

The 2019 St. Patrick's Day Non-qualifying Competition

HOSTED BY

Triangle Figure Skating Club of North Carolina



Sat. March 16, 2019

The Polar Ice House @ Factory

1839-200 South Main Street

Wake Forest, NC 27587

Sanctioned by:



GENERAL INFORMATION

The 2019 St. Patrick's Day Open Compete USA Non-qualifying Competition will be held 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.

FACILITIES: The competition will be held at the Polar Ice House Factory, 1839 S. Main Street, Wake Forest, NC. The competition will be held on Saturday March 16th, 2019. The Facility has one (1) NHL—sized rink with rounded corners both with seating and locker rooms (5 total). Dressing Rooms will be assigned in accordance with U.S. Figure Skating Safe Sport guidelines and adherence to these policies will be monitored during the event. This event is sanctioned by U.S. Figure Skating and conducted in association with Learn to Skate USA and U.S. Figure Skating rules governing non-qualifying competitions as set forth in the 2018/2019 edition of the Rulebook.

LIABILITY:

Rule 1600: U.S. Figure Skating, Triangle Figure Skating Club of NC, the event local organizing committee and the Polar Ice House accept no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the club hosting the competition and its officers; and their entries shall be accepted on such condition.

ELIGIBILITY FOR PARTICIPANTS

The competition is open to all eligible skaters who are current members in good standing with U.S. Figure Skating in their home club or Learn to Skate USA program or an individual member in accordance with the current rulebook. Non-U.S. Citizens' eligibility will be determined using policies in the U.S. Figure Skating rulebook. Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills 1-6 skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances. For the Pre-free skate, Free skate 1-6, Test Track and Well-Balanced levels, eligibility will be based only upon highest free skate test level passed (Moves in the Field test level will not determine skater's competitive level). **Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition.** Skaters may not compete at more than one level in the same type event at the same competition. The Local Organizing Committee, event chairman and referee reserve the right to move a skater into a proper division if they discover that a skater has been placed in a category that is below his/her class level, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors. Coaches and/or skating directors will be prompted through the Entryeze system to confirm the appropriate entry level of each skater.

Age Restrictions/Requirements: Skaters entering juvenile free skate events (Well-Balanced Program) must be under 13 years of age on September 1, 2019. Skaters entering open juvenile free skate events (Well-Balanced Program) must be at least 13 years of age at the close of entries. Skaters entering Beginner/High Beginner and No Test events will be divided as closely as possible by age should a number of entries warrant more than one group.

JUDGING

The selection of all officials will comply with the rules for competitions as set out in the U.S. Figure Skating rulebook and in the Compete USA Competition Manual. Non U.S. Figure Skating judges may be used to judge some of the Basic Skills events. The 6.0 judging format will be used for all Basic Skills thru Preliminary and Test Track events. We will offer an IJS Program Components **exhibition/critique** format for Juvenile through Senior events — **we will not have a Technical Specialist for this competition but will have Regional level IJS Judges.** A complimentary Critique can be reserved for all IJS Skaters as the judging schedule permits and is to be attended only by the skater and his/her coach. **Exhibition** will also be offered for Adult Masters & Championships Events.

AWARDS

Medals will be awarded for First, Second, Third and Fourth place winners in each group in each event. Where scheduling permits, all Compete USA participants will receive an award. All events are considered completed after the initial round and no final rounds will be held.

SCHEDULE OF EVENTS & OFFICIAL NOTICES: Event Website: <http://comp.entryeze.com/Home.aspx?cid=184>

A tentative schedule will be posted on the competition website as soon as it is available and no less than 6-7 days prior to the competition. As soon as all schedules are finalized you will receive an email with the start date and time to access your account on-line to see your individual schedule. You will need your U.S. Figure Skating number and your PIN number. ALL event start orders will be posted in a prominent area and updates will be provided by the Accounting suite and Registration desk. Full schedule of events and awards ceremonies will be posted at the Official Registration desk. It is the responsibility of each competitor, parent and coach to check the posted schedules regularly for any schedule changes or additional information. It is recommended that skaters arrive at least 45 minutes prior to the scheduled time of their event warm-up.

