

The 41st Annual Pasadena Open Championships

Sanctioned by U.S. Figure Skating

Hosted by:



Thursday, September 12 – Sunday, September 15, 2019

Pasadena Ice Skating Center

300 E. Green Street, Pasadena, CA 91101

ENTRY DEADLINE: THURSDAY, AUGUST 15, 2019

COMPETITION CHAIR

Ouida Robins

ouida.robins@pasadenafsc.com

REGISTRAR

Preciosa Frank

Preciosa.frank@pasadenafsc.com

818-281-8499 NO CALLS AFTER 9PM

REFEREE

Wayne Hundley

waynehundley@earthlink.net



2019 Pasadena Open Championships

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The 41st Annual Pasadena Open Championships will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

NATIONAL QUALIFYING SERIES (NQS):

This competition has been approved by U.S. Figure Skating as an official NQS event. Athletes are required to read the NQS handbook found here: <https://www.usfsa.org/content/NQS%20-%20Athlete%20Handbook%20-%20Singles.pdf> <https://www.usfsa.org/content/NQS%20-%20Athlete%20Handbook%20-%20Pairs.pdf> and register for the series through EMS by May 28th (separate from competition registration).

SOUTHERN CALIFORNIA INTER-CLUB INVITATIONAL SERIES

This event is part of the Southern California Interclub Invitational Series. Top point scorers at the end of the season will be invited to the Invitational Final. More information may be found at the Southern California Inter-Club Association website: <http://www.socalinterclub.org/>

ELIGIBILITY/TEST LEVEL:

Test level: Competition level is determined by the highest free skating test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

Age restrictions/requirements: Male skaters entering Juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Male skaters entering Open Juvenile free skate events (Well Balanced Program) must be at least 14 years of age at the close of entries. Female skaters entering Juvenile free skate events (Well Balanced Program) must be under 13 years of age at the close of entries. Female skaters entering Open Juvenile free skate events (Well Balanced Program) must be at least 13 years of age at the close of entries. Skaters entering beginner through Pre-Juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

NQS REMINDER: All NQS events are combined short program and free skate events. If there are more than 24 entries per event, qualifying rounds must be held in accordance with Rule 2460.

ENTRY FEES:

Entries will be accepted online via EMS at www.usfsaonline.org. Online entries opens May 27th, 2019 and closes August 15th, 2019. Skaters wishing to register for the competition will need their U.S. Figure Skating member number and password. Late entries will be subject to the approval of the Chief Referee and will be assessed a late entry fee of \$50.00. Only credit card payment will be accepted.

First Event (Juvenile through Senior SP/FS combined)	\$ 140.00
First Event (Juvenile and Open Juvenile SP or FS)	\$ 95.00
First Event (Pre-Preliminary – Pre-Juvenile Artistic and Adult FS)	\$ 95.00
First Event (No Test level or Compete USA/Adult Compete USA)	\$ 70.00
Compulsory Moves (If the only event entered)	\$ 60.00
Showcase Event	\$ 85.00
Each Additional Singles Event	\$ 50.00
Pair Events (*per team)	\$ 100.00
Synchro FS Event (per team) (Open Juvenile & Synchro Skills 3 Levels Only)	\$ 250.00
Adult FS Event	\$ 95.00
Additional Online Processing Fee	3%
Late Fee	\$ 50.00

All singles and pairs events (Compulsory Program, Free Skating and Artistic) are considered separate events. The Short Program, for Intermediate and above levels, is part of the Free Skating event and is not subject to any additional fee.

CLUB PERMISSION/COACH APPROVAL: club permission will be processed by PFSC. Coach approval for their respective skater's event level can be verified through EMS. There will be a **\$50 charge** for event changes due to skater/coach error.

REFUND POLICY: Entry fees will not be refunded after the entry deadline of August 15th, 2019 unless no competition exists or the event is canceled. Refunds of entry fees will be made for withdrawals made prior to the close of entries. The online processing fees are not refundable. Contested credit card charges will be assessed a \$35 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or competition events.

SCHEDULE OF EVENTS: Schedule of events will be posted at the Pasadena Ice Skating Center, on the EMS Skater portal and on the Pasadena FSC website. E-mail notification will be sent when it is posted. The competition schedule is tentative and subject to change.

FACILITIES:

ARENA: The ice surface is **200 feet by 85 feet** (NHL size) and is fully enclosed. The ice rink is located on Green Street between Marengo and Euclid on the east side of the Pasadena Civic Auditorium.

PARKING: Parking is available at the Pasadena Center. Enter at the "Sheraton" sign on either Marengo Street or Euclid Street. Posted signs will direct you to the parking closest to the ice rink. The parking fee is \$15.00 per day. Parking management does not allow exit and re-entry for any reason. Several other parking garages are available within walking distance of the ice rink and there is metered parking on Green Street and Euclid Street. You can also park at the Paseo Colorado Mall directly across Green Street from the Pasadena Civic Auditorium. It is free for the first 90 minutes, \$1.50/half hour thereafter. You can get up to 2 hours of free parking with validation from most businesses located in the Paseo Colorado Mall.

