



Northern Blast 2017

Sanctioned by

Hosted by Northern Ice Skating Club
May 12-14, 2017



Seven Bridges Ice Arena
Woodridge, Illinois
Chief Referee: Kim Heim
Accountants: Sandi Phelan / Tom Tanger

Early Bird Special!
Sign up by February 19, 2017

Entry Deadline: March 19, 2017

Application via Entryeze at the following link
www.entryeze.com

or

Mail entry form, with **all** signatures, fees and paper entry fees to: **Northern Blast 2017**
Helen Biggers
7 S 770 Creek Drive
Naperville, IL 60540

Proud participant in the
7th Annual Illinois Grand Prix of Figure Skating

Sanctioning: Northern Blast 2017 is a non qualifying competition, sanctioned by U.S. Figure Skating. This competition will be conducted according to the Official U.S. Figure Skating Rulebook for the 2017 competitive season, except as modified in this announcement.

Events Offered

No Test thru Open Juvenile 6.0 Events
Juvenile thru Senior IJS Events
Test Track Free Skate Events

Short Program
Compulsory Moves
Spins
Jumps
Showcase

FREESTYLE CRITIQUES by National Judges- Juvenile and up!

Eligibility: Eligible competitors are current members in good standing of U.S. Figure Skating. Skaters may compete at their current test level, or at one level higher, as of March 18, 2017. However, a competitor may not skate more than one level in a given event.

Skaters may compete in *either* the Competitive Test Track *or* the Well-Balanced Free Skate events, *but not both*. Competitive Test Track skaters may also compete in Compulsory Moves, Spins & Jumps at the same level.

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.

Judging: Short Program and Free Skate events for Juvenile and above will be judged using the International Judging System (IJS). All other events, including Open Juvenile and Test Track Free Skate levels, will use the 6.0 system.

Facility: All events will be held at the Seven Bridges Ice Arena, 6690 South Route 53, Woodridge, IL. Phone: 630-271-4400. Maps and directions are included in this announcement. This facility has 2 ice surfaces: 200' x 100' and 200' x 85'.

Entrants: Space is limited, so please mail early. The referee and/or Northern Ice Skating Club reserve the right to limit entries in an event and/or cancel an event based on time restrictions. No refunds will be issued after the closing date, per Rule 3047, except if an event is cancelled. Check the accuracy of the entry form before submitting it. *No level or event changes will be allowed once the applications have been submitted to the referee.*

A minimum of 2 entries is required to schedule an event. Compulsory Moves, Spins and Jumps events may be ladies and men combined, although we will try to run men only events whenever possible.

Fees: Fees must be paid in full before a skater will be allowed to compete. **First event fee includes an event video AND download of competitors action photos.**

\$150 First Event - (Beginner thru Pre-Juvenile, Open Juvenile, Adult, Test Track)
\$165 First IJS Event (Juvenile - Senior)
\$40 Each additional event
\$25 Late entry fee (Requires approval by Chief Referee and Competition Chair)
\$30 NSF/returned check fee
\$25 Change in event level after close of entries

Direct all questions regarding Northern Blast 2017 to

Helen Biggers
630-207-4335

helen.biggers@gmail.com

Competition Schedule: A tentative schedule will be available approximately 10 days prior to the competition on our website at www.northernice.org and will be **e-mailed** to all competitors using the EntryEeze system. Refer to the web page for changes. However, all times are approximate. Be sure to check with Registration upon arrival at the competition for exact times.

Registration: The Registration desk will open 1 hour before the first event of the day, through the end of each day's competition. Skaters must check in *at least 1 hour prior* to their event. Skaters should check in also with the ice monitor and be prepared to skate up to 45 minutes prior to scheduled times.

Music: Competitors should bring 2 CDs in good condition. Skaters must deliver their music when they check in at Registration. Reclaim music at Registration after the event in which it was used. Unclaimed music will not be mailed.

Practice Ice: Practice ice may be available at various times during the competition, as the schedule permits. Practice ice availability and reservation/payment procedures will be posted on our website at www.northernice.org after the competition schedule is available and notification sent via EntryEeze. Music will not be played on practice sessions.

Additional practice ice may be available at Seven Bridges Ice Arena the week of the competition. Contact Seven Bridges Ice Arena at 630-271-4400 for details.

Awards: Awards will be given following the posting of results in each group:

All levels – 1st through 4th place.

