

A U.S. Figure Skating  
Competition

Sunday, February 25, 2018  
Brooklyn Park Community Activity Center  
5600 – 85<sup>th</sup> Avenue North, Brooklyn Park, MN

**ONLINE REGISTRATION!**

Check it out at  
<http://www.threeriversfsc.org/>

**Skate in the Park 2018 Chairs:**

Lori Nelson & Kim Rocha

**Email:**

skateinthepark2018@comcast.net

Sponsored by the Three Rivers Figure Skating Club  
Sanctioned by U.S. Figure Skating  
Referee: Jennifer Marker Johnson

The 13th Annual Skate in the Park Competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. This competition, sanctioned by Skate Canada, is also open to Skate Canada members in good standing.

**ELIGIBILITY/TEST LEVEL:** Test level: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

Age restrictions/requirements: Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 14 years of age at the close of entries. Skaters entering beginner-pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

**ENTRIES:** Online registration is preferred and is available via secured credit card transaction at [www.threeriversfsc.org](http://www.threeriversfsc.org), serviced by Entryeeze. Upon receiving your application online an email will be sent to the skater's coach to verify accuracy of entry. An official at the skater's home club will also be notified to certify the skater's standing within the club. Mail in paper registration is also available for a processing fee of \$5.00. Make checks payable to the TRFSC and mail check and registration form to Three Rivers FSC Skate In the Park Competition, c/o Kim Rocha, 5600 85<sup>th</sup> Avenue N, Brooklyn Park, MN 55443. Entries must be completed online or postmarked by January 16, 2018. Due Fees will be as follows: \$85.00 first event \$25.00 each additional event. In the event that a skater is signed up for the incorrect level or event, the Chief Referee must approve all changes. An additional fee of \$25.00 will be charged to the skater if the Referee approves any changes. Late entries will be accepted only at the discretion of the Chief Referee and must be accompanied by a \$25.00 late fee.

**REFUND POLICY:** Entry fees will not be refunded after January 16, 2018 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a processing fee. Payment of fees will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available by web.

**FACILITIES:** The competition will take place at the Brooklyn Park Community Center, 5600 – 85th Avenue North, Brooklyn Park, MN. There is no admission charge for this competition. Both sheets of ice are 200 ft x 85 ft. Locker rooms will be available for skaters and a concession stand will be open for refreshments.

**MUSIC:** The music for all free skating programs must be provided on CDs only by the skater. No cassette tapes will be accepted. CDs should be clearly marked with the name of the skater, event entered and length of music. Competition music must be turned in at the time of registration the day of the event. Time durations are listed in the 2015-2017 Rulebook. CDR-RW's will not be accepted. Please remember to pick up your music prior to leaving event. Three Rivers Figure Skating Club is not responsible for unclaimed music CDs.

**LIABILITY:** U.S. Figure Skating, the Three Rivers Skating Club, the Brooklyn Park Community Activity Center, and volunteers accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

**JUDGING SYSTEM:** This event is a standard U.S. Figure Skating Nonqualifying Competition. The 6.0 Majority Judging System will be used for:

- Well Balanced Program Free Skate events, Pre-Preliminary – Senior
- Introductory Free Skate events (Beginner, High Beginner, No-Test)
- All Test Track events
- All specialty singles events (Spins, Jumps, Compulsory Moves, etc.)

**REGISTRATION/OFFICIAL NOTICES** Registration will be open 30 minutes before the first event and run through the last event of the day. The registration desk will be located the lobby on the west side of the Brooklyn Park Community Activity Center. Please register promptly upon arrival.

**PRACTICE ICE:** Practice ice will be sold in advance of the event for \$10 per 20 minute session. Information on purchasing practice ice will be included online at [threeiversfsc.org](http://threeiversfsc.org) and can be purchased online via online registration process. Any remaining ice will be sold the day of the event. Refunds will not be given for unused practice ice sessions

**PHOTOGRAPHY/VIDEOGRAPHY:** Photographs and videos will be available for purchase.

**AWARDS:** Everyone will receive an award. All events will be final rounds. Trophies will be awarded in all events. Awards will be presented as closely to the conclusion of each event as possible.

**INFORMATION REGARDING COACHES:** U.S. Figure Skating Rule MR 5.11 Coach Registration order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential. If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA. Please refer to Coach Compliance for additional information.