HOTEL ACCOMMODATIONS: The official hotel for the Pasadena Open Championships is the Sheraton Pasadena located at 303 Cordova St., Pasadena, CA 91101. Please contact the hotel directly to make reservations at 626-449-4000.

Other hotels in close vicinity of the Pasadena Ice Skating Center are: the Hilton Pasadena Hotel, the Hyatt Place Pasadena and the Westin Pasadena. Please contact your desired hotel directly to make reservations. Shopping options are available at The Paseo Colorado- an upscale shopping center located across the street with many fine restaurants, and a multiplex movie theater.

MUSIC: All competition music must electronically submitted via the EMS Skater Portal through the Music and Program Content tab no later than **August 25th, 2019**. Vocal music is allowed for all events. All music must meet the following criteria:

- File Format: MP3 (only format EMS will accept)
- Bit Rate: 192 kbps or higher and Sample Rate: 44,100 kHz- this will be verified by the music chair and they may request you upload a corrected file.
- Leaders and trailers (the silence or "dead space" before and after the actual start and end of the program music may not exceed two (2) seconds. It is preferred that there be NO leaders or trailers at all, which may disrupt the playing of the music during competition.

Failure to upload music will result in a \$10 fee Competitors must also bring a copy of their competition music on CD as a backup in case of technical difficulties and must have the copy available rink side during the competition. Only CDs (standard CD-R format only) will be accepted for back-ups and must be clearly marked with the competitor's name, event and running time. should have a back-up CD available at the competition.

Back-up CDs may be picked up at the registration desk following each event. All reasonable care will be taken, but the Pasadena Figure Skating Club cannot be responsible for CDs left at the end of the competition.

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

JUDGING SYSTEM: The International Judging System (IJS) and electronic data entry will be used for the following events:

- Freeskate events, pre-preliminary - senior
- Short program events, juvenile – senior
- Pairs free skate events, pre- juvenile – senior
- Pairs short program events, novice – senior
- Adult events, Bronze, Silver, Gold and Masters intermediate –senior

All competitors skating in these events need to submit a planned program content form online via the EMS Skater Portal. **The deadline to submit the form is August 25, 2019.** Program content must be entered under the Music & Program Content tab of your EMS for this competition. Failure to timely submit a planned program content form for an IJS-judged short program or free skate will result in a \$10 fee. Sample form can be found here: <https://www.usfsa.org/content/programcontentform.pdf>.

The 6.0 Majority Judging System will be used for:

- *Compete USA events, compulsory moves, Showcase dramatic/light, beginner (Astro), high beginner (Comet), and no-test (Star) events*
- *Adult Pre-Bronze FS*
- *Synchro events: Open Juvenile, Synchro Skills 3*

REGISTRATION DESK: Registration will be open one hour before the first event and run through the last event of the day. The registration table will be located adjacent to the entrance of the rink. Please register promptly upon arrival. **All competitors are required to register one hour prior to their scheduled events.**

PRACTICE ICE:

Official practice ice schedules will be announced and posted on our website at www.pasadenafsc.com. Available practice ice sessions can be pre-purchased online via EMS Skater Portal and will be available after close of entries; walk-ons are subject to session availability. A timeline for practice ice sales periods will be available for viewing on the Main Page of your skater portal. No music will be allowed during the official practice ice. For regular freestyle sessions, please call the Pasadena Ice Skating Center for more information at 626-578-0801 or visit their website at www.skatepasadena.com. PFSC club sessions are held every Saturday: first session from 8:00 am – 9:00 am and second session from 9:00 am – 10:00 am. The fee for non-members is \$15.00 per session.

PHOTOGRAPHY/VIDEOGRAPHY: Commercial video and photography will be provided during the competition. All other video taping and photography is restricted to hand-held/battery operated equipment (no tripods). **No photography or video taping will be allowed unless permission is given by the skater. Flash photography is prohibited while competitors are skating. As a courtesy to our vendors, personal video and photography is prohibited during podium shots.**

AWARDS: Medals will be awarded to first through fourth place finishers for all events. If an event consists of a short program and a free skate, medals will be awarded to the overall first through fourth place finishers.

JACQUELINE S. HAAK MEMORIAL TROPHY

The Jacqueline S. Haak Memorial Trophy will be awarded to the skater who gives, in the opinion of selected judges, the most outstanding performance of the competition. Skaters from the **Juvenile-Senior levels and all Adult levels** are eligible to receive this special trophy. The Perpetual Trophy will be engraved with the winner's name and event and will remain in the possession of the PFSC with a replica given to the winner.

