

Welcome to the 3rd Annual



Non-Qualifying and Basic Skills Competition

August 26th – 28th, 2016

RecPlex Ice Arena

9900 Terwall Terrace

Pleasant Prairie WI 53158

skatethelake.org

Entry Deadline: July 31, 2016

Referee: Max Moses

Accountant: Valarie Berger

Technical Accountant: Ed Mann

Technical Controller: Judi Owens



Join us for the second annual SKATE THE LAKE Competition hosted by the Cutting Edge FSC.

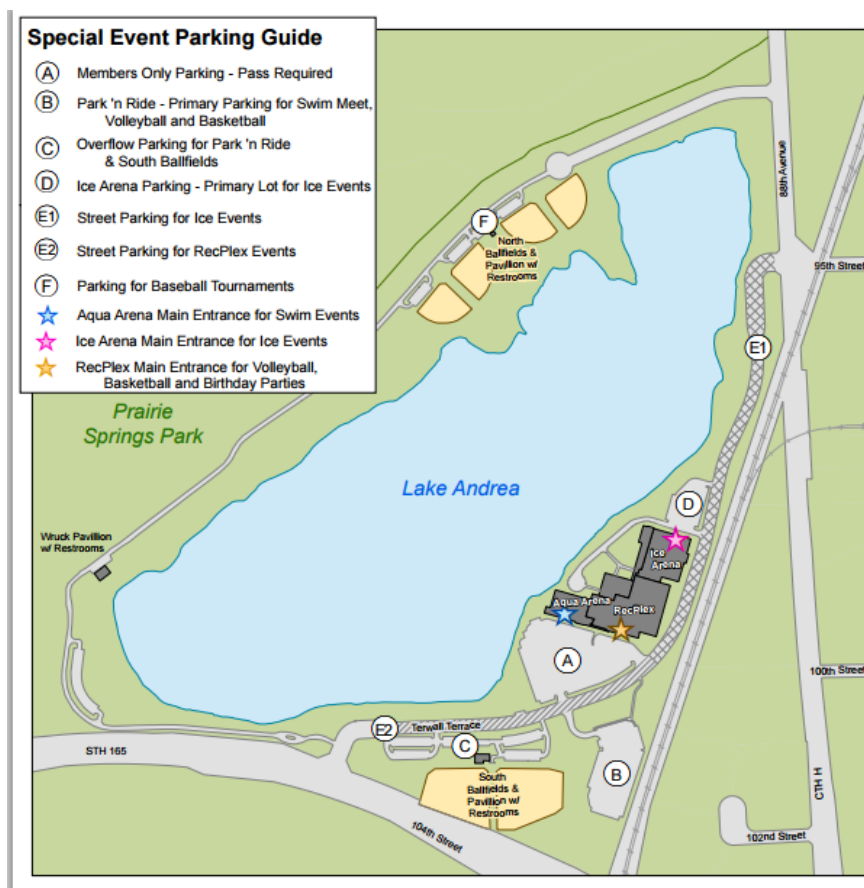
The competition will be held from August 28th to 30th 2015 at the RecPlex Ice Arena in Pleasant Prairie, WI.

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

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

VENUE INFORMATION

The RecPlex Ice Arena is located at 9900 Terwall Terrace, Pleasant Prairie WI 53158. The phone number for this facility is 262-947-0437. The size of the ice is 85' X 200' and a snack bar (the LA Grill) is available.



The Ice Arena is located on the north side of the RecPlex complex, as shown on the map to the left.

The main parking lot for Ice Events is letter D on the map, although the lot fills quickly. Skate the Lake recommends parking in the overflow lot B or on the street labeled E1 – this is a 15 mph street that is part of Prairie Springs Park.

Prairie Springs Park is 1.5 miles east of Interstate 94, just north of State Highway 165, and west of County Highway H.

NOTE: DO NOT PARK in spots marked for 10 minute parking for more than your allotted 10 minutes, or you will be ticketed!

SERIES INFORMATION

Skate the Lake 2016 is proud to be part of the 6th annual Illinois Grand Prix of Figure Skating Series, which runs from March through September 2016.

Skate the Lake 2016 is also part of the 9th Annual U.S. Figure Skating Illinois Basic Skills Series, which runs from July 1, 2016 to June 30, 2017.

Please refer to www.skatingcouncilofillinois.org for more information on both the Grand Prix and Basic Skills Series.

