

Keystone State Games, Inc. & Premier Amateur Sports, LLC.
in cooperation with the **White Rose Figure Skating Club** welcomes
you to the

32nd Annual Pennsylvania Skating Championships



**Compete against the best from throughout the state and beyond in Olympic-style
competition**

for Gold, Silver, and Bronze medals, and 4th-6th place ribbons.

This is a qualifying event for the 2019 State Games of America

IJS EVENTS in Freestyle, Adult and Pairs

Part of the Adult Competition Series

Sanction #28038

Location: York Ice Arena, 941 Vander Ave., York, PA 17403 Phone: 717-848-1084

Dates: February 2-3, 2019

Competition Eligibility: *This competition is sanctioned by U.S. FIGURE SKATING*

Competition is open to all female and male skaters who are Pennsylvania, Maryland, Delaware, Washington D.C., Ohio, and West Virginia residents of eligible athletic status (or any athlete in a state that does not have figure skating as part of their State Games). Skaters must also be in good standing with U.S. FIGURE SKATING. Age and test status as of January 1, 2019 determines skater's level. U.S. FIGURE SKATING skaters may compete at their passed and registered freestyle test levels or one level higher.

REGISTRATION INFORMATION:

Register Online – All registration will be done online this year. Mail in registrations will NOT be accepted.

Entry Fee: First NON IJS event fee is \$85, Additional events are \$30 each. IJS first fee event \$125, Additional events are \$30 each. Once the registration has been completed, skaters will not be allowed to enter additional events, unless the athlete completes an additional registration and pays an additional first event fee.

Entry Deadline: Tuesday January 1, 2019. Walk-on registration will not be accepted.

Competition Guidelines:

U.S. FIGURE SKATING Competition and Standards: U.S. FIGURE SKATING competition will be held Saturday and Sunday, February 2-3, 2019 and will include Free Skate, Artistic, Showcase, Solo Dance, Compulsory Moves, Pro Am Dance, Basic Skills, Pairs, Synchronized and Competitive Test Track. Adult Free Skate will be held Saturday, February 2, 2019. The 2019 U.S. FIGURE SKATING Rule Book will govern the competition. The 6.0 judging system and IJS will be used.

U.S. FIGURE SKATING Coaches: You must comply with the coach's registration requirement in order to be allowed to coach at the Pennsylvania Skating Championships per U.S. FIGURE SKATING rules.

Music: Skaters must upload their own music. Music upload is necessary via Entryeeze. Deadline for uploading music is January 27th. After that date there will be a late fee of \$10 per upload.

Awards: Medals will be awarded to skaters placing first, second, or third in each event. Ribbons will be awarded to skaters placing fourth, fifth, or sixth in each event. A trophy will be given to the U.S. FIGURE SKATING club with the most points in all U.S. FIGURE SKATING events. The points for the trophies will be 6 pts. for first, 5 pts. for second, 4 pts. for third, 3 pts. for fourth, 2 pts. for fifth, and 1 pt. for sixth.

Contacts:

Competition Chair & U.S. Figure Skating Coordinator: Leanne Abugov, 717-413-6679, abugov@msn.com

KSG Director of Events: James J Costello –570-760-0352 Cell or jcostello@ksgoffice.com

Technical Support Online Registration: Brian Costello – brian@premiersportingevents.com

Chief Referee: Leon Packman

Chief Accountant: Michael Elmaleh

Music Coordinator: Bill Bikle

Rink Description: York City Ice Arena has two ice surfaces that are 200'x85'. Competition will take place on both rinks. Locker rooms will be available. Teams with ten or more skaters will be assigned locker rooms on a first in, first assigned basis. The snack bar will be open during the competition.

Practice Ice: Practice ice may be available depending on the final schedule. A tentative schedule of available practice ice will be available on the WRFSC website at www.whiterosefsc.org

Schedule Of Events: The schedule of events is determined by the total number of entries and by the number of entries in each event. Adult Freestyle will be held Saturday, February 2. A tentative schedule of events will be posted on the White Rose FSC site at www.whiterosefsc.org on or before January 21, 2019.

Opening Ceremonies/Exhibition Skating Performance: Saturday, February 2 at approximately 12:00 PM will be the Opening Ceremonies of the 2019 Games. The event will include a Torch/Flag Skate, Parade of Athletes, the National Anthem, and the traditional —Ringing of the Bell. Athletes should be ready to enter at 11:45 AM. Skate clubs are encouraged to bring their club flag to march behind. Attendance is not required, but is encouraged. There will not be an admission charge for the Opening Ceremonies.

Singles Well Balanced Free Skate

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

- Well Balanced Program free skate events, juvenile – senior - Short program events, intermediate – senior

All competitors skating in these events need to submit the planned program content form online. This form is found in the Member’s Only section at www.usfigureskating.org. The deadline to submit the form is January 21, 2019.