MIRAI NAGASU FUTURE STAR TROPHY

The Mirai Nagasu Future Star Trophy will be awarded to the skater who gives, in the opinion of selected judges, the most outstanding performance of the competition at the **Pre-Juvenile level and below**. This is a special trophy and does not have a perpetual component.

OFFICIAL NOTICES: An official bulletin board will be maintained at the Pasadena Ice Skating Center. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are required to arrive one hour prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

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

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training*
- Continuing Education Requirements (CERs) for the 2019-20 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate. Compete USA athletes:
 - Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
 - Completed SafeSport Training* (for coaches 18 years old and over)
 - Completed background check (green light status) (for coaches 18 years old and over)
 - Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

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

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

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

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

For more information regarding Coach Compliance, please refer to:

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

ADDITIONAL INFORMATION:

PROTOCOLS: For IJS events, a complete set of protocols for each skater/event will be available after the results are posted. Protocols and results will be available for purchase at the registration desk.

ADMISSION:

Adults: \$5/day	Senior 65 and older: \$3/day
Children 10 and under: Free	
All Event Pass: \$12 for Friday, Saturday, Sunday	

CREDENTIALS: At the time of registration, each competitor will receive (1) credential at no charge. One coach per skater will receive (1) credential at no charge. Each coach will need to present their USFS Coach Registration Card and a government issued ID at the registration desk to receive their credential. Each coach is required to have their credential in order to put their skater onto the ice for their event.

EVENT LEVEL/REQUIREMENTS: Please visit the USFS rulebook, USFS website and ISU communications for the most current rules and requirements.

EVENTS OFFERED:

<p>SINGLES FREE SKATING Astro (Beginner) Comet (High Beginner) Star (No Test) Pre-Preliminary Preliminary Pre-Juvenile Juvenile Short Program Juvenile Freeskate Open Juvenile Freeskate Intermediate* Novice * Junior * Senior * Adult Pre-Bronze Adult Bronze Adult Silver Adult Gold Adult Masters Int./Novice Adult Master Junior/Senior</p> <p>*These are combined events with both a short program and a free skate.</p>	<p>COMPULSORY Astro (Beginner) Comet (High Beginner) Star (No Test) Pre-Preliminary Preliminary Pre-Juvenile Juvenile Open Juvenile</p> <p>PAIRS Pre-Juvenile Juvenile Intermediate Novice * Junior * Senior *</p> <p>SYNCHRO Open Juvenile Synchro Skills 3</p>	<p>SHOWCASE DRAMATIC/ LIGHT Star (No Test) Pre-Preliminary Preliminary Pre-Juvenile Juvenile Open Juvenile Intermediate Novice Junior Senior Adult Pre-Bronze Adult Bronze Adult Silver Adult Gold Adult Masters</p>	<p>COMPETE USA SHOWCASE DRAMATIC/LIGHT Basic 1-6 Free skate 1-6 Astro-Comet (Beginner-High Beginner) Adult 1-6</p> <p>COMPETE USA PROGRAM EVENTS Snowplow Sam Basic Skill 1-6 Pre- Free Skate Free Skate 1-6 Adult Free Skate 1-6</p> <p>COMPETE USA ELEMENTS Basic 1-6</p> <p>COMPETE USA COMPULSORY EVENTS Snowplow Sam Free Skate 1-6 Adult (Beginner-High Beginner, 1-6)</p> <p>COMPETE USA INTRODUCTORY LEVELS COMPULSORY EVENTS Beginner High Beginner</p>
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U.S. Figure Skating Nonqualifying Competitions

EVENT: Well Balanced Program Free Skate

General event parameters:

- a) Skaters will skate to the music of their choice. Vocal music is permitted.
- b) 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.
- c) IJS will be used for Pre-Preliminary and higher events. 6.0 system will be used for all lower events.
- d) All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under "Technical Information," then "Singles/Pairs"

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

SINGLES FREE SKATING EVENTS

See USFS rulebook and website for the most updated rules and requirements.

	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 Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump). 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 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 3 single jumps is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 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>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) <ul style="list-style-type: none"> Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 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-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> ○ No double Axels, triple or quadruple jumps allowed ○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed ○ Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<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 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Min 4 revs <p>Both spins may start with a flying entry These spins must be of a different character (For definition 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 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 step sequence <p>If IJS is used, then: ChSt</p>
<p>JUVENILE and OPEN JUVENILE GIRLS & BOYS</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 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. The triple jump can only be included once. • 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. If double Axel or triple jump is part of a 3-jump combination, then 2 other double jumps may be included. ○ Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<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 (For definition 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 LADIES & MEN</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 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 ○ Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<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 (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* • <u>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.</u> <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