Depending on the number of competitors and time available, final rounds may be offered at the PreJuvenile through Senior levels. Final rounds will be based on free skate only.

The Illinois Grand Prix of Figure Skating will be held **September 24, 2017**, for all skaters who qualify. **Earn points** at Northern Blast. Please see attached flyer for more info.

Accommodations: The official hotel is the Hilton Lisle/Naperville, 3003 Corporate Drive West, Lisle, IL. It is approximately 4 miles from Seven Bridges off Warrenville Rd. A special rate is available from Thursday, May 11 through Saturday, May 13, by asking for the **Northern Blast Skating Competition Room Block**. Reservations may be made by calling 1-630 505-0900. **Deadline to make hotel reservations is Wednesday, April 22, 2017.**

Photography and Videotaping: Professional videotaping services will be provided by **Star2 Productions** at the competition. Your First Event Fee includes a video of that event. Additional events will be available for purchase. Professional Action Shots will be taken by **KrPhotogs**, and are included in your entry fee for the first event. **No flash photography is permitted in the ice rink.**

Seven Bridges Ice Arena Directions:



www.arenamaps.com

Driving Instructions:

From I-294: I-294 to I-88. West on I-88 to I355. South on I-355 to Hobson Road exit. West on Hobson to Double Eagle Drive. North (right) on Double Eagle Drive to Seven Bridges parking lot.

From I-355: I-355 to Hobson Road exit. West on Hobson Road to Double Eagle Drive. North (right) on Double Eagle Drive to Seven Bridges parking lot.

From I-290: I-290 to I-88. West on I-88 to I355. South on I-355 to Hobson Road exit. West on Hobson Road to Double Eagle Drive. North (right) on Double Eagle Drive to Seven Bridges parking lot.

From I-88: I-88 to I-355. South on I-355 to Hobson Road exit. West on Hobson Road to Double Eagle Drive. North (right) on Double Eagle Drive to Seven Bridges parking lot.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Compliance

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 compliance 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>

Northern Blast 2017, May 12-14, 2017

Competition Entry Form – **EntryEeze Preferred- Deadline is March 18, 2017**

Both sheets must be completed before form can be processed.

NISC USE ONLY

Postmark Date: _____

Check Number: _____

Amount Rec'd: _____

Competitor's Last Name:		First Name:		USFS #:	
Address:					
City:		State:		Zip:	
Competitor's Home Club:		Date of Birth:		Age (as of 3/16/2015)	
				Sex: F or M	
Highest FS Test Passed:			Email to send schedule:		
Primary Coach's Last Name:			Primary Coach's First Name:		
Primary Coach's Address:		City:		State:	
				Zip:	
Coach's Primary Phone:		Coach's Email:		Coach's USFS#:	

Please check (✓) each event entered. Use one entry form for all events for this skater.