ENTRIES : Entryeeze site: <http://comp.entryeeze.com/Home.aspx?cid=184>.

1. Skaters must be registered members with U.S. Figure Skating 30 days prior to the competition application deadline and meet eligibility criteria noted above.

2. **DEADLINE:** Online Registrations will close **Sunday February 17, 2019**

3. **REGISTRATION:** **Entryeeze Registration site link above:** This is the only acceptable method of registering for the competition.

4. **LATE ENTRIES:** will be accepted at the discretion of the competition chair space permitting and will incur an additional fee of \$40. If the late fee does not accompany the entry, it will not be processed.

5. **CHANGES:** **Changes of event after the registration deadline will be permitted in the sole and absolute discretion of the LOC and will result in a \$25 fee per each event changed.** Online registration will help to guarantee all entry information is correct. Coaches will be asked to approve skater entry level(s) and event(s) via Entryeeze system. This includes making sure skaters are registered for competition rather than any test session occurring on the same weekend prior to the close of entries of each event.

6. **REFUNDS:** *No refunds will be granted for any reason (including medical) except for events eliminated by the LOC.* Contested credit card charges or checks returned for insufficient funds will be issued a \$50 fee. Payment of any pending fees will be required before the skater is allowed to compete or attend practice ice.

7. **CONVENIENCE FEES:** There is a convenience fee associated with the online entry process. Online processing fees are not refundable.

8. **MUSIC UPLOAD:** All Competitors entering events with music are **REQUIRED** to upload their music in the specified format through Entryeeze (SEE MUSIC SECTION) by the deadline **Sunday February 24th, 2019** You will need skater's USFS# and PIN. If late uploads are allowed, the LOC may charge \$25.00 if the competitor: 1) fails to submit music prior to deadline 2) submits files not adhering to specifications 3) uploads incorrect music per segment. Skater may skate the program without music if upload issues are not resolved by event time.

9. **FIRST EVENT:** If your Spins, Jumps, Basic Skills Elements or Compulsory (other than Moves Critique) is your only event, it will be considered a FIRST EVENT. See Event Fee Schedule for other First Event policies.

10. **MOVES CRITIQUE:** **This is NOT a Moves Test**, only two moves are assessed by a single judge (see event details). Testing skaters should apply through the TFSCNC Entryeeze Membership and Tests Site and not through the competition site. Critique skaters may not receive a critique on the same moves that they may be testing but may apply for a critique one level higher than their test on the same weekend.

11. **PLANNED PROGRAM CONTENT:** All skaters in IJS events need to submit the PPC form through the Entryeeze registration site by Sunday Feb 24th, 2019. Failure to submit the form may result in withdrawal from the event. The LOC may allow for spot calls in its sole and absolute discretion.

MUSIC

ALL competition music must be submitted electronically via the on-line registration system

(<http://comp.entryeeze.com/Home.aspx?cid=184>) by the music submission deadline of Sunday Feb 24, 2019. Online music submission is the **ONLY** acceptable method to submit program music. After you have paid for your events, the system will prompt you to upload your MP3-formatted music for each event that requires music. Go to the "Competition" tab and select "My Music." Check the track you intend to upload prior to submitting it to assure that it correctly matches the intended event.

Coaches may be of assistance with the music upload process. If you have difficulties with the system, please contact your coach first. Reminders will be sent during the competition organizational process to those who have not uploaded music. Skaters who do not have their music uploaded by appropriate deadlines may be at risk of having no music played during their event which may affect their competition placement.

The uploaded music MUST conform to the following specifications:

| | |
|--------------------|--|
| Programs per file: | One [1] - Only one piece of competition program music per file is allowed. |
| MP3 File Format: | mp3 - The uploaded file music must be an mp3 file (MPEG-1 or MPEG-2 Audio Layer III). Modify or re-save your recording in this format prior to upload. |
| Bit Rate: | 192 kbps is requested (bit rates between 128 and 320 kbps will be accepted). |

Maximum file size: 10 MB

ID3 Metadata [tags]: Please make sure there are no associated embedded images such as album cover art, etc.

