

*Westland*

*2015*

*All American Classic  
Competition*

*November 14, 2015*

*Hosted by the Westland Figure Skating Club*

Chief Referee Don Korte

The Westland All American Classic will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member 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.

**SERIES INFORMATION:** Part of the Tri State Series.

**ELIGIBILITY/TEST LEVEL:**

**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. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

This event is a standard U.S. Figure Skating Nonqualifying Competition  
Sanction # 20650



**Age restrictions/requirements:** Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 14 years of age at the close of entries.

Skaters entering beginner–pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

**ENTRIES: and Fees:**

**Method of entry, enter on line at [www.sk8stuff.com](http://www.sk8stuff.com).**

Choose The Westland All American Classic Competition and follow the Registration instructions on the website. No registration is complete until payment is received.

**Fees:**

<b>All 6.0 Single / Dance Events</b>	<b>1<sup>st</sup> event</b>	<b>\$85.00</b>
	<b>2<sup>nd</sup> event</b>	<b>\$35.00</b>
<b>All IJS Single Events</b>	<b>1<sup>st</sup> event</b>	<b>\$95.00</b>
	<b>2<sup>nd</sup> event</b>	<b>\$40.00</b>
<b>All Basic Skills Events</b>	<b>1<sup>st</sup> event</b>	<b>\$50.00</b>
	<b>2<sup>nd</sup> event</b>	<b>\$25.00</b>

**Make all checks payable to WFSC (Westland Figure Skating Club)**

Send payment along with on line signed registration form to

..... Westland All American Classic .....

Jeff Daugherty  
6210 N. Wildwood  
Westland MI 48185

All entries and payments must be postmarked by October 30th, 2015. Late entries will be accepted at the discussion of the competition chairs, Jeff Daugherty, Or Barb French and the referee.

**REFUND POLICY:**

Entry fees will not be refunded after October 31, 2015 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$20 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available by email and on line.

**FACILITIES:**

The competition will be held at The Mike Modano Ice Arena, 6210 N. Wildwood, Westland Mi. 48285. One indoor rink facility with ice surface 200ft. X 85ft. The arena has a snack bar and many local restaurants within a few blocks. A mall and Bee's skating attire store within blocks of the arena. Also Podium Skates Store approximately 3 miles away.

**MUSIC:**

The competition music must be on CD only, clearly marked with the skaters name and level. 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

Westland Figure Skating Club cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

**LIABILITY:** U.S. Figure Skating, The Westland Figure Skating Club, and The Mike Modano Ice Arena 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) will be used for the following events:

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

All competitors skating in these events need to submit the planned program content form online. This form is found in the Member's only section at [www.usfigureskating.org](http://www.usfigureskating.org). The deadline to submit the form is Oct. 30, 2015

The 6.0 Majority Judging System will be used for:

- *Well Balanced Program free skate events, pre-preliminary – open-juvenile*
- *Introductory free skate events (beginner, high beginner, no-test)*
- *All Test Track events*
- *All specialty singles events (spins, jumps, compulsory moves, etc.)*
- *All solo dance events*

**REGISTRATION:** Registration will begin on Sat. Nov. 14, 2015. Registration will be open 1 hour before the first event and run through the last event of the day. The registration table will be located in the lobby. Please register promptly upon arrival.

**PRACTICE ICE:** Practice ice times will be determined and be posted after registration is closed. We will place skaters in their appropriate levels. Practice ice is in 25 min. sessions \$10 per session. Once the referee has the competition set, you will be notified by email of the practice ice time. Morning is usually one hour before the starting of the competition, and another early in the afternoon. No Music will be played. Practice ice will be assigned according to skating level. Barb French competition chair, [bafbama@aol.com](mailto:bafbama@aol.com)

**PHOTOGRAPHY/VIDEOGRAPHY:** To thank you for participating in The Westland All American Classic you will receive a free DVD of each of your registered flights. This is being offered by the **Westland Figure Skating Club and Ledin Video**. *Please pick up your free DVD at the Ledin table at the far right end of the rink following the posting of results.*

**AWARDS:** Awards presented 1<sup>st</sup> -8<sup>th</sup> place. Located in the arena to the right..

**OFFICIAL NOTICES:** An official bulletin board will be maintained in the lobby. 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 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.

**INFORMATION REGARDING COACHES:**

U.S. Figure Skating Rule MR 5.11 Coach Compliance

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

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A,B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.

D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

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 compliance 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>

**CONTACT INFO:** If you have questions, please contact

*Jeff Daugherty c. (313) 408 6422. email: sk8dady@gmail.com*

*Barb French c.(313 427 7695) h. (313) 592 9384. email: bafbama@aol.com*

**A tentative schedule will be posted on [www.sk8stuff.com](http://www.sk8stuff.com) approximately one week prior to the competition.**

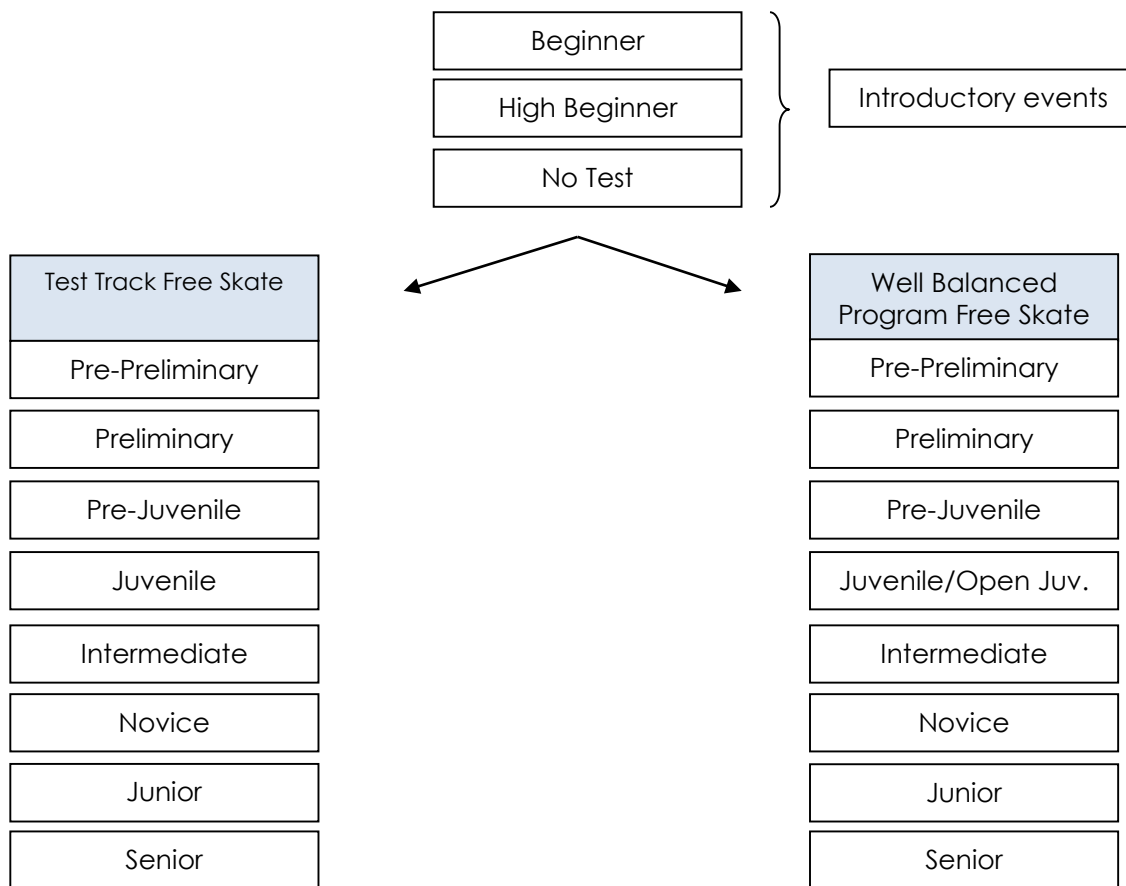
## **SINGLES FREE SKATING EVENTS**

See current rulebook or click [here](#) for current rules and requirements.

Illustration of Singles Free Skating Events:

*This event is a standard U.S. Figure Skating Nonqualifying Competition  
Sanction # 20650*





**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. 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 Sequence	Qualifications
Beginner  1:40 max	Max. 5 jump elements: • 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	Max. 2 spins: • 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 1:40 max	Max. 5 jump elements: •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. •Max.2jump combinations or sequences • Max. 2 of any same type jump.	Max. 2 spins: • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
No-Test 1:40 max.	Max. 5 jump elements: •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	Max. 2 spins: •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: Test Track Free**

**Skate** General event

parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. 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.
4. Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
5. 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
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Pre-Preliminary 1:40 max	Maximum of 5 jump elements: •Jumps with not more than one-half rotation (front to back or back to front including half-loop) •Single rotation jumps: Salchow, toe loop and loop only. •Max. 2 jump combinations or sequences •Max. 2 of any same type jump	Maximum of 2 spins: •Two spins of a different nature, one position only. 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 pre-preliminary free skate test
Preliminary 1:40 max	Maximum of 5 jump elements: •Jumps with not more than one rotation (no Axels). •Max. 2 jump combinations or sequences •Max. 2 of any same type jump	Maximum of 2 spins: •One spin in one position; no change of foot, no flying entry. (Min.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
Pre-Juvenile 2:00 +/- 10 sec.	Maximum of 5 jump elements: •Jumps with not more than one rotation (no Axels). •Max. 2 jump combinations or sequences •Max. 2 of any same type jump	Maximum of 2 spins: •One spin in one position, no change of foot (Min. 3 revolutions) •One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may	One step sequence fully utilizing the ice	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free

		not fly.		skate test
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<p>Juvenile</p> <p>2:15 +/- 10 sec</p>	<p>Maximum of 5 jump elements: •Any single jumps, including Axel, are permitted.</p> <p>•Max. 2 jump combinations or sequences</p> <p>•Max. 2 of any same type jump</p>	<p>Maximum of 2 spins: •One solo spin in one position, no change of foot (Min. 4 revolutions). •One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot)</p> <p>•Only solo spin may fly</p>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>
<p>Intermediate</p> <p>2:30 +/- 10 sec</p>	<p>Maximum of 6 jump elements:</p> <p>•Any single jumps.</p> <p>•Double jumps permitted: double Salchow and double toe loop.</p> <p>•Maximum of 3 jump combinations or sequences •Max. 2 of any same type jump</p>	<p>Maximum of 2 spins: •One must be a flying spin (min 5 revolutions), •One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot).</p>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p>
<p>Novice</p> <p>Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p>Maximum of 7 jump elements for men and 6 for ladies:</p> <p>•Any single jumps.</p> <p>•Double jumps permitted: double Salchow, double toe loop and double loop. •Maximum of 3 jump combinations or sequences •Max. 2 of any same type jump</p>	<p>Maximum of 3 spins, of a different nature: •One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot)</p> <p>•The other spins are the option of the skater (min 6 revolutions per foot)</p> <p>•All spins may fly</p>	<p>One step sequence or spiral sequence fully utilizing ice surface (see rule 4104 &amp; 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>