<p>Well Balanced Free Skate</p> <input type="checkbox"/> 1 Beginner <input type="checkbox"/> 2 High Beginner <input type="checkbox"/> 3-No Test <input type="checkbox"/> 4-Pre-Preliminary <input type="checkbox"/> 5-Preliminary <input type="checkbox"/> 6-Pre-Juvenile <input type="checkbox"/> 7-Juvenile IJS <input type="checkbox"/> 8-Open Juvenile 6.0 <input type="checkbox"/> 9-Intermediate IJS <input type="checkbox"/> 10-Novice IJS <input type="checkbox"/> 11-Junior IJS <input type="checkbox"/> 12-Senior IJS <p>Short Program</p> <input type="checkbox"/> 25-Juvenile IJS <input type="checkbox"/> 26-Intermediate IJS <input type="checkbox"/> 27-Novice IJS <input type="checkbox"/> 28-Junior IJS <input type="checkbox"/> 29-Senior IJS	<p>Test Track FS Grand Prix Events</p> <input type="checkbox"/> 17 Pre-Preliminary <input type="checkbox"/> 18-Preliminary <input type="checkbox"/> 19-Pre-Juvenile <input type="checkbox"/> 20-Juvenile <input type="checkbox"/> 21- Intermediate <input type="checkbox"/> 22-Novice <input type="checkbox"/> 23-Junior <input type="checkbox"/> 24-Senior <p>Compulsory Moves</p> <input type="checkbox"/> 30 Beginner <input type="checkbox"/> 31-High Beginner 1 <input type="checkbox"/> 32-No Test <input type="checkbox"/> 33-Pre-Preliminary <input type="checkbox"/> 34-Preliminary <input type="checkbox"/> 35-Pre-Juvenile <input type="checkbox"/> 36-Juvenile/Open Juvenile <input type="checkbox"/> 37-Intermediate <input type="checkbox"/> 38-Novice <input type="checkbox"/> 39-Junior/Senior	<p>Jumps Challenge</p> <input type="checkbox"/> 49-Beginner <input type="checkbox"/> 50-High Beginner <input type="checkbox"/> 51-No Test <input type="checkbox"/> 52- Pre-Preliminary <input type="checkbox"/> 53- Preliminary <input type="checkbox"/> 54-Pre-Juvenile <input type="checkbox"/> 55-Juvenile/Open Juvenile <input type="checkbox"/> 56-Intermediate <input type="checkbox"/> 57-Novice <input type="checkbox"/> 58- Junior <input type="checkbox"/> 59-Senior	<p>Spins Challenge</p> <input type="checkbox"/> 40-Beginner <input type="checkbox"/> 41-Pre-Preliminary <input type="checkbox"/> 42-Preliminary <input type="checkbox"/> 43-Pre-Juvenile <input type="checkbox"/> 44-Juvenile/Open Juvenile <input type="checkbox"/> 45-Intermediate <input type="checkbox"/> 46-Novice <input type="checkbox"/> 47-Junior/Senior <p>Showcase</p> <input type="checkbox"/> 60-Beginner <input type="checkbox"/> 61-Pre-Prelim/Preliminary <input type="checkbox"/> 62-Pre-Juvenile/Juvenile <input type="checkbox"/> 63-Intermediate/Novice <input type="checkbox"/> 64-Junior/Senior <input type="checkbox"/> 65-Adult (all levels)
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Event	Fees	# Events	Cost
1st Event – All 6.0 Judging Beginner - Pre-Juv, Adult, Test Track Price Includes Video/Photos	\$ 150		\$
First IJS Event (Juv – Senior) Price Includes Video/ Photos	\$ 165		\$
Additional Events (each)	\$ 40		
Mailed application fee	\$25		\$
Early Bird Special, EntryEeze ONLY by Feb 19, 2017	Subtract \$10		\$
Total:			\$

We prefer all registrations thru Entry-Eeze. If you must mail, please make check to NISC!

Mail to:

Northern Blast 2017
c/o Helen Biggers
7 S 770 Creek Drive
Naperville, Illinois 60540

First Received/First Entered.

Juvenile – Senior Competitors must complete Planned Program Content Sheet on U.S. Figure Skating web site by May 1, 2017.

PLEASE Register using EntryEeze- Deadline March 18, 2017

Skater Authorization

Authorization by Club Officer

I hereby approve of the entry of _____ (skater's name) into Northern Blast 2015. I further certify that he/she is a full member in good standing of our club and is an eligible skater as defined in the Official Rules of the U.S. Figure Skating. (If you are an individual member, you will certify your own form. Northern Ice Skating Club members do not need a club officer's signature.)

Club Officer	Signature	
Title (President, VP, Secretary or Treasurer Only)	Phone #: ()	
Club (Please do not abbreviate)		

Authorization by Athlete and Parent/Guardian

Athlete: I am eligible to enter this event under the official rules of U.S. Figure Skating. Furthermore, I agree to conduct myself, both on and off the ice, in a manner that will reflect favorably upon this competition and upon the sport of figure skating, and that is compliant with the rules set forth by U.S. Figure Skating. I agree to assume all risks of injury resulting from, caused by, or connected with the conduct and management of the competition, and to waive and release any and all claims against officials, U.S. Figure Skating, Seven Bridges Ice Arena, Northern Ice Skating Club and its officers. There are no refunds, as per Rule 3047.

Parent: This skater is eligible to enter this event under the official rules of U.S. Figure Skating. I agree to assume all risks of injury resulting from, caused by or connected with the conduct and management of the competition, and to waive and release any and all claims against officials, U.S. Figure Skating, Seven Bridges Ice Arena, Northern Ice Skating Club and its officers. There are no refunds, as per Rule 3047.

Athlete's Signature	Date
Parent/Guardian's Signature (if athlete is under age 18)	Date

Primary Coach's Authorization

I have read this entry form and certify that it is complete and the information on this form is true and correct.

