**The 2019 Cary Compete USA**

**And Azalea Classic**

**June 1-2, 2019**

HOSTED BY

Triangle Figure Skating Club of North Carolina



The Cary Ice House

1410 Buck Jones Road

Raleigh, NC 27606





**GENERAL INFORMATION**

The **2019 Cary Classic** 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.

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.

**FACILITIES**

The competition will be held at The Cary Ice House, 1410 Buck Jones Road, Raleigh, NC 27606. The rink is a climate-controlled facility with one ice surface (183’ x 80’) with rounded corners and a hockey barrier. Dressing rooms are available.

**LIABILITY**

Rule 1600: U.S. Figure Skating, Triangle Figure Skating Club of NC (“TFSC”), the event local organizing committee and the Raleigh IcePlex 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 Learn to Skate USA 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, Excel 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 Entryeeze system to confirm the appropriate entry level of each skater.

**JUDGING SYSTEM**

The 6.0 Majority Judging System will be used for:

*- Well Balanced Program free skate events, pre-preliminary – pre-juvenile, Adult Bronze and below*

*- Introductory free skate events (no-test)*

*- Learn to Skate USA events*

*- All Excel events*

*- All specialty singles events (spins, jumps, compulsory moves, showcase, etc.)*

**AWARDS:** Medals will be awarded to the 1st, 2nd, 3rd, and 4th place winners in each group in each event. Where scheduling permits, all Learn to Skate USA participants will receive an award. All events are considered completed after the initial round. No final rounds will be held.

**SCHEDULE OF EVENTS & OFFICIAL NOTICES:**

Information and 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 no less than 45 minutes prior to the scheduled time of their event warm-up.

**ENTRIES**

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, May 12, 2019 at 11:59 PM.**

3. **REGISTRATION: Entryeeze Registration** 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 be returned.

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.

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.

7. **PAYMENT:** Payment of any pending fees, including fees for insufficient funds, late fees, late music upload penalties, and change fees will be required before the skater is allowed to compete or attend practice ice.

7. **PROCESSING FEES:** There is a processing 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 into the competition EntryEeze site in the specified format by the **Sunday, May 19, 2019 11:59 PM**. Please see the “Music Upload Instructions” section of this Announcement for details.

9. **Penalty for Incorrect Music or Failure to Upload Music:** After the music upload deadline, the LOC may allow late uploads of music (including corrections) in its sole and absolute discretion. Where late uploads are permitted, the LOC will assess each competitor/team an additional charge, up to $25.00 per event segment, if the competitor: 1) fails to submit music prior to the online music submission deadline, 2) submits files that do not follow the specifications or 3) uploads the incorrect music for a given event segment (e.g. uploads short program music instead of the free skate). Where music is not submitted timely, the skater may skate his or her program without music (however, if music is submitted subject to a late fee, the fee must be paid in accordance with Section 7 above).

10. **PLANNED PROGRAM CONTENT:** All competitors skating in IJS events need to submit the planned program content form through the Entryeeze Registration System by **Sunday May 19, 2019 11:59 PM**. Failure to submit the form may result in withdrawal from event. The LOC may allow for spot calls in its sole and absolute discretion.

11. **FIRST EVENT:** If a Spins, Jumps, Learn to Skate USA 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.

**ENTRY/Fee Schedule**

Method of entries will be online via EntryEeze, which can be accessed through the Club’s web site at **www.trianglefscnc.org**. Entry deadline will be 11:59pm, Sunday, May 12, 2019. Entry fees will be paid online at the EntryEeze portal. Late entries may be accepted in the sole and absolute discretion of the LOC and will require a late fee of $40.

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| 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 | Moves in the Field Compulsory Critique | $50.00 | No video |
| First or Additional | Showcase Events | $70.00 | included |
| Synchro | Team Exhibition | $125.00 | \*\*Add’l purchase |
| Additional | Compulsory or Elements Events, all levels | $50.00 | No video |
|  | Late Fee/Contested Credit card charge/Returned check or Insufficient Funds fee | $40.00 |  |

\*\*Complimentary video is not included in the Entry Fee, but can be purchased as part of the registration process.

