

JACKSON HOLE 2015 BASIC SKILLS SPRING ICEBREAKER



MARCH 21–22, 2015

Snow King Sports and Event Center
100 E. Snow King Ave.
Jackson, WY 83001

COMPETITION ENTRY DEADLINE
Friday, February 6, 2015

**Compulsory and Free Skating: Snowplow Sam – USFSA Preliminary,
Level 1-3, Preliminary Synchronized Skating
Showcase: Basic 1 through Preliminary, Spins and Jumps
Adult 1 –USFSA Bronze**



Approved by US Figure Skating
Sponsored by the Skating Club of Jackson Hole
FOR COMPETITION INFORMATION

www.skatingclubofjacksonhole.com

www.entryeeze.com

email: skatingclubofjh@gmail.com



**JACKSON HOLE 2015 BASIC SKILLS
SPRING ICEBREAKER
March 21-22, 2015**

The Jackson Hole 2015 Basic Skills Spring Icebreaker, hosted by the Skating Club of Jackson Hole, will be held at the Snow King Sports and Event Center, 100 E. Snow King Ave., Jackson, WY 83001 on March 21-22, 2015. The Basic Skills Competition is approved by USFSA and conducted in accordance with the current USFSA rulebook as well as any pertinent updates which have been posted on the USFSA website.

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S.F.S. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete, but must be registered with the host Basic Skills Program/Club.

ELIGIBILITY/TEST LEVEL: Jackson Hole 2015 Basic Skills Spring Icebreaker is open to all skaters who are current members of U.S. Figure Skating at the time of the event (including Basic Skills memberships). Test qualifications will be effective as of the closing date of entries. Age as of the entry deadline shall determine eligibility in categories where age is a determining factor.

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

Age restrictions/requirements: Skaters entering Beginner – Preliminary events will be divided as closely as possible by age, should the number of entries warrant more than one group.

Special Events: BACK BY POPULAR DEMAND: IMPROV!!! ALSO OFFERING SPINS CHALLENGE AND JUMPS CHALLENGE!!!

Entry: Online entries at www.entryeeze.com. Look for the Skating Club of Jackson Hole logo or use the search bar. Entries must be completed by midnight February 6, 2015. Entry fee for the first event is \$50.00 and \$35.00 for each additional event. Please note that your coach/instructor is required to sign your application form verifying your level of competition and the events you are competing in. **It is the skaters' and coaches' responsibility** to verify that the skater has entered the correct event and level. Any change in a skater's level/event after the entry deadline is subject to a **\$10 change fee**. **Late entries are only accepted at the discretion of the Referee and subject to a \$20 late fee.** There will be a \$25 fee for returned checks.

Two or more entries in a category will constitute an event. Where there is only one skater entered in an event, an exhibition may be offered at the discretion of the Chief Referee or a refund will be made. In any event, groups may be divided or combined by age, sex, or numbers at the discretion of the Chief Referee. Entrants may skate one level above that for which they are qualified. Event eligibility is based on test status as of the entry deadline. There are no final rounds. Skaters will not be allowed to practice or compete until all payments are current.

Refund Policy: Entry fees will not be refunded **after** February 6, 2015 unless no competition exists or is canceled. There will be no refunds for medical withdrawals. Checks returned for non-sufficient funds and contested credit card charges will be assessed a \$25 fee. Payment of the fee will be required before skater is allowed to participate in practice ice or events.

Facilities: The competition will be held at the Snow King Sports and Event Center, 100 E. Snow King Ave., Jackson, WY 83001. The enclosed ice surface is 85' by 200'. Dressing rooms will be available to skaters. There is no charge to watch the competition events.

Admission and Event Programs: There is no admission charge for the Jackson Hole 2015 Basic Skills Spring Icebreaker. Event programs may be pre-purchased for \$2 with a limited quantity available for purchase at the competition.

