

2016 Skate Your Heart Out Invitational

U.S. Figure Skating Sanction #22818
Basic Skills Competitions Approval BSC #22819



The Winter Club of Indianapolis invites you to participate in the 2016 Skate Your Heart Out Invitational on Sunday, February 7, 2016, at Indiana Farmers Coliseum located at 1202 East 38th Street, Indianapolis, IN 46205.

Eligibility and Liability:

The Skate Your Heart Out Invitational 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 the closing date of entries. All Snowplow Sam and Basic Skills 1-8 skaters must skate at the highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances. For the Basic Free Skate 1-6, Test Track, and Well Balanced levels, eligibility will be based only upon the highest free skate level passed (MIF test level will not determine a skater's competitive level). Skaters may skate at the highest level passed or one level higher, but not both levels in the same event during the same competition.

U.S. Figure Skating, Winter Club of Indianapolis, and Indiana Farmers Coliseum accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating rulebook.

Entries and Fees:

All entries must be received by January 10, 2016, via the online entry portal at EntryEeze. Paper entries will not be accepted. No refunds will be made unless the event is cancelled due to lack of entries.

Entry fees are:

\$50.00 for first event for Beginner Freeskate and higher including Adult events; \$25.00 for each additional event entered.

\$35.00 for the Basic Skills program event (half ice event); \$15.00 for the Basic Skills element events (half ice event.)

Entries can be made online at <http://comp.entryeeze.com/Home.aspx?cid=90> .

Late entries may be accepted at the discretion of the host club with a \$15.00 late fee. Schedules and information about practice ice will be distributed via email and posted on our website at www.winterclubindy.org. For any additional questions, contact syhowinterclub@gmail.com.

Facilities:

The competition will be held at the Indiana State Fairgrounds. Parking is \$5 per car. The ice surface is 85' x 200' with slightly rounded corners. A snack bar, skate shop, and dressing rooms

will be made available during the competition. There will be a registration desk located in the lobby where skaters should check in an hour before their event. There will also be a rink side ice monitor where skaters should check in 30-45 minutes prior to their event.

Coaches:

Coaches must be current USFS coach members or registered basic skills instructors.

Music:

Skater may upload music through EntryEeze at the time of entry.

Rules governing music selection can be found in the U.S. Figure Skating rulebook, rules 3501-3506.

Winter Club of Indianapolis will provide music for all Dance events and Basic Skills Program 1-8.

Competitors must provide music for all events, as appropriate. Basic Skills Program events will utilize music provided by Winter Club of Indianapolis.

Competition music for all events that require music must be submitted electronically via the online registration system by the music deadline of 02/01/2016 at 11:59 pm.

After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can log out of your account and return later to upload your music by going to the "competition" tab and then selecting "my music".

Your music must meet the following criteria. If you have questions about what format you have, please contact your coach and get a new version of your music that meets the criteria listed below.

Music Criteria:

- 1) File Format: MP3 (the online system will automatically check this)
- 2) Bit Rate: 192 kbps or higher (this will be checked by the music chairperson and they may request you upload a corrected file)
- 3) Sample Rate: 44,100 kHz (this will be checked by the music chairperson and they may request you upload a corrected file)
- 4) Leaders and trailers (the silence or "dead space" before and after the actual start and end of the program music) may not exceed two (2) seconds. We prefer that there be NO leaders or trailers at all. Excessive leaders and trailers may disrupt the playing of the music during competition.

Competitors must also bring a copy of their competition music on CD as a backup in case of technical difficulties and must be turned in at the registration desk at the time of check-in. Only CDs (standard CD-R format only) will be accepted. CD-RWs will NOT be accepted due to compatibility issues. CDs must be clearly marked with the competitor's name, event, and running time. CDs must only have one piece of music per CD. The official competition CD turned in at the Registration Desk is reserved for use during the event and may not be retrieved for Practice Ice use. Please keep additional copies of your music readily available rink side during competition events. Music may be picked up at the registration desk following each event. Every reasonable care will be taken, but the hosting club cannot be responsible for music left at the end of the competition.

Music for Basic Skills 1-8 Programs is the same music used in other SEGL area competitions for Basic Skills events and is new for 2016. Coaches should contact syhowinterclub@gmail.com if you need the new music emailed to you.

Awards:

All skaters will receive an award immediately following their event. Please leave your skates and costumes on for the photographs.

Practice Ice:

Practice ice will be available for pre-purchase before the competition for \$7.00 per session. Sessions will be 20 minutes in length. Practice ice can be purchased online with the registration and if any additional ice is available it will be available for purchase at the competition for \$9.00 per session. Skaters are limited to two practice ice sessions each.