Video of events will also be available for purchase during the competition.

All entry fees include a 15-minute practice ice session.

**Please review your choice of events closely.**

**MUSIC UPLOAD INSTRUCTIONS**

ALL competition music must be submitted electronically via the online registration system (EntryEeze) by the music submission deadline of Sunday, **May 19, 2019 at 11:59 p.m**. For the Cary Classic Competition, 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 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.

**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, 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 ac-cording to the U.S. Figure Skating rules governing the event.

**PRACTICE ICE**

Practice ice is included in the price of the entry fee. One practice session per event will be provided to each skater. All practice ice sessions will be 15 minutes in length. Sessions will be available before the start of events each day and at multiple times throughout the competition, ice time permitting.

After the event schedule is finalized, registrants will receive an email with the start date and time for practice ice sessions. The registrant’s USFS number and PIN number will be required to access their account. Additional practice ice may be available for sale online after pre-registered sessions have been chosen.

If additional Practice Ice is available, it will be for sale in two tiers.

**Tier 1)** $15.00 per session: online pre-purchase of practice ice (one session per event) during registration.

**Tier 2)** $20.00 per session: online practice ice purchased after the schedule has been posted or at the registration desk during the competition, as space permits.

Skaters are reminded to be on time for practice ice sessions. As customary, coaches are not allowed on the ice during practice ice sessions and no programs will be played. *Practice ice fees are non-refundable and non-transferrable*.

**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.

DVDs produced by Looking Glass Productions will be available for pick-up at the Raleigh IcePlex 2-3 weeks after the competition. You will need to purchase the shipping fee from the merchandise section of the EntryEeze site if you prefer have your DVD shipped directly to you. DVDs will be of the entire group.

**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 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 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 - 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.

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must be included within a skater’s registration or updated through their EMS Skater Portal. All coach compliance is verified via EMS and is connected to the U.S. Figure Skating database.

\*SafeSport training is available through [http://www.usfsaonline.org](http://www.usfsaonline.org/)for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons

The LOC will have a list of compliant coaches via EMS, verified through the U.S. Figure Skating database who are approved to receive 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.

Coaches must meet the following requirements:

Coaches for U.S. Figure Skating athletes:

* Current member in good standing with U.S. Figure Skating
* Completed background check (green light status)
* Completed SafeSport Training\*
* Continuing Education Requirements (CERs) for the 2019-20 Competition Season
* Proof of current general liability insurance with limits of $1 million per occurrence/$5 million aggregate.

Coaches for Compete USA athletes:

* Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
* Completed SafeSport Training\* (for coaches 18 years old and over)
* Completed background check (green light status)(for coaches 18 years old and over)
* Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

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.  There can be no exceptions to this policy.

For more information regarding Coach Compliance, please visit:

<http://usfsa.org/content/Coaches%20Requirements%20Chart.pdf>

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 — info@trianglefscnc.org

LOC Chair: Jackie Pusztay

Chief Referee: Beth Blake

Accountant(s): Mike Rowland

Event Address: The Cary Ice House, 1410 Buck Jones Road, Raleigh, NC 27606

**TABLE OF EVENTS**

**6.0 Judging System—Learn to Skate USA**

Program Event - Snowplow Sam - Basic 8

Elements - Snowplow Sam - Basic 8

Program Event - Free Skate 1-6

Compulsory Event - Free Skate 1-6

Program to Music—Adult 1-6, Pre-Bronze & Bronze

Compulsory Event — Adult 1-6, Pre-Bronze & Bronze

Showcase Compete USA — Basic 1-6, Pre Free Skate– Free Skate 6, Beginner & High Beginner, No-Test to Preliminary, Adult Beginner through Adult Bronze.

