



# SUPER SUNDAY 2020

*Basic Skills Competition with Compete USA*

**Sunday February 2, 2020**

**Registration Deadline: January 12, 2020**

*Hosted by Cool Sports Skating Academy*

## **ELIGIBILITY TO COMPETE**

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA program and those who 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 Learn to Skate USA or a member club. There will be no more than six competitors maximum in an event.

## **Eligibility and Test Requirements:**

Eligibility will be based on skill level as of closing date of entries. All **Snowplow Sam and Basic Skills 1-6 and Adult 1-6** skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.

For the **Pre-Free Skate, Free Skate 1-6, levels**, eligibility will be based only upon highest free skate test level passed (Moves in the Field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition.

## **APPLICABLE RULES**

The event is approved and shall be conducted under Rules 1040, 1070 and U.S. Figure Skating Guidelines of the current U.S. Figure Skating Rulebook, as a Special Competition. The competition will follow the same level requirements for a Compete USA Competition; Snowplow—Basic 6; Adult 1-6; Pre-Free Skate; Freeskate 1– 6; Adult Pre-Bronze & Adult Bronze.

## **EVENT FEES**

|  |  |
|--|--|
| Beginner - Preliminary / Adult Pre-Bronze & Bronze events: | \$40 First Event<br>\$15 Each Additional Event |
| Snowplow 1 – Free Skate 6 / Adult 1-6 events.              | \$25 First Event<br>\$10 Each additional       |
| Team Events (Duets, Mini, Ensemble):                       | \$20 per person                                |



## **JUDGING**

1. The 6.0 judging system will be used at Summer Swizzle for all artistic & traditional programs.
2. Officials will be chosen from U.S. Figure skating coaches, judges or eligible U.S. Figure Skating members
3. The judging panel for each event will consist of 3 judges and 1 chief referee. Trial judges may be added.

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**Showcase Events:** Performances will be judged from an entertainment standpoint, for theatrical and artistic qualities. The 6.0 judging system will be used. One mark will be awarded by each judge for each performance. **No technical skating mark will be awarded.**

Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of enough quality to support the selected theatrical elements.

Unintended falls, poorly executed skating elements and obvious losses of control will negatively affect the competitor's/team's marks.

Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence.

Theatrical elements evaluated will include are but not limited to: Reflection of the musicality as it pertains to the concept of the program, Projection, Energy, Timing, Acting, Skating skills that relate to the music, Use of props and scenery, Interaction (Duets and Ensembles only)

Deductions will apply for negligence relating to costumes, props, program times.

## **EVENTS OFFERED**

- Basic Elements Event (Snowplow 1 – Basic 6)
- Basic Program with Music Event (Snowplow 1 – Basic 6)
- Compulsory Event (Pre-Free Skate – Free Skate 6)
- Program with Music Event (Pre-Freeskate – Free Skate 6)
- Excel Compulsory Event (Excel Beginner – Excel Preliminary)
- Well Balanced Levels Compulsory Event (No-Test – Preliminary)
- Excel Free Skate Event (Excel Beginner – Excel Preliminary Plus)
- Well Balanced Free Skate Program Event (No-Test – Preliminary)
- Adult 1-6, Beginner – Bronze Compulsory Event
- Adult 1-6 Free Skate with Music Event
- Adult Beginner – Bronze Free Skate Program with Music Event
- Spins Challenge (Beginner – Preliminary)
- Jumps Challenge (Beginner – Preliminary)
- Solo Pattern Dance Event (Preliminary and Pre-Bronze)
- Dramatic, Light Entertainment & Duet Showcase Events (Basic 1 – Adult Bronze)
- Mini Production (3-7 skaters)
- Group Production (8-30 skaters)

### **AWARDS**

Awards will be scheduled throughout the event. Medals will be given for 1st, 2nd & 3rd placements and ribbons given for 4th, 5th & 6th placements. Awards will take place either in the lobby of Cool Sports throughout the duration of the competition. Categories will be divided by age & ability with no more than 6 in each group. Running order & final placements will be posted inside the lobby of Cool Sports.