Registration: Skaters must check in at least one hour prior to their first event. Events may run ahead at the discretion of the Referee. Please plan to check in with the rink monitor at least 45 minutes prior to your event's scheduled start time.

Practice ice: Pre-paid practice ice is being offered to competitors for a cost of \$10 for each 20 minute session. Skaters will be able to select their own practice ice sessions online but you must indicate the number of sessions you want during the registration process and must be pre-paid with your entry. Additional ice sales will be available for a cost of \$15 after the schedule has been posted and those that pre-register for sessions have had time to select their sessions. A limited amount of practice ice will also be available for purchase during the competition and will be sold for a cost of \$20. **NO REFUNDS** will be issued for those who do not appear for their reserved session. Music will be played on practice ice on a first-come first-serve basis. Skaters must bring their own CD for practice ice.

AWARDS: Awards will be presented immediately following the posting of the results for each event. Medals will be given for first through third places in each event. Participation awards will be given to all skaters.

Music: All competitors must provide their own music on CD (no CD-RWs, MP3s, music upload systems or mini discs allowed). Each CD must be clearly labeled with the skaters name, event, side to be played, and length of program. There must be only one program on a CD with no more than a 5 second lead in. The official competition music must be turned in at the registration table at the time of check-in. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Skating Club of Jackson Hole cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition. CDs will not be mailed. **Don't forget to pick up your music following your event.**

OFFICIAL NOTICES: An official bulletin board will be maintained in the arena. It is the responsibility of each competitor, parent, and/or coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

LIABILITY: U.S. Figure Skating, Skating Club of Jackson Hole, and Snow King Sports and Event 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.

Inquiries: Please contact Competition Co-Chairs Sandy Sandberg or Deb Lutz at skatingclubofjh@gmail.com or (307) 413-4146.

Videography: Videography will be available for purchase.

Coaches Credentials: To coach at a U.S. Figure Skating qualifying level competition, a professional coach or choreographer must be:

- Declared by a skater in the registration process with the club
- Listed as Coaches Education Requirement (CER) Category A or B (Category C for Basic Skills events) compliant for the current season
- Current with Coach Registration (requires annual fee and background check)
- A current member in good standing with U.S. Figure Skating
- A current member in good standing with the PSA
- A coaches' requirements chart can be found here:

<http://www.usfigureskating.org/Content/Coaches%20Requirement%20Chart.pdf>.

The local organizing committee/club will have a list of 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. Coaches who are NOT on the list will need to show proof of membership in BOTH U.S. Figure Skating and the PSA, a Coaches Registration card, proof of Category A or B (C for Basic Skills) compliance in CER, and a photo I.D. at check in. **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.**

Judging System: The 6.0 Majority Judging System will be used for all events.

Competition Checklist:

- Completed Entry Form - www.entryeeze.com
- Payment to Skating Club of Jackson Hole
- Skater Authorization Page
- Waiver

***APPLICATION DEADLINE: February 6, 2015**

Online entries at www.entryeeze.com.

For questions or inquiries, please contact Competition Co-Chairs Sandy Sandberg or Deb Lutz at skatingclubofjh@gmail.com or call Skating Club of Jackson Hole at (307) 413-4146. For prompt replies please use email.

***Exhibitions will be allowed to skaters Pre-Juvenile and above.**

Accommodations

Snow King Resort
400 E. Snow King
(307) 733-5200

Homewood Suites by Hilton
260 N. Millward
(307) 739-0808

Lexington at Jackson Hole
285 N. Cache
(307) 733-2648

Painted Buffalo Inn
400 W. Broadway
(307) 733-4340

Motel 6
600 S. Hwy 89
(307) 733-1620

Virginian Lodge
750 W. Broadway
(307) 733-2792
(800) 262-4999

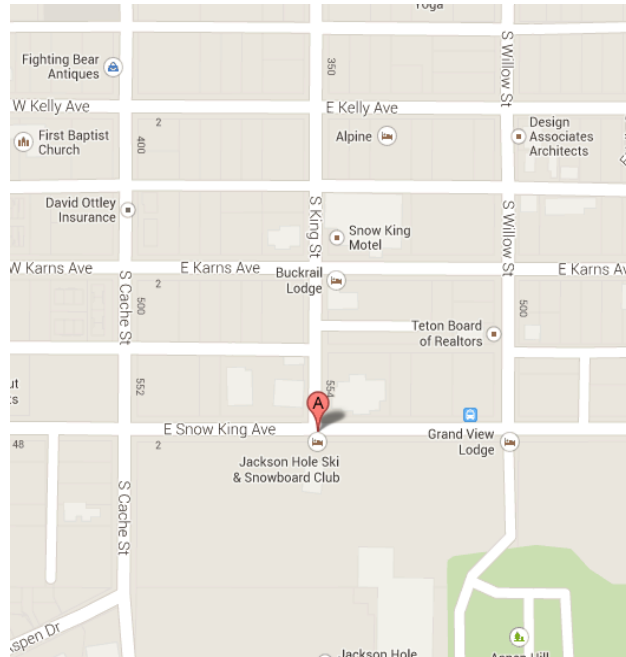
www.virginianlodge.com

Super 8 Motel
750 S. Hwy 89
(307) 733-6833

Antler Inn
43 W. Pearl
(307) 733-2535
www.townsquareinns.com

Elk Country Inn
480 W. Pearl
(307) 733-2364
www.townsquareinns.com

Chamber of Commerce
(307) 733-3316



SNOW KING SPORTS AND EVENTS CENTER
100 E. Snow King Ave. Jackson WY 83001
(307) 201-1633



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

All singles athletes begin with the U.S. Figure Skating Basic Skills program, then progress to the "introductory levels," and finally choose whether to follow the test track or Well Balanced program category. Athletes may choose to move between test track and Well Balanced program at any point.

U.S. FIGURE SKATING BASIC SKILLS PROGRAM
<p>Competition levels for singles skaters within the Basic Skills program include: Snowplow Sam 1-3 Basic 1-8, Adult 1-6, Hockey 1-4 Free Skate 1-6</p>

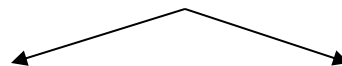


Once skaters have completed the levels within the Basic Skills curriculum, they advance to the "introductory levels," which are an introduction to competitive figure skating.

Beginner	}	INTRODUCTORY LEVELS
High Beginner		
No Test		

Once skaters have competed at the introductory level, and begin the official U.S. Figure Skating test structure, they may then choose whether to enter the "Test Track Free Skate" or "Well Balanced Free Skate" program. Test requirements for both categories are the same, it is completely the choice of the athlete which track to follow.

TEST TRACK FREE SKATE
Pre-Preliminary
Preliminary
Pre-Juvenile
Juvenile
Intermediate
Novice
Junior
Senior



Skaters may choose, at any point, which track to follow. They may also move between the tracks at different nonqualifying competitions. They may not, however, enter both events at the same competition.

WELL BALANCED PROGRAM FREE SKATE
Pre-Preliminary
Preliminary
Pre-Juvenile
Juvenile/Open Juv.
Intermediate
Novice
Junior
Senior



U.S. Figure Skating Basic Skills Competitions

EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 8

- Each skater will perform one element at a time in the order listed below.
- To be skated on 1/2 ice.
- No music.
- All elements must be skated in the order listed.