Duet Showcase — Basic-Adults

Introductory Free Skate Levels - Beginner & High Beginner

Jump Challenge

Spins Challenge

**6.0 Judging System —U.S. Figure Skating**

Excel Free Skate - Pre-Preliminary - Senior

Well Balanced Free Skate - Pre-Preliminary -

Compulsory Moves - Pre-Preliminary –Senior

Jumps Event – 6.0 System

Spins Event – 6.0 System

**Paper Critique — U.S. Figure Skating Test Rules**

Moves in the Field Critique — Pre-Preliminary through Senior

Synchro Teams — As per U.S. Figure Skating Rule Book.



**SNOWPLOW SAM – BASIC 6 ELEMENTS**

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and 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.
* No music.
* **All elements must be skated in the order listed.**

|  |  |  |
| --- | --- | --- |
| Level | Time | Skating rules/standards |
| Snowplow Sam | 1:00 max. | * 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. | * 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. | * 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 | 1:00 max. | * 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 | 1:00 max. | * 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, maximum 2-4 revolutions * Backward ½ swizzle pumps on a circle, one direction only |
| Basic 5 | 1:00 max. | * Backward outside edge on a circle, clockwise or counterclockwise * Backward crossovers, 4-6 consecutive, both directions * Advanced two-foot spin, maximum 4-6 revolutions * Forward outside three-turn, right and left * Hockey stop |
| Basic 6 | 1:00 max. | * 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 |



**SNOWPLOW SAM – BASIC 6 ELEMENTS**

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and 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.
* No music.
* **All elements must be skated in the order listed.**

|  |  |  |
| --- | --- | --- |
| Level | Time | Skating rules/standards |
| Snowplow Sam | 1:00 max. | * 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. | * 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. | * 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 | 1:00 max. | * 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 | 1:00 max. | * 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, maximum 2-4 revolutions * Backward ½ swizzle pumps on a circle, one direction only |
| Basic 5 | 1:00 max. | * Backward outside edge on a circle, clockwise or counterclockwise * Backward crossovers, 4-6 consecutive, both directions * Advanced two-foot spin, maximum 4-6 revolutions * Forward outside three-turn, right and left * Hockey stop |
| Basic 6 | 1:00 max. | * 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 |



**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.
* 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.

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| Level | Time | Skating rules/standards |
| Snowplow Sam | 1:10 max. | * 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. | * 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. | * 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. | * 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. | * 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, maximum 2-4 revolutions * Backward ½ swizzle pumps on a circle, one direction only |
| Basic 5 | 1:10 max. | * Backward outside edge on a circle, clockwise or counterclockwise * Backward crossovers, 4-6 consecutive, both directions * Advanced two-foot spin, maximum 4-6 revolutions * Forward outside three-turn, right and left * Hockey stop |
| Basic 6 | 1:10 max. | * 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 |



**PRE-FREE SKATE – FREE SKATE 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.

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| Level | Time | Skating rules/standards |
| Pre-Free Skate | 1:40 max | * 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 | * 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. | * 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 | * 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. | * 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. | * 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. | * Split jump or stag jump * Camel, sit spin combination - minimum of four revolutions total * Waltz jump, ½ loop, Salchow jump sequence * Beginning Axel jump |



**PRE-FREE SKATE – FREE SKATE 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 is allowed.
* The skater must demonstrate the required elements and may 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: 1:15 maximum

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| Level | Time | Skating rules/standards |
| Pre-Free Skate | 1:15 max | * 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 * One-foot upright spin, optional entry and free-foot position (minimum three revolutions * Mazurka * Waltz jump |
| Free Skate 1 | 1:15 max. | * Forward power stroking, 4-6 consecutive strokes * Backward outside three-turns, right and left * Upright spin, entry from backward crossovers - minimum 4-6 revolutions * Toe loop * Half flip jump |
| Free Skate 2 | 1:15 max. | * Alternating forward outside and inside spirals on a continuous axis (2 sets) * Backward inside three-turns, right and left * Beginning back spin, up to two revolutions * Half Lutz * Salchow jump |
| Free Skate 3 | 1:15 max. | * Alternating Mohawk/crossover sequence, right to left and left to right * Waltz three-turns, clockwise and counterclockwise * 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 | 1:15 max. | * Forward power 3's, 2-3 consecutive sets, right or left * Sit spin - minimum three revolutions * Half loop jump * Flip jump |
| Free Skate 5 | 1:15 max. | * Backward outside three-turn, Mohawk (backward power three-turn), both directions * Camel spin - minimum three revolutions * Waltz jump-loop jump combination * Lutz jump |
| Free Skate 6 | 1:15 max. | * Forward power pulls, right and left * Split jump or stag jump * Camel, sit spin combination - minimum of four revolutions total * Waltz jump, ½ loop, Salchow jump sequence * Beginning Axel jump |