### **MUSIC**

**CDs are the only acceptable music format. CDs may have only one (1) track per CD.** Music must be submitted at time of check-in (the day of the event) and should be clearly labeled with skater's name, rink / club, and skating level.

### **LIGHTING**

Full rink lighting will be used for all Summer Swizzle events.

### **PHOTOGRAPHERS & VIDEO SPECIALISTS**

Professional photographers & video specialists will be on site to record all competition events. Guests may purchase photos or DVDs during & after the competition. Flash photography & unauthorized videoing is NOT ALLOWED.

### **PAYMENTS**

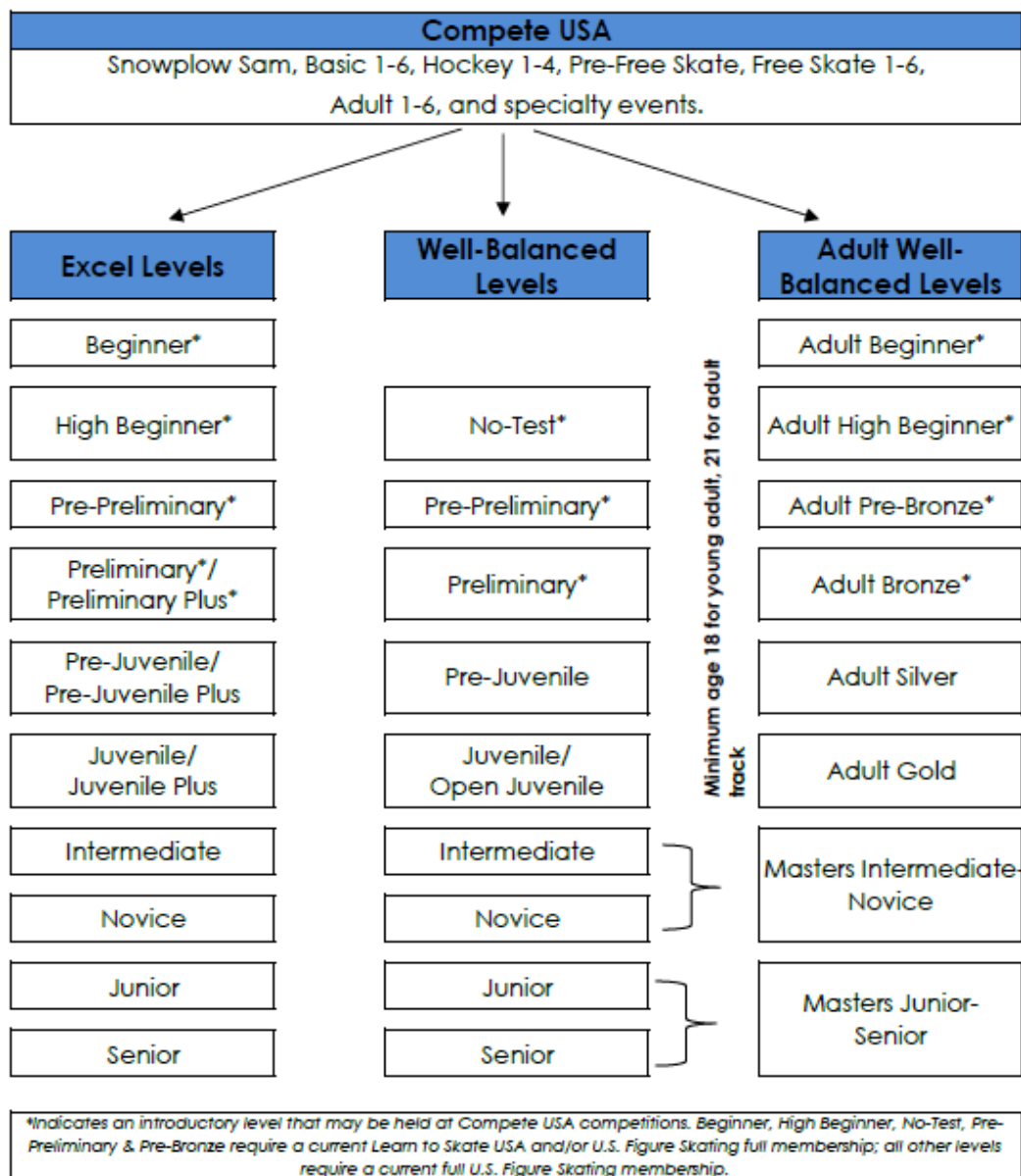
Registration for Summer Swizzle can be completed **[www.EntryEeze.com](http://www.EntryEeze.com)**. Registration & payments are due by Sunday June 30, 2019. Late registrations will incur a \$25 late fee and will only be accepted at the discretion of the Competition Chair. All payments are non-refundable after Saturday June 30, 2018. **Paper entries are not accepted.**





