



Atlantic City Figure Skating Club 12th Annual Summer Competition

Sun, Sand, & Skate 2016 September 24th and 25th

Sanction # 

When: Saturday, September 24, 2016 and Sunday 25, 2016

Location: Flyers Skate Zone 501 N. Albany Avenue, Atlantic City, NJ 08401 609-441-1780
www.acfigureskating.org

Co-Chairperson: Peggy Blizzard, 755 Simpson Avenue, Ocean City, NJ 08226
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Co-Chairperson: Carolyn Seither, 126 Gravel Hole Road, Cape May Court House, NJ 08210
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Chief Referee: Jill Mueller

Rules: Except as stated herein, the competition will be conducted according to the rules in the 2017 Rule Book and any rule changes marked urgent at the Governing Council meeting in May, 2016. *The 6.0 judging system will be used for this competition.*

Eligibility: The competition is open to members in good standing of U.S. Figure Skating and/or the Basic Skills Program. Eligibility will be based on skill level as of August 1st, 2016. BASIC SKILLS SKATERS LEVEL 1-8 must skate at highest level passed and **NO** official U.S. Figure Skating tests may have been passed including MIF or individual dances. For Test Track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (MIF will not determine skater's competitive level). Skaters in other events may skate at highest level passed (including MIF) OR one level higher BUT not both levels in the same event during the same competition.

Ice Surface: Standard 200 x 85.

Liability: U.S. Figure Skating, clubs, organizers of this competition, Flyers Skate Zone, its management and employees undertake no responsibility for damage or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents or guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by, or connected with, the conduct and management of the competition, and to waive and release any and all claims which they have against any officials, the U.S. Figure Skating, the club(s) hosting the event the competition, and against its officers and trustees, and their entries shall be accepted only on such condition.

Awards: Medals will be awarded to the first, second, third & fourth place winners. All awards will be made at designated times throughout the competition.

Schedule: A tentative schedule will be posted on our website: www.acfigureskating.org approximately 7-10 days prior to the competition. ***Do not send self-addressed envelope.*** Schedules will not be mailed. Please note that the schedule is prepared by the Referee after the close of entries and is based strictly on the number of events and competitors and the availability of judges.

Practice Ice: Practice ice will be offered. Reserve your practice ice times online when submitting application **ONLINE** at www.entryeeze.com.

Registration/Music: Please register at the welcome desk 1 hour before your first scheduled event and be "ready to skate." **Only CDs will be accepted** and must be clearly marked with the competitor's name and event. Have only one piece of music on each disc. Music on CD-RW type CDs will **not** be accepted. Please pick up your music promptly after your event has ended. The Atlantic City Figure Skating Club assumes no responsibility or liability due to loss or damage to any music.

In addition to submitting the music on line, all competitors must also have at least one [1] backup copy of their competition music on CD AT **RINKSIDE** during the actual competition event.

Video and Photographs: May be available through a professional company and can be arranged for at the rink the day of the competition.

Coaches: You must verify your skater's event and level by **11:59pm on August 15, 2016.** No changes in events or levels will be made after August 21st!

INFORMATION REGARDING COACHES:

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>

****JUDGES' CRITIQUES:** Critiques may be available for all Juvenile through Senior events. (SP and FS events). Notify the registration desk when signing in that you would like to receive a critique. The schedule and room assignment for critiques will be posted the day of the event.

ENTRIES AND FEES: Enter **ONLINE** at www.entryeeze.com

The entry fees are \$85.00 for the first event and \$30.00 for each additional event.

You may enter the category for which you have passed the required test or ONE level higher.

Basic Skills Entry Fees are \$75.00 for first event, \$30.00 each additional event.

DEADLINE for all entries is no later than 11:59 PM August 15, 2016.

Late entries will be accepted from August 15-21st with a **late fee of \$25.**

NO ENTRIES WILL BE ACCEPTED AFTER August 21st!

The Local Organizing Committee (LOC) reserves the right to limit entries in each category and the right to combine, divide or cancel groups. No changes may be made to a competitor's application once the deadline has passed.

No refunds will be granted for any reason except events cancelled by the LOC (USFS# 3047). Under no other circumstances will a refund be given. This includes: conflicting family activities, injuries, illness or deaths in the family (USFS# 3047). There must be two or more entries in a category to hold an event. Should there be only one applicant for any category, the event will be cancelled and the skater will receive a refund for the cancelled event (USFS# 3045)

Submit all applications online at

www.entryeeze.com

Complete online entry using EntryEeze at www.entryeeze.com

Please make sure you enter your coach's correct email as he/she will be receiving a list of his/her competitors and is required to verify that the skaters are entered in the correct level/event.