Coach's Name	
Signature	Date

Northern Ice Member Volunteer Preferences

All Northern Ice members participating in Northern Blast 2015 are expected to provide volunteer support for the competition. This may be done by the skater (where old enough), a parent, or other family member on the skater's behalf. Please list at least 3 choices in order of preference. Job descriptions are given in the "Volunteer FAQ" on the club web site. If you do not list a choice, one will be assigned to you.

Volunteer Name			
Phone: ()		Email	
Pre-competition support	Setup/Decorations	Registration	
Hospitality	Announcer	Music	
Ice Monitor	Runner	Competitor Gifts	
Awards	Vendors	Cleanup	

Checklist:

- Completed Entry Form (2 pages)
- All required signatures on Skater Authorization sheet
- Check, payable to NISC
- E-mail address (printed legibly) to receive skater's competition schedule
- Planned Program Content Sheet entered online by May 1, 2015 (Juvenile thru Senior, SP and FS)
- Volunteer Preferences identified (Northern Ice members only)

2017 Illinois Grand Prix of Figure Skating



The Skating Council of Illinois offers skaters the opportunity to earn an invitation to the Illinois Grand Prix of Figure Skating by competing in designated Free Skate events at our competitions. Skaters who compete in Grand Prix eligible categories at a minimum of 4 Grand Prix competitions will be invited to compete, at no cost, at the Illinois Grand Prix of Figure Skating, which will be held at the Centennial Ice Arena in Highland Park on **September 25, 2017**. Special recognition will be given to skaters who compete in all 9 events. Grand Prix information and standings will be posted on the Skating Council of Illinois website at <http://www.skatingcouncilofillinois.org/>

Competitions:

March 23-26, 2017 – W.I.M – Greater Milwaukee FSC
April 20-23, 2017 – Ladybug – Glenwood FSC
May 12-14, 2017 – Northern Blast – Northern Ice SC
June 9-11, 2017 – Quad Cities Championships – FSC of the Quad-Cities
June 15-17, 2017 – Southport Summer Classic – Southport SC
July 27-30, 2017 – Chicago Open – Chicago FSC
August 25-27, 2017 – Skate the Lake – Cutting Edge FSC
September 8-10, 2017 – Greater Chicagoland Fall Invitational – Wagon Wheel FSC

Events:

The following “Introductory” Free Skate categories are eligible for the Grand Prix:

Beginner	High Beginner	No-Test
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The following “Well-Balanced” Free Skate categories are eligible for the Grand Prix:

Pre-Preliminary	Preliminary	Pre-Juvenile
Open Juvenile	Adult Pre-Bronze	Adult Bronze
Adult Silver	Adult Gold	

The following “Test Track” Free Skate categories are eligible for the Grand Prix:

Pre-Preliminary Test Track	Preliminary Test Track	Pre-Juvenile Test Track
Juvenile Test Track	Intermediate Test Track	Novice Test Track
Junior Test Track	Senior Test Track	

The following “IJS” Free Skate categories are eligible for the Grand Prix:

Juvenile	Intermediate	Novice
Junior	Senior	

Please Note: Individual Competitions may have additional Free Skate categories; however those categories are not eligible for the Illinois Grand Prix of Figure Skating.

Awards:

The designated Free Skate events of each competition will be eligible for accumulating points. The system for scoring points for the final award will be as follows:

Placement	Points	Placement	Points
1 st place	10 points	2 nd place	7 points
3 rd place	4 points	4 th place	3 points
5 th place	2 points	Participation	1 point
Bonus for Final Round			1 point

Competitors who perform their free skate program more than once at a competition (i.e., initial and final rounds) will receive the highest points earned for any one performance. If an event has less than 6 skaters, the points will be awarded as if there were 6 skaters in the group. If there is only one skater in the group, he or she will be awarded 5 points. At the end of the Series, competitors who have competed in at least 4 competitions will be invited to the Illinois Grand Prix of Figure Skating.

Frequently Asked Questions

How do I enter the Championships? Participation in the Illinois Grand Prix of Figure Skating is by invitation only. To be invited to compete, you must have competed in eligible categories in at least 4 of the Grand Prix competitions. Eligible competitors will be sent invitations immediately following the Greater Chicagoland Fall Invitational.

What does it cost to enter? There is no entry fee for the Illinois Grand Prix of Figure Skating. The Skating Council of Illinois and our participating clubs are supporting this event. Practice Ice will be available for purchase. There will also be vendors, including video and still photography.

