



8th Annual Southern California Open Championships

**Friday, Saturday and Sunday
June 23, 24 and 25, 2017**

at the
**Toyota Sports Center
555 North Nash Street
El Segundo, CA 90245
www.toyotasportscenter.com**

A 2017 National Solo Dance Qualifying Competition

**Chief Referee: Julie Anne Keen
Chief Dance Referee: Carla Golubski
Chief Accountant: Bryan Keller
Chief Technical Controller : Russ Scott**

Sanctioned by:

*This event is a standard U.S. Figure Skating Nonqualifying Competition
LG/10-1-14*



The 8th Annual Southern California Championships will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

SERIES INFORMATION:

This competition has been approved by U.S. Figure Skating as part of the National Solo Dance Series. See <http://www.usfigureskating.org/Programs.asp?id=479> for more information about the National Solo Dance series.

This competition is also part of the Southern California Inter-Club Invitational Series. Top point scorers at the end of the season will be invited to the Interclub Final. Please see the Southern California Inter-Club Association website at www.socalinterclub.org for more information.

ELIGIBILITY/TEST LEVEL:

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

Age restrictions/requirements: Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 14 years of age at the close of entries.

Skaters entering beginner–pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

ENTRIES:

Online entries will be accepted via EntryEeze no later than midnight, Sunday May 14, 2017. Late entries, if accepted, will be subject to a \$50 late fee. Non online entries will also be subject to a \$50 fee. All entries will be charged a processing fee of 3.9%.

ENTRY FEES:

| | | |
|----------------------|--|-------|
| Free Skating Program | Basic Skills & Intro levels | \$80 |
| | Pre-Preliminary – Senior, Adult Free Skate | \$90 |
| Short Program | Intermediate – Senior | \$50 |
| Showcase / Artistic | Basic Skills & Intro levels (as only event entered) | \$80 |
| | Pre-Preliminary – Senior, Adult (as only event) | \$90 |
| | As 2 nd event to Free, Short, or other Showcase | \$50 |
| Solo Shadow Dance | Preliminary through Gold (per skater) | \$40 |
| Solo Pattern Dance | Preliminary through International | \$90 |
| Solo Combined Dance | Juvenile through Senior | \$140 |
| Special Skater | | |

REFUND POLICY: Entry fees will not be refunded after the entry deadline unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$50 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available by on EntryEeze.

FACILITIES: The competition will be held at the Toyota Sports Center – 555 North Nash Street, in El Segundo, California. The rink's website is www.toyotasportscenter.com. The competition will be held on the NHL surface (185'x85' with slightly rounded corners) and competition viewing is available both upstairs (in a heated area) as well as rink side (a non-heated area). The Toyota Sports Center has the Kings' Cove, a Sports Bar & Restaurant, on site. Parking is available in the lot in front of the rink – or upstairs in the parking structure just south of the main lot. There will be no admission fee to watch the competition. No flash photography will be allowed; you can videotape your own skater only.

MUSIC: Competitors are to supply their music on CDs [no CD-RWs, no Phones, and NO RINK MUSIC KEY TAGS] with one track of music per disc. The official competition music must be turned in at the registration table at the time of check-in. A duplicate CD should be readily available rink side. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Figure Skating Club of Southern California cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice ice and competition.

LIABILITY: U.S. Figure Skating, the Figure Skating Club of Southern California, and the Toyota Sports Center accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEM:

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

- *Well Balanced Program short & free skate events, Juvenile – Senior*
- *Championship Adult free skate events*

All competitors skating in these events need to submit the planned program content form online. This form is found on EntryEeze. The deadline to submit the form is Friday, June 9, 2017.

The 6.0 Majority Judging System will be used for:

- *Well Balanced Program free skate events, pre-preliminary–pre-juvenile, non-championship adult*
- *Introductory free skate events (beginner, high beginner, no-test)*
- *Showcase (artistic) events – dramatic and light entertainment*
- *All solo dance events*

REGISTRATION: Registration will begin one hour before the first event each day and end after the last skater has registered for the day. The registration table will be located upstairs in the Toyota Sports Center. Please register promptly upon arrival.

PRACTICE ICE: Practice Ice will be offered for pre-sale through EntryEeze after the competition schedule has been published. Music will not be played on these sessions. Feel free to contact the Toyota Sports Center regarding their freestyle sessions during the week leading up to the competition. Be advised that the rink will be running their "Summer of Excellence" camp program and freestyle sessions may be limited/restricted.

PHOTOGRAPHY/VIDEOGRAPHY: Photography (award and action) will be offered during the competition and professional videotaping will also be available.

AWARDS: Medals will be offered for 1st through 4th place in all events.

OFFICIAL NOTICES: An official bulletin board will be maintained at the Toyota Sports Center. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive at least 45 minutes prior to the scheduled time of their event.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;

B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.

C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.

D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Learn to Skate USA ONLY coaches - Any person, 18 and older, instructing a Learn to Skate USA Program must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without proper registration is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

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

CONTACT INFO: If you have questions, please contact Phyllis McCain, Competition Chairperson, at pmccainbvg@gmail.com or by phone at 818-519-4412. You can also contact the competition registrar – Ann Jensen – at annmjensen@aol.com or by phone at 310-849-9550. No phone calls after 8:30PM, please.