ELIGIBILITY/TEST LEVEL

Basic Skills: Skate the Lake 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. Basic Skills skaters may compete in any event as qualified by their basic skills level as of July 1, 2016.

All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at the highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including moves in the field or individual dances.

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.

DEADLINE for all entries is July 31st 2016. Late entries may be accepted at the discretion of the referee, subject to a late fee of \$25.00. All entries will be accepted ONLINE ONLY...

ENTRIES

Online entry system with secure credit card payment is available for this year's competition. The online registration system, Entryeeze, can be accessed via a link on the competition website at www.skatethelake.org.

IJS Events	
First IJS Event – Juvenile through Senior	\$115.00
Additional IJS Event	\$40.00

Introductory, Well Balanced, and Test Track	
First Event – Introductory Level, Well Balanced FS Preliminary through Pre-Juvenile, Open Juvenile, Test Track, Interpretive, and Duet Events	\$99.00
Additional Events – Compulsory moves, jumps, moves-in-the-field, spins, and step sequence	\$25.00

Basic Skills	
First Basic Skills Event – Snowplow Sam through Free Skate 6	\$70.00
Each additional Event	\$25.00

REFUND POLICY

Entry fees will not be refunded after July 31st 2016 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. Notification of competition and practice ice times will be available on the competition website at www.skatethelake.org

PRACTICE ICE

Practice ice will be available in 20-minute sessions at a cost of \$12.00 per session. Skaters that utilize the online registration will be able to choose their own practice ice sessions after the competition schedule is available. You will receive an automated notification when online practice ice scheduling is available. Registration information and times for practice ice will be posted on the competition website at www.skatethelake.org two weeks prior to the competition. Additional practice ice, if available, may be purchased at the Registration Desk on the day of the event at a cost of \$15.00 per session. This practice ice is for the competition only. Check the website for more details.

MUSIC

The official competition music must be turned in at the registration table at the time of check-in. Each skater must furnish his or her own CD labeled with the competitor's name and event. Music will be played from CD only, no CD-RW's will be permitted. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the CEFSC cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

LIABILITY

U.S. Figure Skating, Cutting Edge FSC and RecPlex Ice Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEM

The International Judging System (IJS) will be used for the following events:

- *Well Balanced Program free skate events → Juvenile – Senior (not Open Juvenile)*
- *Short program events → Juvenile – Senior*

All competitors skating in these events need to submit the planned program content form online. This form is found in the Member's-Only section at www.usfigureskating.org. The deadline to submit the form is July 31, 2016.

The 6.0 Majority Judging System will be used for:

- *Well Balanced Program free skate events → Pre-Preliminary, Preliminary, Pre-Juvenile, and Open Juvenile Free Skate*
- *Introductory Free Skate events (No Test, High Beginner, and Beginner))*
- *All Test Track events*
- *All specialty singles events (spins, jumps, compulsory moves, etc.)*
- *Interpretive*
- *Artistic*

REGISTRATION

Registration will begin on Friday August 26th 2016 and end on August 28th 2016, dependent on the event schedule. Registration will be open one to two hours before the first event and run through the last event of the day. The registration table will be located near the front doors at the RecPlex Ice Arena. Please register promptly upon arrival.

AWARDS AND PHOTOGRAPHS

Awards will be given to the top four skaters for each event, at a minimum. All basic skills event skaters will receive an award for participation. Parent/skater and coach/skater photographs will be offered as a courtesy to our competitors. Professional videotaping will also be available for the individual competitor's performance.

OFFICIAL NOTICES

U.S. Figure Skating Rule MR 5.11 Coach Registration

In 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:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. 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.
- C. 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.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

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. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without proper registration is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

OFFICIAL HOTEL

The Holiday Inn Express & Suites is the official hotel of Skate the Lake. It is located at 7887 94th Avenue in Pleasant Prairie WI, and is less than 3 miles from the competition rink. A special rate is available to our competition participants and varies depending on your room type selection.

Mention the Skate the Lake/Cutting Edge FSC when making reservations to receive the discounted rate if you contact the hotel by phone at 262-942-6000.

CONTACT INFO

Please direct any questions that you may to Joe Zons, Competition Director and Cutting Edge Board Treasurer, via Email at joezons@gmail.com

EVENT: Basic Program: SNOWPLOW SAM – BASIC 8

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. Vocal music is allowed.