<p style="text-align: center;">NOVICE LADIES</p> <p style="text-align: center;">3:30 +/- 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 • Jump combinations limited to 2 jumps except one 3-jump combination is allowed <ul style="list-style-type: none"> ○ Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<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 (For definition 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 style="text-align: center;">NOVICE MEN</p> <p style="text-align: center;">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 1 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 <ul style="list-style-type: none"> ○ Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<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 (For definition 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 style="text-align: center;">JUNIOR LADIES</p> <p style="text-align: center;">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 <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences • Jump combinations limited to 2 jumps except one 3-jump combination is allowed <ul style="list-style-type: none"> ○ Jump sequence is any listed jump immediately followed by an Axel-type jump 	<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* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 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 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 <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences • Jump combinations limited to 2 jumps except one 3-jump combination is allowed <ul style="list-style-type: none"> ○ Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<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* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 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>SENIOR LADIES 4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ Of the 2 repetitions, only 1 can be a quad jump. Only 1 quad jump can be repeated. ▪ 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. <ul style="list-style-type: none"> ○ Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<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* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible
<p>SENIOR MEN 4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ Of the 2 repetitions, only 1 can be a quad jump. Only 1 quad jump can be repeated. ▪ 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 <ul style="list-style-type: none"> ○ Jump sequence is any listed jumps immediately followed by an Axel-type jump. 	<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* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible



SINGLES SHORT PROGRAM – 2019/2020 Singles Short Program Elements

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

JUVENILE and OPEN JUVENILE GIRLS/BOYS 2:10max	Single Or Double Axel	Single or Double Jump May not repeat Axel jump or jumps used in the combination	Jump Combination Single/Double or Double/Double May not repeat Axel Jump or solo jump performed	Spin Only one position No change of foot May start with a fly Min. 5 revs	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry. Mn. 5 revs on each foot Min 2 revs in pos.	Choreographic Step Sequence Fully utilizing the ice surface
INTERMEDIATE LADIES/MEN 2:10 max	Single or Double Axel	Double or Triple Jump May not repeat Double Axel or triple jump used in the combination	Jump Combination Single/Double, Double/Double, Single/Triple, Double/Triple or Triple/Triple May not repeat double axel or solo jump performed.	Spin Only 1 position No change of foot May start with a fly Min. 5 revs Men: must be a camel spin	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry. Min 5 revs each foot. Min. 2 revs in pos.	Leveled Step Sequence Max. Level 2 Only Minimum Variety (5 turns) or Simple Variety (7 turns) & rotation in each direction covering at least 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Fully utilizing the ice surface.
NOVICE LADIES 2.30 max.	Single or Double Axel	Double or Triple Jump May not repeat Double Axel or either jump in combo	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	Layback/Sideways Leaning, Sit or Camel Spin No change of foot No flying entry Min 6 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry. Min 5 revs each foot. Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
NOVICE MEN 2:30 max	Single or Double Axel	Double or Triple Jump May not repeat Double Axel or either jump in combo	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	Camel Spin With only 1 change of foot No change of position No flying entry Min. 5 revs on each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry. Min 5 revs each foot. Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface

JUNIOR LADIES 2:40+/- 10 sec	Double Axel	Double or Triple Loop	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	Flying Sit Spin Flying pos. may be different than landing pos. Min. 8 revs	Layback/Sideways Leaning or Camel Spin without change of foot No flying entry Min 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry. Min 5 revs each foot. Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
JUNIOR MEN 2:40+/- 10 sec	Double or Triple Axel	Double or Triple Loop	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	Flying Sit Spin Flying pos. may be different than landing pos. Min. 8 revs	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 5 revs each foot. Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
SENIOR LADIES 2:40+/- 10 sec	Double or Triple Axel	Any Triple Jump May not repeat Triple Axel or either jump in combo	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	Flying Spin Landing position different than spin in 1 position Min. 8 revs	Layback/Sideways Leaning or Camel Spin without change of foot No flying entry Min 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry. Min 5 revs each foot. Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
SENIOR MEN 2:40+/- 10 sec	Double or Triple Axel	Any Triple or Quadruple Jump 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 5 revs each foot. Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface



EVENT: Introductory Levels Free Skate Program

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
2. Level will be determined by the highest free skate test passed regardless of Moves in the Field tests passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
3. Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
<p>Excel Beginner Free Skate (Astro) 1:40 Max.</p> <p><u>Must not</u> have passed higher than Learn to Skate USA Free Skate 2</p>	<p>Maximum 4 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: Salchow, toe loop only • Eulers (Half Loops) are not allowed. • Maximum 2 jump combinations or sequences • Maximum 2 of any same jump <p>° Jump sequence is any listed jump immediately followed by a waltz jump</p>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Two upright spins • No change of foot • No flying entry • Minimum 3 revolutions 	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence 	<p>Excel Beginner Free Skate 1:40 Max.</p> <p><u>Must not</u> have passed higher than Learn to Skate USA Free Skate 2</p>
<p>Excel High Beginner Free Skate (Comet) 1:40 Max.</p> <p><u>Must not</u> have passed higher than Learn to Skate USA Free Skate 4</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: toe loop, Salchow, Euler (half-loop), loop • Flip, Lutz, & Axel NOT permitted • Maximum 2 jump combinations or sequences. One 3-jump combination is allowed • Maximum 2 of any same jump <p>° Jump sequence is any listed jump immediately followed by a waltz jump.</p>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Both spins must be in a single position • No flying entry • Permitted forward spins: upright, sit, camel • Permitted back spins: upright • Minimum 3 revolutions • Spins must be of a different character 	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence 	<p>Excel High Beginner Free Skate 1:40 Max.</p> <p><u>Must not</u> have passed higher than Learn to Skate USA Free Skate 4</p>