ADDITIONAL INFORMATION:

Nearby Hotel Accommodations:

Hilton Garden Inn

2100 East Mariposa (at Nash)
El Segundo, CA 90245
(310) 726-0100
1/4th block North

Courtyard LAX / El Segundo

2000 East Mariposa (at Continental)
El Segundo, CA 90245
(310) 322-0700
1 block NW

Hyatt Place

750 North Nash Street
El Segundo, CA 90245
(310) 322-2880
1 ½ blocks North

Residence Inn LAX / El Segundo

2135 East El Segundo Blvd.
El Segundo, CA 90245
(310) 333-0888
2 blocks South

Doubletree Hotel El Segundo

1985 East Grand Avenue

Hyatt Summerfield Suites

810 South Douglas Street

El Segundo, CA 90245
(310) 322-0999
2 blocks SW

El Segundo, CA 90245
(310) 725-0100
1 mile SE

This event is a standard U.S. Figure Skating Nonqualifying Competition
LG/10-1-14



EVENT: Basic Program Event: SNOWPLOW SAM – BASIC 6

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

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

| Level | Time | Skating rules/standards |
|--------------|-----------|--|
| Snowplow Sam | 1:10 max. | <ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row |
| Basic 1 | 1:10 max. | <ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row |
| Basic 2 | 1:10 max. | <ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row |
| Basic 3 | 1:10 max. | <ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle |
| Basic 4 | 1:10 max. | <ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only |
| Basic 5 | 1:10 max. | <ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop |
| Basic 6 | 1:10 max. | <ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left |

SINGLES FREE SKATING EVENTS

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

EVENT: Pre-Free Skate – Free Skate 6 Program Event

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

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- A 0.2 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"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump |
| Free Skate 1 | 1:40 max | <ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop jump • Half flip jump |
| Free Skate 2 | 1:40 max. | <ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump |
| Free Skate 3 | 1:40 max | <ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination |
| Free Skate 4 | 1:40 max. | <ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half Loop jump • Flip jump |
| Free Skate 5 | 1:40 max. | <ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz-loop jump combination- • Lutz jump |
| Free Skate 6 | 1:40 max. | <ul style="list-style-type: none"> • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump |

EVENT: Adult 1-6 Free Skate, Adult Pre-Bronze and Adult Bronze Program Event

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.

- Vocal music is allowed
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.

| Level | Time | Elements |
|------------------|------------------|--|
| Adult 1 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> • Falling and Recovery • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot |
| Adult 2 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row |
| Adult 3 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Backward skating to a long two-foot glide • Forward chasses on a circle, clockwise and counterclockwise • Backward snowplow stop, Right and Left |
| Adult 4 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions |
| Adult 5 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin |
| Adult 6 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin |
| Adult Pre-Bronze | 1:40 max | Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test. Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements. |
| Adult Bronze | 1:50 max | Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements. |

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 |
|--|--|---|---|--|
| <p>Beginner</p> <p>1:40 Maximum</p> | <p>Max. 5 jump elements:</p> <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 | <p>Max. 2 spins:</p> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) | <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 skating badge tests</p> |
| <p>High Beginner</p> <p>1:40 Maximum</p> | <p>Max. 5 jump elements:</p> <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. | <p>Max. 2 spins:</p> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) | <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 skating badge tests</p> |

A. Well Balanced Program free skate.

| 2016-17 | JUMP ELEMENTS | SPINS | STEP SEQUENCES |
|--|---|--|---|
| <p align="center">NO TEST</p> <p align="center">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"> o No single Axels, double, triple or quadruple jumps allowed o 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"> o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. o 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"> o Must use one-half the ice surface o Moves in the field and spiral sequences are permitted but will not be counted as elements o Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p> |
| <p align="center">PRE-PRELIMINARY</p> <p align="center">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"> o No double, triple or quadruple jumps allowed o Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) o 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"> o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. o 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"> o Must use one-half the ice surface o Moves in the field and spiral sequences are permitted but will not be counted as elements o Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p> |
| <p align="center">PRELIMINARY</p> <p align="center">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"> o Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed o 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 o 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"> o Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted o 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"> o Must use one-half the ice surface o Moves in the field and spiral sequences are permitted but will not be counted as elements o 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"> o No triple or quadruple jumps allowed o 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 o 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"> o 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 o 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"> o May start with a flying entry o Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> o No change of foot o May start with a flying entry o 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"> o Must fully utilize the ice surface o Moves in the field and spiral sequences are permitted but will not be counted as elements o Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p> |
|--|---|---|--|

| 2016-17 | JUMP ELEMENTS | SPINS | STEP SEQUENCES |
|--|--|---|--|
| <p align="center">JUVENILE and OPEN JUVENILE</p> <p align="center">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"> o No triple or quadruple jumps allowed o 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 o No double jump can be included more than twice • Max 2 jump combinations or sequences <ul style="list-style-type: none"> o 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 o 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"> o Min 8 revs o Min 2 revs in each position o 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"> o 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"> o Must fully utilize the ice surface |
| <p align="center">INTERMEDIATE</p> <p align="center">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"> o No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated o 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 o No double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> o Combinations are limited to 2 jumps o One 3-jump combination is permitted o 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"> o Min 8 revs o Min 2 revs in each position o 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"> o 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 <u>leveled</u> step sequence* <ul style="list-style-type: none"> o <u>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.</u> o Must fully utilize the ice surface |
| <p align="center">NOVICE LADIES</p> <p align="center">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"> o 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 o 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"> o Combinations limited to 2 jumps o One 3-jump combination is permitted o Number of jumps in jump sequence is | <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"> o Min 10 revs o Min 2 revs in each position o 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"> o 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"> o Must fully utilize the ice surface |

| | | | |
|--|---|---|---|
| | not limited | | |
| NOVICE MEN 3:30 +/- 10 sec *means element is required | <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"> o 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 o 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"> o Combinations limited to 2 jumps o One 3-jump combination is permitted o 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"> o Min 10 revs o Min 2 revs in each position o 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"> o 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"> o Must fully utilize the ice surface |
| 2016-17 | JUMP ELEMENTS | SPINS | STEP SEQUENCES |
| JUNIOR LADIES 3:30 +/- 10 sec *means element is required | <p>Max 7 Jump Elements</p> <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"> o 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 o 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"> o Combinations limited to 2 jumps o One 3-jump combination is permitted o Number of jumps in a 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"> o Min 10 revs o Min 2 revs in each position o Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> o Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> o Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> o Must fully utilize the ice surface |