## COMPETITIVE PROGRESSION THROUGH THE LEVELS OF U.S. FIGURE SKATING

Singles athletes begin with Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well-Balanced or Adult levels as appropriate for their ability, test level, and age. Test requirements are the same for the Excel and Well-Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development, but may not enter the same type of event in multiple tracks. Competitive level is determined by highest free skate test passed.



## SNOWPLOW SAM – BASIC 6 ELEMENTS



### Two format options for the Elements Event:

1. Each skater will perform each element when directed by a judge/referee OR
  2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)  
 Judge/referee directed example: 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 (determined by the LOC)
  - No music
  - Divide Snowplow Sam skaters by level (1-4), if registrations warrant
  - **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"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>  |
| Basic 1      | 1:00 max. | <ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>  |
| Basic 2      | 1:00 max. | <ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>  |
| Basic 3      | 1:00 max. | <ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>   |
| Basic 4      | 1:00 max. | <ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul> |
| Basic 5      | 1:00 max. | <ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>  |
| Basic 6      | 1:00 max. | <ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>  |

## SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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 with music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

| Level        | Time      | Skating rules/standards   |
|--------------|-----------|---|
| Snowplow Sam | 1:10 max. | <ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>  |
| Basic 1      | 1:10 max. | <ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>  |
| Basic 2      | 1:10 max. | <ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>  |
| Basic 3      | 1:10 max. | <ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>   |
| Basic 4      | 1:10 max. | <ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul> |
| Basic 5      | 1:10 max. | <ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>  |
| Basic 6      | 1:10 max. | <ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position</li> <li>• T-stop, right or left</li> </ul>   |

## PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum

| Level          | Time      | Skating rules/standards   |
|----------------|-----------|---|
| Pre-Free Skate | 1:15 max. | <ul style="list-style-type: none"> <li>• Forward inside open Mohawk from a standstill position (R to L and L to R)</li> <li>• 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</li> <li>• Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul> |
| Free Skate 1   | 1:15 max. | <ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• Backward outside three-turns, right and left</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>  |
| Free Skate 2   | 1:15 max. | <ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Backward inside three-turns, right and left</li> <li>• Beginning back spin, optional entry and free foot position- maximum 3 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>  |
| Free Skate 3   | 1:15 max. | <ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position- minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>  |
| Free Skate 4   | 1:15 max. | <ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum 3 revolutions</li> <li>• Half loop jump (Euler)</li> <li>• Flip jump</li> </ul>   |
| Free Skate 5   | 1:15 max. | <ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum 3 revolutions</li> <li>• Waltz jump-loop jump combination</li> <li>• Lutz jump</li> </ul>   |
| Free Skate 6   | 1:15 max. | <ul style="list-style-type: none"> <li>• Forward power pulls, minimum 3 on each foot</li> <li>• Camel, sit spin combination - minimum of 4 revolutions total</li> <li>• Waltz jump, half loop (Euler), Salchow jump combination</li> <li>• Axel Jump: minimum requirement is a clear attempt either stationary or moving</li> </ul>   |

## PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC

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.
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

| Level          | Time      | Skating rules/standards   |
|----------------|-----------|---|
| Pre-Free Skate | 1:40 max. | <ul style="list-style-type: none"> <li>• 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</li> <li>• Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions</li> <li>• Mazurka</li> <li>• Waltz jump</li> <li>• <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i></li> </ul> |
| Free Skate 1   | 1:40 max. | <ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> <li>• <i>NOT ALLOWED – Waltz jump/toe loop combination</i></li> </ul>   |
| Free Skate 2   | 1:40 max. | <ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Beginning back spin- maximum 2 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> <li>• <i>NOT ALLOWED – Salchow/toe loop combination</i></li> </ul>   |
| Free Skate 3   | 1:40 max. | <ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> <li>• <i>NOT ALLOWED – Waltz/loop combination</i></li> </ul>  |
| Free Skate 4   | 1:40 max. | <ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin – minimum 3 revolutions</li> <li>• Half Loop jump (Euler)</li> <li>• Flip jump</li> <li>• <i>NOT ALLOWED – Waltz/half-loop/Salchow sequence</i></li> </ul>  |
| Free Skate 5   | 1:40 max. | <ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin – minimum 3 revolutions</li> <li>• Waltz-loop jump combination</li> <li>• Lutz jump</li> </ul>  |
| Free Skate 6   | 1:40 max. | <ul style="list-style-type: none"> <li>• Creative step sequence using a variety of three turns, Mohawks and toe steps</li> <li>• Camel, sit spin combination - minimum of 4 revolutions total</li> <li>• Waltz jump/ half-loop (Euler)/Salchow jump combination</li> <li>• Axel Jump: minimum requirement is a clear attempt either stationary or moving</li> </ul>   |



## EXCEL COMPULSORY

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
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

| Level                 | Time      | Skating rules/standards  |
|-----------------------|-----------|--|
| Excel Beginner        | 1:15 max. | <ul style="list-style-type: none"> <li>• Toe loop jump</li> <li>• Salchow jump</li> <li>• One-foot upright spin - minimum 3 revolutions</li> <li>• Choreographic step sequence</li> <li>• One 3-jump combination is allowed</li> </ul> |
| Excel High Beginner   | 1:15 max. | <ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Salchow/toe loop combination</li> <li>• Sit spin - minimum 3 revolutions</li> <li>• Choreographic step sequence</li> <li>• One 3-jump combination is allowed</li> </ul>  |
| Excel Pre-Preliminary | 1:15 max. | <ul style="list-style-type: none"> <li>• Flip jump</li> <li>• Loop/loop jump combination</li> <li>• Upright spin with change of foot – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>            |
| Excel Preliminary     | 1:15 max. | <ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Flip/loop jump combination</li> <li>• Camel, sit combination spin – minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>                        |

## WELL BALANCED LEVELS COMPULSORY

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
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

| Level           | Time      | Skating rules/standards  |
|-----------------|-----------|--|
| No-Test         | 1:15 max. | <ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Upright spin with change of foot – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>       |
| Pre-Preliminary | 1:15 max. | <ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Jump combination: single/single (no Axel)</li> <li>• Spin with one change of position and no change of foot – minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>                  |
| Preliminary     | 1:15 max. | <ul style="list-style-type: none"> <li>• Axel jump</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Spin with one change of foot and one change of position – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul> |

## EXCEL FREE SKATE



General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same 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 passes, or “skate-up” to one level higher.