**CONTACT INFO:** If you have questions, please contact the competition co-chairs Lori Nelson (763-370-6265) or Kim Rocha (612-750-2093) or via email to [skateinthepark2017@comcast.net](mailto:skateinthepark2017@comcast.net). Please check our website for additional information at [www.threeiversfsc.org](http://www.threeiversfsc.org).

**SCHEDULE OF EVENTS:** Will be available online at [threeiversfsc.org](http://threeiversfsc.org) no later than February 18, 2018.

## Skate in the Park 2018 COMPETITION ENTRY FORM

Name:		U.S. Figure Skating #	
Date of Birth:		Sex:	
Address:			
Email:			
Cell phone:			
Name of parent or guardian:			
Highest MITF test:		Highest free skate test:	
Highest dance test:		Highest pairs test:	
Home figure skating club:			
Coach name:		Coach U.S. Figure Skating#	
Coach email:		Coach cell phone:	

**Please mark an "X" in the box next to events you are entering.** The entry fee is \$85 for the first event, and \$25 for each additional event.

### FREE SKATE EVENTS:

Introductory Events	Test Track Events	Well Balanced Program Events	
Beginner	Pre-Preliminary	Pre-Preliminary	
High Beginner	Preliminary	Preliminary	
No Test	Pre-Juvenile	Pre-Juvenile	
	Juvenile	Open Juvenile	
	Intermediate	Juvenile	
	Novice	Intermediate	
	Junior	Novice	
	Senior	Junior	
		Senior	

### SHORT PROGRAM:

### COMPULSORY MOVES:

### JUMPS CHALLENGE:

Short Program	Compulsory Moves	Jumps Challenge	
Intermediate	Beginner	Beginner	
Novice	High Beginner	High Beginner	
Junior	No Test	No Test	
Senior	Pre-Preliminary	Pre-Preliminary	
	Preliminary	Preliminary	
	Pre-Juvenile	Pre-Juvenile	
	Juvenile	Juvenile	
	Intermediate	Intermediate	
	Novice	Novice	
	Junior	Junior	
	Senior	Senior	

**Spins Challenge:****Light Entertainment:**

<b>Spins Challenge:</b>		<b>Light Entertainment</b>	
Beginner		Beginner	
High Beginner		High Beginner	
No Test		No Test	
Pre-Preliminary		Pre-Preliminary	
Preliminary		Preliminary	
Pre-Juvenile		Pre-Juvenile/Juvenile	
Juvenile		Intermediate/Novice	
Intermediate/Novice		Junior/Senior	
Junior/Senior			

First Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Practice Ice \$ \_\_\_\_\_  
 Mail in \$5 Processing Fee \$ \_\_\_\_\_  
**Total:** \$ \_\_\_\_\_

**The completed entry form, with fees, must be postmarked no later than January 16, 2018.**

(Online registrations must be completed by midnight January 16, 2018). For additional information call:

**Kim Rocha (612) 750-2093**

Make check or money order payable to **Three Rivers FSC** and mail to:

**Three Rivers FSC Skate in the Park Competition**  
 c/o Kim Rocha  
 5600 – 85<sup>th</sup> Avenue North  
 Brooklyn Park, MN 55443

**ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.**

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Three Rivers Figure Skating Club/Brooklyn Park Community Activity Center harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