2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>NO TEST</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> All single jumps allowed except for the single Axel <ul style="list-style-type: none"> No single Axels, double, triple or quadruple jumps allowed Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed <u>Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump).</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE-PRELIMINARY</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> No double, triple or quadruple jumps allowed Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface <ul style="list-style-type: none"> 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>If IJS is used, then: ChSt</p>

	<p>3 single jumps is allowed</p> <ul style="list-style-type: none"> o <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u> 		
<p>PRELIMINARY</p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-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) o Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed o An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences o 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"> o <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> o Must use one-half the ice surface <ul style="list-style-type: none"> o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed except for the double Axel o No double Axels, triple or quadruple jumps allowed <ul style="list-style-type: none"> o An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed <ul style="list-style-type: none"> o <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> o Min 6 revs • 1 spin with only 1 position* o No change of foot o Min 4 revs <p>Both spins may start with a flying entry These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> o Must fully utilize the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>JUVENILE and OPEN JUVENILE</p> <p>2:20 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps, including the double Axel, and one triple jump are allowed <ul style="list-style-type: none"> ○ No additional triple jumps and no quadruple jumps are allowed ○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> ▪ If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump can be included more than twice. <u>The triple jump can only be included once.</u> • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps, except one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed. <u>If double Axel or triple jump is part of 3-jump combination, then 2 other double jumps may be included.</u> ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>INTERMEDIATE</p> <p>2:40 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> ○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated ○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> ▪ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Max Level 2. Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level. ○ Must fully utilize the ice surface
<p>NOVICE LADIES</p> <p>3:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u> 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

<p>NOVICE MEN</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u> 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
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2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>JUNIOR LADIES</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u> 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>JUNIOR MEN</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences ○ Jump combinations limited to 2 jumps except one 3-jump 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* ○ Min 10 revs <ul style="list-style-type: none"> ○ All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

	<p>combination is allowed ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u></p>	<ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	
<p>SENIOR LADIES</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ○ <u>Of the 2 repetitions only 1 can be a quad jump. Only 1 quad jump can be repeated.</u> ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u> 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* ○ Min 10 revs ○ All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* ○ Min 6 revs • 1 spin with only 1 position* ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* ○ Must fully utilize the ice surface • One choreographic sequence* ○ Must be clearly visible
<p>SENIOR MEN</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions ○ Of all the triples and quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ <u>Of the 2 repetitions only 1 can be a quad jump. Only 1 quad jump can be repeated.</u> ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u> 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* ○ Min 10 revs ○ All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* ○ Min 6 revs • 1 spin with only 1 position* ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* ○ Must fully utilize the ice surface • One choreographic sequence* ○ Must be clearly visible

EVENT: 2018-2019 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 non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.

Excel events may be run as either 6.0 or IJS subject to the individual competition announcement. Events will be run in accordance with the Excel Technical Handbook on the Excel Program webpage, regardless of which judging system is used.

<p>Excel Beginner Free Skate 1:40 Max</p> <p>Must not 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:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <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>Must not 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 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must use one-half of the ice surface ○ Moves in the field and spiral sequences are allowed

		back spins: upright <ul style="list-style-type: none"> • Minimum 3 revolutions • Spins must be of a different character 	but will not be counted as elements <ul style="list-style-type: none"> ○ Jumps may be included in the step sequence
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<p>Excel Pre-Preliminary 1:40 Max</p> <p>Must not 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 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:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <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
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<p>Excel Preliminary 1:30 +/- 10 seconds</p> <p>Must not 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 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:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <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 seconds</p> <p>Must not 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 	<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:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <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>combination is allowed</p> <ul style="list-style-type: none"> ○ Jump sequence is any listed jump followed by an axel type jump. 		
<p>Excel Pre-Juvenile 2:00 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile 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 ● 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 an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> ● 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry ● 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ No flying entry ○ Minimum 4 revolutions <p>Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> ● Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize 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 choreographic step sequence
<p>Excel Pre-Juvenile Plus 2:00 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile 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"> ● 1 must be an Axel-type jump or a waltz jump* ● All single jumps, including the single Axel, allowed. ● Only 1 double jump may be attempted (limited to double Salchow or double toe loop) <ul style="list-style-type: none"> ○ Double loop, double flip, double Lutz, double Axel and 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> ● 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> ● Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface ○ Moves in the field and

	<p>higher jumps not allowed.</p> <ul style="list-style-type: none"> ○ Axel plus up to 1 allowable double jump 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 ● Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combination limited to 2 jumps. One 3 jump combination is allowed ○ Jump sequence is any listed jump followed by an axel type jump. 	<ul style="list-style-type: none"> ○ No flying entry ● 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Spin may start with flying entry ○ Minimum 4 revolutions ● Spins must be of a different character 	<p>spiral sequences are allowed but will not be counted as elements</p> <ul style="list-style-type: none"> ○ Jumps may be included in the choreographic step sequence
<p>Excel Juvenile 2:20 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating juvenile 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 Axel <ul style="list-style-type: none"> ○ No double or higher jumps allowed ○ 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 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> ● 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position ● 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions ● Both Spins may start with a flying entry. ● Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> ● Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

	jump followed by an axel type jump.		
<p>Excel Juvenile Plus 2:20 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating juvenile 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"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed ○ No more than 1 Axel plus and 2 different 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 • Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combination limited to 2 jumps. One 3 jump combination is allowed ○ Jump sequence is any listed jump followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions • Both Spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Excel Intermediate** 2:40 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 6 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop allowed <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel and higher jumps not allowed ○ No more than 1 Axel plus and 2 different double jumps may be repeated once (but 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