Leader/Trailer: Please do not have any extra silent time before the beginning or after the end of the track.

- **BACK UP MUSIC ON CD:** In addition to submitting the music online, all competitors/teams must also have at least one [1] backup copy of their competition music on CD, AT RINKSIDE, during the actual competition event segment or official practice. CDs must meet the following requirements. (1) Standard Audio CD format (no CD-RWs) (2) Label disc with skater name, event, time duration of music (3) Only One music track per disc (4) No leader or trailer silent time. (5) All music must adhere to time specifications according to the U.S. Figure Skating rules governing the event.

PRACTICE ICE

Practice ice is included in the entry fee and will be supplied at least one per skater per event up to maximum of two 15 minute practice ice sessions per skater (at the discretion of the LOC and as ice time & competition volume permits). Practice ice fees are non-refundable and sessions are non-transferrable. Sessions will be available before the start of the events each day and at multiple times throughout the competition, ice time permitting. No program music will be played during these sessions. The LOC will schedule the practice ice according to the event schedule of each skater. The schedule will be posted along with the event schedule at least 6-8 days prior to the competition. Coaches should review their skaters on each session and identify any issues to the LOC at least 5 days prior to the Competition. The LOC will have sole and absolute discretion as to the assignment or adjustment of any practice ice schedule. Skaters are reminded to be on time for practice ice sessions. As customary, coaches are not allowed on the ice during practice sessions.

| EVENT FEE SCHEDULE: | Event Category | Fee | Video |
|----------------------------|--|------------|---------------------|
| First Event | Basic 1-6, PreFree Skate-Free Skate 6 | \$90.00 | included |
| First Event | 6.0 No Test/Beginner thru Preliminary, Adult Basic-Bronze | \$95.00 | included |
| First Event | IJS Exhibition PreJuv-Senior | \$70.00 | Additional purchase |
| First Event | Moves in the Field Compulsory Critique | \$50.00 | No video |
| First or Additional | Showcase Events | \$70.00 | included |
| Synchro | Team Exhibition | \$130.00 | Additional purchase |
| Additional | Compulsory or Elements Events, all levels | \$45.00 | No video |
| | Late Fee/Contested Credit card charge/Returned check or Insufficient Funds fee | \$40.00 | |
| Practice Ice —15 mins | All entry fees include a 15 min practice ice session up to 2 per skater | | |
| | Video of any additional event will be available for purchase during the competition. | | |

PHOTOGRAPHY and VIDEOGRAPHY

Photographic Miracles and Looking Glass Productions will be taking photos and videos for all free skate and showcase events, which will be available for purchase. Except for the official videographer, only battery-operated personal cameras will be allowed. Individual videotaping will be permitted in designated areas only and NO TRIPODS are allowed. There will be NO FLASH photography permitted in the ice arena.

Looking Glass Productions will produce downloadable videos available after the event through a link provided by the videographer and LOC.

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, 2018:

- 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 and — if 18 years of age or older — submit information for and successfully pass the annual background screen.
- C. Must complete the appropriate CER courses (A, B, C or LTS USA) 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.
- E. Must be Safe Sport compliant and certified.

For Learn to Skate USA ONLY coaches - 1) Must be registered as a Learn to Skate USA instructor member. 2) If age 18 and older must have successfully passed the annual background screen and have completed SafeSport training.

MR 5.13 Coaches not in compliance with the stated membership, registration and education requirements will be considered “non-compliant” members of U.S. Figure Skating and PSA and will not be allowed to coach athletes, nor have contact, either directly or indirectly, at a venue for practice and/or at U.S. Figure Skating Events.