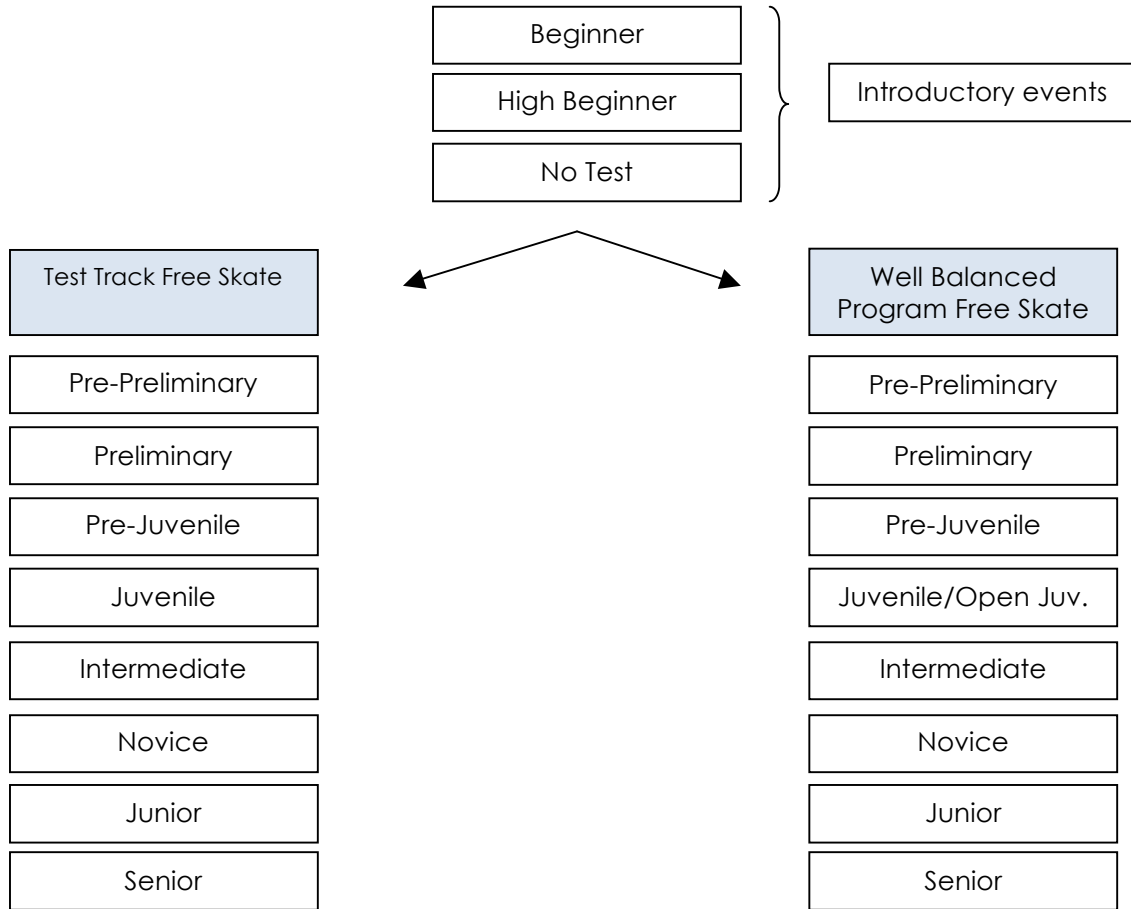
Instructor/coach has verified that the skater/team is entered in the correct level.

The Program Director/Club Officer has verified that the skater/team is in good standing.

# SINGLES FREE SKATING EVENTS

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

Illustration of Singles Free Skating Events:



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

## EVENT: Test Track Free Skate – Pre-Preliminary through Senior levels

### General event parameters:

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



<p>Juvenile</p> <p>2:15 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps, including Axel, are permitted.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <li>One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot)</li> <li><i>Only solo spin may fly</i></li> </ul>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>
<p>Intermediate</p> <p>2:30 +/- 10 sec.</p>	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow and double toe loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One must be a flying spin (min 5 revolutions),</li> <li>One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot).</li> </ul>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p>
<p>Novice</p> <p>Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop and double loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> <li>One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot)</li> <li>The other spins are the option of the skater (min 6 revolutions per foot)</li> <li><i>All spins may fly</i></li> </ul>	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 &amp; 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>

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

## Well Balance Program Free Skate

2016-17 Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council with changes that will go into effect July 1, 2016. Junior and Senior events subject to change by the ISU.

Please follow the link below to view the updated Well Balanced Table.

<http://www.usfigureskating.org/story?id=84109>

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

## EVENT: COMPULSORY MOVES

General event parameters:

- Basic Skills – Juvenile: Elements skated on ½ ice
- Intermediate – Senior: Elements skated on full-ice
- Elements may be performed only once
- Music is not allowed
- A 0.2 deduction will be taken for each element performed from a higher level
- Skaters may compete at their test level or one level higher