	<p>not more) as solo jumps or part of a jump sequence or jump combination</p> <ul style="list-style-type: none"> ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded ● Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3 jump combination is permitted. ○ Jump sequence is any listed jump followed by an axel type jump. 	<p>revolutions in each position</p> <ul style="list-style-type: none"> ● 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions ● Both Spins may start with a flying entry. ● Spins must be of a different character 	
<p>Excel Novice** Ladies: 3:00 +/- 10 seconds Men: 3:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating novice free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 6 jump elements for ladies, 7 for men:</p> <ul style="list-style-type: none"> ● 1 must be an Axel-type jump* ● All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop, double flip allowed <ul style="list-style-type: none"> ○ Double Lutz, double Axel and higher jumps not allowed ○ No more than 1 Axel and 3 different double jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence ○ There is no limit to the number of single jumps that can be repeated, but no allowable double jump can be included more than twice ● Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3 jump combination with a maximum of 3 jumps is allowed ○ Jump sequence is any listed jump followed by an axel type jump. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> ● 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 8 revolutions ○ Minimum 2 revolutions in each position ● 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ● 3rd spin is option of skater <ul style="list-style-type: none"> ● All spins may start with a flying entry. ● Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> ● Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

<p>Excel Junior 3:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating junior free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* <ul style="list-style-type: none"> ○ All single and double jumps allowed, except the double Axel. ○ Double Axel and higher jumps not allowed ○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence ○ Maximum 3 jump combinations or sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump followed by an axel type jump. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ All 3 basic positions with minimum 2 revolutions in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 1 spin with only one position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • All spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Excel Senior 4:00 +/-10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating senior free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* <ul style="list-style-type: none"> ○ All single and double jumps allowed, including the double Axel. ○ Triple and higher jumps not allowed ○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ All 3 basic positions 	<p>Maximum 2 Sequences:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One Choreographic Sequence* (ChSq)

	<p>sequence</p> <ul style="list-style-type: none"> ○ Maximum 3 jump combinations or sequences ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump followed by an axel type jump. 	<p>with minimum 2 revs in each position for highest base value</p> <ul style="list-style-type: none"> ● 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ● 1 spin with only one position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ● All spins may start with a flying entry. ● Spins must be of a different character 	<ul style="list-style-type: none"> ○ Must be clearly visible
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*** Intermediate and Novice Program lengths will change February 1, 2019, to align with the Well-Balanced program length changes.*

Event: Singles Short Program 2018-2019

2018-19 Singles Short Program Requirements – This chart has been updated with changes from the 2018 U.S. Figure Skating Governing Council and ISU Congress, which go into effect July 1, 2018.



<p>JUVENILE and OPEN JUVENILE GIRLS/BOYS 2:10 max.</p>	<p>Single or Double Axel</p>	<p>Single or Double Jump</p> <p>May not repeat Axel jump or jumps used in the combination</p>	<p>Jump Combination</p> <p>Single/Double or Double/Double</p> <p>May not repeat Axel jump or solo jump performed</p>	<p>Spin</p> <p>Only one position No change of foot May start with a fly Min. 5 revs.</p>	<p>Spin Combination</p> <p>With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Choreographic Step Sequence</p> <p>Fully utilizing the ice surface</p>
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REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

<p>INTERMEDIATE LADIES/MEN 2:10 max.</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump</p> <p>May not repeat double Axel or the triple jump used in the combination</p>	<p>Jump Combination</p> <p>Single/Double, Double/Double, Single/Triple, Double/Triple or Triple/triple</p> <p>May not repeat Axel jump or solo jump performed</p>	<p>Spin</p> <p>Only one position No change of foot May start with a fly Min. 5 revs.</p> <p><u>Men: Must be a camel spin</u></p>	<p>Spin Combination</p> <p>With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence</p> <p>Max Level 2. Only Simple Variety (5 turns) or Minimum Variety (7 turns) & rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level.</p> <p>Fully utilizing the ice surface</p>
<p>NOVICE LADIES 2:30 max.</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump</p> <p>May not repeat double Axel or either jump in combo</p>	<p>Jump Combination</p> <p>Double/Double, Double/Triple or Triple/Triple</p> <p>May not repeat double Axel or solo jump performed</p>	<p>Layback/Sideways Leaning, Sit or Camel Spin</p> <p>No change of foot No flying entry Min. 6 revs.</p>	<p>Spin Combination</p> <p>With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p>
<p>NOVICE MEN 2:30 max.</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump</p> <p>May not repeat double Axel or either jump in combo</p>	<p>Jump Combination</p> <p>Double/Double, Double/Triple or Triple/Triple</p> <p>May not repeat Double Axel or solo jump performed</p>	<p>Camel Spin</p> <p>With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot</p>	<p>Spin Combination</p> <p>With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2</p>	<p>Leveled Step Sequence</p> <p>Fully utilizing the ice surface</p>

					revs in pos.	
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<p>JUNIOR LADIES 2:40 +/- 10 sec</p>	<p>Double Axel</p>	<p>Double or Triple <u>Flip</u></p>	<p>Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed</p>	<p>Flying Camel Spin Flying pos. may be different than landing pos. Min. 8 revs.</p>	<p>Layback/ Sideways Leaning or <u>Sit</u> Spin without change of foot No flying entry Min. 8 revs.</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>
<p>JUNIOR MEN 2:40 +/- 10 sec</p>	<p>Double or Triple Axel</p>	<p>Double or Triple <u>Flip</u></p>	<p>Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed</p>	<p>Flying Camel Spin Flying pos. may be different than landing pos. Min. 8 revs.</p>	<p><u>Sit</u> Spin With only 1 change of foot No flying entry Min. 6 revs. each foot</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>
<p>SENIOR LADIES 2:40 +/- 10 sec</p>	<p>Double or Triple Axel</p>	<p>Any Triple Jump May not repeat Triple Axel or either jump in combo</p>	<p>Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed</p>	<p>Flying Spin Landing position different than spin in 1 position Min. 8 revs.</p>	<p>Layback/ Sideways Leaning, Sit or Camel Spin without change of foot No flying entry Min. 8 revs.</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6</p>