Directions to Indiana Farmers Coliseum:

From the North

- **Via I-65 (Chicago, IL)**
Take Exit 119 to West 38th Street. Continue 4.5 miles and the Fairgrounds will be on your left.
- **Via I-69 (Fort Wayne, IN)**
- **I-69 becomes Binford Boulevard in Indianapolis. After 6 miles, Binford Boulevard becomes Fall Creek Parkway. From Fall Creek Parkway, turn Right on East 38th Street and the Fairgrounds will be on your right.**

From the South

- **Via I-65 (Louisville, KY)**
- **Merge onto I-70 East. Take Exit 85B to North Keystone Avenue. Turn Left on East 38th Street and the Fairgrounds will be ahead on your right.**

From the East

- **Via I-70 (Columbus, OH)**
- **Take Exit 85 to Keystone Avenue and turn Right. Turn Left on East 38th Street and the Fairgrounds will be ahead on your right.**
- **Via I-74 (Cincinnati, OH)**
- **Merge onto I-465 North. Take Exit 44A to I-70 West. Take Exit 85 to Keystone Avenue and turn Right. Turn Left on East 38th Street and the Fairgrounds will be ahead on your right.**

From the West

- **Via I-70 (St. Louis, MO)**
- **Take Exit 85B to North Keystone Avenue. Turn Left on East 38th Street and the Fairgrounds will be ahead on your right.**
- **Via I-74 (Danville, IL)**
- **Merge onto I-465 North. Take Exit 17 to West 38th Street. Turn Right on West 38th Street and continue 7 miles to the Fairgrounds on your left.**

Area Hotels:

<http://www.in.gov/statefair/fairgrounds/accommodations.htm>

Basic Skills ELEMENTS events

Each skater will perform each element when directed by the referee/judge. All skaters will perform the first element before moving on to the next element and so on.

- To be skated on 1/3 to 1/2 ice.
- No music.

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

- All elements must be skated in the order listed.

Basic Skills PROGRAM events: 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. Skaters will skate to compulsory music provided by Winter Club of Indianapolis on half ice. Skaters may include elements from previous levels. A 0.2 deduction will be taken for each element performed from a higher level.

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

Introductory, Test Track, & Well Balanced Free Skate Levels

Free Skating requirements are according to the 2015-16 US Figure Skating rulebook. Skaters may enter the event for which they have passed the required test or one level higher, but not both. Skaters may enter well balanced, test track, or basic free skate, but not both. All events will be judged under the 6.0 system. Vocal music is permitted.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner Free Skate 1:40 Maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none">• Jumps with no more than one-half rotation (front to back or back to front).• Max. 2 jump sequences• Max. 2 of any same jump	<i>Max. 2 spins:</i> <ul style="list-style-type: none">• Two upright spins, no change of foot, no flying entry (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 Basic Skills free skating badge tests

<p>High Beginner Free Skate</p> <p>1:40 Maximum</p>	<p><i>Max. 5 jump elements:</i></p> <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 	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p>No-Test Free Skate</p> <p>1:40 Maximum</p>	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> Single jumps, with the exception of the single Axel, are allowed Maximum of 2 jump combinations or sequences Jump combinations limited to 2 jumps Jump sequences limited to a maximum of 3 single jumps (half-loop is not considered a single jump at this level and may be performed without counting toward jump limit) No single Axels, double jumps or triple jumps 	<p><i>Max. 2 spins:</i></p> <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) 	<ul style="list-style-type: none"> 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 	<p>No US Figure Skating FS tests passed.</p>
<p>Pre-Preliminary Test Track Free Skate</p> <p>1:40 max.</p>	<p><i>Maximum of 5 jump elements:</i></p> <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 	<p><i>Maximum of 2 spins:</i></p> <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) 	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating pre- preliminary free skate test.</p>
<p>Pre preliminary Limited Well Balanced Free Skate</p> <p>1:30 +/- :10 seconds</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps, NO Axel, allowed. No doubles. Max. 2 jump combinations or sequences; one may be a 3 jump combination. Number of jumps in a jump sequence is limited to 3 single jumps Half loop is considered a single jump when used in a sequence or combination 	<p><i>Maximum of 2 spins:</i></p> <p>Spins may change feet and/or position.</p> <p>Spins may start with a fly. Min. 3 revs</p> <p>Spins must be of a different character.</p>	<p>Max 1 Step Sequence</p> <p>Must use one-half the ice surface</p> <p>Moves in the field & spiral sequences are permitted, but will not be counted as elements</p> <p>Jumps may be included in the sequence</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating pre- preliminary free skate test.</p>

<p>Pre preliminary</p> <p>Well Balanced</p> <p>Free Skate</p> <p>1:30 +/- :10 seconds</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps, including Axel, allowed. Max. 2 jump combinations or sequences Jump combinations are limited to 2 jumps. Number of jumps in a jump sequence is limited to a maximum of 3 single jumps (½ loop is not considered a single jump.) Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Maximum of 2 Axels Double or triple jumps are not allowed. 	<p><i>Maximum of 2 spins:</i></p> <p>Spins may change feet and/or position.</p> <p>Spins may start with a fly. Min. 3 revs</p> <p>Spins must be of a different character.</p>	<p>Max 1 Step Sequence</p> <p>Must use one-half the ice surface</p> <p>Moves in the field & spiral sequences are permitted, but will not be counted as elements</p> <p>Jumps may be included in the sequence</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating pre- preliminary free skate test.</p>
<p>Preliminary</p> <p>Test Track FS</p> <p>1:40 max.</p>	<p><i>Maximum of 5 jump elements:</i></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><i>Maximum of 2 spins:</i></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) 	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>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.</p>
<p>Preliminary Limited</p> <p>Well Balanced</p> <p>Free Skate</p> <p>1:30 +/- :10 seconds</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel or a waltz jump- type jump* All single jumps, including the single Axel, allowed. No double jumps allowed <ul style="list-style-type: none"> An Axel may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination 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 except that one three jump 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><i>Maximum of 2 spins:</i></p> <p>Spins may change feet and/or position.</p> <p>Spins may start with a fly. Min. 3 revs</p> <p>Spins must be of a different character.</p>	<p>Max 1 Step Sequence</p> <p>Must use one-half the ice surface</p> <p>Moves in the field & spiral sequences are permitted, but will not be counted as elements</p> <p>Jumps may be included in the sequence</p>	<p>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.</p>