Compete USA Competitions

EVENT: Basic Program: SNOWPLOW SAM – BASIC 6

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

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

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ol style="list-style-type: none"> a) March followed by a two-foot glide and dip b) Forward two-foot swizzles, 2-3 in a row c) Forward snowplow stop d) Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ol style="list-style-type: none"> a) Forward two-foot glide and dip b) Forward two-foot swizzles, 6-8 in a row c) Beginning snowplow stop on two-feet or one-foot e) Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ol style="list-style-type: none"> d) Forward one-foot glide, either foot e) Scooter pushes, right and left foot, 2-3 each foot f) Moving snowplow stop g) Two-foot turn in place, forward to backward f) Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ol style="list-style-type: none"> h) Beginning forward stroking showing correct use of blade i) Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive j) Forward slalom k) Beginning backward one-foot glide, either foot g) Moving forward to backward two-foot turn on a circle
Basic 4	1:10 max.	<ol style="list-style-type: none"> l) Backward one-foot glides, right and left m) Forward outside edge on a circle, clockwise or counter clockwise n) Forward crossovers, 4-6 consecutive, both directions o) Beginning two-foot spin, 2-4 revolutions h) Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:10 max.	<ol style="list-style-type: none"> p) Backward outside edge on a circle, clockwise or counterclockwise q) Backward crossovers, 4-6 consecutive, both directions r) Advanced two-foot spin, 4-6 revolutions s) Forward outside three-turn, right and left i) Hockey stop
Basic 6	1:10 max.	<ol style="list-style-type: none"> t) Forward inside three-turn, right and left u) Bunny Hop v) Forward spiral on a straight line, right or left w) Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry j) T-stop, right or left



EVENT: Pre-Free Skate – Free Skate 6 Program

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.

- a) To be skated on full ice.
- b) The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- c) A 0.2 deduction will be taken for each element performed from a higher level.
- d) Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> a) 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 b) One-foot upright spin, optional entry and free-foot position (minimum three revolutions) c) Mazurka a) Waltz jump
Free Skate 1	1:40 max	<ul style="list-style-type: none"> b) Forward power stroking, 4-6 consecutive strokes c) Upright spin, entry from backward crossovers - minimum 4-6 revolutions d) Toe loop jump e) Half flip jump
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> f) Alternating forward outside and inside spirals on a continuous axis (2 sets) g) Beginning back spin, up to two revolutions h) Half Lutz i) Salchow jump
Free Skate 3	1:40 max	<ul style="list-style-type: none"> j) Alternating Mohawk/crossover sequence, right to left and left to right k) Advanced back spin with free foot in crossed leg position, min 3 revs l) Loop jump m) Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> n) Forward power 3's, 2-3 consecutive sets, right or left o) Sit spin - minimum three revolutions p) Half Loop jump q) Flip jump
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> r) Backward outside three-turn, Mohawk (backward power three-turn), both directions s) Camel spin - minimum three revolutions t) Waltz-loop jump combination u) Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> v) Split jump or stag jump w) Camel, sit spin combination - minimum of four revolutions total x) Waltz jump, ½ loop, Salchow jump sequence y) Axel jump



Event: Adult 1-6 Free Skate With Music

General event parameters:

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

Level	Time	Elements
Adult 1	1:40 Max	<ul style="list-style-type: none"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:40 Max	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3	1:40 Max	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Backward skating to a long two-foot glide • Forward chasses on a circle, clockwise and counterclockwise • Backward snowplow stop, Right and Left
Adult 4	1:40 Max	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions
Adult 5	1:40 Max	<ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin
Adult 6	1:40 Max	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)



Event: Snowplow Sam- Basic 6 Elements

Two format options for the Elements Event:

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

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

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

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward 1/2 swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward 1/2 swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry • T-stop, right or left