						revs. each foot Min. 2 revs in pos.
SENIOR MEN 2:40 +/- 10 sec	Double or Triple Axel	Any Triple or Quadruple Jump May not repeat Triple Axel or either jump in combo	Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed	Flying Spin Landing position different than spin in 1 position Min. 8 revs.	Sit or Camel Spin With only 1 change of foot No flying entry Min. 6 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.

EVENT: Adult 1-6 Free Skate, Adult Beginner and Adult High Beginner Program Event

General event parameters:

- The skating order of the required elements is optional.
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.
- Vocal music is allowed
- 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

		<ul style="list-style-type: none"> • 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)

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, waltz • 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 Badge Test
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, Toe Loop • 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 Test

Adult Singles Freeskate- IJS judging system will be used for silver and higher

2018-19 Adult Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2018.



2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCE
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<p>CHAMPIONSHIP MASTERS JUNIOR-SENIOR & MASTERS JUNIOR-SENIOR</p> <p>3:40 maximum * means element is required</p>	<p>Max 7 Jump Elements</p> <p>1 must be an Axel-type jump <u>or a waltz jump*</u></p> <p>Max 3 combinations or sequences</p> <ul style="list-style-type: none"> ○ 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> <ul style="list-style-type: none"> • No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence ○ If both executions (of the same Axel or multi-rotation jump) are as solo jumps, the second of these jumps will receive 70% of its original base value 	<p>Max 3 Spins</p> <p>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</p> <p>Min 5 revs total if no change of foot</p> <p>Min 4 revs each foot if change of foot</p> <p>Min 2 revs in each position</p>	<p>Max 1 Step Sequence</p> <p>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
<p>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE & MASTERS INTERMEDIATE-NOVICE</p> <p>3:10 maximum * means element is required</p>	<p>Max 6 Jump Elements</p> <p>1 must be an Axel-type jump <u>or a waltz jump*</u></p> <p>Max 3 combinations or sequences</p> <ul style="list-style-type: none"> ○ 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps ○ Only 1 jump combination may include 2 double jumps ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> <ul style="list-style-type: none"> • Each jump may be repeated only once, and only as part of a combination or sequence ○ If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value <p>All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop</p> <p>Double flip, double Lutz, double Axel and triple jumps are not</p>	<p>Max 3 Spins</p> <p>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</p> <p>Min 5 revs total if no change of foot</p> <p>Min 4 revs each foot if change of foot</p> <p>Min 2 revs in each position</p>	<p>Max 1 Step Sequence</p> <p>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>

	permitted		
<p>CHAMPIONSHIP ADULT GOLD & ADULT GOLD</p> <p>2:40 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 3 combinations or sequences <ul style="list-style-type: none"> ○ 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps ○ Each jump combination may include only 1 double jump ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> • Each jump may be repeated only once, and only as part of a combination or sequence <ul style="list-style-type: none"> ○ If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value <p>All single jumps, including the single Axel, and the following double jumps are permitted: double toe loop, double Salchow. Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted</p>	<p>Max 3 Spins</p> <p><u>Max Level 3</u> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 4 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position</p>	<p>Max 1 Step Sequence</p> <p>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>

2018-19	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<p>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</p> <p>2:10 maximum</p>	<p>Max 5 Jump Elements</p> <p>Max 2 combinations or sequences ○ 1 combination may contain 3 jumps, and the other may contain only 2 jumps ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></p> <p>Non-listed jumps of not more than 1 revolution performed as part of connecting footwork preceding single jumps are permitted</p> <p>Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</p> <p>All single jumps, including single Axel, are permitted</p> <p>No double or triple jumps are permitted</p>	<p>Max 2 Spins</p> <p><u>Max Level 2</u></p> <p>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</p> <p>Min 3 revs total if no change of foot</p> <p>Min 3 revs each foot if change of foot</p> <p>Min 2 revs in each position</p>	<p>Max 1 Sequence</p> <p>1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
<p>ADULT BRONZE</p> <p>1:50 maximum</p>	<p>Max 4 Jump Elements</p> <p>Max 2 combinations or sequences ○ 1 combination may contain 3 jumps, and the other may contain only 2 jumps ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></p> <p>Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</p> <p>All single jumps are permitted (except single Axel)</p> <p>No single Axel, double or triple jumps are permitted</p>	<p>Max 2 Spins</p> <p><u>Max Level 1</u></p> <p>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</p> <p>Min 3 revs total if no change of foot</p> <p>Min 3 revs each foot if change of foot</p> <p>Min 2 revs in each position</p> <p>No flying spins are permitted</p>	<p>Max 1 Sequence</p> <p>1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
<p>ADULT PRE BRONZE</p> <p>1:40 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> Max 2 combinations or sequences ○ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> <p>Each jump may be repeated only once and only as part of a combination or sequence (maximum</p>	<p>Max 2 Spins</p> <p><u>Max Level 1</u></p> <p><u>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</u></p> <p>Min 3 revs</p> <p>Spins with a flying entry are not permitted</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Connecting steps throughout the program are required

	of 2 of any jump) Only single and half-revolution jumps are permitted No single Lutz, single Axel or double or triple jumps are permitted		
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EVENT: Adult Compulsory Moves



ADULT 1-6 AND INTRODUCTORY COMPULSORY

General event parameters:

- The skating order of the elements is optional.
- Element may only be attempted once
- To be skated in program format with limited connecting steps
- To be skated on 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 chases 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 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 (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)

EVENT: Adult Compulsory Moves

General event parameters:

1. Beginner to Silver: Elements skated on ½ ice
2. Gold/Masters: Elements skated on full-ice
3. Elements may be performed only once
4. Music is not allowed
5. Minimum number of revolutions is noted in parentheses

Level	Time	Elements
Adult Beginner	1:30 MAX	<ul style="list-style-type: none"> • Bunny hop • <u>Mazurka</u> • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open Mohawk (right and left) – heel to instep • <u>Alternating right and left forward inside and outside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</u>
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • <u>Forward upright spin (Min. 3 revolutions)</u> • <u>Backward outside 3-turn right and left</u> • <u>Alternating right and left backward outside and inside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</u>
Adult Pre-Bronze	1:30 MAX	<ul style="list-style-type: none"> • <u>Single Toe Loop</u> • 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 • <u>Forward upright spin (Min. 3 revolutions)</u> • 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 <u>either direction</u> • Forward spiral (any edge)
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> • Single Salchow • Waltz jump – toe loop combination jump • Backward Upright Spin – entry optional (Min. 3 revolutions) • <u>Backward inside 3-turn right and left</u> • Spiral sequence (Min. 2 spirals)
Adult Silver	1:30 MAX	<ul style="list-style-type: none"> • Single loop • Single/single jump combination • Sit spin (Min. 3 revolutions) • Straight line step sequence
Adult Gold	1:30 MAX	<ul style="list-style-type: none"> • Single Lutz or Axel • Single/single or single/double jump combination • Camel spin (Min. 4 revolutions) • Straight line step sequence
Masters Intermediate/Novice	1:30 MAX	<ul style="list-style-type: none"> • Axel, double Salchow , double toe loop or double loop • Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel • Solo spin of skater's choice (Min. 6 revolutions) • Straight line step sequence
Masters Junior/Senior	1:30 MAX	<ul style="list-style-type: none"> • Choice of any double jump • Jump combination that may include any double jump • Solo spin of skater's choice (Min. 8 revolutions) • Straight line step sequence

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

EVENT: COMPULSORY MOVES

General event parameters:

1. No Test – Pre-Juvenile: Elements skated on ½ ice
2. Juvenile – Senior: Elements skated on full-ice
3. The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
4. A 0.2 deduction will be taken for each element performed from a higher level.
5. Music is not allowed.
6. Skaters may compete at their test level or one level higher.

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
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Axel or double Salchow 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – must include rotating in both directions
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum four revolutions 4. Step sequence – must include 3 difficult turns and rotating in both directions
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Double Salchow, double toe loop or double loop 2. Jump combination: single/single or double/single, double/double 3. Flying spin, minimum five revolutions 4. Step sequence – must include 4 difficult turns and rotations in both directions
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop or double flip 2. Jump combination: double/single or double/double 3. Flying spin - minimum six revolutions 4. Step sequence – must include 5 difficult turns and rotations in both directions
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip or double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot) 4. Step sequence – must include 7 difficult turns and rotations in both directions
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Double Lutz or double Axel 2. Jump combination: double/double or triple/double 3. Combination spin - all 3 basic positions required (min. 6 on each foot) 4. Step sequence – must include 7 difficult turns and rotations in both directions

EVENT: Solo Pattern Dance

General event parameters:

1. Levels are based upon the skaters' highest pattern dance test passed.
2. A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
3. 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 their 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).
4. 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- March 31 st	April 1 st – June 30 th	July 1 st – September 30 th	October 1 st – December 31 st
Preliminary	<ol style="list-style-type: none"> 1. Dutch Waltz 2. Canasta Tango 	<ol style="list-style-type: none"> 1. Rhythm Blues 2. Dutch Waltz 	<ol style="list-style-type: none"> 1. Canasta Tango 2. Rhythm Blues 	<ol style="list-style-type: none"> 1. Rhythm Blues 2. Dutch Waltz
Pre-	<ol style="list-style-type: none"> 1. Swing 2. Cha-Cha 	<ol style="list-style-type: none"> 1. Fiesta Tango 2. Swing 	<ol style="list-style-type: none"> 1. Cha-Cha 2. Fiesta Tango 	<ol style="list-style-type: none"> 1. Swing 2. Cha-Cha

bronze				
Bronze	1. Hickory Hoedown 2. Willow Waltz	1. Ten Fox Hoedown 2. Hickory Hoedown	1. Willow Waltz 2. Ten Fox	1. Hickory Hoedown 2. Willow Watz
Pre-silver	1. Fourteenstep 2. European Waltz	1. Foxtrot 2. Fourteenstep	1. European Waltz 2. Foxtrot	1. Fourteenstep 2. European Waltz
Silver	1. American Waltz 2. Silver Tango	1. Rocker Foxtrot 2. American Waltz	1. Silver Tango 2. Rocker Foxtrot	1. American Waltz 2. Silver Tango
Pre-gold	1. Killian 2. Blues	1. Paso Doble 2. Starlight Waltz	1. Killian 2. Blues	1. Paso Doble 2. Starlight Waltz
Gold	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep

EVENT: Partner or Pro Am Pattern Dance

General event parameters:

1. Levels are based upon the skaters' highest pattern dance test passed.
2. A partner dance competition event will consist of the skaters performing two pattern dances.
3. Professionals may skate unlimited times free of fees with payed eligible skater.

Level	Requirements	Dance			
Preliminary	Must not have passed any pre bronze dances	Dutch Waltz			
Pre-bronze	Must not have passed any bronze dances	Cha- Cha			
Bronze	Must not have passed any pre silver dances	Willow Waltz			
Pre-silver	Must not have passed any silver dances	Fourteen Step			
Silver	Must not have passed any pre gold dances	American Waltz			
Pre-gold	Must not have passed any gold dances	Killian			
Gold		Viennese Waltz	.	.	

EVENT: Showcase Events – Dramatic Entertainment Events

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.
- Props and scenery ARE permitted.

General event parameters:

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

Dramatic Entertainment Levels:

	Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance (solo or partnered) Test	Age	Time
Singles	Beginner, High Beginner, No Test* <i>Note: these levels do not qualify for National Showcase</i>	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary* <i>Note: these levels do not qualify for National Showcase</i>	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
	Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
	Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max

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

EVENT: Showcase Events – Light Entertainment Events

Format:

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

General event parameters:

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

Light Entertainment Levels:

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered)	Age	Time
Beginner, High Beginner, No Test* Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
Pre-Preliminary* Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max

Singles

Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance	No age restriction	2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max
Event	Must meet requirements for*	Must not have passed	Age	Time
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre-Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

EVENT: Showcase Events – Duet Events

Format:

- Duets are theatrical or artistic performances by any competitors.
- Props and scenery ARE permitted.

General event parameters:

7. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
8. The determination of level will be based upon test requirement at the entry deadline

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under “Programs” on the National Showcase page.

Duet Levels and Events:

	Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered standard track)	Age	Time
Duets (Duets must compete at the highest test level of the two skaters)	Beginner, High Beginner, No Test*	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Note: these levels do not qualify for National Showcase				
	Pre-Preliminary*	-	Preliminary Free Skate	No Age restriction	1:30 max
	Note: this level does not qualify for National Showcase				
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max	
Intermediate	Intermediate Free Skate OR	Novice Free Skate OR	17 and under	2:10 max	

		Intermediate Free Dance	Novice Free Dance		
	Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
	Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance	No age restriction	2:10 max
	Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance	No age restriction	2:40 max
	Senior	Senior Free Skate OR Senior Free Dance		No age restriction	2:40 max
	Event	Must meet requirements for*	Must not have passed	Age	Time
	Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
	Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
	Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre-Gold Dance Test	21 and older	1:40 max
	Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

EVENT: Showcase Events – Mini Production Ensemble Events

Formats:

- **Mini production ensemble** events are theatrical performances by three to seven competitors. Props and scenery are permitted. Programs are performed under full arena lighting
 - NOTE: Skaters may enter only one duet, mini production AND production event each.

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Mini Production Ensemble Events:

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered standard track)	Age	Program Duration
Mini Production	Open	Open	No age restriction	3:10 max

EVENT: Showcase Events – Production Ensemble Event

Formats:

- **Production ensemble** events are theatrical performances by eight or more competitors. Theatre On Ice teams are eligible as production ensembles. Props and scenery are allowed. Programs are performed under full arena lighting
 - NOTE: Skaters may enter only one duet, mini production AND production event each.

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under “Programs” on the National Showcase page.

Production Ensemble Events:

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered)	Age	Program Duration
Production Ensemble	Open	Open	No age restriction	6:15 max

EVENT: Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)

Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may include Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 5. Single Axel or double Salchow 6. Single or double jump 7. Jump combination – single/single (may include Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 5. Single Axel 6. Double Salchow or double toe loop 7. Jump combination – single/single or double/single (may include single Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 5. Single Axel 6. Double toe loop or double loop 7. Jump combination – double/single or double/double (may include single Axel)
Novice	1:30 max.	<ol style="list-style-type: none"> 5. Double loop 6. Double flip 7. Jump combination – double/double (may include double Axel)
Junior	1:30 max.	<ol style="list-style-type: none"> 5. Choice of double or triple jump (Salchow, toe loop, loop, Lutz) 6. Double or triple flip 7. Jump combination – double/double (may include double Axel)
Senior	1:30 max.	<ol style="list-style-type: none"> 3. Choice of double or triple jump (Salchow, toe loop, loop, flip) 4. Double or triple Lutz 5. Jump combination – double/double or triple/double (may include double Axel)

Event: Pairs Freeskate

2018-19	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION
PRE-JUVENILE PAIRS 2:00 +/- 10 sec	1 Lift Group 1 Lift or Group 2 Waist Lift Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted Min ½ rev by man (<u>no max</u>)	N/A	1 (optional) Throw Jump Single	1 Solo Jump Single	1 Jump Sequence <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> Single jumps only Jump combination not permitted	1 Solo Spin Min 3 revs No change of foot or position	1 Pair Spin Min 3 revs No change of foot or position

<p>JUVENILE PAIRS</p> <p>2:30 +/- 10 sec</p>	<p>Max 1 Lift</p> <p>Lift may be chosen from Group 1 or Group 2</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted</p> <p>Min 1 rev by man (<u>no max</u>)</p>	<p>N/A</p>	<p>Max 1 Throw Jump</p> <p>Any throw single jump</p> <p><u>OR</u></p> <p><u>Throw double Saichow</u></p> <p><u>OR</u></p> <p><u>Throw double loop</u></p>	<p>Max 1 Solo Jump</p> <p>Single or double</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Max 2 jumps in jump combination</p> <p><u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></p> <p>Single or double jumps only</p>	<p>Max 1 Solo Spin or Solo Spin Combination</p> <p>Min 5 revs</p> <p>Change of foot, change of position, and flying entry are optional</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p>Max 1 Pair Spin</p> <p>Min 3 revs</p> <p>Change of position optional</p> <p>No change of foot</p>
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2018-19	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION
<p>INTERMEDIATE PAIRS</p> <p>3:00 +/- 10 sec</p>	<p>Max 2 Overhead Lifts</p> <p>Lifts can be selected from Groups 1-4 and must be different</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted; however, if a pair executes a platter lift, the release of the lady's hands after the lift extension has been achieved is not a violation of this rule.</p> <p>Min 1 rev by man (<u>no max</u>)</p>	<p>Max 1 Twist Lift</p> <p>Single</p> <p>Take off must be flip or Lutz</p>	<p>Max 2 Throw Jumps</p> <p>Single or double</p> <p>Must be different</p>	<p>Max 1 Solo Jump</p> <p>Single or double</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Max 2 jumps in jump combination</p> <p><u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></p> <p>Single or double jumps only</p>	<p>Max 1 Solo Spin or Solo Spin Combination</p> <p>Min 5 revs</p> <p>Change of foot, change of position and flying entry are optional</p> <p>Both partners must achieve a basic position (sit/camel/upright) for at least 2 revs</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p>N/A</p>

NOVICE PAIRS 3:30 +/- 10 sec	Max 2 Overhead Lifts Lifts must be from different groups, and 1 must be from Group 3 or Group 4 Variations of lady's position, no-handed, 1-handed, combo lifts and lifts that turn in both directions ARE permitted Carry lifts and carry features are NOT permitted Min 1 rev by man (<u>no max</u>)	Max 1 Twist Lift Single or double Take off must be flip or Lutz	Max 2 Throw Jumps Single, double or triple Must be different	Max 1 Solo Jump Single, double or triple If double Axel or triple, must be different from jumps executed in the jump sequence / combination	Max 1 Jump Sequence or Jump Combination Max 2 jumps in jump combination <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> Both may include jumps with same name Single, double or triple jumps permitted	Max 1 Solo Spin or Solo Spin Combination Min 5 revs Change of foot, change of position and flying entry are optional Both partners must achieve a basic position (sit/camel/upright) for at least 2 revs If combination, must have all 3 basic positions to receive full value.	Max 1 Pair Spin or Pair Spin Combination Min 5 revs If pair spin combination, must have at least 1 change of foot and 1 change of position by each partner If combination, must have all 3 basic positions to receive full value.
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2018-19	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION
JUNIOR PAIRS <u>3:30</u> +/- 10 sec	Max 2 Overhead Lifts Not all from <u>the same group</u> Full extension of the lifting arms required <u>Both lifts</u> may include a carry feature, <u>but only first attempt counts for level</u> Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only) Min 1 rev by man (<u>no max</u>)	Max 1 Twist Lift No limit to the number of revs Take off may be toe loop, loop, flip, Lutz or Axel	Max 2 Throw Jumps Must be different No limit to the number of revs	Max 1 Solo Jump No limit to the number of revs If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination	Max 1 Jump Sequence or Jump Combination Jump combination may consist of 2 or 3 jumps <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> Both may include jumps with same name No limit to the number of revs	No longer required/allowed in junior pairs free skate	Max 1 Pair Spin Combination Must be combination Min 8 revs With a least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot) At least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.

SENIOR PAIRS 4:00 +/- 10 sec	Max 3 Overhead Lifts Not all from <u>the same group</u> Full extension of the lifting arms required If 2 Group 5 lifts are executed, each must have a different take off (toe, step, reverse, backward or Axel) <u>All lifts</u> may include a carry feature, <u>but only first attempt counts for level</u> Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only) Min 1 rev by man (<u>no max</u>)	Max 1 Twist Lift No limit to the number of revs Take off may be toe loop, flip, Lutz or Axel	Max 2 Throw Jumps Must be different No limit to the number of revs	Max 1 Solo Jump No limit to the number of revs If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination	Max 1 Jump Sequence or Jump Combination Jump combination may consist of 2 or 3 jumps <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> Both may include jumps with same name No limit to the number of revs	<u>No longer required/allowed in senior pairs free skate</u>	Max 1 Pair Spin Combination Must be combination Min 8 revs With at least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot) At least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.