EVENT: INTRODUCTORY LEVELS COMPULSORY EVENT

General Event Parameters:

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: 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

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip (<i>for competitions held before December 31, 2014</i>) Single Toe Loop (<i>for competitions held after January 1, 2015</i>) 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

2016-2017 SINGLES WELL BALANCED EVENTS

Please refer to the following rules in the 2016-2017 US Figure Skating Rulebook for requirements

LEVEL	Rule #	LEVEL	Rule #
No Test	4280	Pre Preliminary	4270
Preliminary	4260	Pre-Juvenile	4250
Open Juvenile	4240	Juvenile	4240
Intermediate SP	4230	Intermediate FS	4230
Novice SP	4220	Novice FS	4220
Junior SP**	4210	Junior FS	4210
Senior SP	4200	Senior FS	4200

**Junior SP will follow the 2016-2017 rules –click on the following link for requirements:

<http://www.usfsa.org/content/2016-17%20Rulebook%2006-29-16.pdf>

TEST TRACK FREE SKATE

General Event Parameters:

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

LEVEL	JUMPS	SPINS	STEPS	QUALIFICATIONS
Beginner Time: 1:40 Max	<i>Maximum 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (front to back or back to front). • Max 2 jump sequences • Max 2 of any same jump 	<i>Maximum of 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 Time: 1:40 Max	<i>Maximum 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not 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>Maximum of 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 Time: 1:40 Max	<i>Maximum 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (front to back or back to front including half-loop) • 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 Time: 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 revs) • One spin consisting of a front scratch to back scratch, exit on spinning foot not mandatory (Min 3 revolutions per foot). 	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile Time: 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 revs) • One combination spin: forward camel spin to forward sit spin, change of foot optional (Min 6 revs). 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

TEST TRACK FREE SKATE (Continued)

LEVEL	JUMP ELEMENTS	SPINS	STEPS	QUALIFICATIONS
Juvenile Test Time: 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 revs) • 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 revs per foot) • Only solo spin may fly 	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 Test Time: 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. • Max 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 (Min 4 revolutions on each 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 Test Time: Ladies 3:00 +/-10sec Men 3:30 +/-10sec	<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. • Max 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 revolutions per foot). • The other spins are the option of the skater (Min 6 revolutions per foot) • All spins may fly 	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
Junior Test Time: Ladies 3:30 +/-10 sec Men 4:00 +/-10sec	<i>Maximum of 8 jump elements for men and 7 for ladies:</i> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow, double toe loop, double loop and double flip. • Max 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 spin in one position (min 6 revs), • One flying spin (min 6 revs) • One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min 5 revolutions per foot) 	One step sequence fully utilizing ice surface. (See rule 4105 for remarks)	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
Senior Test Time: Ladies 4:00 +/-10 sec Men 4:30 +/-10 sec	<i>Maximum 8 jump elements for men and 7 for ladies</i> <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 • Max 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 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 on each foot). 	Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks) Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks).	Skaters must have passed at least the U.S. Figure Skating junior free skate test

MANEUVER TEAMS

Maneuver teams consist of any team of four (4) skaters belonging to the same club, although individual participation is limited to being on only one team. Each team member performs a different maneuver. The LOC/Referee reserves the right to grant permission to a team with certain hardship cases to enter this event with only three members. One member would then perform two elements.

Introductory Maneuver Team— Members may not have passed ANY U.S. Figure Skating tests. Teams may include Basic Skills competitors who meet competition eligibility requirements (see pages 1-3) and are full members of U.S. Figure Skating.

1. Backward crossovers in a figure eight pattern
2. Forward spiral
3. Two foot spin
4. Waltz jump

Bronze Maneuver Team — Members may not have passed higher than the Preliminary FS test

1. Salchow
2. Loop
3. Waltz jump/toe loop combo (no turns or steps in between)
4. One foot upright spin (free foot position optional)

Silver Maneuver Team — Members may not have passed higher than the Juvenile FS test

1. Axel
2. Double toe loop
3. Camel—sit—change sit spin
4. Serpentine spiral sequence (must have at least 3 distinct spiral positions)

Gold Maneuver Team — No test requirements

1. Solo double jump
2. Any double/double jump combo (no turns or steps in between)
3. Any flying spin—no change of foot or position
4. Spin combination with at least one change of foot and two changes of position.

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. On 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"> 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 two-foot spin (3) 3. Sit spin (3)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Backward upright spin (3) 2. Combination spin with no 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)

SHOWCASE EVENTS – INTERPRETIVE EVENTS

General Event Parameters:

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 twice during an on-ice group warm-up, once individually off-ice prior to the performance.
 - The room will be attended only by the adult monitor and the competing skaters in that group.
- **After the warm up skaters will go back to a room, with no music being played.**
- All competitors in an event will interpret the same music.

Interpretative 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
Teen and young adult	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
All adult events	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

SHOWCASE EVENTS – ARTISTIC EVENTS

General Event Parameters:

Format: Artistic is a performance choreographed by the competitor.

Programs should incorporate various elements of artistic movement and skating moves, to enhance the skater's interpretation of the music, rather than technical elements.

No props are allowed to touch the ice; hand-held props are permitted.

Artistic Events and Levels

Level	Program Duration	Test Requirements
Pre-juvenile and below	1:40 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	2:10 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	2:40 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
Teen and young adult	2:10 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
All adult events	1:40 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

SHOWCASE EVENTS – LIGHT ENTERTAINMENT EVENTS

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 non-qualifying showcase competitions can be found at www.usfigureskating.org, under “Programs” on the National Showcase page.

	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
Singles	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



Compete USA Competitions

EVENT: Basic Elements Event: SNOWPLOW SAM BASIC

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 soon, or each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice.
- No music.
- **All elements must be skated in the order listed.**

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

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Compete USA Competitions

EVENT: Basic Program Event: SNOWPLOW SAM - BASIC

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

- To be skated on full ice.
- The skater may use elements from the previous level.
- A 0.2 reduction will be taken for each element performed from a higher level.

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



Compete USA Competitions

EVENT: Pre-Free Skate & Free Skate Program Event

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

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

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

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