|   |   |  |   |
|---|---|--|---|
| <p><b>Excel Beginner<br/>Free Skate</b><br/>1:40 Max.</p> <p>Learn to Skate USA membership<br/><u>OR</u> full U.S. Figure Skating membership required</p>   | <p><b>Maximum 4 jump elements:</b><br/>Jumps with no more than one-half rotation (front to back or back to front)<br/>Single rotation jumps: Salchow, toe loop only<br/>Eulers (half loops) are not allowed.<br/>Maximum 2 jump combinations or sequences<br/>One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> <p>Maximum 2 of any same jump</p>   | <p><b>Maximum 2 spins:</b><br/>Two upright spins<br/>No change of foot<br/>No flying entry</p> <p>Minimum 3 revolutions</p> <p>Max Level: Base</p>   | <p><b>Maximum 1 Sequence:</b><br/>Choreographic Step Sequence* (ChSt)<br/>Must use one-half of the ice surface<br/>Moves in the field and spiral sequences are allowed but will not be counted as elements<br/>Jumps may be included in the step sequence</p> |
| <p><b>Excel High Beginner<br/>Free Skate</b><br/>1:40 Max.</p> <p>Learn to Skate USA membership<br/><u>OR</u> full U.S. Figure Skating membership required</p>  | <p><b>Maximum 5 jump elements:</b><br/>Jumps with no more than one-half rotation (front to back or back to front)<br/>Single rotation jumps: toe loop, Salchow, Euler (half-loop), loop<br/>Flip, Lutz, &amp; Axel NOT permitted<br/>Maximum 2 jump combinations or sequences<br/>One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> <p>Maximum 2 of any same jump</p>   | <p><b>Maximum 2 spins:</b><br/>Both spins must be in a single position<br/>No flying entry<br/>No change of foot<br/>Permitted forward spins: upright, sit, camel<br/>Permitted back spins: upright<br/>Minimum 3 revolution<br/>Max Level: Base</p>                                 | <p><b>Maximum 1 Sequence:</b><br/>Choreographic Step Sequence* (ChSt)<br/>Must use one-half of the ice surface<br/>Moves in the field and spiral sequences are allowed but will not be counted as elements<br/>Jumps may be included in the step sequence</p> |
| <p><b>Excel Pre-Preliminary</b><br/>1:40 Max.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Pre-preliminary free skate test</p> <p>*means required element</p> <p>Learn to Skate USA membership<br/><u>OR</u> full U.S. Figure Skating membership required</p> | <p><b>Maximum 5 jump elements:</b><br/>All single jumps allowed, except for the Axel<br/>No single Axels, double, or higher jumps allowed<br/>Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded<br/>Maximum 2 jump combinations or jump sequences<br/>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> | <p><b>Maximum 2 spins:</b><br/>One spin must be in a single position with no change of foot*<br/>One spin may change feet and/or position, but not both<br/>No flying entry<br/>Minimum 3 revolutions<br/>Spins must be of a different character<br/>Max Level: 1</p>                | <p><b>Maximum 1 Sequence:</b><br/>Choreographic Step Sequence* (ChSt)<br/>Must use one-half of the ice surface<br/>Moves in the field and spiral sequences are allowed but will not be counted as elements<br/>Jumps may be included in the step sequence</p> |
| <p><b>Excel Preliminary</b><br/>1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>  | <p><b>Maximum 5 jump elements:</b><br/>All single jumps allowed, except for the Axel<br/>No single Axels, double, or higher jumps allowed<br/>Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded<br/>Maximum 2 jump combinations or jump sequences<br/>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> | <p><b>Maximum 2 spins:</b><br/>One spin must be a camel or layback spin with no change of foot and no change of position*<br/>One spin may change feet and/or position<br/>No flying entry<br/>Minimum 3 revolutions<br/>Spins must be of a different character<br/>Max Level: 1</p> | <p><b>Maximum 1 Sequence:</b><br/>Choreographic Step Sequence* (ChSt)<br/>Must use one-half of the ice surface<br/>Moves in the field and spiral sequences are allowed but will not be counted as elements<br/>Jumps may be included in the step sequence</p> |