SYNCHRONIZED SKATING STANDARD LEVELS

General event parameters:

- Teams will skate to the music of their choice. Vocal music is permitted.
- All age restrictions are as of the preceding July 1st.
- Teams may have a maximum of four alternates, in addition to the maximum number of skaters allowed per level.
- See the current U.S. Figure Skating Rulebook, technical notification and/or ISU communication for skating requirements.
- Host clubs may choose to waive the moves in the field test level requirement at nonqualifying competitions.
- The following rules apply to teams of all levels:
 - Rule 7020 - Clothing
 - Rule 7120 – Definitions of Steps and Turns
 - Rule 7130, 7140 – Definitions of Features and Requirements
 - Rule 7150 – General Criteria for Basic Requirements for Elements
 - Rule 7160 – Illegal Elements/Features/Additional Features/Movements

Level	Time	Roster	Age	Test level	Rules
Preliminary	2:00 +/- 10 sec.	8 – 16 skaters	All under age 12 Majority under age 10	None	Well balanced program: Rule 7270
Pre-Juvenile	2:15 +/- 10 sec.	8 – 16 skaters	Majority under age 12	None	Well balanced program: Rule 7260
Open Juvenile	2:30 +/- 10 sec.	8 – 16	Under age 20	Pre-preliminary	Well balanced

		skaters		moves in the field	program: Rule 7250
Juvenile	3:00 +/- 10 sec.	12 – 20 skaters	Under age 13	Preliminary moves in the field	Well balanced program: Rule 7240
Intermediate	3:30 +/- 10 sec.	12 – 20 skaters	Under age 18	Pre-Juvenile moves in the field	Well balanced program: Rule 7230
Novice	3:30 +/- 10 sec.	12 – 20 skaters	Under age 16, with the exception of up to 4 skaters who may be 16 or 17.	Juvenile moves in the field	Well balanced program: Rule 7220
Junior	FS: 4:00 +/- 10 sec. SP: max 2:50	12 – 16 skaters	At least age 13, must be under 19	Intermediate moves in the field	WBP & Short Program: Rule 7210
Senior	FS: 4:30 +/- 10 sec. SP: max 2:50	16 skaters	At least age 15	Novice moves in the field	WBP & Short Program: Rule 7200
Collegiate	4:00 +/- 10 sec.	12 – 20 skaters	All must be enrolled in a college or university degree program as full-time students	Juvenile moves in the field	Well balanced program: Rule 7280
Open Collegiate	3:00 +/- 10 sec.	8 – 16 skaters	All must be enrolled in a college or university degree program as full-time students	None	Well balanced program: Rule 7290
Adult	3:30 +/- 10 sec.	12 – 20 skaters	At least age 21, with the exception of up to 4 skaters who may be 18 – 20.	Preliminary moves in the field, dance or figure	Well balanced program: Rule 7500
Masters	3:00 +/- 10 sec.	12 – 20 skaters	At least age 25, with the majority of the team at least 30	None	Well balanced program: Rule 7510
Open Adult	2:30 +/- 10 sec.	8 – 16 skaters	Majority at least age 19	None	Well balanced program: Rule 7520
Open Masters	2:30 +/- 10 sec.	8 – 16 skaters	At least age 25, with the majority of the team at least 30	None	Well balanced program: Rule 7530

Compete USA/Learn to Skate USA

EVENT: Basic Program Event: SNOWPLOW SAM – BASIC 6

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.

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

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



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

		<ul style="list-style-type: none"> • 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

EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 6



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.	<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, 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 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.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, maximum 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
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, both directions • Advanced two-foot spin, maximum 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
		<ul style="list-style-type: none"> • Forward inside three-turn, right and left

Basic 6	1:00 max.	<ul style="list-style-type: none"> • 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
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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

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 • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half loop jump • Flip jump
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions

		<ul style="list-style-type: none"> • Waltz jump-loop jump combination • Lutz jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • 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

EVENT: Basic Skills Showcase Events

Format: Showcase groups will be divided by number of entries and ages if possible. Vocal music is permitted and 6.0 judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Showcase categories may include:

- 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.

NOTE: Skaters may enter only one each duet, mini production or production event.

General event parameters:

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judges' 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 and artistic qualities. Technical skating skills and difficulty will not be rewarded; 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.

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Interpretative Events and Levels

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	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.

Beginner/ Adult 1-6			
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.

LEARN TO SKATE USA - SNOWPLOW SAM SYNCHRO & SYNCHRO SKILLS 1-3 (effective July 1, 2018)

The synchronized competition program is also part of the Learn to Skate USA program. The Compete USA competition program is for Learn to Skate USA level skaters who are interested in a first competition or “team” experience, taking the Synchro 1-4 badges a step further. Synchro Skills teams compete at Learn to Skate USA competitions and nonqualifying synchronized skating competitions around the country.

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.

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. □ Learning skills that will be the foundation for higher levels while incorporating skills from Basic 1-6 and Free Skates to strengthen skating skills. □ Demonstrate ability to recognize and skate to the tempo of the music.

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. □ Teams may not do steps higher than Basic 6. □ Snowplow Sam Synchro teams: backwards skating is allowed, but not required, in the circle and is not permitted in any other elements or transitions.

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 and 7170 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
5.29.18 v1

SNOWPLOW SAM SYNCHRO & SYNCHRO SKILLS 1 – 3 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 this event, 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.

Compliance for Instructors/Coaches: To be credentialed as a coach at a Compete USA event, individuals coaching a synchronized skating team are required to have: □ Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership □ SafeSport training completed (for coaches 18 year old and over)* □ Background check successfully passed (for coaches 18 years old and over) □ Learn to Skate USA Instructor Certification completed (for coaches under 18 years old) *SafeSport training is available through www.usfsaonline.org for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost for this training.