| | | | |
|---|--|---|--|
| <p>JUNIOR MEN</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p> | <p>Max 8 Jump Elements</p> <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"> o 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 o 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"> o Combinations limited to 2 jumps o One 3-jump combination is permitted o Number of jumps in a 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"> o Min 10 revs o Min 2 revs in each position o Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> o Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> o Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p> | <p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> o Must fully utilize the ice surface |
| <p>SENIOR LADIES</p> <p>4:00 +/- 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* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> o 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 o 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"> o Combinations limited to 2 jumps o One 3-jump combination is permitted o Number of jumps in a 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"> o Min 10 revs o Min 2 revs in each position o Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> o Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> o Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p> | <p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> o Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> o Must be clearly visible |
| <p>SENIOR MEN</p> <p>4:30 +/- 10 sec</p> <p>*means element is required</p> | <p>Max 8 Jump Elements</p> <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"> o 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 o 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"> o Combinations limited to 2 jumps o One 3-jump combination is permitted o Number of jumps in a 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"> o Min 10 revs o Min 2 revs in each position o Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> o Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> o Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p> | <p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> o Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> o Must be clearly visible |

2016-17 Singles Short Program Requirements – This chart has been updated with 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 February 1, 2017.**



| | | | | | | | |
|---|------------------------------|---|---|--|---|---|--|
| 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 <u>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.</u> 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. | |
| 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 |

| 2016-17 | LIFTS | TWIST LIFT | THROW JUMP | SOLO JUMP | SPIN | DEATH SPIRAL | STEP SEQUENCE |
|--|---|---|--|---|--|--|---|
| <p>INTERMEDIATE PAIRS SHORT PROGRAM</p> <p>2:30 Max</p> | <p>One lift selected from Groups 1-4.</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combination lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted; however, if a pair executes a platter lift, the release of the lady's hands after the lift extension has been achieved is not a violation of this rule.</p> <p>Min 1 and max 3 ½ revs. by man</p> | <p>Single</p> <p>Take off must be flip or Lutz</p> | <p>Not allowed in the Intermediate Pairs Short Program</p> | <p>Single or Double (any take off)</p> | <p>Pair Spin</p> <p>No change of foot and optional change of position</p> <p>Min. 5 revs. total</p> <p>May NOT be commenced with a jump</p> <p>The rotation must be continuous, and no stop is permitted</p> | <p>One Death Spiral or Pivot Figure</p> <p>Regular hand-to-hand hold required</p> <p>In the final position when the lady is performing the actual death spiral or pivot figure, both the man and the lady must execute a minimum of one-half rev. with the knees of the man clearly bent and in full pivot position</p> | <p>Choreographic Step Sequence</p> <p>Must fully utilize the ice surface</p> |
| <p>NOVICE PAIRS SHORT PROGRAM</p> <p>2:50 Max</p> | <p><u>One lift selected from Group 4 or 5</u></p> <p>Min 1 and max 3 ½ revs. by man</p> <p>One-handed variations and changes of hold or of the lady's position during the lift are permitted</p> <p>The lift may not include a carry feature or be a carry lift</p> | <p>Single or Double</p> <p>Take off must be flip or Lutz</p> | <p>Single, Double or Triple Toe Loop or Flip/Lutz</p> | <p><u>Double Loop or Double Axel</u></p> | <p><u>Solo Spin</u></p> <p>No change of foot and optional change of position</p> <p>Min. 5 revs. total</p> <p>May be commenced with a jump</p> <p>The rotation must be continuous, and no stop is permitted</p> | <p><u>Backward Inside</u></p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> | <p>Leveled Step Sequence</p> <p>Must fully utilize the ice surface</p> |

| 2016-17 | LIFTS | TWIST LIFT | THROW JUMP | SOLO JUMP | SPIN | DEATH SPIRAL | STEP SEQUENCE |
|---|---|--|--|--|--|--|---|
| JUNIOR PAIRS SHORT PROGRAM <u>2:40 +/- 10 sec</u> | <p><u>Any lasso lift take off (Group 5)</u></p> <p>Full extension of the lifting arm(s) is required</p> <p>Min 1 and max 3 ½ revs. by man</p> | <p>Double or Triple</p> <p>Take off must be flip or Lutz</p> | <p>Double or Triple Toe <u>Loop or Flip/Lutz</u></p> | <p>Double <u>Loop or Double Axel</u></p> | <p><u>Solo Spin Combination</u></p> <p>Only one change of foot (made at the same time by both partners)</p> <p><u>Min. 5 revs. on each foot, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</u></p> <p><u>May be commenced with a jump</u></p> <p>The rotation must be continuous, and no stop is permitted</p> | <p><u>Backward Inside</u></p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> | <p><u>Leveled Step Sequence</u></p> <p>Must fully utilize the ice surface</p> |
| SENIOR PAIRS SHORT PROGRAM <u>2:40 +/- 10 sec</u> | <p><u>Any lasso lift take off (Group 5)</u></p> <p>Full extension of the lifting arm(s) is required</p> <p>Min 1 and max 3 ½ revs. by man</p> | <p>Double or Triple</p> <p>Take off must be flip or Lutz</p> | <p>Double or Triple (any take off)</p> | <p>Double or Triple (any take off)</p> | <p><u>Solo Spin Combination</u></p> <p>Only one change of foot (made at the same time by both partners)</p> <p><u>Min. 5 revs. on each foot, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</u></p> <p><u>May be commenced with a jump</u></p> <p>The rotation must be continuous, and no stop is permitted</p> | <p><u>Backward Inside</u></p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> | <p><u>Leveled Step Sequence</u></p> <p>Must fully utilize the ice surface</p> |