- 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 1-3	1:00 +/-10 max.	<ol style="list-style-type: none"> 1. March followed by a two-foot glide and dip 2. Forward two-foot swizzles, 2-3 in a row 3. Forward snowplow stop 4. Backward wiggles, 2-6 in a row
Basic 1	1:00 +/-10 max.	<ol style="list-style-type: none"> 1. Forward two-foot glide and dip 2. Forward two-foot swizzles, 6-8 in a row 3. Forward snowplow stop 4. Backward wiggles, 6-8 in a row
Basic 2	1:00 +/-10 max.	<ol style="list-style-type: none"> 1. Forward one-foot glide, either foot 2. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot 3. Moving snowplow stop 4. Two-foot turn in place, forward to backward 5. Backward two-foot swizzles, 6 - 8 in a row
Basic 3	1:00 +/-10 max.	<ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive 3. Forward slalom 4. Backward one-foot glide, either foot 5. Two-foot spin, minimum three revolutions
Basic 4	1:00 +/-10 max.	<ol style="list-style-type: none"> 1. Standstill forward outside three-turn, right and left 2. Forward crossovers, 4-6 consecutive both directions 3. Backward stroking, 4-6 strokes 4. Backward snowplow stop, right or left
Basic 5	1:00 +/-10 max.	<ol style="list-style-type: none"> 1. Backward crossovers, 4-6 consecutive, both directions 2. Basic one-foot spin, free leg held to side of spinning leg, minimum three revolutions 3. Side toe hop, either direction 4. Hockey stop
Basic 6	1:00 +/-10 max.	<ol style="list-style-type: none"> 1. Standstill forward inside three-turn, right and left 2. Bunny Hop 3. Forward spiral on a straight line, right or left 4. Lunge, right or left 5. T-stop, right or left
Basic 7	1:00 +/-10 max.	<ol style="list-style-type: none"> 1. Standstill forward inside open Mohawk, right to left and left to right 2. Ballet Jump, either direction 3. Back crossovers to a back outside edge landing position, clockwise and counter clockwise 4. Forward inside pivot
Basic 8	1:00 +/-10 max.	<ol style="list-style-type: none"> 1. Moving forward outside or forward inside three-turns, right and left 2. Waltz jump (from at standstill) 3. Mazurka, either direction 4. 1 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 5. Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions

EVENT: Basic Elements: SNOWPLOW SAM – BASIC 8

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 1-3	1:00 max.	<ol style="list-style-type: none"> 1. March followed by a two-foot glide and dip 2. Forward two-foot swizzles, 2-3 in a row 3. Forward snowplow stop 4. Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ol style="list-style-type: none"> 1. Forward two-foot glide and dip 2. Forward two-foot swizzles, 6-8 in a row 3. Forward snowplow stop 4. Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ol style="list-style-type: none"> 1. Forward one-foot glide, either foot 2. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot 3. Moving snowplow stop 4. Two-foot turn in place, forward to backward 5. Backward two-foot swizzles, 6 - 8 in a row
Basic 3	1:00 max.	<ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive 3. Forward slalom 4. Backward one-foot glide, either foot 5. Two-foot spin – minimum three revolutions
Basic 4	1:00 max.	<ol style="list-style-type: none"> 1. Standstill forward outside three-turn, right and left 2. Forward outside edge on a circle, clockwise or counter clockwise 3. Forward crossovers, 4-6 consecutive, both directions 4. Backward stroking, 4-6 strokes 5. Backward snowplow stop, right or left
Basic 5	1:00 max.	<ol style="list-style-type: none"> 1. Backward outside edge on a circle, clockwise or counterclockwise 2. Backward crossovers, 4-6 consecutive, both directions 3. Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions 4. Side toe hop, either direction 5. Hockey stop
Basic 6	1:00 max.	<ol style="list-style-type: none"> 1. Standstill forward inside three-turn, right and left 2. Bunny Hop 3. Forward spiral on a straight line, right or left 4. Lunge, right or left 5. T-stop, right or left
Basic 7	1:00 max.	<ol style="list-style-type: none"> 1. Standstill forward inside open mohawk, right to left and left to right 2. Ballet jump, either direction 3. Back crossovers to a back outside edge landing position, clockwise and counter clockwise 4. Forward inside pivot
Basic 8	1:00 max.	<ol style="list-style-type: none"> 1. Moving forward outside or forward inside three-turns, right and left 2. Waltz jump (from a standstill) 3. Mazurka, either direction 4. 1 Combination move, clockwise <u>or</u> counter clockwise, two forward crossovers into forward inside mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions

EVENT: Free Skate 1-6 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 .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

Level	Time	Skating rules / standards
Free Skate 1	1:15 max.	<ol style="list-style-type: none"> 1. Advanced forward stroking, 4-6 consecutive 2. Backward outside three-turns, right and left 3. One-foot upright scratch spin from backward crossovers - minimum three revolutions 4. Waltz jump from backward crossovers 5. Half flip jump
Free Skate 2	1:15 max.	<ol style="list-style-type: none"> 1. Forward outside or inside spiral, right or left 2. Waltz three's, right or left, 2-3 sets 3. Beginning back spin, entry optional – minimum two revolutions 4. Waltz jump, side toe hop, waltz jump sequence 5. Toe loop jump
Free Skate 3	1:15 max.	<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Backward inside three-turns, right and left 3. Back spin - minimum three revolutions 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive sets, right or left 2. Sit spin - minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump combination
Free Skate 5	1:15 max.	<ol style="list-style-type: none"> 1. Camel spin - minimum three revolutions 2. Forward upright spin to back upright spin - minimum three revolutions each foot 3. Loop/loop jump combination 4. Flip jump
Free Skate 6	1:15 max.	<ol style="list-style-type: none"> 1. Five step mohawk sequence - one set alternating pattern (refer to Basic Skills Curriculum Free skate 6) 2. Camel, sit spin combination - minimum of four revolutions total 3. Split jump or stag jump 4. Waltz jump, ½ loop, Salchow jump sequence 5. Lutz jump

EVENT: Free Skate 1-6 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 moves and steps should be demonstrated throughout the program. Vocal music is allowed.

- 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 1:30+/-10sec

Level	Time	Skating rules / standards
Free Skate 1	1:30+/-10 sec	<ol style="list-style-type: none"> 1. Advanced forward stroking, 4-6 consecutive 2. One-foot upright scratch spin from backward crossovers, minimum three revolutions 3. Waltz jump from backward crossovers 4. Half flip jump
Free Skate 2	1:30+/-10 sec	<ol style="list-style-type: none"> 1. Forward outside spiral, right or left 2. Beginning back spin – entry optional, minimum two revolutions 3. Waltz jump, side toe hop, waltz jump sequence 4. Toe loop jump
Free Skate 3	1:30+/-10 sec	<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back spin, minimum three revolutions 3. Salchow jump 4. Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:30+/-10 sec	<ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive sets, right or left 2. Sit spin, minimum three revolutions 3. Loop jump 4. Waltz jump-loop jump combination
Free Skate 5	1:30+/-10 sec	<ol style="list-style-type: none"> 1. Camel spin, minimum three revolutions 2. Forward upright spin to back upright spin, minimum three revolutions each foot 3. Loop-loop jump combination 4. Flip jump
Free Skate 6	1:30+/-10 sec	<ol style="list-style-type: none"> 1. Camel, sit spin combination, minimum of four revolutions total 2. Split jump or stag jump 3. Waltz jump, ½ loop, Salchow jump sequence 4. Lutz jump

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.	<ol style="list-style-type: none">1. Waltz jump2. ½ jump of choice3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional)4. Forward or backward spiral
High Beginner	1:15 max.	<ol style="list-style-type: none">1. Toe loop jump2. Salchow jump3. Forward scratch spin - minimum three revolutions4. Forward or backward spiral
No-Test	1:15 max.	<ol style="list-style-type: none">1. Loop jump2. Jump combination to include a toe loop (may not use a loop or Axel)3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.

EVENT: Introductory Levels Free Skate Program

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
2. 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.
3. 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	<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
High Beginner 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 including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests

EVENT: Compulsory Moves

General event parameters:

1. Basic Skills – Juvenile: Elements skated on ½ ice
2. Intermediate – Senior: Elements skated on full-ice
3. Elements may be performed only once
4. Music is not allowed

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single Toe Loop 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
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single jump (may include Axel) 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – circular
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Flying spin, minimum five revolutions 4. Step sequence – straight line
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Jump combination: double/single or double/double 3. Flying spin - minimum five revolutions 4. Step sequence – straight line
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line

EVENT: Test Track Free Skate

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying 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
Beginner 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
High Beginner 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 including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Pre-Preliminary 1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <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. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. 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 pre-preliminary free skate test
Preliminary 1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 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

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

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

EVENT: Well Balanced Program Free Skate - 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, 2015. Junior and Senior events subject to change by the ISU.