Who will keep my points and how will I know how many points I have? Ed Mann, a National Accountant, will tabulate points as the season progresses. Standings will be posted on the Skating Council of Illinois web site at www.skatingcouncilofillinois.org. It is the responsibility of each competitor to verify the accuracy of the points posted on the website. Discrepancies should be brought to the attention of Ed Mann.

What happens to my points if I change categories during the season? Your points stay with you if you skate at more than one level. Eligibility to skate at the Illinois Grand Prix of Figure Skating will be determined by test level.

Who can I ask if I have more questions? Contact any Skating Council of Illinois officer, or visit www.skatingcouncilofillinois.org and click on "Contact Us."



U.S. Figure Skating Nonqualifying Competitions

EVENT: Introductory Levels Free Skate Program

General event parameters:

- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> • 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 	Max. 2 spins: <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 Learn to Skate USA free skating badge tests
High Beginner 1:40 Maximum	Max. 5 jump elements: <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. 	Max. 2 spins: <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 Learn to Skate USA free skating badge tests



2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>NO TEST</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <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 except that one 3-jump combination with a maximum of 3 single jumps is permitted. Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <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>	<p>Max 1 Sequence</p> <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 <p>If IJS is used, then: ChSt</p>
<p>PRE- PRELIMINARY</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <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 except that one 3-jump combination with a maximum of 3 single jumps is permitted. Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <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>	<p>Max 1 Sequence</p> <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 <p>If IJS is used, then: ChSt</p>
<p>PRELIMINARY</p> <p>1:30 +/- 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 or a waltz jump* All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted Jump sequences limited to a maximum of 3 single or double jumps. 	<p>Max 2 Spins</p> <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>	<p>Max 1 Sequence</p> <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 <p>If IJS is used, then: ChSt</p>
<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 or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted Jump sequences limited to a maximum of 3 single or double jumps 	<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 <p>If IJS is used, then: ChSt</p>

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. **Singles Free Skate 2016-17 Version 4.0 – 10/27/16 AB**



2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<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 <ul style="list-style-type: none"> If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump can be included more than twice Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump 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 Must have all 3 basic positions to receive full value. 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 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>2:40 +/- 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"> No more than 2 different jumps with 2 1/2 or 3 revolutions may be repeated If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value No double or triple jump can be included more than twice 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 Must have all 3 basic positions to receive full value. 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 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 leveled step sequence* <ul style="list-style-type: none"> Maximum of Level 2, Only Simple Variety (seven turns) and rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Must fully utilize the ice surface
<p>NOVICE LADIES</p> <p>3:00 +/- 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 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. <ul style="list-style-type: none"> If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value 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 	<p>Max 3 Spins</p> <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 Must have all 3 basic positions to receive full value. 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>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
<p>NOVICE MEN</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <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. <ul style="list-style-type: none"> If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value 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 	<p>Max 3 Spins</p> <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 Must have all 3 basic positions to receive full value. 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>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface

2016-17 Singles Free Skate Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council and the ISU Congress that will go into effect July 1, 2016. The changes to intermediate in this chart take effect on February 1, 2017.



2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
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 Must have all 3 basic positions to receive full value. 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 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))	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 Must have all 3 basic positions to receive full value. 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 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))	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
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 Must have all 3 basic positions to receive full value. 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 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))	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 Must have all 3 basic positions to receive full value. 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 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))	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. **Singles Free Skate 2016-17 Version 4.0 – 10/27/16 AB**



U.S. Figure Skating Nonqualifying Competitions

EVENT: 2016-17 Test Track Free Skate – Pre-Preliminary through Senior levels

General event parameters:

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

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 maximum	Maximum of 5 jump elements: <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 	Maximum of 2 spins: <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.	Maximum of 5 jump elements: <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 	Maximum of 2 spins: <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
Pre-Juvenile 2:00 +/- 10 sec.	Maximum of 5 jump elements: <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 	Maximum of 2 spins: <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