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 or 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.**

[CONTACT INFO — events.tfscnc@gmail.com](mailto:events.tfscnc@gmail.com)

LOC Chair: Beth Campbell, events.tfscnc@gmail.com

Chief Referee: Bonnie Boaz

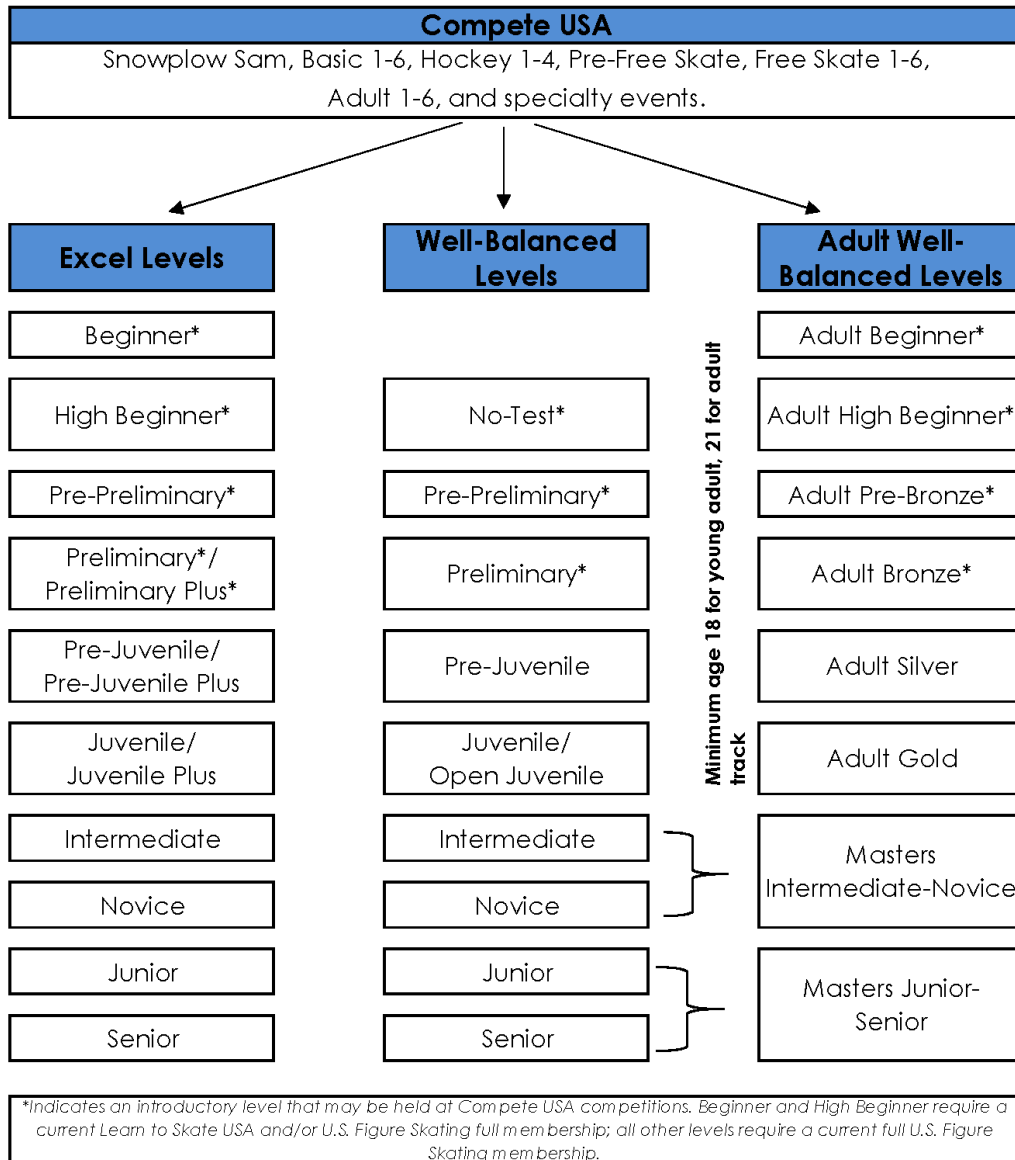
Accountants: Kimberley Moore

Event Address: Polar Ice House Factory, 1839 S. Main Street, Wake Forest, NC



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

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



SNOWPLOW SAM – BASIC 6 ELEMENTS

Two format options for the Elements Event:

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)

Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice (determined by the LOC)
- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- **All elements must be skated in the order listed.**

| Level | Time | Skating rules/standards |
|--------------|-----------|---|
| Snowplow Sam | 1:00 max. | <ul style="list-style-type: none"> • 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 | 1:00 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 | 1:00 max. | <ul style="list-style-type: none"> • Forward one-foot glide (no variations), 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 | 1:00 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 counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot |
| Basic 4 | 1:00 max. | <ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions |
| Basic 5 | 1:00 max. | <ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop |
| Basic 6 | 1:00 max. | <ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry • T-stop, right or left |

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

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

| Level | Time | Skating rules/standards |
|--------------|-----------|---|
| Snowplow Sam | 1:10 max. | <ul style="list-style-type: none"> • 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 (no variations), 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 counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot |
| Basic 4 | 1:10 max. | <ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions |
| 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, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop |
| Basic 6 | 1:10 max. | <ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position • T-stop, right or left |

PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum

| Level | Time | Skating rules/standards |
|----------------|-----------|---|
| Pre-Free Skate | 1:15 max. | <ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • 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 • Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions • Mazurka • Waltz jump |
| Free Skate 1 | 1:15 max. | <ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • Backward outside three-turns, right and left • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop • Half flip jump |
| Free Skate 2 | 1:15 max. | <ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Backward inside three-turns, right and left • Beginning back spin- maximum 2 revolutions • Half Lutz • Salchow jump |
| Free Skate 3 | 1:15 max. | <ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise • Advanced back spin with free foot in crossed leg position- minimum 3 revolutions • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination |
| Free Skate 4 | 1:15 max. | <ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum 3 revolutions • Half loop jump • Flip jump |
| Free Skate 5 | 1:15 max. | <ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum 3 revolutions • Waltz jump-loop jump combination • Lutz jump |
| Free Skate 6 | 1:15 max. | <ul style="list-style-type: none"> • Forward power pulls, minimum 3 on each foot • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Beginning Axel jump |

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

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



- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

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

EXCEL COMPULSORY



Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

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

WELL BALANCED LEVELS COMPULSORY

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

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

EXCEL FREE SKATE

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or skate up one level higher.

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

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

WELL BALANCED FREE SKATE PROGRAM

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and an Excel Free Skate event at the same competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up one level higher.



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

ADULT 1-6, BEGINNER-BRONZE COMPULSORY

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



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

ADULT 1-6 FREE SKATE WITH MUSIC

General event parameters:

- The skating order of the required elements is optional.
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.
- To be skated on full ice
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.



| Level | Time | Elements |
|---------|----------|--|
| Adult 1 | 1:40 Max | <ul style="list-style-type: none"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot |
| Adult 2 | 1:40 Max | <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 | 1:40 Max | <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 | 1:40 Max | <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 | 1:40 Max | <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 | 1:40 Max | <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 (min 2 revs on 1 foot) |

ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC



General event parameters:

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

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

HOCKEY EVENTS – HOCKEY 1-4 ELEMENTS

Hockey 1-4 participants from Polar Learn to Skate, Learn to Play or Polar Ice House Leagues must be registered with either Learn to Skate USA or USA Hockey to participate. Ages will be divided by 8 & under, 10 & under, 12 & under and adult. The competition organizing committee reserves the right to combine age groups based upon number of entries.

Hockey 1-4 Elements: Each skater will perform each element when directed by a judge or referee. The following elements have been chosen for the skaters to perform. Format choice: Each skater will perform all of the required elements before moving on to the next skater.