| 2016-17 | LIFTS | TWIST LIFT | THROW JUMP | SOLO JUMP | JUMP SEQUENCE/ COMBINATION | SOLO SPIN/ COMBINATION | PAIR SPIN/ COMBINATION | DEATH SPIRAL/ PIVOT FIGURE | STEP SEQUENCE |
|---|---|------------|---|---|---|--|---|--|---|
| <p>PRE-JUVENILE PAIRS</p> <p>2:00 +/- 10 sec</p> | <p>1 Lift</p> <p>Group 1 Lift or Group 2 Waist Lift</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted</p> | N/A | <p>1 (optional) Throw Jump</p> <p>Single</p> | <p>1 Solo Jump</p> <p>Single</p> | <p>1 Jump Sequence</p> <p>No limit to the number of jumps in jump sequence</p> <p>Single jumps only</p> <p>Jump combination not permitted</p> | <p>1 Solo Spin</p> <p>Min 3 revs</p> <p>No change of foot or position</p> | <p>1 Pair Spin</p> <p>Min 3 revs</p> <p>No change of foot or position</p> | <p>1 (optional) Pivot Figure</p> <p>No minimum requirements</p> <p>Pivot figure not eligible for features</p> | <p>1 Step Sequence</p> <p>Utilizing one-half the ice surface*</p> <p>Stroking both forward and backward, clockwise and counterclockwise</p> <p>*If IJS is used, then: ChSt</p> |
| <p>JUVENILE PAIRS</p> <p>2:30 +/- 10 sec</p> | <p>Max 1 Lift</p> <p>Lift may be chosen from Group 1 or Group 2</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted</p> <p>Min 1 rev and max 3 ½ revs by man</p> | N/A | <p>Max 1 Throw Jump</p> <p>Single only</p> | <p>Max 1 Solo Jump</p> <p>Single or double</p> | <p>Max 1 Jump Sequence or Jump Combination</p> <p>Max 2 jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> <p>Single or double jumps only</p> | <p>Max 1 Solo Spin or Solo Spin Combination</p> <p>Min 5 revs</p> <p>Change of foot, change of position, and flying entry are optional</p> <p><u>If combination, must have all 3 basic positions to receive full value.</u></p> | <p>Max 1 Pair Spin</p> <p>Min 3 revs</p> <p>Change of position optional</p> <p>No change of foot</p> | <p>Max 1 Pivot Figure</p> <p>Regular 1-hand-to-1-hand hold required</p> <p>Pivot figure not eligible for features</p> <p>When the position is attained, both partners must execute min ½ rev with the man clearly in pivot position</p> | <p>Max 1 Choreographic Sequence</p> <p><u>Must be clearly visible</u></p> |

| 2016-17 | LIFTS | TWIST LIFT | THROW JUMP | SOLO JUMP | JUMP SEQUENCE/ COMBINATION | SOLO SPIN/ COMBINATION | PAIR SPIN/ COMBINATION | DEATH SPIRAL/ PIVOT FIGURE | STEP SEQUENCE |
|---|---|---|--|---|---|--|---|---|---|
| <p>INTERMEDIATE PAIRS</p> <p>3:00 +/- 10 sec</p> | <p>Max 2 Overhead Lifts</p> <p>Lifts can be selected from Groups 1-4 and must be different</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted; however, if a pair executes a platter lift, the release of the lady's hands after the lift extension has been achieved is not a violation of this rule.</p> <p>Min 1 rev and max 3 ½ revs by man</p> | <p>Max 1 Twist Lift</p> <p>Single</p> <p>Take off must be flip or Lutz</p> | <p>Max 2 Throw Jumps</p> <p>Single or double</p> <p>Must be different</p> | <p>Max 1 Solo Jump</p> <p>Single or double</p> | <p>Max 1 Jump Sequence or Jump Combination</p> <p>Max 2 jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> <p>Single or double jumps only</p> | <p>Max 1 Solo Spin or Solo Spin Combination</p> <p>Min 5 revs</p> <p>Change of foot, change of position and flying entry are optional</p> <p>Both partners must achieve a basic position (sit/camel/upright) for at least 2 revs</p> <p><u>If combination, must have all 3 basic positions to receive full value.</u></p> | N/A | <p>Max 1 Death Spiral or Pivot Figure</p> <p>Regular 1-hand-to-1-hand hold required</p> <p>Pivot figure not eligible for features</p> <p>When the position is attained, both partners must execute min ½ rev with the knees of the man clearly bent and in full pivot position</p> | <p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p> |
| <p>NOVICE PAIRS</p> <p>3:30 +/- 10 sec</p> | <p>Max 2 Overhead Lifts</p> <p>Lifts must be from different groups, and 1 must be from Group 3 or Group 4</p> <p>Variations of lady's position, no-handed, 1-handed, combo lifts and lifts that turn in both directions ARE permitted</p> <p>Carry lifts and carry features are NOT permitted</p> <p>Min 1 rev and max 3 ½ revs by man</p> | <p>Max 1 Twist Lift</p> <p>Single or double</p> <p>Take off must be flip or Lutz</p> | <p>Max 2 Throw Jumps</p> <p>Single, double or triple</p> <p>Must be different</p> | <p>Max 1 Solo Jump</p> <p>Single, double or triple</p> <p>If double Axel or triple, must be different from jumps executed in the jump sequence / combination</p> | <p>Max 1 Jump Sequence or Jump Combination</p> <p>Max 2 jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> <p>Both may include jumps with same name</p> <p>Single, double or triple jumps permitted</p> | <p>Max 1 Solo Spin or Solo Spin Combination</p> <p>Min 5 revs</p> <p>Change of foot, change of position and flying entry are optional</p> <p>Both partners must achieve a basic position (sit/camel/upright) for at least 2 revs</p> <p><u>If combination, must have all 3 basic positions to receive full value.</u></p> | <p>Max 1 Pair Spin or Pair Spin Combination</p> <p>Min 5 revs</p> <p>If pair spin combination, must have at least 1 change of foot and 1 change of position by each partner</p> <p><u>If combination, must have all 3 basic positions to receive full value.</u></p> | <p>Max 1 Death Spiral</p> <p>Regular 1-hand-to-1-hand hold required</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> | <p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</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.