<p>Preliminary Well Balanced Free Skate</p> <p>1:30 +/- :10 seconds</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel or a waltz jump- type jump* • All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps 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 a jump sequence or jump combination ○ 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 except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted ○ Jump sequences limited to a maximum of 3 single or double 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><i>Maximum of 2 spins:</i></p> <p>Spins may change feet and/or position.</p> <p>Spins may start with a fly. Min. 3 revs</p> <p>Spins must be of a different character.</p>	<p>Max 1 Step Sequence</p> <p>Must use one-half the ice surface</p> <p>Moves in the field & spiral sequences are permitted, but will not be counted as elements</p> <p>Jumps may be included in the sequence</p>	<p>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.</p>
--	--	---	---	--

Introductory Compulsory Moves Events: Skaters will skate a program with no music on ½ the ice surface. Elements may be skated in any order with a limited number of connecting steps. Elements may only be attempted once in the program and a 0.2 deduction will be taken for elements performed from higher levels.

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
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 or 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.	<ol style="list-style-type: none"> 1. Single flip 2. Jump combination: single/single (no Axel) 3. Sit spin or camel spin - minimum three revolutions 4. Spiral sequence with one forward spiral and one backward spiral (any edge)

Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single/single (may include Axel) 3. Back upright spin - minimum three revolutions 4. Forward inside spiral
-------------	-----------	---

Spin Challenge Events: 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 and only required elements may be included. All events are skated on half ice. The minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Basic Skills	1:00 max	<ol style="list-style-type: none"> 1. Forward pivot- either foot 2. Upright two---foot spin
Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one---foot spin (3) 2. Upright two---foot spin (3)
High Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one---foot spin (3) 2. Upright two---foot spin (3)
No---Test	1:30 max.	<ol style="list-style-type: none"> 1. Upright one---foot spin (3) 2. Upright two---foot spin (3)
Pre – Prelimina	1:30 max.	<ol style="list-style-type: none"> 1. Upright one---foot spin (3) 2. Upright back scratch spin (3)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Forward scratch to back scratch spin (3) 2. Combination spin with no of foot (4) 3. Sit spin (3)

Jump Challenge Events: Each jump may be attempted twice and the best attempt will be counted. All levels will be skated on half 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)

Solo Dance Events: Two patterns of each dance will be skated. Both dances will be performed.

Preliminary Dutch Waltz and Canasta Tango

Pre Bronze Swing Dance and Cha Cha

Showcase Events: Skaters must enter at the same level as their free skate 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 must be placed and removed by unaided singles skaters within 1:00. 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 handling props.

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. Deductions will be made for skaters including technical elements not permitted in the event description. Events include

1. Light entertainment which is a showcase program emphasizing such choreographic expressive qualities such as comedy, love, and mime while incorporating skating skills.'

Basic Skills Showcase	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00 Max
Beginner/High Beginner Showcase	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 Showcase	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 Showcase		Must have passed no higher than the U.S. Figure Skating preliminary FS	Time: 1:40 max

ADULT EVENTS: Adult 1-4, Pre-Bronze and Bronze:

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

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- a .2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10 sec unless otherwise noted

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

INTERPRETIVE PROGRAM:

Interpretive is a performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the competitions committee/LOC. Programs should incorporate various elements of expressive movement and skating moves, to enhance the skater's interpretation of the music, rather than technical elements.

- The music will be played during a 30-minutes off-ice session and twice during an on-ice warm-up prior to the performance.
 - The room will be attended only by the adult monitor assigned to play the music and the competing skaters in that group.
- After the warm up skaters will go back to a room, with no music being played.
- Skaters will be brought to the ice when the previous skater finishes.
- All competitors in an event will interpret the same music.
- Props are permitted but must be brought into the room prior to listening to the music, and be taken to the ice only when the skater is called to perform. Props may not be pre-positioned on the performance surface.

Interpretive Events and Levels

- A. Basic Skills (may not have passed any USFS tests) 1:00
- B. Beginner/High Beginner (May not have passed Pre Preliminary FS Test) 1:00
- C. Pre Preliminary (may not have passed the Preliminary FS test) 1:00
- D. Preliminary (may not have passed the Pre Juvenile FS Test) 1:00