INTERMEDIATE LADIES/MEN 2:10 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or the triple jump 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 Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.		Leveled Step Sequence Max Level 2. Only Simple Variety. (7 turns) and rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. 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 Triple/Triple May not repeat double Axel or solo jump performed	Layback or Sideways Leaning Spin, Sit or Camel Spin No change of foot No flying entry Min. 6 revs.		Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.
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 Triple/Triple May not repeat Double Axel or solo jump performed	Camel or Sit Spin With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot		Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.		Leveled Step Sequence Fully utilizing the ice surface
JUNIOR LADIES 2:40 +/- 10 sec	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 Flying pos. may be different than landing pos. Min. 8 revs.	Layback, Sideways Leaning or Sit Spin without change of foot No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.		Leveled Step Sequence Fully utilizing the ice surface
JUNIOR MEN 2:40 +/- 10 sec	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 Flying pos. may be different than landing pos. 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 Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.		Leveled Step Sequence Fully utilizing the ice surface
SENIOR LADIES 2:40 +/- 10 sec	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 or solo jump performed	Flying Spin Landing position different than spin in 1 position Min. 8 revs.	Layback, Sideways Leaning, Sit or Camel Spin without change of foot No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.		Leveled Step Sequence Fully utilizing the ice surface
SENIOR MEN 2:40 +/- 10 sec	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 Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.		Leveled Step Sequence Fully utilizing the ice surface

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. **Singles Short Program 2016-17 Version 5.0 – 10/27/16 AB**

Level	Jumps	Spins	Step Sequences	Qualifications
Juvenile 2:15 +/- 10 sec.	Maximum of 5 jump elements: <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 	Maximum of 2 spins: <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) 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 2:30 +/- 10 sec.	Maximum of 6 jump elements: <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 	Maximum of 2 spins: <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.	Maximum of 7 jump elements for men and 6 for ladies: <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 	Maximum of 3 spins, of a different nature: <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) 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

Level	Jumps	Spins	Step Sequences	Qualifications
<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p>	<p>Maximum of 8 jump elements for men and 7 for ladies:</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>Maximum of 3 spins of a different nature:</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. Men: 4:30 +/- 10 sec.</p>	<p>Maximum of 8 jump elements for men and 7 for ladies:</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>Maximum of 3 spins of a different nature:</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>Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p>Ladies: One step sequence of advanced difficulty, covering the full ice surface and either one spiral sequence or choreographic sequence. (See rule 4104 & 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

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 $\frac{1}{2}$ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Skaters may have the option to skate one level higher in compulsories than their free skate program.

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ul style="list-style-type: none"> • Waltz jump • $\frac{1}{2}$ jump of choice • Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional) • Forward or backward spiral
High Beginner	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • Forward scratch spin - minimum three revolutions • Forward or backward spiral



U.S. Figure Skating Nonqualifying Competitions

EVENT: COMPULSORY MOVES

General event parameters:

1. Basic Skills – Juvenile: Elements skated on 1/2 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 flip (for competitions held before December 31, 2014) Single Toe Loop (for competitions held after January 1, 2015) 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



U.S. Figure Skating Nonqualifying Competitions

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 $\frac{1}{2}$ Lutz3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none">1. Waltz jump (from backward crossovers)2. Single Salchow3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol style="list-style-type: none">1. Single toe loop2. Single loop3. 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 loop2. Single flip3. 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 flip2. Single Lutz3. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none">1. Single Axel2. Single or double jump3. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none">1. Single Axel2. Double Salchow3. Jump combination – single/single or double/single (no Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none">1. Single Axel2. Double loop*3. Jump combination – double/single (no Axel)
Novice	1:30 max.	<ol style="list-style-type: none">1. Double loop2. Double flip*3. Jump combination – double/double (may be double Axel)
Junior	1:30 max.	<ol style="list-style-type: none">1. Choice of double or triple jump2. Double or triple flip*3. Jump combination – double/double (may be double Axel)
Senior	1:30 max.	<ol style="list-style-type: none">1. Choice of double or triple jump2. Double or triple Lutz*3. Jump combination – double/double or triple/double (may be double Axel)



U.S. Figure Skating Nonqualifying Competitions

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. Only required elements may be included.
2. All events are skated on 1/2 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 – with 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. Solo spin of choice (6) – may not fly3. 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 fly3. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)



U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Dramatic Entertainment Events

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept 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, as listed in the table below. 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 nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Dramatic Entertainment Levels:

	Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance (solo or partnered) Test	Age	Time
Singles	Beginner, High Beginner, No Test* <i>Note: these levels do not qualify for National Showcase</i>	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary* <i>Note: these levels do not qualify for National Showcase</i>	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max

Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max
Event	Must meet requirements for*	Must not have passed	Age	Time
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

**The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Basic Skills levels and events, please refer to the U.S. Figure Skating Basic Skills Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.*