Level	Jump Elements	Spins	Step Sequences
NO TEST 1:40 Maximum *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> All single jumps allowed except for the single Axel <ul style="list-style-type: none"> No single Axels, double, triple or quadruple jumps allowed Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 3 single jumps is permitted.</u> 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 flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> 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 If IJS is used, then: ChSt
PRE- PRELIMINARY 1:40 Maximum *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> No double, triple or quadruple jumps allowed Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (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 jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 3 single jumps is permitted.</u> 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 flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> 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 If IJS is used, then: ChSt
PRELIMINARY 1:30 +/- 10 sec *means element is required	Max 5 Jump Elements <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 <u>except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted</u> Jump sequences limited to a maximum of 3 single or double 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 flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> 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 If IJS is used, then: ChSt

Level	Jump Elements	Spins	Step Sequences
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps, in jump sequences or in jump combinations ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</u> ○ Jump sequences limited to a maximum of 3 single or double jumps • <u>Half-loop is considered a listed jump with the value of a single jump when used in a sequence or combination</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ May start with a flying entry ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ May start with a flying entry ○ Min 4 revs <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must fully utilize the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence • If IJS is used, then: ChSt
<p>JUVENILE and OPEN JUVENILE</p> <p>2:15 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence ○ No double jump can be repeated more than once • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps <u>except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump</u> ○ <u>Half loop is considered a listed jump with the value of a single jump when used in a sequence or combination</u> • Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry</p> <p>Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>INTERMEDIATE</p> <p>2:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • All single, double and triple jumps allowed <ul style="list-style-type: none"> ○ <u>No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</u> ○ <u>If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence</u> ○ <u>No double or triple jump can be repeated more than once</u> • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations are limited to 2 jumps ○ One 3-jump combination is permitted • Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry</p> <p>Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

Level	Jump Elements	Spins	Step Sequences
NOVICE LADIES 3:00 +/- 10 sec *means element is required	Max 6 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed <ul style="list-style-type: none"> ◦ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. ◦ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ◦ Combinations limited to 2 jumps ◦ One 3-jump combination is permitted • Number of jumps in jump sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ◦ Min 10 revs ◦ Min 2 revs in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ◦ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ◦ Must fully utilize the ice surface
NOVICE MEN 3:30 +/- 10 sec *means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed <ul style="list-style-type: none"> ◦ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. ◦ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ◦ Combinations limited to 2 jumps ◦ One 3-jump combination is permitted • Number of jumps in jump sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ◦ Min 10 revs ◦ Min 2 revs in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ◦ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ◦ Must fully utilize the ice surface
JUNIOR LADIES 3:30 +/- 10 sec *means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ◦ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ◦ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ◦ Combinations limited to 2 jumps ◦ One 3-jump combination is permitted • Number of jumps in a sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ◦ Min 10 revs ◦ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ◦ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ◦ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ◦ Must fully utilize the ice surface
JUNIOR MEN 4:00 +/- 10 sec *means element is required	Max 8 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ◦ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ◦ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ◦ Combinations limited to 2 jumps ◦ One 3-jump combination is permitted • Number of jumps in a sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ◦ Min 10 revs ◦ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ◦ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ◦ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ◦ Must fully utilize the ice surface

Level	Jump Elements	Spins	Step Sequences
SENIOR LADIES 4:00 +/- 10 sec *means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted • Number of jumps in a sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 2 Sequences <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible
SENIOR MEN 4:30 +/- 10 sec *means element is required	Max 8 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted • Number of jumps in a sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 2 Sequences <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