<p>Junior Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p>	<p>Maximum of 8 jump elements for men and 7 for ladies:  <ul style="list-style-type: none"> <li>•Any single jumps.</li> <li>•Double jumps permitted: double S a l c h o w, double toe loop, double loop and double flip</li> <li>•Maximum of 3 jump combinations or sequences •Max. 2 of any same</li> </ul> </p>	<p>Maximum of 3 spins of a different nature:  <ul style="list-style-type: none"> <li>•One spin in one position (Min. 6 revolutions)</li> <li>•One flying spin (Min. 6 revolutions)</li> <li>•One combination spin consisting of all three basic positions and one change of foot (2</li> </ul> </p>	<p>One step sequence fully utilizing ice surface  (See rule 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>
<p>Senior Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p>	<p>Maximum of 8 jump elements for men and 7 for ladies:  <ul style="list-style-type: none"> <li>•Any single jumps.</li> <li>•Must include at least four different double jumps, one must be a double Lutz.</li> <li>•Triple jumps are not permitted</li> <li>•Maximum of 3 jump combinations or sequences •Max. 2 of any same type jump</li> </ul> </p>	<p>Maximum of 3 spins of a different nature:  <ul style="list-style-type: none"> <li>•One spin in one position (Min. 6 revolutions)</li> <li>•One flying spin (Min. 6 revolutions)</li> <li>•One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot)</li> </ul> </p>	<p>Men: Two different step sequence s, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)  Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence . (See rule 4104 &amp; 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

### EVENT: Well Balanced Program Free Skate

General event parameters:

1. Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted for pre-preliminary – intermediate.
3. 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.
4. Either IJS or the 6.0 judging system may be used for this event.
5. 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](http://www.usfigureskating.org), under “Technical Information,” then “Singles/Pairs”

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p align="center"><b>NO TEST</b></p> <p><b>1:40 maximum</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed except for the single Axel <ul style="list-style-type: none"> <li>○ No single Axels, double, triple or quadruple jumps allowed</li> <li>○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 3 single jumps is permitted.</u></li> <li>○ Jump sequences limited to a maximum of 3 single jumps</li> <li>○ <u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination.</u></li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p align="center"><b>PRE- PRELIMINARY</b></p> <p><b>1:40 maximum</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> <li>○ No double, triple or quadruple jumps allowed</li> <li>○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 3 single jumps is permitted.</u></li> <li>○ Jump sequences limited to a maximum of 3 single jumps</li> <li>○ <u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</u></li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p align="center"><b>PRELIMINARY</b></p> <p><b>1:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel or a waltz jump-type jump*</li> <li>• 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"> <li>○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>○ 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</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>

	<ul style="list-style-type: none"> <li>Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps <u>except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted</u></li> <li>Jump sequences limited to a maximum of 3 single or double jumps.</li> <li><u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</u></li> </ul> </li> </ul>		
<b>PRE-JUVENILE</b>  <b>2:00 +/- 10 sec</b>  *means element is required	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> <li>No triple or quadruple jumps allowed</li> <li>An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps, in jump sequences or in jump combinations</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</u></li> <li>Jump sequences limited to a maximum of 3 single or double jumps</li> <li><u>Half-loop is considered a listed jump with the value of a single jump when used in a sequence or combination</u></li> </ul> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>May start with a flying entry</li> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position* <ul style="list-style-type: none"> <li>No change of foot</li> <li>May start with a flying entry</li> <li>Min 4 revs</li> </ul> </li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>Step Sequence <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> <li>Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<b>JUVENILE and OPEN JUVENILE</b>  <b>2:15 +/- 10 sec</b>  *means element is required	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> <li>No triple or quadruple jumps allowed</li> <li>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</li> <li>No double jump can be repeated more than once</li> </ul> </li> <li>Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps <u>except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump</u></li> <li><u>Half loop is considered a listed jump with the value of a single jump when used in a sequence or combination</u></li> <li>Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>Min 8 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> <li>Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>One choreographic step sequence* <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>

<p style="text-align: center;"><b>INTERMEDIATE</b></p> <p style="text-align: center;"><b>2:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump</li> <li>• All single, double and triple jumps allowed <ul style="list-style-type: none"> <li>○ <u>No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</u></li> <li>○ <u>If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence</u></li> <li>○ <u>No double or triple jump can be repeated more than once</u></li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations are limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 8 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> <li>○ Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One choreographic step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p style="text-align: center;"><b>NOVICE LADIES</b></p> <p style="text-align: center;"><b>3:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps are allowed <ul style="list-style-type: none"> <li>○ <u>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.</u></li> <li>○ 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</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p style="text-align: center;"><b>NOVICE MEN</b></p> <p style="text-align: center;"><b>3:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps are allowed <ul style="list-style-type: none"> <li>○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence.</li> <li>○ 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</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>