EVENT: Pairs

PAIRS SHORT PROGRAM EVENTS

2019-2020	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
<p>NOVICE PAIRS SHORT PROGRAM</p> <p>2:50 Max</p>	<p>One lift selected from Group 4 or 5</p> <p>Min 1 rev by man (no max)</p> <p>One-handed variations and changes of hold or of the lady's position during the lift are permitted</p> <p>The lift may not include a carry feature or be a carry lift</p>	<p>Single or Double</p> <p>Take off must be Flip or Lutz</p>	<p>Single, Double or Triple Toe Loop or Flip/Lutz</p>	<p>Double Loop or Double Axel</p>	<p>Pair Spin or Pair Spin Combination</p> <p>Optional change of foot and optional change of position</p> <p>Min. 5 revs. total</p> <p>May not be commenced with a jump</p>	<p>Backward Inside</p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the Level of her skating knee</p>	<p>Leveled Step Sequence</p> <p>Must fully utilize the ice surface</p>
<p>JUNIOR PAIRS SHORT PROGRAM</p> <p>2:40 +/- 10 sec</p>	<p>Any lasso lift take off (Group 5)</p> <p>Full extension of the lifting arm(s) is required</p> <p>Min 1 rev by man (no max)</p>	<p>Double or Triple</p> <p>Take off must be Flip or Lutz</p>	<p>Double or Triple Toe Loop or Flip/Lutz</p>	<p>Double Loop or Double Axel</p>	<p>Solo Spin Combination</p> <p>Only one change of foot (made at the same time by both partners)</p> <p>Min. 5 revs. on each foot, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value May be commenced with a jump</p>	<p>Backward Inside</p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the Level of her skating knee</p>	<p>Leveled Step Sequence</p> <p>Must fully utilize the ice surface</p>
<p>SENIOR PAIRS SHORT PROGRAM</p> <p>2:40 +/- 10 sec</p>	<p>Any lasso lift take off (Group 5)</p> <p>Full extension of the lifting arm(s) is required</p> <p>Min 1 rev by man (no max)</p>	<p>Double or Triple</p> <p>Take off must be Flip or Lutz</p>	<p>Double or Triple (any take off)</p>	<p>Double or Triple (any take off)</p>	<p>Solo Spin Combination</p> <p>Only one change of foot (made at the same time by both partners)</p> <p>Min. 5 revs. on each foot, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value May be commenced with a jump</p>	<p>Backward Inside</p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the Level of her skating knee</p>	<p>Leveled Step Sequence</p> <p>Must fully utilize the ice surface</p>



PAIRS FREE SKATING EVENTS

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

(chart has been edited for formatting)

2019-2020	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN Combination	PAIR SPIN Combination	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
<p>PRE-JUVENILE PAIRS</p> <p>2:00 +/- 10 sec</p>	<p>1 Lift Group 1 Lift or Group 3 Waist Lift</p> <p>Variations of the lady's position, no-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 ½ rev by man (no max)</p>	N/A	<p>1 (optional) Throw Jump</p> <p>Single</p>	<p>1 Solo Jump</p> <p>Single</p>	<p>1 Jump Sequence or Jump Combination</p> <p><u>Max 2 jumps in jump combination</u></p> <p>Jump sequence is any listed jump immediately followed by an Axel-type jump</p> <p>Single jumps only</p>	<p>1 Solo Spin</p> <p>Min 3 revs</p> <p>No change of foot or position</p>	<p>1 Pair Spin</p> <p>Min 3 revs</p> <p>No change of foot or position</p>	<p>1 (optional) Pivot Figure</p> <p>No minimum requirements</p> <p>Pivot figure not eligible for features</p>	<p>1 Step Sequence</p> <p>Utilizing one-half the ice surface</p> <p>Stroking both forward and backward, clockwise and counter-clockwise</p> <p>*If IJS is used, then: CHST</p>
<p>JUVENILE PAIRS</p> <p>2:30 +/- 10 sec</p>	<p>Max 1 Lift</p> <p>Lift may be chosen from Group 1 or Group 2</p> <p>Variations of the lady's position, no-handed 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 (no max)</p>	N/A	<p>Max 1 Throw Jump</p> <p>Any throw single jump</p> <p>OR</p> <p>Throw double Salchow</p> <p>OR</p> <p>Throw double Loop</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>Jump sequence is any listed jump immediately followed by an Axel-type jump</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>	<p>Max 1 Pivot Figure</p> <p>Regular 1-hand-to-1-hand hold required</p> <p>Pivot figure not eligible for features</p> <p>When the position is attained, both partners must execute min ½ rev with the man clearly in pivot position.</p>	<p>Max 1</p> <p>Must be clearly visible</p>