Level	Time	Skating rules/standards
Snowplow Sam 1-3	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 • Forward snowplow stop • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Forward alternating ½ swizzle pumps in a straight line, 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"> • Forward stroking • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Backward one-foot glide, either foot • Two-foot spin - minimum three revolutions
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Standstill forward outside three-turn, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Backward stroking, 4-6 strokes • Backward snowplow stop, right or left
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 • Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions • Side toe hop, either direction • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Standstill forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Lunge, right or left • T-stop, right or left
Basic 7	1:00 max.	<ul style="list-style-type: none"> • Standstill forward inside open Mohawk, right to left and left to right • Ballet jump, either direction • Backward crossovers to a back outside edge landing position, clockwise and counter clockwise • Forward inside pivot
Basic 8	1:00 max.	<ul style="list-style-type: none"> • Moving forward outside or forward inside three-turns, right and left • Waltz jump (from a standstill) • Mazurka, either direction • Combination move, clockwise <u>or</u> counter clockwise, two forward crossovers into forward inside Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge • Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions



U.S. Figure Skating Basic Skills Competitions

EVENT: Basic Program Event: SNOWPLOW SAM – BASIC 8

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. Vocal music is allowed.

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

Level	Time	Skating rules/standards
Snowplow Sam 1-3	1:00 +/-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	1:00 +/-10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Forward snowplow stop • Backward wiggles, 6-8 in a row
Basic 2	1:00 +/-10 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Forward alternating ½ swizzle pumps in a straight line, 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 +/-10 max.	<ul style="list-style-type: none"> • Forward stroking • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Backward one-foot glide, either foot • Two-foot spin - minimum three revolutions
Basic 4	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward outside three-turn, right and left • Forward crossovers, 4-6 consecutive both directions • Backward stroking, 4-6 strokes • Backward snowplow stop, right or left
Basic 5	1:00 +/-10 max.	<ul style="list-style-type: none"> • Backward crossovers, 4-6 consecutive, both directions • Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions • Side toe hop, either direction • Hockey stop
Basic 6	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Lunge, right or left • T-stop, right or left
Basic 7	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward inside open Mohawk, right to left and left to right • Ballet Jump, either direction • Back crossovers to a back outside edge landing position, clockwise and counter clockwise • Forward inside pivot
Basic 8	1:00 +/-10 max.	<ul style="list-style-type: none"> • Moving forward outside or forward inside three-turns, right and left • Waltz jump (from a standstill) • Mazurka, either direction • Combination move, clockwise <u>or</u> counter clockwise – two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge • Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions



EVENT: Free Skate 1-6 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.
- Time: 1:15 or less.

Level	Time	Skating rules/standards
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Advanced forward stroking, 4-6 consecutive • Backward outside three-turns, right and left • One-foot upright scratch spin from backward crossovers - minimum three revolutions • Waltz jump from backward crossovers • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Forward outside or inside spiral, right or left • Waltz three's, right or left, 2-3 sets • Beginning back spin, entry optional – minimum two revolutions • Waltz jump, side toe hop, Waltz jump sequence • Toe loop jump
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> • Forward crossovers in a figure 8 • Backward inside three-turns, right and left • Back spin - minimum three revolutions • Salchow 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 • Loop jump • Waltz jump/loop jump combination
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Camel spin - minimum three revolutions • Forward upright spin to back upright spin - minimum three revolutions each foot • Loop/loop jump combination • Flip jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Five step Mohawk sequence - one set alternating pattern (refer to Basic Skills Curriculum Free Skate 6) • Camel, sit spin combination - minimum of four revolutions total • Split jump or stag jump • Waltz jump, ½ loop, Salchow jump sequence • Lutz jump



U.S. Figure Skating Basic Skills Competitions

EVENT: Free Skate 1-6 Program Event

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting 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 levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:30+/-10 sec.