**ADULT 1-6 PROGRAM 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.

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| Level | Time | Elements |
| Adult 1 | 1:40 MAX | * 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 | * 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 | * 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 | * 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 | * 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 | * 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 INTRODUCTORY – BRONZE FREE SKATE PROGRAM**

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.

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| Level | Jumps | Spins | Step Sequences | Qualifications |
| Adult Beginner  1:40 Maximum | Max. 4 jump elements   * Jumps limited to bunny hop, mazurka, or ballet * Max 1 combination or sequence consisting of only the allowed listed jumps * Max. 2 of any same jump | Max. 2 spins   * 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 Badge Test |
| Adult High Beginner  1:40 Maximum | Max 4 jump elements:   * Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip * Max 1 combination or sequence consisting of only the allowed listed jumps * Max. 2 of any same type jump. | Max 2 spins:   * Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program | Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1 Badge Test |
| Adult Pre-Bronze  1:40 Maximum | Max 4 Jump Elements:   * 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:   * Min 3 revs * Spins with a flying entry are not permitted | Connecting steps throughout the program are required | Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze Free Skate |
| Adult Bronze  1:50 maximum | Max 4 Jump Elements:   * 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:   * 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:   * Choreographic Step Sequence     Must use at least ½ ice surface | Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze Free Skate |



**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. 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.

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

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

Showcase categories may include:

* Levels can be subdivided, if necessary, depending on entry numbers and event set up
* Dramatic entertainment: 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.
* Duets: Theatrical/artistic performances by any competitors.
* Mini production ensembles: Theatrical performances by three to seven competitors.
* Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

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| **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. |





Illustration of Singles Free Skating Events:

**COMPETE USA**

Snowplow Sam, Basic 1-6, Hockey 1-4, Pre-Free Skate,   
Free Skate 1-6, Adult 1-6, and specialty events

*Skaters may begin or advance to the introductory levels. Learn to Skate USA and/or full U.S. Figure Skating membership is required to participate in introductory levels.*

***INTRODUCTORY* LEVELS**

Adult Beginner

Beginner

Adult High Beginner

High Beginner

Once skaters have competed at the introductory level, and 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.

***EXCEL***

**LEVELS**

***WELL-BALANCED***

**LEVELS**

***ADULT WELL-BALANCED***

**LEVELS**

Beginner/High Beginner

**Minimum age 18 for young adult, 21 for adult track**

No-Test

Senior

Junior

Novice

Intermediate

Juvenile/Plus

Pre-Juvenile/Plus

Preliminary/Plus

Pre-Preliminary

Adult Pre-Bronze

Adult Bronze

Adult Silver

Adult Gold

Masters

Intermediate-Novice

Masters Junior-Senior

Pre-Preliminary

Senior

Junior

Novice

Intermediate

Juvenile / Open Juv.