| 2016-17 | LIFTS | TWIST LIFT | THROW JUMP | SOLO JUMP | JUMP SEQUENCE/ COMBINATION | SOLO SPIN/ COMBINATION | PAIR SPIN/ COMBINATION | DEATH SPIRAL | STEP SEQUENCE |
|---|---|--|--|---|--|--|---|---|---|
| <p>JUNIOR PAIRS</p> <p>4:00 +/- 10 sec</p> | <p>Max 2 Overhead Lifts</p> <p>Not all from Group 5</p> <p>Full extension of the lifting arms required</p> <p>Only 1 lift may include a carry feature</p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only)</p> <p>Min 1 rev and max 3 ½ revs by man</p> | <p>Max 1 Twist Lift</p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, loop, flip, Lutz or Axel</p> | <p>Max 2 Throw Jumps</p> <p>Must be different</p> | <p>Max 1 Solo Jump</p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination</p> | <p>Max 1 Jump Sequence or Jump Combination</p> <p>Jump combination may consist of 2 or 3 jumps</p> <p>No limit to number of jumps in jump sequence</p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p> | <p>Max 1 Solo Spin Combination</p> <p>Must be combination</p> <p>Min 10 revs</p> <p>Optional change of foot (min 3 revs before and after change of foot, if performed)</p> <p>Optional flying entry</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. <u>Must have all 3 basic positions to receive full value.</u></p> | <p>Max 1 Pair Spin Combination</p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With a least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. <u>Must have all 3 basic positions to receive full value.</u></p> | <p>Max 1 Death Spiral</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p> | <p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p> |
| <p>SENIOR PAIRS</p> <p>4:30 +/- 10 sec</p> | <p>Max 3 Overhead Lifts</p> <p>Not all from Group 5</p> <p>Full extension of the lifting arms required</p> <p>If 2 Group 5 lifts are executed, each must have a different take off (toe, step, reverse, backward or Axel)</p> <p>Only 1 lift may include a carry feature</p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only)</p> <p>Min 1 rev and max 3 ½ revs by man</p> | <p>Max 1 Twist Lift</p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, flip, Lutz or Axel</p> | <p>Max 2 Throw Jumps</p> <p>Must be different</p> | <p>Max 1 Solo Jump</p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination</p> | <p>Max 1 Jump Sequence or Jump Combination</p> <p>Jump combination may consist of 2 or 3 jumps</p> <p>No limit to number of jumps in jump sequence</p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p> | <p>Max 1 Solo Spin Combination</p> <p>Must be combination</p> <p>Min 10 revs</p> <p>Optional change of foot (min 3 revs before and after change of foot, if performed)</p> <p>Optional flying entry</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. <u>Must have all 3 basic positions to receive full value.</u></p> | <p>Max 1 Pair Spin Combination</p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With at least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. <u>Must have all 3 basic positions to receive full value.</u></p> | <p>Max 1 Death Spiral</p> <p>Must be different from the death spiral in the short program</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p> | <p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</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.

2016-17 Adult Pairs Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2016.



| 2016-17 | LIFTS | THROW JUMP | SOLO JUMP | JUMP SEQUENCE/ COMBINATION | SOLO SPIN/ COMBINATION | PAIR SPIN/ COMBINATION | PIVOT FIGURE or DEATH SPIRAL | STEP SEQUENCE | *ADDITIONAL ELEMENT |
|--|--|---|---|--|---|---|---|--|--|
| <p>CHAMPIONSHIP MASTERS PAIRS & MASTERS PAIRS & ADULT GOLD PAIRS</p> <p>3:40 maximum</p> | <p>Max 2* different</p> <p>One may be a twist lift with no limit on the number of revolutions</p> <p>If lifts are from the same group, they must be different (e.g. one star and one platter, both from Group 3)</p> <p>Min ½ rev and max 3½ revs by man required</p> <p>Variations of the lady's position, no-handed, one-handed and combination lifts are permitted</p> <p>Carry lifts and lifts that include a carry feature are not permitted</p> | <p>Max 2 different</p> <p>Must have different IJS codes</p> <p>No limit on number of revolutions</p> | <p>Max 1</p> <p>Single, double or triple jumps permitted</p> | <p>Max 1</p> <p>Single, double or triple jumps permitted</p> <p>Max two jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> | <p>Max 1</p> <ul style="list-style-type: none"> Min 4 revs by both partners If spin does not have a change of foot Min 6 revs by both partners If spin has a change of foot Min 2 revs in each position | <p>Max 1*</p> <p>Pair spin:</p> <ul style="list-style-type: none"> Min 4 revs by both partners Optional change of position Min 2 revs in each position by both partners <p>Or</p> <p>Pair spin combination:</p> <ul style="list-style-type: none"> Min 6 revs total by both partners Min 1 change of position by each partner Min 1 change of foot by each partner Min 2 revs in each position by both partners | <p>Max 1*</p> <p>Regular one-hand to one-hand hold required</p> <p>At least ½ revolution with man in full pivot position</p> | <p>Max 1</p> <p>One choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such</p> | <p>Max 1</p> <p>May choose to perform one additional element from:</p> <ul style="list-style-type: none"> Pair spin if not already performed Pair spin combination if not already performed Pivot figure/death spiral (max two per program, different IJS codes) Lift (max three per program, must be different) <p>Additional elements must have an IJS code that is different from that of any other program element.</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.