Level	Time	Skating rules/standards
Free Skate 1	1:30+/-10 sec.	<ul style="list-style-type: none"> • Advanced forward stroking, 4-6 consecutive • One-foot upright scratch spin from backward crossovers - minimum three revolutions • Waltz jump from backward crossovers • Half flip jump
Free Skate 2	1:30+/-10 sec.	<ul style="list-style-type: none"> • Forward outside spiral, right or left • Beginning back spin, entry optional - minimum two revolutions • Waltz jump, side toe hop, Waltz jump sequence • Toe loop jump
Free Skate 3	1:30+/-10 sec.	<ul style="list-style-type: none"> • Forward crossovers in a figure 8 • Back spin - minimum three revolutions • Salchow jump • Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:30+/-10 sec.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Loop jump • Waltz jump-loop jump combination
Free Skate 5	1:30+/-10 sec.	<ul style="list-style-type: none"> • Camel spin - minimum three revolutions • Forward upright spin to back upright spin - minimum three revolutions each foot • Loop-loop jump combination • Flip jump
Free Skate 6	1:30+/-10 sec.	<ul style="list-style-type: none"> • Camel, sit spin combination - minimum of four revolutions total • Split jump or stag jump • Waltz jump, ½ loop, Salchow jump sequence • Lutz jump



U.S. Figure Skating Basic Skills 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.	<ul style="list-style-type: none">• Waltz jump• ½ jump of choice• Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional)• Forward or backward spiral
High Beginner	1:15 max.	<ul style="list-style-type: none">• Toe loop jump• Salchow jump• Forward scratch spin - minimum three revolutions• Forward or backward spiral
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)• Solo spin - sit <u>or</u> camel spin - minimum three revolutions• Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.



EVENT: Introductory Levels Free Skate Program

Event parameters:

- 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.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:30 +/- 10 sec.	<i>Maximum 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences. • Max. 2 of any same jump. 	<i>Maximum 2 spins:</i> <ul style="list-style-type: none"> • Two 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 Basic Skills free skating badge tests.
High Beginner 1:30 +/- 10 sec.	<i>Maximum 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop). • Single rotation jumps: Salchow and toe loop only. • Maximum of 2 jump combinations or sequences. • Max. 2 of any same type jump. 	<i>Maximum 2 spins:</i> <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 tests higher than U.S. Figure Skating Basic Skills free skating badge tests.
No Test 1:30 +/- 10 sec.	<i>Maximum 5 jump elements:</i> <ul style="list-style-type: none"> • Up to 2 may be jump combos or sequences. • Jump combos are limited to 2 jumps. • Jump sequences are limited to 3 single jumps (half-loop is not considered a single jump at this level). • No Axels or double jumps are permitted. 	<i>Maximum 2 spins:</i> <ul style="list-style-type: none"> • Spins must be of different character. • Each spin must have a Minimum of 3 revolutions. • Spins may change feet, position and start with a fly. 	One step sequence that utilizes ½ of the ice surface.	



EVENT: COMPULSORY MOVES

Event parameters:

- Elements skated on ½ ice
- Elements may be performed only once
- Music is not allowed

Level	Time	Skating rules/standards
Pre-Preliminary	1:00 max.	<ul style="list-style-type: none"> • Single flip • Jump combination: single/single (no Axel) • Sit spin or camel spin - minimum three revolutions • Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:00 max.	<ul style="list-style-type: none"> • Single Lutz • Jump combination: single/single (may include Axel) • Back upright spin - minimum three revolutions • Forward inside spiral

EVENT: Well Balanced Program Free Skate

Event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted.
- 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.