EVENT: Well Balanced – Short Program Requirements

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

INTERMEDIATE LADIES/MEN 2:00 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or <u>the triple jump</u> used in the combination	Jump Combination Single/Double, Double/Double, Single/Triple, or Double/Triple May not repeat Axel jump or solo jump performed.	Spin Only one position No change of foot May start with a fly Min. 5 revs.		Spin Combination With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 5 revs. each foot	Choreographic Step Sequence Fully utilizing the ice surface
		Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or either jump in combo.	Jump Combination Double/Double, Double/Triple, or <u>Triple/Triple</u> . May not repeat double Axel or solo jump performed.	Layback or Sideways Leaning Spin No change of foot No flying entry Min. 6 revs.		Spin Combination With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 5 revs. each foot	Leveled Step Sequence Fully utilizing the ice surface
NOVICE LADIES 2:30 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or either jump in combo.	Jump Combination Double/Double, Double/Triple, or <u>Triple/Triple</u> . May not repeat double Axel or solo jump performed.	Camel or Sit Spin With only one change of foot No change of position No flying entry Min. 5 revs. each foot		Spin Combination With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 5 revs. each foot	Leveled Step Sequence Fully utilizing the ice surface
NOVICE MEN 2:30 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or either jump in combo.	Jump Combination Double/Double, Double/Triple, or <u>Triple/Triple</u> . May not repeat double Axel or solo jump performed.	Camel or Sit Spin With only one change of foot No change of position No flying entry Min. 5 revs. each foot		Spin Combination With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 5 revs. each foot	Leveled Step Sequence Fully utilizing the ice surface
JUNIOR LADIES 2:50 max.	Double Axel	Double or Triple Loop Immediately preceded by connecting steps or other free skating movements	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed.	Flying Camel Spin Sit position must be attained in the air. Min. 8 revs.	Layback or Sideways Leaning Spin No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot	Leveled Step Sequence Fully utilizing the ice surface
JUNIOR MEN 2:50 max.	Double or Triple Axel	Double or Triple Loop Immediately preceded by connecting steps or other free skating movements	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed.	Flying Camel Spin Sit position must be attained in the air. Min. 8 revs.	Sit Spin With only 1 change of foot No flying entry Min. 6 revs. each foot	Spin Combination With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot	Leveled Step Sequence Fully utilizing the ice surface
SENIOR LADIES 2:50 max.	Double or Triple Axel	Any Triple Jump Immediately preceded by connecting steps or other free skating movements May not repeat triple Axel or either jump in combo.	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump performed or solo jump performed.	Flying Spin Landing position different than layback/sideways leaning spin Min. 8 revs.	Layback or Sideways Leaning Spin No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot	Leveled Step Sequence Fully utilizing the ice surface
SENIOR MEN 2:50 max.	Double or Triple Axel	Any Triple or Quadruple Jump Immediately preceded by connecting steps or other free skating movements May not repeat triple Axel or either jump in combo.	Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed.	Flying Spin Landing position different than spin in 1 position Min. 8 revs.	Camel or Sit Spin With only 1 change of foot No flying entry Min. 6 revs. each foot	Spin Combination With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot	Leveled Step Sequence Fully utilizing the ice surface

EVENT: Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated $\frac{1}{2}$ ice; Juvenile – senior will be skated on full ice
3. 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"> 1. Waltz jump (from backward crossovers) 2. $\frac{1}{2}$ flip or $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Single or double jump 3. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double Salchow 3. Jump combination – single/single or double/single (no Axel)
Intermediate	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double loop* 3. Jump combination – double/single (no Axel)
Novice	1:15 max.	<ol style="list-style-type: none"> 1. Double loop 2. Double flip* 3. Jump combination – double/double (may be double Axel)
Junior	1:15 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple flip* 3. Jump combination – double/double (may be double Axel)
Senior	1:15 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple Lutz* 3. Jump combination – double/double or triple/double (may be double Axel)

EVENT: Spins Challenge

General event parameters:

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

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

EVENT: Showcase Events – Interpretive Events

Format: Interpretive is a performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the competition 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-minute 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.
- **Skaters after the warm up 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.

Current guidelines and procedures for non-qualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Interpretive Events and Levels

Level	Program Duration	Test Requirements
Pre-juvenile and below	1:00 maximum	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
Juvenile - novice	1:30 maximum	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
Junior and senior	1:30 maximum	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

EVENT: Showcase Events – Light Entertainment (aka Artistic)

Format:

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

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline
3. Current guidelines and procedures for non-qualifying showcase competitions can be found at 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
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 (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	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

EVENT: Showcase Events – Artistic (Basic Skills)

General event parameters:

1. Skaters may use vocal or instrumental music of their choice.
2. Costumes are permitted: NO Props, bobby pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to other skaters. 0.1 deduction will be taken for non-permitted items.
3. Skaters will be judged on originality, creativity, and music interpretation.
4. Ladies and men may be combined in all levels in the event of the lack of participation.
5. Programs should be entertaining to the audience showing feeling and presentation.
6. Performances will be judged from an entertainment standpoint, for theatrical qualities.
7. 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.
8. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks.
9. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence.
10. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

Level	Elements	Qualifications	Program Length
Basic 1-8	Elements only from Basic 1-8 curriculum -	May not have passed any higher than Basic 8 level.	Time: 1:00 max.
Free skate 1-6	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.