|  |  |  |   |
|--|--|--|---|
| <p><b>Excel Preliminary Plus</b></p> <p>1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p> | <p><b>Maximum 5 jump elements:</b></p> <p>All single jumps allowed, including single Axel<br/> No double, or higher jumps allowed<br/> Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)<br/> Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded<br/> Maximum 2 jump combinations or jump sequences<br/> All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)<br/> Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> | <p><b>Maximum 2 spins:</b></p> <p>One spin must be in a single position*<br/> No change of foot<br/> No fly entry<br/> One spin may change feet and/or position<br/> Minimum 3 revolutions<br/> Spins must be of a different character</p> <p>Max Level: 1</p> | <p><b>Maximum 1 Sequence:</b></p> <p>Choreographic Step Sequence* (ChSt)</p> <p>Must use one-half of the ice surface<br/> Moves in the field and spiral sequences are allowed but will not be counted as elements<br/> Jumps may be included in the step sequence</p> |
|--|--|--|---|

## WELL BALANCED FREE SKATE PROGRAM



### General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and an Excel Free Skate event at the same competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up one level higher.
- \*\*Per ISU rules, the new definition for a jump sequence will be in effect. A jump sequence consists of two jumps; beginning with any listed jump immediately followed by a waltz jump.

| Level           | Time      | Jumps  | Spins  | Step Sequences  |
|-----------------|-----------|--|--|---|
| No-Test         | 1:40 Max. | <b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>• All single jumps allowed except for the single Axel                             <ul style="list-style-type: none"> <li>○ No single Axels, double, triple or quadruple jumps allowed</li> <li>○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> </ul>  | <b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p> | <b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>• Step Sequence                             <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> |
| Pre-Preliminary | 1:40 Max. | <b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>• All single jumps, including the single Axel, allowed                             <ul style="list-style-type: none"> <li>○ No double, triple or quadruple jumps allowed</li> <li>○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> </ul>  | <b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p> | <b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>• Step Sequence                             <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> |
| Preliminary     | 1:40 Max. | <b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• 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"> <li>○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>○ 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</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> </ul> | <b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p> | <b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>• Step Sequence                             <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> |

## ADULT 1-6, BEGINNER-BRONZE COMPULSORY



- The skating order of the elements is optional. Element may only be attempted once.
- To be skated in simple program format with limited connecting steps, ½ ice.
- A 0.2 deduction will be taken for each element MISSING, REPEATED or from a higher level

| Level               | Time         | Elements  |
|---------------------|--------------|---|
| Adult 1             | 1:30<br>Max. | <ul style="list-style-type: none"> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>  |
| Adult 2             | 1:30<br>Max. | <ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>   |
| Adult 3             | 1:30<br>Max. | <ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Backward snowplow stop, Right and Left</li> </ul>  |
| Adult 4             | 1:30<br>Max. | <ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Hockey stop, both directions</li> <li>• Backward one-foot glides, right and left</li> </ul>   |
| Adult 5             | 1:30<br>Max. | <ul style="list-style-type: none"> <li>• Backward outside edge and backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin (min 2 revs)</li> </ul>   |
| Adult 6             | 1:30<br>Max. | <ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (min 2 revs on 1 foot)</li> </ul>  |
| Adult Beginner      | 1:30<br>Max. | <ul style="list-style-type: none"> <li>• Bunny hop</li> <li>• Mazurka</li> <li>• Forward beginning one-foot spin from backward crossovers (min 2 revs)</li> <li>• Forward moving inside open Mohawk (right and left) – heel to instep</li> <li>• Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)</li> </ul>   |
| Adult High Beginner | 1:30<br>Max. | <ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• ½ Flip</li> <li>• Forward upright spin – minimum 3 revolutions</li> <li>• Backward outside three- turn, right and left</li> <li>• Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)</li> </ul>  |
| Adult Pre-Bronze    | 1:30<br>Max. | <ul style="list-style-type: none"> <li>• Toe loop jump</li> <li>• Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in combination and 3 jumps in a sequence</li> <li>• Forward upright spin - minimum 3 revolutions</li> <li>• Two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• Forward spiral (any edge)</li> </ul> |
| Adult Bronze        | 1:30<br>Max. | <ul style="list-style-type: none"> <li>• Salchow jump</li> <li>• Waltz jump – toe loop combination jump</li> <li>• Backward Upright Spin – entry optional (Min. 3 revolutions)</li> <li>• Backward inside three-turn, right and left</li> <li>• Spiral sequence (Minimum 2 spirals)- must change edge or foot</li> </ul>  |