Level	Time	Jumps	Spins	Step Sequences
Pre-Preliminary	1:40 Maximum Vocal music permitted	<i>Maximum of 5 jump elements:</i> <ol style="list-style-type: none"> Any single jumps, including Axel, allowed. Max. 2 jump combinations or sequences Jump combinations are limited to 2 jumps. Number of jumps in a jump sequence is limited to a maximum of 3 single jumps (½ loop is not considered a single jump.) Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Maximum of 2 Axels Double or triple jumps are not allowed. 	<i>Maximum of 2 spins:</i> <ol style="list-style-type: none"> Spins must be of a different nature. Spins may change feet and/or position. Spins may start with a fly. Minimum of 3 revolutions 	One step sequenced that must use ½ of the ice surface.
Preliminary	1:40 Maximum Vocal music permitted	<i>Maximum of 5 jump elements:</i> <ol style="list-style-type: none"> One must be an Axel or Waltz-jump. Maximum 2 jump combinations or sequences Jump combinations limited to 2 jumps Number of jumps in a jump sequence is limited to a maximum of 3 single jumps (½ loop is not considered a single jump.) Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences. Maximum of 2 Axels or any double jump Double flips, double Lutzes, double Axels or triple jumps are not allowed. 	<i>Maximum of 2 spins:</i> <ol style="list-style-type: none"> Spins must be of a different nature. Spins may change feet and/or position. Spins may start with a fly. Minimum of 3 revolutions 	One step sequenced that must use ½ of the ice surface.



U.S. Figure Skating Basic Skills Competitions

EVENT: Test Track Free Skate

Event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying 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.
- Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
- The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test.
Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels) • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test, but may not have passed tests higher than the preliminary free skate test.



U.S. Figure Skating Basic Skills Competitions

ADULT EVENT: Compulsory Moves

Adult 1-6 Free Skate, Pre-Bronze and Bronze:

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

- Elements skated on 1/2 ice in any order.
- Elements may be performed only once.
- Music is not allowed.
- Time 1:15max

<p>Adult 1</p> <ul style="list-style-type: none"> • Falling and Recovery • Forward Marching • Forward two-foot glide • Forward swizzle • Moving Snowplow Stops 	<p>Adult 4</p> <ul style="list-style-type: none"> • Basic forward outside and forward inside consecutive edges • Backward edges on a circle, (outside and inside, clockwise and counterclockwise) • Backward crossovers, (clockwise and counterclockwise, 5 consecutive) • Forward outside 3-turns, right and left • Forward outside swing rolls to a count of 6
<p>Adult 2</p> <ul style="list-style-type: none"> • Forward stroking showing correct use of the blade • Forward ½ swizzle pumps on a circle, (clockwise and counterclockwise) 4-6 in a row • Forward one-foot glides • Slalom • Backward swizzles, (4-6 in a row, clockwise and counterclockwise) 	<p>Adult 5</p> <ul style="list-style-type: none"> • Forward and backward crossovers in a figure 8 pattern • Forward outside to inside change of edge on a line • T-stop, right or left • Forward inside 3-turns, right and left • Beginning one-foot spin
<p>Adult 3</p> <ul style="list-style-type: none"> • Forward outside and inside edges on a circle (clockwise and counterclockwise) • Forward crossovers (clockwise and counterclockwise) • Backward ½ swizzle pumps on a circle (4-6 in a row consecutive, clockwise and counterclockwise) • Moving forward to backward and backward to forward two-foot turn • Beginning 2-foot spin 	<p>Adult 6</p> <ul style="list-style-type: none"> • Forward perimeter stroking with crossover end patterns • Backward crossovers to a backward outside edge glide (landing position) • Lunge • Spiral • Footwork sequence: (3-5 forward crossovers to an inside Mohawk, 3-5 backward crossovers, step forward inside the circle and repeat)
<p>Adult Pre-Bronze</p> <ul style="list-style-type: none"> • Backward crossovers (Min 5 consecutive) • Waltz jump • Forward upright spin (Min 3 revolutions) • Forward outside spiral 	<p>Adult Bronze:</p> <ul style="list-style-type: none"> • Single Salchow • Waltz jump - toe loop combination jump • Sit spin (Min 3 revolutions) • Spiral Sequence (Min. 2 spirals)



U.S. Figure Skating Basic Skills Competitions

ADULT EVENTS: Free Skate

Adult 1-6 Free Skate, Pre-Bronze and Bronze:

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.