6.0 System Penalties: • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs. • 0.2 in 1st mark for each jump and/or spin element exceeding max.
 • 0.1 in each mark for time violation • 0.1 in 1st mark for step seq. not utilizing the ice as prescribed. • 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

2016-17 Adult Pairs Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2016.



| 2016-17 | LIFTS | THROW JUMP | SOLO JUMP | JUMP SEQUENCE/ COMBINATION | SOLO SPIN/ COMBINATION | PAIR SPIN/ COMBINATION | PIVOT FIGURE or DEATH SPIRAL | STEP OR CHOREOGRAPHIC SEQUENCE |
|--|--|---|---|--|---|---|--|--|
| ADULT SILVER PAIRS 2:40 maximum | Max 2 different One must be from Group 1 Other lift may be from Group 1 with a different take off or from Group 2 or may be a single twist lift Full extension is optional for Group 2 waist lift Min ½ rev and max 3½ revs by man required Variation of lady's position, no-handed, one-handed, overhead, carry and combination lifts, and lifts that include a carry feature are not permitted | Max 1 Single throw jumps only Double or triple throw jumps not permitted | Max 1 Single jumps only Double or triple jumps not permitted | Max 1 Single jumps only Max two jumps in jump combination No limit to number of jumps in jump sequence | Max 1 • Min 3 revs by both partners If spin does not have a change of foot • Min 5 revs by both partners If spin has a change of foot • Min 2 revs in each position | Max 1 Pair spin: • Min 3 revs by both partners • Optional change of position • Min 2 revs in each position by both partners or Pair spin combination: • Min 5 revs total by both partners • Min 2 revs in each position by both partners | Max 1 Pivot position not required Choice of position and hand hold | Max 1 Chosen from: • Step sequence which must utilize at least ½ of ice surface or • Choreographic sequence which must be clearly visible Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such |
| ADULT BRONZE PAIRS 2:10 maximum | Max 1 May be from Group 1 or a Group 2 waist lift Min ½ rev and max 3½ revs by man required Full extension is optional for Group 2 waist lift Variations of the lady's position, no-handed, one-handed, overhead, twist, carry and combination lifts, and lifts that include a carry feature are not permitted | Max 1 Single throw jumps only Single Axel, double or triple throw jumps not permitted | Max 1 Single jumps only Single Axel, double or triple jumps not permitted | Max 1 Single jumps only Single Axel, double or triple jumps not permitted Max two jumps in jump combination No limit to number of jumps in jump sequence | Max 1 • Min 3 revs by both partners If spin does not have a change of foot • Min 5 revs by both partners If spin has a change of foot • Min 2 revs in each position | Max 1 Pair spin: • Min 3 revs by both partners • Optional change of position • Min 2 revs in each position by both partners or Pair spin combination: • Min 5 revs total by both partners • Min 2 revs in each position by both partners | Max 1 Pivot position not required Choice of position and hand hold | Max 1 Chosen from: • Step sequence which must utilize at least ½ of ice surface or • Choreographic sequence which must be clearly visible Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such |

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.

6.0 System Penalties: • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs. • 0.2 in 1st mark for each jump and/or spin element exceeding max.
• 0.1 in each mark for time violation • 0.1 in 1st mark for step seq. not utilizing the ice as prescribed. • 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

2016-17 Adult Pairs Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2016.



| 2016-17 | LIFTS | THROW JUMP | SOLO JUMP | JUMP SEQUENCE/ COMBINATION | SOLO SPIN/ COMBINATION | PAIR SPIN/ COMBINATION | PIVOT FIGURE or DEATH SPIRAL | STEP OR CHOREOGRAPHIC SEQUENCE |
|--|--|---|--|--|---|--|---|--|
| <p>CENTENNIAL PAIRS</p> <p>3:10 max</p> | <p>Max 2 different</p> <p>Lifts may be from Group 1 or Group 2 or one may be a single twist lift</p> <p>*If from the same group, each must have different take off (for example, one Lutz lift and one Axel lift, both from Group 1)</p> <p>Full extension is optional for Group 2 waist lift</p> <p>Min ½ rev and max 3½ revs by man required</p> <p>Variations of the lady's position, no-handed, one-handed, overhead, carry and combination lifts, and lifts that include a carry feature are not permitted</p> | <p>Max 1</p> <p>Single throw jumps only</p> <p>Single Axel throw jumps are permitted</p> | <p>Max 1</p> <p>Single jumps only</p> <p>Single Axel jumps are permitted</p> <p>Single Axel jumps are permitted</p> | <p>Max 1</p> <p>Single jumps only</p> <p>Single Axel jumps are permitted</p> <p>Max two jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> | <p>Max 1</p> <ul style="list-style-type: none"> • Min 3 revs by both partners If spin does not have a change of foot • Min 5 revs by both partners If spin has a change of foot • Min 2 revs in each position | <p>Max 1</p> <p>Pair spin:</p> <ul style="list-style-type: none"> • Min 3 revs by both partners • Optional change of position • Min 2 revs in each position by both partners <p>or</p> <p>Pair spin combination:</p> <ul style="list-style-type: none"> • Min 5 revs total by both partners • Min 2 revs in each position by both partners | <p>Max 1</p> <p>Pivot position not required</p> <p>Choice of position and hand hold</p> | <p>Max 1</p> <p>Chosen from:</p> <ul style="list-style-type: none"> • Step sequence which must utilize at least ½ of ice surface or • Choreographic sequence which must be clearly visible <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such</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.

6.0 System Penalties: • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs. • 0.2 in 1st mark for each jump and/or spin element exceeding max.
 • 0.1 in each mark for time violation • 0.1 in 1st mark for step seq. not utilizing the ice as prescribed. • 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

SINGLES SHORT PROGRAM

The short program events listed below will be skated. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

- A. Intermediate short program – Rule 4230
- B. Novice short program – Rule 4220
- C. Junior short program – Rule 4210
- D. Senior short program – Rule 4200

PAIRS FREE SKATING EVENTS

Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

- A. Pre-juvenile – senior (<http://www.usfsa.org/shell?id=59259>)

PAIRS SHORT PROGRAM EVENTS

Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

- A. Intermediate short program – Rule 5230
- B. Novice short program – Rule 5220
- C. Junior short program – Rule 5210
- D. Senior short program – Rule 5200

EVENT: NATIONAL SOLO DANCE SERIES EVENTS

Format: The solo pattern dance event, combined event and shadow dance events are being offered as part of the U.S. Figure Skating Solo Dance Series and will be run in accordance with the U.S. Figure Skating Solo Dance Series Guidelines found [here](#).