## ADULT 1-6 FREE SKATE WITH MUSIC



### General event parameters:

- The skating order of the required elements is optional.
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.
- 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 (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

| Level   | Time     | Elements   |
|---------|----------|--|
| Adult 1 | 1:40 Max | <ul style="list-style-type: none"> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>   |
| Adult 2 | 1:40 Max | <ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>  |
| Adult 3 | 1:40 Max | <ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward snowplow stop, Right and Left</li> </ul> |
| Adult 4 | 1:40 Max | <ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Backward one-foot glides, right and left</li> <li>• Hockey stop, both directions</li> </ul>  |
| Adult 5 | 1:40 Max | <ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin</li> </ul>  |
| Adult 6 | 1:40 Max | <ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (min 2 revs on 1 foot)</li> </ul>   |

## ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC



General event parameters:

- Skaters will skate to the music of their choice and vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description.  
Revolutions must be in position.

| Level                                   | Jumps  | Spins  | Step Sequences  | Qualifications  |
|---|--|--|---|---|
| Adult Beginner<br><br>1:40 Maximum      | <p>Max. 4 jump elements</p> <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet and Waltz jump</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>   | <p>Max. 2 spins</p> <ul style="list-style-type: none"> <li>• Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>   | <p>Connecting moves and steps should be demonstrated throughout the program</p>   | <p>Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1</p>                |
| Adult High Beginner<br><br>1:40 Maximum | <p>Max 4 jump elements:</p> <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same type jump.</li> </ul>  | <p>Max 2 spins:</p> <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>   | <p>Connecting moves and steps should be demonstrated throughout the program</p>   | <p>Skaters may not have passed any U.S. Figure Skating Free Skate tests</p>   |
| Adult Pre-Bronze<br><br>1:40 Maximum    | <p>Max 4 Jump Elements:</p> <ul style="list-style-type: none"> <li>• Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included</li> <li>• 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps.</li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are allowed</li> <li>• No single Lutz, single Axel or double jumps are allowed</li> </ul> | <p>Max 2 Spins:</p> <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)</li> </ul>  | <p>Connecting steps throughout the program are required</p>   | <p>Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate</p> |
| Adult Bronze<br><br>1:50 maximum        | <p>Max 4 Jump Elements:</p> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences;</li> <li>• 1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>   | <p>Max 2 Spins:</p> <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul> | <p>Max 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence</li> </ul> <p>Must use at least ½ ice surface</p> <p>May include Moves in the Field and spirals</p> | <p>Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate</p>         |



## SHOWCASE EVENTS

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

Show costumes are permitted, as long as they do not touch or drag on the ice. Costuming and make-up for showcase programs should enhance the feeling created by the performance, and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. A 0.1 deduction will be taken. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for each ten seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

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

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

\* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on [www.usfigureskating.org](http://www.usfigureskating.org).

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.
- Light entertainment: Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.