<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 (no max)</p>	<p>Max 1 Twist Lift</p> <p>Single or double</p> <p>Take off must be Flip or Lutz.</p>	<p>Max 2 Throw Jumps</p> <p>Single 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>Jump sequence is any listed jump immediately followed by an Axel type jump.</p> <p>Single or double jumps only</p>	<p>N/A</p>	<p>Max 1 Pair Spin</p> <p><u>Min 5 revs</u></p> <p><u>No change of foot</u></p> <p><u>Optional change of position</u></p> <p><u>May not be commenced with a jump</u></p>	<p>Max 1 Death Spiral or Pivot Figure</p> <p>Regular 1-hand-to-1-hand hold required</p> <p>Pivot figure not eligible for features</p> <p>When the position is attained, both partners must execute min ½ rev with the man clearly in pivot position</p>	<p>Max 1 Leveled Step Sequence</p> <p>Step sequence can achieve up to a Level 2</p> <p>Must be clearly visible</p>
<p>NOVICE PAIRS</p> <p>3:30 +/- 10 sec</p>	<p>Max 2 Overhead Lifts</p> <p>Lifts must be from different groups and 1 must be from Group 3 or Group 4</p> <p>Variations of lady's position, no-handed, 1-handed, combo lifts and lifts that turn in both directions ARE permitted</p> <p>Carry lifts and carry features are NOT permitted</p> <p>Min 1 rev by man (no max)</p>	<p>Max 1 Twist Lift</p> <p>Single or double</p> <p>Take off must be Flip or Lutz</p>	<p>Max 2 Throw Jumps</p> <p>Single, double or triple</p> <p>Must be different</p>	<p>Max 1 Solo Jump</p> <p>Single, double or triple</p> <p>If double Axel or triple, must be different from jumps executed in the jump sequence/ combo</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Max 2 jumps in jump combination</p> <p>Jump sequence is any listed jump immediately followed by an Axel-type jump</p> <p>Both jumps may include jumps with the same name</p> <p>Single, double or triple jumps permitted</p>	<p>N/A</p>	<p>Max 1 Pair Spin or Pair Spin Combination</p> <p>Min 5 revs</p> <p>If pair spin combination, must have at least 1 change of foot and 1 change of position by each partner</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p>Max 1 Death Spiral</p> <p>Regular 1-hand-to-1-hand hold required</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position.</p> <p>Lady's head must reach the level of her skating knee.</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>

<p>JUNIOR PAIRS</p> <p>3:30 +/- 10 sec</p>	<p>Max 2 Overhead Lifts</p> <p>Not all from the same group</p> <p>Full extension of the lifting arms required</p> <p>Both lifts may include a carry feature, but only first attempt counts for level</p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only)</p> <p>Min 1 rev by man (no max)</p>	<p>Max 1 Twist Lift</p> <p>No limit to the number of revs</p> <p>Take off may be Toe Loop, Loop, Flip, Lutz or Axel</p>	<p>Max 2 Throw Jumps</p> <p>Must be different</p> <p>No limit to the number of revs</p>	<p>Max 1 Solo Jump</p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence/combination</p>	<p>Max 1 Jump Sequence/Combination</p> <p>Jump combination may consist of 2 or 3 jumps</p> <p>Jump sequence is any listed jump immediately followed by an Axel-type jump</p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	<p>N/A</p>	<p>Max 1 Pair Spin Combination</p> <p>Must be combination</p> <p>Must 8 revs</p> <p>With at least once change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each</p> <p>Must have all three basic positions to receive full value.</p>	<p>Max 1 Death Spiral</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>
<p>SENIOR PAIRS</p> <p>4:00 +/- 10 sec</p>	<p>Max 3 Overhead Lifts</p> <p>Not all from same group</p> <p>Full extension of the lifting arms required</p> <p>If 2 Group 5 lifts are executed, each must have a different take off (Toe, Step, Reverse, Backward or Axel)</p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only)</p> <p>All lifts may include a carry feature, but only first attempt counts for level</p> <p>Min 1 rev by man (no max)</p>	<p>Max 1 Twist Lift</p> <p>No limit to the number of revs</p> <p>Take off may be Toe Loop, Flip, Lutz or Axel</p>	<p>Max 2 Throw Jumps</p> <p>Must be different</p> <p>No limit to the number of revs</p>	<p>Max 1 Solo Jump</p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence/combination</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Jump combination may consist of 2 or 3 jumps</p> <p>Jump sequence is any listed jump immediately followed by an Axel-type jump</p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	<p>N/A</p>	<p>Max 1 Pair Spin Combination</p> <p>Must be in combination</p> <p>Min 8 revs</p> <p>With at least 1 change of foot by each partner, not necessarily at the same time (Min 3 revs before and after change of foot)</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs each</p> <p>Must have all 3 basic positions to receive full value</p>	<p>Max 1 Death Spiral</p> <p>Must be different from the death spiral in the Short Program</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>



EVENT: Adult Free Skate

Adult events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc. IJS will be used for Adult Bronze, Silver, Gold and all Masters Levels. 6.0 system will be used for all lower events.