- To be skated on 1/2 ice
- **All elements must be skated in the order listed**
- Time: 1:00 or less

| | |
|---|--|
| <p>Hockey 1</p> <ul style="list-style-type: none"> • Proper basic hockey stance, forward and backward • March forward across the ice, 8-10 steps • Two-foot glides and dips from forward marching • Forward swizzles / double C-cuts (4-6 in a row) • Stationary Snowplow Stop | <p>Hockey 3</p> <ul style="list-style-type: none"> • Forward C-cuts (1/2 swizzle pumps) on a circle, both directions • Forward outside edges on half circles, alternating feet on the axis • Forward inside edges on half circles, alternating feet on the axis • Backward C-Cuts on a circle, both directions • Backward snowplow stops, one foot and two feet V-stop |
| <p>Hockey 2</p> <ul style="list-style-type: none"> • Forward strides using 45 degree V-Push, focus on good recovery and alternating arm drive • Forward C-cuts: single leg and alternating feet in a straight line • Backward hustle or march, then glide on two feet • Backward swizzles / double C-cuts (4 – 6) • Two-foot moving Snowplow stop | <p>Hockey 4</p> <ul style="list-style-type: none"> • Quick starts using forward V-Start • Backward one-foot glide, right and left • Forward crossovers on a circle, clockwise and counterclockwise • Backward crossovers on a circle, clockwise and counterclockwise • Hockey stops (to right and left, with speed) |

SHOWCASE EVENTS

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

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

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

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

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

Showcase categories will include:

- Solos: See table of levels and requirements on following page.
- Duets: Theatrical/artistic performances by any competitors.
- Production ensembles/Theater on Ice: This event will be conducted as an EXHIBITION ONLY – no medals will be awarded for this event. Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event. **Max Time duration of TOI/Production event: 2:30.**
- The competition committee reserves the right to combine categories depending upon number of entries.

(CONTINUED ON NEXT PAGE)

SHOWCASE EVENTS: Solos and Duets

| 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/ Adult Beginner/Adult High Beginner | 3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop. | May not have passed any official U.S. Figure Skating free skate or free dance tests. | Time: 1:30 max. |
| No Test | No prescribed or restricted elements. | Must not have passed Pre-Preliminary Free Skate or any Free Dance tests. | Time: 1:30 max. |
| Pre-Preliminary | No prescribed or restricted elements. | Must have passed no higher than U.S. Figure Skating Pre-Preliminary May not have passed any free dance test. | Time: 1:30 max. |
| Adult Pre-Bronze | No prescribed or restricted elements. | Must have passed no higher than Adult pre-Bronze free skate test. See National Showcase guidelines for more specific information regarding adults. | Time: 1:40 max. |
| Preliminary/ Adult Bronze | No prescribed or restricted elements. | Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze Free Skate or Free Dance test. See National Showcase guidelines for more specific information regarding adults. | Time: 1:40 max. |

SPINS CHALLENGE

General event parameters:

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

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

JUMPS CHALLENGE

General event parameters:

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



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

SOLO PATTERN DANCE

General event parameters:

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

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



SYNCHRONIZED SKATING- SNOWPLOW SAM SYNCHRO, SYNCHRO SKILLS 1-3, PRELIMINARY

For the St. Patrick's Day Open, Synchronized Skating events will be conducted as EXHIBITIONS ONLY but will follow the rules below.

The emphasis of the Learn to Skate USA synchronized skating competition is on mastering the Synchro Skills of synchronized skating:

- Unison of body alignment, and learning to guide with the head.
- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Learning how to transition within elements with ease and clarity.
- Incorporating skills from Basic 1-6, Pre-Free Skate and Free Skate 1-2 to strengthen skating skills.
- Learning skills that will be the foundation for higher levels.
- Demonstrate ability to recognize and skate to the tempo of the music.

In order to safely practice and compete at the various levels, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level at which they are skating (see program requirements).

Eligibility Rules: All skaters on the team must either be full U.S. Figure Skating members or members of the Learn to Skate USA program. All Learn to Skate USA Synchronized Skating teams must be registered with U.S. Figure Skating and have a team number.

In order for the team to be eligible for Snowplow Sam Synchro or Synchro Skills 1-3 events, no skaters on the team may have passed higher than a preliminary test (moves in the field, freestyle or dance). The skater's test level is as of the competition entry deadline.