Please refer to the 2015 Solo Dance Series guidelines for current rules, levels and requirements.

U.S. Figure Skating Solo Dance Series:

SOLO DANCE SERIES SOLO PATTERN DANCE EVENT

Refer to the [2015 Solo Dance Series Handbook](#) for the solo pattern dance event rules and details

SOLO DANCE SERIES COMBINED EVENT

Refer to the [2015 Solo Dance Series Handbook](#) for the combined event rules and details

SOLO DANCE SERIES SHADOW DANCE EVENT

Refer to the [2015 Solo Dance Series Handbook](#) for the combined event rules and details

PATTERN DANCE (PARTNERED)

- A. Juvenile – novice: <http://www.usfsa.org/shell?id=59258>

SHORT DANCE (PARTNERED)

- A. Junior – senior: <http://www.usfsa.org/shell?id=59258>

FREE DANCE (PARTNERED)

- A. Juvenile – senior: <http://www.usfsa.org/shell?id=59258>

SHOWCASE EVENTS

EVENT: Compete USA Showcase Events

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

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.

General event parameters:

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge's mark for each five 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.

* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on www.usfigureskating.org.

| 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/ Beginner/High Beginner/ Adult 1-6 | 3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop. | May not have passed any official U.S. Figure Skating free skate tests. | Time: 1:30 max. |
| No Test/ Pre-Preliminary/ Adult Pre-Bronze | 3 jump maximum. No Axels or double jumps permitted. | Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test. | Time: 1:30 max. |
| Preliminary/ Adult Bronze | 3 jump maximum. Axels are permitted, but no double jumps allowed. | Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test. | Time: 1:40 max. |

EVENT: Showcase Events – Dramatic Entertainment Events

Format:

*This event is a standard U.S. Figure Skating Nonqualifying Competition
LG/10-1-14*



- 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.
- 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:

Except for Adult events, skaters must compete at the highest level for which they qualify.

| | Event | Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track) | Must not have passed Free Skate or Dance (solo or partnered) Test or higher | Age | Time |
|--|--------------|---|--|---------------------------------------|----------|
| | 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* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track) | Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher | Age | Time |
|--------------|---|---|--------------|----------|
| Adult Bronze | Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Complete Pre-Bronze Dance Test** | Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary FD (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77) OR Any Pre-Silver Dance** | 21 and older | 1:40 max |
| Adult Silver | Adult Silver Free Skate Juvenile FS (prior to 10/1/94) Pre Juvenile FS Adult Silver Free Dance Intermediate Free Dance Preliminary FD (prior to 9/2/2000) 3rd Figure (prior to 10/1/77) OR One Pre-Silver Dance** | Adult Gold Free Skate Juvenile FS (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze FD (prior to 9/2/2000) 4th Figure (prior to 10/1/77) OR Any Pre-Gold Dance** | 21 and older | 1:40 max |
| Adult Gold | Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance 3rd Figure (prior to 10/1/77) OR One Pre-Gold Dance** | Intermediate FS (on/after 10/1/91) Junior Free Dance Silver FD (Prior to 9/2/2000) 5th Figure Test (prior to 10/1/77) OR Complete Pre-Gold Dance Test** | 21 and older | 1:40 max |
| Masters | Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver FD (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) 8th Figure Test (10/1/77-9/30/79) OR Complete Pre-Gold Dance Test** | | 21 and older | 1:40 max |

EVENT: Showcase Events – Light Entertainment Events

Format:

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

General event parameters:

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

Light Entertainment Levels:

Except for Adult events, skaters must compete at the highest level for which they qualify.

| | Event | Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track) | Must not have passed Free Skate or Dance (solo or partnered) Test or higher | Age | Time |
|--|--------------|---|--|---------------------------------------|----------|
| | 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* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track) | Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher | Age | Time |
|--------------|---|---|--------------|-------------|
| Adult Bronze | Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Complete Pre-Bronze Dance Test** | Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary FD (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77) OR Any Pre-Silver Dance** | 21 and older | 1:40 max |
| Adult Silver | Adult Silver Free Skate Juvenile FS (prior to 10/1/94) Pre Juvenile FS Adult Silver Free Dance Intermediate Free Dance Preliminary FD (prior to 9/2/2000) 3rd Figure (prior to 10/1/77) OR One Pre-Silver Dance** | Adult Gold Free Skate Juvenile FS (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze FD (prior to 9/2/2000) 4th Figure (prior to 10/1/77) OR Any Pre-Gold Dance** | 21 and older | 1:40 max |
| Adult Gold | Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance 3rd Figure (prior to 10/1/77) OR One Pre-Gold Dance** | Intermediate FS (on/after 10/1/91) Junior Free Dance Silver FD (Prior to 9/2/2000) 5th Figure Test (prior to 10/1/77) OR Complete Pre-Gold Dance Test** | 21 and older | 1:40 max |
| Masters | Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver FD (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) 8th Figure Test (10/1/77-9/30/79) OR Complete Pre-Gold Dance Test** | | 21 and older | 1:40 max |



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult 1-6 Free Skate, Adult Pre-Bronze and Adult Bronze Program Event

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.