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Loop jump</li> <li>2. Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>3. Solo spin – sit <u>or</u> camel spin – minimum three revolutions</li> <li>4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Toe Loop</li> <li>2. Jump combination: single/single (no Axel)</li> <li>3. Sit spin or camel spin - minimum three revolutions</li> <li>4. Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Lutz</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Back upright spin - minimum three revolutions</li> <li>4. Forward inside spiral</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Single jump (may include Axel)</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence – circular</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Jump combination: single/single or double/single</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence – circular</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Salchow or double toe loop or Double loop</li> <li>2. Jump combination: single/single or double/single or double/double</li> <li>3. Flying spin, minimum five revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Salchow or double toe loop or Double loop</li> <li>2. Jump combination: single/single or double/single or double/double</li> <li>3. Flying spin - minimum five revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double flip or Double Lutz</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - minimum 10 revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Lutz or Double Flip</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - minimum 10 revolutions</li> <li>4. Step sequence – straight line</li> </ol>

## EVENT: Jumps Challenge

### General event parameters:

- Each jump may be attempted twice; however, the second attempt is optional and if performed will be the one judged
- Pre-juvenile and lower will be skated  $\frac{1}{2}$  ice; Juvenile – senior will be skated on full ice
- Jumps with an "\*\*\*" must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. <math>\frac{1}{2}</math> flip or <math>\frac{1}{2}</math> Lutz</li> <li>3. Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. Single Salchow</li> <li>3. Jump combination – waltz jump-toe loop</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single loop</li> <li>3. Jump combination – Any two <math>\frac{1}{2}</math> or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single flip</li> <li>3. Jump combination - Any two <math>\frac{1}{2}</math> or single revolution jumps (no Axel)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>5. Single flip</li> <li>6. Single Lutz</li> <li>7. Jump combination – Any single jump + single loop (may be Axel)</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>5. Single Axel</li> <li>6. Single or double jump</li> <li>7. Jump combination – single/single (no Axel)</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>5. Single Axel</li> <li>6. Double Salchow</li> <li>7. Jump combination – single/single or double/single (no Axel)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>5. Single Axel</li> <li>6. Double loop*</li> <li>7. Jump combination – double/single (no Axel)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>5. Double loop</li> <li>6. Double flip*</li> <li>7. Jump combination – double/double (may be double Axel)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>5. Choice of double or triple jump</li> <li>6. Double or triple flip*</li> <li>7. Jump combination – double/double (may be double Axel)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>5. Choice of double or triple jump</li> <li>6. Double or triple Lutz*</li> <li>7. Jump combination – double/double or triple/double (may be double Axel)</li> </ol>

## 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.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
High Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
No-Test	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>4. Upright one-foot spin (3)</li> <li>5. Upright back scratch spin (3)</li> <li>6. Sit spin (3)</li> </ol>
Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>8. Forward scratch to back scratch spin (3)</li> <li>9. Combination spin with no change of foot (4)</li> <li>10. Sit spin (3)</li> </ol>
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> <li>8. Camel spin (3)</li> <li>9. Combination spin – camel to sit spin; no change of foot (6)</li> <li>10. Forward to backward scratch spin (3 per foot)</li> </ol>
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> <li>8. Sit spin (4)</li> <li>9. Combination spin – with change of foot; optional change of position (4 per foot)</li> <li>10. Girls – layback spin (4); Boys – camel spin (4)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>8. Flying camel spin (5)</li> <li>9. Sit spin to backward sit spin (4 per foot)</li> <li>10. Combination spin – change of foot &amp; change of position (4 per foot)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>8. Choice of camel, sit or layback spin (6)</li> <li>9. Camel spin to backward camel spin (4 per foot in position)</li> <li>10. Combination spin – change of foot &amp; two changes of position (2 per position &amp; 5 per foot)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>8. Flying sit spin or flying reverse sit spin (6)</li> <li>9. Solo spin of choice (6) – may not fly</li> <li>10. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>8. Flying spin of choice (6)</li> <li>9. Solo spin of choice (6) – may not fly</li> <li>10. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>

## EVENT: Light Entertainment Showcase

Format:

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

General event parameters:

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

### Light Entertainment Levels

	Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
<b>Singles</b>	Beginner, High Beginner, No Test* Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary* Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age <b>(max age 20)</b>	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age <b>(max age 20)</b>	1:40 max
	Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate Complete Preliminary Dance	Novice Free Skate Any Gold Dance	18-20	2:10 max
	Novice	Novice Free Skate One Silver Dance	Junior Free Skate Any Gold Dance	No age restriction	2:10 max
	Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed Gold Dance		2:40 max
	Senior	Senior Free Skate Complete Gold Dance			2:40 max

\*The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart.