those required will receive a mandatory .2 deduction.
- g) A well balanced program with emphasis on Flow, Carriage and a slightly more advanced skill level that includes the following skills:
 - a. The following elements shall be performed in sequence in a circular pattern. Skater has choice of direction.

- Left forward outside edge
- Right forward inside edge crossover
- Left forward outside edge
- Right forward inside Mohawk
- Left back inside edge
- Right back outside edge
- Left back inside crossover
- Right forward inside edge



- b. Waltz three step sequence: Performed in a figure eight pattern. A two-step introduction may be added.

- c. Combination jump waltz jump/toe loop
- d. Half Flip
- e. Salchow
- f. Two foot spin, pick up the outside foot (a beginning back spin)

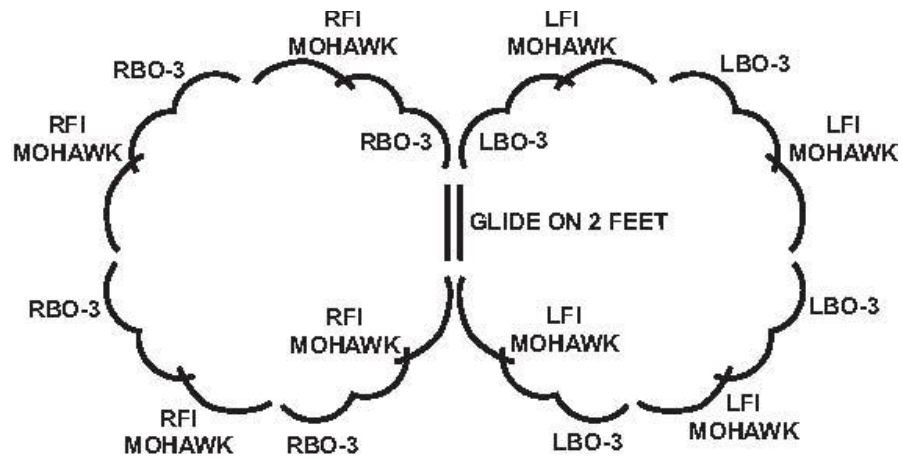
2) Level IV Freestyle Program

- a) Skater may start program at any spot on skating surface.
- b) Judging and timing will begin when skater commences skating.
- c) This is a more Advanced Level Freestyle program. A well balanced program of free skating elements with emphasis on spins, jumps and footwork that includes all elements listed in Level I, Level II and Level III as well as a selection of the following elements only and max 4 single jumps with half rotation and one combination jump (Salchow/Toe Loop) and only two spins are allowed.
 - Salchow
 - Toe loop
 - Loop jump
 - 1/2 revolution jumps
 - One foot solo spin with only one position – no change of foot (solo camel, solo sit spin, solo lay back, solo upright)
 - Upright back spin – any entry allowed
 - Combination jump salchow/ toe loop
- d) A mandatory .2 deduction will occur for any additional elements (i.e. full rotation jumps or change of foot spins other than those listed).
- e) The program must be performed to music: instrumental or vocals.
- f) The program will be two (2) minutes, plus or minus ten (10) seconds

e. Level V

1) Level V Compulsory Short Program Group

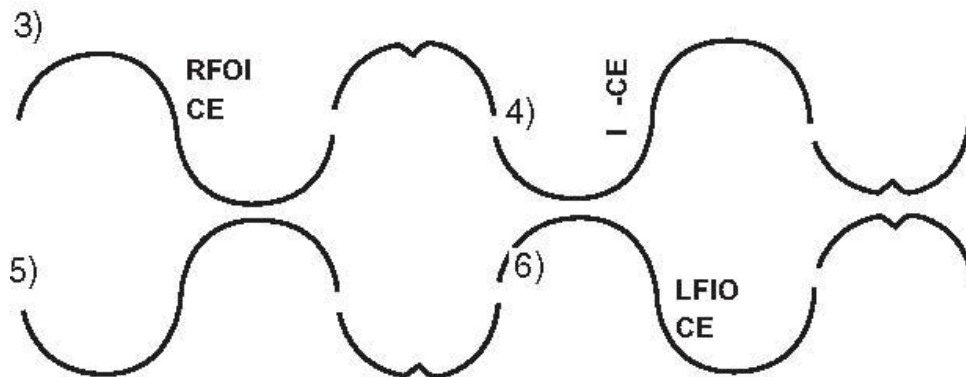
- a) Skater may start program at any spot on the ice surface.
- b) The skills may be performed in any order.
- c) Judging and timing will begin when skater commences skating.
- d) The program will be performed to instrumental or vocal music.
- e) The program will not exceed a time limit of two minutes (2:00) plus or minus ten (10) seconds,
- f) Any spin or jump other than those required will receive a mandatory .2 deduction.
- g) A well balanced program with emphasis on Flow, Carriage and a slightly more advance skill level that includes the following required skills:
 - A. Element a) or b) will be performed in a figure eight pattern.
 - a) Glide on two feet into left backward outside three turn into left forward inside Mohawk repeat to complete first half of figure eight.
 - b) Glide on two feet into right backward outside three turn into right forward inside Mohawk repeat to complete second half of figure eight.



B. Element c) and d) will be performed down the length of the rink, in sequence. A maximum of four introductory steps may be used.

c) Right forward outside to inside change of edge into left forward inside three turn. (See Diagram #3)

d) Right forward inside to outside change edge into left forward outside three turn. (See Diagram #4)



C. Flip Jump

D. Combination jump Salchow jump/ toe loop

E. Loop Jump

F. 3 Connecting Field Moves (spirals, lunges, etc within level requirements) minimum steps between maneuvers.

G. One change of foot spin

H. One change of position spin

2) Level V Freestyle Routine

a) Skater may start program at any spot on skating surface.

- b) Judging and timing will begin when skater commences skating.
- c) This is an Advanced Freestyle program. A well-balanced program of free skating elements with emphasis placed on spins, spin combinations, advanced jumps, jump combinations, footwork that includes all elements listed in Level I, Level II, Level III and Level IV as well as a selection of the following elements only and max. five single jumps and two combination jumps (Salchow/Toe Loop and Waltz jump/Toe Loop) are allowed – jumps can be done with full rotation
- Single rotation jumps
 - Single rotation combination jumps
 - Change of foot spins
 - Change of position spins
- d) A mandatory .2 deduction will occur for any additional elements (i.e. axle or multi-rotation jumps, flying spins).
- e) The program must be performed to music: instrumental or vocals.
- f) The program will be two and one half (2:30) minutes, plus or minus ten (10) seconds

f. Level VI

1) Level VI Compulsory Short Program Group

Skaters shall skate all of the following elements in a well balanced program.

1. Skater may start program at any spot on ice surface.
2. The skills may be performed in any order.
3. Judging and timing will begin when skater commences skating.
4. The program must be performed to music: instrumental or vocals.
5. The program will not exceed a time limit of two minutes (2:00) plus or minus ten (10) seconds.
6. Any spin or jump other than those required will receive a mandatory .2 deduction.
7. A well balanced program with emphasis on Flow, Carriage and a slightly more advanced skill level that includes the following required skills:
8. Level VI Compulsory Short program group
 - a. Choice of one flying spin
 - b. Choice of one change of foot spin
 - c. Choice of one change of position spin
 - d. Axel or waltz jump
 - e. Lutz jump
 - f. Combination jumps consisting of one of the following: Single/Single, single/double, double/single, double/double jumps
 - g. Straight line/ circular or serpentine footwork sequence
 - h. Balance and/or flexibility sequence with a minimum of three changes of foot or position. Balance and/or flexibility maneuvers include spirals, attitudes, shoot-the-ducks, spread-eagles, etc.

2) Level VI Freestyle Program:

- a) Skater may start program at any spot on skating surface.
- b) Judging and timing will begin when skater commences skating.

c) This is the Most Advanced Freestyle program. A well-balanced program of free skating elements that includes all elements listed in Level I, Level II, Level III, Level IV and Level V as well as a selection of the following elements (all is allowed):

- Flying spins
- Change of foot spins
- Change of position spins
- Axles
- Double jumps
- Combination jumps

d) The program must be performed to music: instrumental or vocals.

e) The program will be three (3) minutes, plus or minus ten (10) seconds.

f) The program **MUST** include:

- Straight line/ circular or serpentine footwork sequence
- Spiral sequence with a minimum of three changes of foot position