Pre-Juvenile

Preliminary



**EVENT: Excel Free Skate, No-Test—Senior**

Please refer to the 2019-2020 USFSA Excel Beginner-Senior Program requirements for the most current level requirements:

https://fs12.formsite.com/USFSAIT/images/Excel\_Free\_Skate\_Requirements\_Final.pdf

**EXCEL 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.



**EVENT: Well-Balanced Free Skate, No-Test—Pre-Juvenile**

Please refer to the 2019-2020 USFSA Well Balanced No-Test – Pre-Juvenile Program requirements for the most current level requirements:

[http://www.usfigureskating.org/content/2019-19%20Singles%20FS%20Chart.pdf](http://www.usfigureskating.org/content/2018-19%20Singles%20FS%20Chart.pdf)



**EVENT: COMPULSORY MOVES –Pre-Preliminary through Senior levels**

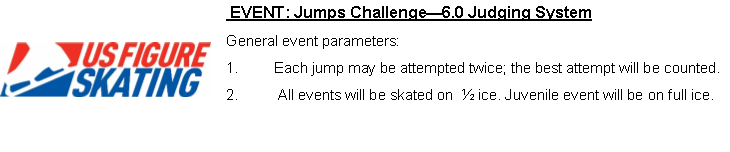
General event parameters:

1. Learn to Skate USA – Juvenile: Elements skated on ½ ice

2. Intermediate – Senior: Elements skated on full-ice

3. Elements may be performed only once

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| **Level** | **Time** | **Skating rules/standards** |
| Pre – Preliminary | 1:15 max. | 1. Single Toe Loop  2. Jump combination: single/single (no Axel)  3. Sit spin or camel spin - minimum three revolutions  4. Spiral sequence with one forward spiral and one backward spiral (any edge) |
| Preliminary | 1:15 max. | 1. Single Lutz  2. Jump combination: single/single (may include Axel)  3. Back upright spin - minimum three revolutions  4. Forward inside spiral |
| Pre – Juvenile | 1:15 max. | 1. Single jump (may include Axel)  2. Jump combination: single/single (may include Axel)  3. Layback spin or camel spin - minimum three revolutions  4. Step sequence - circular |
| Juvenile & Open Juv. | 1:15 max. | 1. Single Axel  2. Jump combination: single/single or double/single  3. Layback spin or camel spin - minimum three revolutions  4. Step sequence – circular |
| Intermediate | 1:30 max. | 1. Double Salchow or double toe loop  2. Jump combination: single/single or double/single  3. Flying spin, minimum five revolutions  4. Step sequence – straight line |
| Novice | 1:30 max. | 1. Double loop  2. Jump combination: double/single or double/double  3. Flying spin - minimum five revolutions  4. Step sequence – straight line |
| Junior | 1:30 max. | 1. Double flip  2. Jump combination: double/double or triple/double  3. Combination spin - minimum 10 revolutions  4. Step sequence – straight line |
| Senior | 1:30 max. | 1. Double Lutz  2. Jump combination: double/double or triple/double  3. Combination spin - minimum 10 revolutions  4. Step sequence – straight line |



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| Level | Time | Skating rules / standards |
| Beginner | 1:15 max. | 1. Waltz jump (from backward crossovers)  2. ½ flip or ½ Lutz  3. Single Salchow |
| High Beginner | 1:15 max. | 1. Waltz jump (from backward crossovers)  2. Single Salchow  3. Jump combination – waltz jump-toe loop |
| No-Test | 1:15 max. | 1. Single toe loop  2. Single loop  3. Jump combination – Any two ½ or single revolution jumps (no Axel) |
| Pre – Preliminary | 1:15 max. | 1. Single toe loop  2. Single flip  3. Jump combination - Any two ½ or single revolution jumps (no Axel) |
| Preliminary | 1:15 max. | 1. Single flip  2. Single Lutz  3. Jump combination – Any single jump + single loop (may be Axel) |
| Pre – Juvenile | 1:15 max. | 1. Single Axel  2. Single or double jump  3. Jump combination – single/single (no Axel) |
| Juvenile & Open Juv. | 1:15 max. | 1. Single Axel  2. Double Salchow  3. Jump combination – single/single or double/single (no Axel) |



**EVENT: Spins Challenge — 6.0 System**

General event parameters:

1. Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.