2014-15	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>JUNIOR LADIES</b></p> <p><b>3:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>▪ 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</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <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><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>JUNIOR MEN</b></p> <p><b>4:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 8 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>▪ 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</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <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><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>SENIOR LADIES</b></p> <p><b>4:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>▪ 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</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <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><b>Max 2 Sequences</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> <li>• One choreographic sequence* <ul style="list-style-type: none"> <li>○ Must be clearly visible</li> </ul> </li> </ul>

<p><b>SENIOR MEN</b></p> <p><b>4:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 8 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>▪ 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</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <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><b>Max 2 Sequences</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> <li>• One choreographic sequence* <ul style="list-style-type: none"> <li>○ Must be clearly visible</li> </ul> </li> </ul>
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## EVENT: COMPULSORY MOVES

General event parameters:

1. Basic Skills – Juvenile: Elements skated on ½ ice
2. Intermediate – Senior: Elements skated on full-ice
3. Elements may be performed only once
4. Music is not allowed

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Toe Loop</li> <li>2. Jump combination: single/single (no Axel)</li> <li>3. Sit spin or camel spin - minimum three revolutions</li> <li>4. Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Lutz</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Back upright spin - minimum three revolutions</li> <li>4. Forward inside spiral</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Single jump (may include Axel)</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence - circular</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Jump combination: single/single or double/single</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence – circular</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Salchow or double toe loop</li> <li>2. Jump combination: single/single or double/single</li> <li>3. Flying spin, minimum five revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Double loop</li> <li>2. Jump combination: double/single or double/double</li> <li>3. Flying spin - minimum five revolutions</li> </ol>

		4. Step sequence – straight line
Junior	1:30 max.	1. Double flip 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line
Senior	1:30 max.	1. Double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line

## EVENT: Jumps Challenge

General event parameters:

5. Each jump may be attempted twice; the best attempt will be counted.
6. Pre-juvenile and lower will be skated  $\frac{1}{2}$  ice; Juvenile – senior will be skated on full ice
7. Jumps with an “\*” must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Beginner	1:15 max.	1. Waltz jump (from backward crossovers) 2. $\frac{1}{2}$ flip or $\frac{1}{2}$ Lutz 3. Single Salchow
High Beginner	1:15 max.	1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	1. Single toe loop 2. Single loop 3. Jump combination – Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	1. Single toe loop 2. Single flip 3. Jump combination - Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Preliminary	1:15 max.	5. Single flip 6. Single Lutz 7. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	5. Single Axel 6. Single or double jump 7. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	5. Single Axel 6. Double Salchow 7. Jump combination – single/single or double/single (no Axel)
Intermediate	1:15 max.	5. Single Axel 6. Double loop* 7. Jump combination – double/single (no Axel)
Novice	1:15 max.	5. Double loop 6. Double flip* 7. Jump combination – double/double (may be double Axel)
Junior	1:15 max.	5. Choice of double or triple jump 6. Double or triple flip* 7. Jump combination – double/double (may be double Axel)
Senior	1:15 max.	5. Choice of double or triple jump 6. Double or triple Lutz*

		7. Jump combination – double/double or triple/double (may be double Axel)
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## EVENT: Spins Challenge

General event parameters:

8. 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. On required elements may be included.
9. All events are skated on ½ ice.
10. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
High Beginner	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
No-Test	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
Pre – Preliminary	1:30 max.	4. Upright one-foot spin (3) 5. Upright back scratch spin (3) 6. Sit spin (3)
Preliminary	1:30 max.	8. Forward scratch to back scratch spin (3) 9. Combination spin with no of foot (4) 10. Sit spin (3)
Pre – Juvenile	1:30 max.	8. Camel spin (3) 9. Combination spin – camel to sit spin; no change of foot (6) 10. Forward to backward scratch spin (3 per foot)
Juvenile & Open Juv.	1:30 max.	8. Sit spin (4) 9. Combination spin – change of foot; optional change of position (4 per foot) 10. Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	8. Flying camel spin (5) 9. Sit spin to backward sit spin (4 per foot) 10. Combination spin – change of foot & change of position (4 per foot)
Novice	1:30 max.	8. Choice of camel, sit or layback spin (6) 9. Camel spin to backward camel spin (4 per foot in position) 10. Combination spin – change of foot & two changes of position (2 per position & 5 per foot)
Junior	1:30 max.	8. Flying sit spin or flying reverse sit spin (6) 9. Ladies – layback spin (6); men – cross-foot spin (6) 10. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)
Senior	1:30 max.	8. Flying spin of choice (6) 9. Solo spin of choice (6) – may not fly 10. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)