- Skaters will skate to the music of their choice. Vocal music is allowed.
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time Adult 1-6 1:30 +/-10 sec, Adult Pre-Bronze 1:40 max, Adult Bronze 1:50 max

<p>Adult 1</p> <ul style="list-style-type: none"> • Falling and Recovery • Forward Marching • Forward two-foot glide • Forward swizzle • Moving Snowplow Stops 	<p>Adult 4</p> <ul style="list-style-type: none"> • Basic forward outside and forward inside consecutive edges • Backward edges on a circle, (outside and inside, clockwise and counterclockwise) • Backward crossovers, (clockwise and counterclockwise, 5 consecutive) • Forward outside 3-turns, right and left • Forward outside swing rolls to a count of 6
<p>Adult 2</p> <ul style="list-style-type: none"> • Forward stroking showing correct use of the blade • Forward ½ swizzle pumps on a circle, (clockwise and counterclockwise) 4-6 in a row • Forward one-foot glides • Slalom • Backward swizzles, (4-6 in a row, clockwise and counterclockwise) 	<p>Adult 5</p> <ul style="list-style-type: none"> • Forward and backward crossovers in a figure 8 pattern • Forward outside to inside change of edge on a line • T-stop, right or left • Forward inside 3-turns, right and left • Beginning one-foot spin
<p>Adult 3</p> <ul style="list-style-type: none"> • Forward outside and inside edges on a circle (clockwise and counterclockwise) • Forward crossovers (clockwise and counterclockwise) • Backward ½ swizzle pumps on a circle (4-6 in a row consecutive, clockwise and counterclockwise) • Moving forward to backward and backward to forward two-foot turn • Beginning 2-foot spin 	<p>Adult 6</p> <ul style="list-style-type: none"> • Forward perimeter stroking with crossover end patterns • Backward crossovers to a backward outside edge glide (landing position) • Lunge • Spiral • Footwork sequence: (3-5 forward crossovers to an inside Mohawk, 3-5 backward crossovers, step forward inside the circle and repeat)
<p>Adult Pre-Bronze: Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test. Time: 1:40 maximum Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.</p>	<p>Adult Bronze: Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 maximum Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.</p>



U.S. Figure Skating Basic Skills Competitions

SHOWCASE EVENTS:

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

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided competitors within one minute. A 0.2 deduction will be assessed by the referee against each judge's mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

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

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

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

Showcase events:

- 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.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time: 1:00 max.
Free skate 1-6/ Beginner/High Beginner/ Adult 1-6	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
No Test/ Pre-Preliminary/ Adult Pre-Bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 max.
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 max.



U.S. Figure Skating Basic Skills Competitions

EVENT: Spins Challenge

Event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
High Beginner	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
No Test	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
Pre – Preliminary	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright back-scratch spin (3) • Sit spin (3)
Preliminary	1:30 max.	<ul style="list-style-type: none"> • Forward scratch to back scratch spin (3) • Combination spin with no change of foot (4) • Sit spin (3)

EVENT: Jumps Challenge

Event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:15 max.	<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 be Axel)



U.S. Figure Skating Basic Skills Competitions

EVENT: Improvisation

Event parameters:

- The Improvisation Events is open to skaters in Basic, Free Skate, Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Levels may be combined at the discretion of the Chief Referee. Skaters must enter at the same level as their free skate event. If a free skate event is not being entered, skaters must enter at their current test level or one level higher.
- During the scheduled skating warm up, skaters will listen twice to the music selected for this event. After the warm-up, skaters will be sequestered in a location where they can not hear the music. The event starts with the first skater listening to the music one more time while off-ice. Before the first skater takes the ice to compete, the second skater comes out of the dressing room and is seated facing away from the ice surface so that they may listen to the music one more time while the first skater competes. This process continues until all skaters have competed.
- Skaters will be awarded one 6.0 mark for presentation. Judging will be on interpretation, style and composition. Professionals will not be allowed to help entrants in this event. Length of music will be 0:30-1:00 for all levels.