## SHOWCASE EVENTS

| LEVEL  | ELEMENTS   | QUALIFICATIONS   | PROGRAM LENGTH  |
|--|--|--|-----------------|
| Basic 1-6  | Elements only from Basic 1-6 curriculum  | May not have passed any higher than Basic 6 level.   | Time: 1:00 max. |
| Pre-Free Skate-Free Skate 6/<br>Beginner/High Beginner/ Adult 1-6/<br>Adult Beginner/Adult High Beginner | 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 or free dance tests.   | Time: 1:30 max. |
| No Test  | No prescribed or restricted elements.  | Must not have passed Pre-Preliminary Free Skate or any Free Dance tests.   | Time: 1:30 max. |
| Pre-Preliminary  | No prescribed or restricted elements.  | Must have passed no higher than U.S. Figure Skating Pre-Preliminary May not have passed any free dance test.   | Time: 1:30 max. |
| Adult Pre-Bronze   | No prescribed or restricted elements.  | Must have passed no higher than Adult Pre-Bronze free skate test. See National Showcase guidelines for more specific information regarding adults.   | Time: 1:40 max. |
| Preliminary/<br>Adult Bronze   | No prescribed or restricted elements.  | Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze Free Skate or Free Dance test. See National Showcase guidelines for more specific information regarding adults. | Time: 1:40 max. |

## SOLO PATTERN DANCE

General event parameters:

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

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

## SPINS CHALLENGE

General event parameters:

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

| Level             | Time      | Skating rules / standards   |
|-------------------|-----------|---|
| Beginner          | 1:30 max. | Upright one-foot spin (3)<br>Upright back spin (3)<br>Sit spin (3)  |
| High Beginner     | 1:30 max. | Upright one-foot spin (4)<br>Upright spin with change of foot (3 each foot)<br>Sit spin (3)   |
| No Test           | 1:30 max. | Upright spin with change of foot (3 each foot)<br>Sit spin (3)<br>Camel spin (3)  |
| Pre – Preliminary | 1:30 max. | Spin with one change of position and no change of foot (6)<br>Backward sit spin (3)<br>Camel spin (4)   |
| Preliminary       | 1:30 max. | Spin with one change of foot and one change of position (min. 3 each foot)<br>Change sit spin (min 3. each foot)<br>One position spin – skater’s choice (upright, sit or camel) (4) |
| Adult Beginner    | 1:30 max. | Pivot<br>Two-foot upright spin (2)  |
| Adult Pre-Bronze  | 1:30 max. | One-foot upright spin (3)<br>Two-foot upright spin (3)  |
| Adult Bronze      | 1:30 max. | One-foot upright spin (4)<br>One-foot back spin (3)<br>Sit spin (3)   |

## JUMPS CHALLENGE

General event parameters:

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

| Level             | Time      | Skating rules / standards   |
|-------------------|-----------|---|
| Beginner          | 1:15 max. | Waltz jump (from backward crossovers)<br>½ flip or ½ Lutz<br>Single Salchow                         |
| High Beginner     | 1:15 max. | Waltz jump (from backward crossovers)<br>Single Salchow<br>Jump combination – Waltz jump-toe loop   |
| No Test           | 1:15 max. | Single toe loop<br>Single loop<br>Jump combination – Any two ½ or single revolution jumps (no Axel) |
| Pre – Preliminary | 1:15 max. | Single toe loop<br>Single flip<br>Jump combination - Any two ½ or single revolution jumps (no Axel) |
| Preliminary       | 1:15 max. | Single flip<br>Single Lutz<br>Jump combination – Any single jump + single loop (may be Axel)        |
| Adult Beginner    | 1:15 max. | Bunny hop<br>Mazurka or ballet jump   |
| Adult Pre-Bronze  | 1:15 max. | Waltz or toe loop jump<br>½ flip, ½ Lutz or ½ loop  |
| Adult Bronze      | 1:15 max. | Salchow<br>Toe loop<br>Any single jump plus a toe loop combination (no Axels allowed)               |