2. All events are skated on ½ ice.

3. Minimum number of revolutions are noted in parentheses.

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| Level | Time | Skating rules / standards |
| Beginner | 1:30 max. | 1. Upright one-foot spin (3)  2. Upright two-foot spin (3)  3. Sit spin (3) |
| High Beginner | 1:30 max. | 1. Upright one-foot spin (3)  2. Upright two-foot spin (3)  3. Sit spin (3) |
| No-Test | 1:30 max. | 1. Upright one-foot spin (3)  2. Upright two-foot spin (3)  3. Sit spin (3) |
| Pre – Preliminary | 1:30 max. | 1. Upright one-foot spin (3)  2. Upright back scratch spin (3)  3. Sit spin (3) |
| Preliminary | 1:30 max. | 1. Forward scratch to back scratch spin (3)  2. Combination spin with no change of foot (4)  3. Sit spin (3) |
| Pre – Juvenile | 1:30 max. | 1. Camel spin (3)  2. Combination spin – camel to sit spin; no change of foot (6)  3. Forward to backward scratch spin (3 per foot) |
| Juvenile & Open Juv. | 1:30 max. | 1. Sit spin (4)  2. Combination spin – with change of foot; optional change of position (4 per foot)  3. Girls – layback spin (4); Boys – camel spin (4) |



**EVENT: Moves in the Field Critique — Pre-Preliminary-Senior**

General event parameters:

1. **THIS IS NOT A MOVES TEST.** **Skaters wishing to register for a test offered in connection with a competition should not register for this event.**
2. There will be no medals for this event. Skaters will receive a Test Judging form with a single judge critique on the two Moves in the Field elements performed during the event. Critiques are intended to aid a skater in further practice of moves in the field elements and should not be taken as an indication of whether or not a skater will pass on test day.
3. Levels are based one level higher than the skaters’ highest Moves in the field test passed.
4. A moves in the field event will consist of the skater performing two moves in the field patterns. There will be no re-skates of erroneous elements.
5. For Pre-Preliminary-PreJuv: The patterns to be skated depend on which quarter of the year the competition is held. The skater will perform the two patterns listed for their level, based upon the date of the competition.
6. For Juvenile-Senior: Skaters/coaches may designate which two moves will be performed by the skater to be evaluated by the judges. Skaters will report these moves to the designated judge at the end of the warm-up period and prior to commencement of the event.
7. Each skater will complete both of their required patterns consecutively in the order listed, pausing briefly in between.
8. Up to 6 skaters may be grouped together for this event and two skaters may be performing simultaneously for their respective judge. They will then wait until all other skaters have completed the first move before the second set is attempted.
9. Completed test critique forms will be available for event participants at the registration desk no sooner than 30 mins after the close of the event.

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|  | **St. Patrick’s Day** | **Azalea Classic** | **Dogwood Open** |  |
| **Level** | **January 1-**  **March 31st** | **April 1st –**  **June 30th** | **July 1st –**  **September 30th** | **October 1st – December 31st** |
| Pre-  Preliminary | 1. Forward perimeter stroking (1/2 rink only)  2. Basic consecutive edges (Forward outside & forward inside only) | 1. Forward perimeter stroking (1/2 rink only).  2. Waltz eight (2 pat-terns/foot) | 1. Basic consecutive edges (Backward out-side & backward inside only).  2. Forward left & right spirals | 1. Waltz eight  2. Forward left & right spirals |
| Preliminary | 1. Forward & backward crossovers  2. Forward power 3-turns | 1. Forward &  backward crossovers  2. Consecutive outside & inside spirals | 1. Forward circle eight  2. Alternating forward 3-turns. | 1. Forward circle eight  2. Forward power 3-turns. |
| Pre-Juvenile | 1. Forward & backward perimeter stroking.  2. Forward outside and backward inside 3-turns. | 1. Forward & backward power change of edge pulls.  2. Forward inside and backward outside 3-turns. | 1. Five-step mohawk sequence.  2. Backward circle eight. | 1. Forward outside-backward inside 3-turns.  2. Backward circle eight. |
| Juv-SR | May select two moves — see above instructions | | | |