No skater may compete on multiple Learn to Skate USA synchronized skating teams.

Age/Number of Skaters: Varies based on the level. The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1. If the majority of the team is younger than the listed age, consider skating "up" to the level that best meets the skaters' skill levels.

Each Synchro Skills team may have between 8-16 skaters. A Snowplow Sam Synchro team may have between 5-12 skaters. Teams may have a maximum of four alternates listed on their roster, in addition to the maximum number permitted on the ice for their respective level.

Costume Rules: Learn to Skate USA synchronized skating teams should follow **Rule 7022 Clothing and Equipment** (U.S. Figure Skating Rulebook) when selecting their clothing for competition.

SYNCHRONIZED SKATING SNOWPLOW SAM, SYNCHRO SKILLS 1-3 PRELIMINARY

Required elements – Each level has specific required elements that must be completed:

| LEVEL | CIRCLE | LINE | BLOCK | WHEEL | INTERSECTION |
|--|--|---|---|---|---|
| SNOWPLOW SAM SYNCHRO 5-12 skaters, majority under 7 years old Maximum 2 minutes 10 seconds | One circle, which must contain a forward inside or outside edge 1 foot glide and/or 2 foot glide. May have backwards skating. | One line, skated forward, which must cover half ice to full ice. | One block, skated forward, which must cover half ice to full ice, and must have only 1 configuration. | One wheel, skated forward, in any shape. | One intersection: Two lines facing each other, 2-foot glide at point of intersection. |
| SYNCHRO SKILLS 1 8-16 skaters, majority under 9 years old Maximum 2 minutes 10 seconds | One circle, which must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted. | One line, which must cover half ice to full ice and may include forward and/or backward skating. | One block, which must cover half ice to full ice, and must have only 1 configuration. | One wheel of the team's choice with backward pumps. | One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection. |
| SYNCHRO SKILLS 2 8-16 skaters, majority under 12 years old Maximum 2 minutes 10 seconds | One circle, which must contain a forward 3-turn and must contain a backward inside and/or backward outside edge glide. | One line, which must cover full ice and may include forward and/or backward skating. | One block, which must cover the ice and must have 1 or 2 configurations. | One wheel of the team's choice with backward pumps and/or chasses. | One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection. |
| SYNCHRO SKILLS 3 8-16 skaters, majority at least 12 years old Maximum 2 minutes 10 seconds Minimum of two different hand holds | One circle, which must contain a mohawk and must contain a backward inside and/or backward outside edge glide. | Line element, which includes a change of configuration (1 line to 2 lines or 2 lines to 1 line), and must cover full ice and must include forward and backward skating. | One block, which must cover the ice and must have 2 different configurations. | Wheel element of the team's choice with backward pumps, chasses, and/or crossovers. | One intersection. |
| PRELIMINARY 8-16 skaters who are under age 12, majority under age 10 2:00 +/- 10 seconds Minimum of two different hand holds | One circle element | One line element | One block element | One wheel element | One intersection element (forward only) |

Restrictions in Snowplow Sam Synchro and Synchro Skills 1:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Lines may not pivot.
- Snowplow Sam Synchro teams: backwards skating is allowed, but not required, in the circle and is not permitted in any other elements or transitions.
- Teams may not do steps higher than Basic 6.

Restrictions in Synchro Skills 2:

- Additional elements are not allowed (the team must do only their required elements).
- Wheels may not travel, change rotational direction or change configuration.
- Circles may not change rotational direction or change configuration. Traveling is allowed, but not required.
- Lines may not pivot.
- Synchro Skills 2 teams may not do steps higher than Free Skate 2, with the exception of split jumps, stag jumps and split falling leaf jumps.

Restrictions in all levels: All of the synchronized skating "illegal elements" found in Rule 7160 of the U.S. Figure Skating Rulebook.

Please reference <http://usfsa.org/programs?id=84096&menu=synchronized> for most up-to-date Learn to Skate USA Synchronized Skating rules