	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<p>CHAMPIONSHIP MASTERS JUNIOR-SENIOR & MASTERS JUNIOR-SENIOR</p> <p>3:40 maximum * means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axcel-type jump <u>or a waltz jump*</u> • Max 3 combinations or sequences • 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 Axcel-type jump</u> • No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence <ul style="list-style-type: none"> • If both executions (of the same Axcel 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> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)). • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 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>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE & MASTERS INTERMEDIATE-NOVICE</p> <p>3:10 maximum * means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axcel-type jump <u>or a waltz jump*</u> • Max 3 combinations or sequences • 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 Axcel-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 • All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop • Double flip, double Lutz, double Axcel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)). • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 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>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 • 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 Axcel-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 • All single jumps, including the single Axcel, and the following double jumps are permitted: double toe loop, double Salchow. • Double loop, double flip, double Lutz, double Axcel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Max Level 3 • 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>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 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>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</p> <p>2:10 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 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> • Non-listed jumps of not more than 1 revolution performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps, including single Axel, are permitted • No double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • <u>Max Level 2</u> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)). • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step <u>sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</u> • 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>ADULT BRONZE</p> <p>1:50 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • 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> • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • <u>Max Level 1</u> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)). • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step <u>sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</u> • 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>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> • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are permitted • No single Lutz, single Axel or double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • <u>Max Level 1</u> • <u>Spins must be of a different character (for definition, see U.S. Figure Skating rule 4103 (E)).</u> • Min 3 revs • Spins with a flying entry are not permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Connecting steps throughout the program are required



SHOWCASE EVENTS

Competitors placing first, second and third place in a contested or combined event will qualify for Nationals Showcase. Please visit usfsa.org for the date and more detailed information about the Nationals Showcase competition.

- A. Learn to Skate
- B. Introductory Events
- C. Standard Events
- D. Adult Events

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner/ Adult 1-6	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.

Event	Must meet requirements*	Must not have passed	Age	Time
No Test <small>(does not qualify for National Showcase)</small>	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Pre-Preliminary <small>(does not qualify for National Showcase)</small>	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	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	3 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
Adult Pre- Bronze <small>(does not qualify for National Showcase)</small>	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	1:40 max



EVENT: Showcase Events – Dramatic Entertainment

Format:

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

EVENT: Showcase Events – Light Entertainment

Format:

- c) 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.
- d) Props and Scenery are permitted

General event parameters:

- a) 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.
- b) The determination of level will be based upon test requirement at the entry deadline
- c) Current guidelines and procedures for non-qualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Please refer to the USFS website for the most current rules and requirements.

SINGLES COMPULSORY MOVES



U.S. Figure Skating Nonqualifying Competitions

EVENT: Introductory Levels Compulsory Event

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

- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ol style="list-style-type: none">1. Waltz jump2. ½ jump of choice3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional)4. Forward or backward spiral
High Beginner	1:15 max.	<ol style="list-style-type: none">1. Toe loop jump2. Salchow jump3. Forward scratch spin - minimum three revolutions4. Forward or backward spiral
No-Test	1:15 max.	<ol style="list-style-type: none">1. Loop jump2. Jump combination to include a toe loop (may not use a loop or Axel)3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.



U.S. Figure Skating Nonqualifying Competitions

EVENT: COMPULSORY MOVES

General event parameters:

1. Learn To Skate – Juvenile: Elements skated on ½ ice
2. Elements may be performed only once
3. Music is not allowed

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single Toe Loop 2. Jump combination: single/single (no Axel) 3. Sit spin or camel spin - minimum three revolutions 4. Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single/single (may include Axel) 3. Back upright spin - minimum three revolutions 4. Forward inside spiral
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single jump (may include Axel) 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – circular



SYNCHRONIZED SKATING EVENTS

JUDGING SYSTEM

The majority 6.0 Judging System will be used for the following events:
Open Juvenile, Basic Skills 3

Program music must be entered under the Music & Program Content tab of your EMS for this competition by *August 30, 2019*. Teams will be charged \$10 fee if their music is not submitted by the deadline.

For all synchronized skating events, please refer to the USFS rulebook/website for the most current rules, requirements and ISU communications.

OPEN JUVENILE

Open to teams of 8-16 skaters. All skaters must be under age 20. All skaters must have passed the pre-preliminary moves in the field test. Please refer to USFS well-balanced program, Rule 9460.

OPEN JUVENILE TEAM	One Block Element	One Circle Element	One Creative Element-Intersection	One Intersection Element	One Line Element	One Wheel Element
2:30 +/- 10 secs						
6 Elements						

SYNCHRO SKILLS 3

Open to teams of 8-16 skaters. No skater may have passed higher than a preliminary test. Majority of skaters should be at least 12 years of age. Please refer to the USFS Learn To Skate USA Synchronized Skating web page for the most current program requirements.

BLOCK	CIRCLE	LINE	WHEEL	INTERSECTION	TRANSITION	*BONUS SKILL
At least two configurations incorporating skills from Basic 3-6 (in shoulder hold)	Backward outside and inside edge, both directions (in hand hold)	Forward and backward skating with skills from Basic 3-6 (in shoulder hold)	2-spoke with backward half swizzle pumps in each direction (in shoulder hold)	Forward intersection-2 lines on 1 foot at point of intersection (in wrist hold)	From line to block to intersection	Creative Element-incorporate skills from Basic 3-6 (i.e. lunge, spiral, bunny hop)