- Vocal music is allowed
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.

| Level | Time | Elements |
|------------------|------------------|--|
| Adult 1 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> • Falling and Recovery • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot |
| Adult 2 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row |
| Adult 3 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Backward skating to a long two-foot glide • Forward chasses on a circle, clockwise and counterclockwise • Backward snowplow stop, Right and Left |
| Adult 4 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions |
| Adult 5 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin |
| Adult 6 | 1:30 +/- :10 sec | <ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin |
| Adult Pre-Bronze | 1:40 max | Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test. Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements. |
| Adult Bronze | 1:50 max | Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Refer to the current U.S. Figure Skating Rulebook |

This event is a standard U.S. Figure Skating Nonqualifying Competition
LG/10-1-14



| | |
|--|----------------------------------|
| | #4590 for specific requirements. |
|--|----------------------------------|

Special Skater Competition

June 23 -25, 2017

Hosted by Figure Skating Club of Southern California
Sanctioned by U.S. Figure Skating



Event to take place at
Toyota Sports Center
555 North Nash st
El Segundo , Ca 90245

Special Skater Events

- **Free Style levels 1 through 6.**
- **Pairs Levels 1 and 2**
- **Showcase Levels 1 through 6**

Entry Deadline: May 21, 2017

*This event is a standard U.S. Figure Skating Nonqualifying Competition
LG/10-1-14*



Special Skater Events to be skated

Free Skate:

Events to be skated are the Freestyle Programs.

| Level | Duration | Program Description |
|--------------------------|--------------------------|--|
| Freestyle Level 1 | 1 minute | Special Olympics Freestyle Level I program. |
| Freestyle Level 2 | 1 min. 30 seconds | Special Olympics Freestyle Level II program. |
| Freestyle Level 3 | 2 minutes | Special Olympics Freestyle Level III program. |
| Freestyle Level 4 | 2 minutes | Special Olympics Freestyle Level IV program. |
| Freestyle Level 5 | 2 min. 30 seconds | Special Olympics Freestyle Level V program. |
| Freestyle Level 6 | 3minutes | Special Olympics Freestyle Level VI program |

Pairs:

Events to be skated are the Pairs Freestyle Programs.

| Level | Duration | Program Description |
|----------------------|--------------------------|--|
| Pairs Level 1 | 1 minute | Special Olympics Pairs Freestyle Level I |
| Pairs Level 2 | 1 min. 30 seconds | Special Olympics Pairs Freestyle Level II |

Showcase

| Level | Duration | Program Description |
|-------------------------|--------------------------|--|
| Showcase Level 1 | 1 minute | Special Olympics Freestyle Level I program. |
| Showcase Level 2 | 1 min. 30 seconds | Special Olympics Freestyle Level II program. |
| Showcase Level 3 | 2 minutes | Special Olympics Freestyle Level III program. |
| Showcase Level 4 | 2 minutes | Special Olympics Freestyle Level IV program. |
| Showcase Level 5 | 2 min. 30 seconds | Special Olympics Freestyle Level V program. |
| Showcase Level 6 | 3 minutes | Special Olympics Freestyle Level VI program |

General Rules regarding Showcase Free Skating:

The Showcase program is one in which the skating moves are selected for their value in enhancing the skater's artistry and interpretation of the music, rather than for technical difficulty. The program should be an integrated exploration of the music; it should not be merely a collection of pleasing or spectacular moves. This event will be judged on the skater's interpretation of the music. Skaters must provide their own music. Vocal music is acceptable. Two marks will be given, one for composition, and one for presentation:

Composition: The utilization of the ice surface and space, the easy movement and sureness across the ice, carriage and style and the variations of speed.

Presentation: The harmonious composition of the program as a whole and its conformity to the music chosen, originality and the expression of the character of the music.

The technical difficulty of the program is not considered in these marks. Single jumps (including Axel) are not limited, but only one double jump of the skater's choice is allowed for all levels of Showcase events. Hand held props are permitted. The Showcase events will be divided into six levels: Showcase Levels 1 through 6. The level and/or categories may be combined at the discretion of the referee, depending on the number of entries. Groups may be divided by age or draw.

- a.
- b.
- c.

MUSIC

The Figure Skating club of Southern California music system will accommodate CD, CD-RW-CD (CD preferred). For best results, we recommend that program music be recorded on Music Quality CD disks. Bring a backup copy of your music.

AWARDS

Awards will be given for **all** placements for Special Skater events.

Grouping of events: Any event may be divided into groups at the discretion of the referee. No final rounds will be skated for events that are divided.

VIDEOTAPING AND/OR PHOTOGRAPHY

Contractual commitments with our Videographer and Professional Photographer require that we limit all private video taping and still photographs to your own skater. Any spectator seen shooting either video or stills of a skater other than their own shall be removed from the arena.

SCHEDULE OF EVENTS

ENTRY FEES 2017 for Special Skater Events :

All entries are to be entered on the Entryeeze system at WWW.Entryeeze.com

| | |
|--------------------------|--------------------|
| Freestyle Level 1 | \$30 |
| Freestyle Level 2 | \$30 |
| Freestyle Level 3 | \$30 |
| Freestyle Level 4 | \$30 |
| Freestyle Level 5 | \$30 |
| Freestyle Level 6 | \$30 |
| Pairs Level 1 | \$40/couple |
| Pairs Level 2 | \$40/couple |
| Showcase Level 1 | \$30 |
| Showcase Level 2 | \$30 |
| Showcase Level 3 | \$30 |
| Showcase Level 4 | \$30 |
| Showcase Level 5 | \$30 |
| Showcase Level 6 | \$30 |
| | |
| | |
| | |
| | |

There is a \$25 charge for returned checks.

Each Skater will receive one all event spectator pass in addition to their own Competitor's Credential. Each Coach of record will receive one Coach's Credential.

Is the Skater Vision Impaired? Yes _____ No _____

Is the Skater Hearing Impaired? Yes _____ No _____

List any physical impairments

This event is a standard U.S. Figure Skating Nonqualifying Competition
LG/10-1-14