## SINGLES SHORT PROGRAM

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

- A. Juvenile short program – Rule 4230 (same as Intermediate short program)
- B. Intermediate short program – Rule 4230
- C. Novice short program – Rule 4220
- D. Junior short program – Rule 4210
- E. Senior short program – Rule 4200

## EVENT: Solo Pattern Dance

General event parameters:

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

Level	January 1- March 31 <sup>st</sup>	April 1 <sup>st</sup> – June 30 <sup>th</sup>	July 1 <sup>st</sup> – September 30 <sup>th</sup>	October 1 <sup>st</sup> – December 31 <sup>st</sup>
Preliminary	1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz
Pre-bronze	1. Swing 2. Cha-Cha	1. Fiesta Tango 2. Swing	1. Cha-Cha 2. Fiesta Tango	1. Swing 2. Cha-Cha
Bronze	1. Hickory Hoedown 2. Willow Waltz	1. Ten Fox 2. Hickory Hoedown	1. Willow Waltz 2. Ten Fox	1. Hickory Hoedown 2. Willow Watz
Pre-silver	1. Fourteenstep 2. European Waltz	1. Foxtrot 2. Fourteenstep	1. European Waltz 2. Foxtrot	1. Fourteenstep 2. European Waltz
Silver	1. American Waltz 2. Silver Tango	1. Rocker Foxtrot 2. American Waltz	1. Silver Tango 2. Rocker Foxtrot	1. American Waltz 2. Silver Tango
Pre-gold	1. Killian 2. Blues	1. Paso Doble 2. Starlight Waltz	1. Killian 2. Blues	1. Paso Doble 2. Starlight Waltz
Gold	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep	1. Viennese Waltz	1. Westminster Waltz 2. Quickstep

This event is a standard U.S. Figure Skating Nonqualifying Competition  
Sanction # 20650



			2. Argentine Tango	
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**SHOWCASE EVENTS:**

*Showcase Events – Artistic Showcase (Light entertainment, Dramatic)*

*Format:*

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

*General event parameters:*

1. 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.

2. The determination of level will be based upon test requirement at the entry deadline

3. Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under “Programs” on the National Showcase page.

A. Basic Skills (copy & paste appropriate chart)

**Artistic Showcase Levels:**

	Event	Must have passed (dance tests refer to solo or partnered standard track)	Must not have passed (dance tests refer to solo or partnered standard track)	Age	Time
	Limited Beginner, Beginner, No Test*  Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary*  Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age <b>(max age 20)</b>	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age <b>(max age 20)</b>	1:40 max
	Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max



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

*\*The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart.*

**Basic Elements Event: SNOWPLOW SAM – BASIC 8**

Each skater will perform each element when directed by a judge or referee. Referee driven format: all skaters perform first element before moving on to the next and so on.

- To be skated on 1/3 to 1/2 ice.
- No music
- **All elements must be skated in order listed**
- **Each skater performs one element at a time and will perform the next element only when directed by a judge or referee**

**Required Elements**

**Snowplow Sam (1-3)**

1. March followed by a two foot glide and dip
2. Forward two foot swizzles ~ 2-3 in a row
3. Forward snowplow stop
4. Backward wiggles ~ 2-6 in a row

**Basic 1**

1. Forward two foot glide and dip
2. Forward two foot swizzles ~ 6-8 in a row
3. Forward snowplow stop
4. Backward wiggles ~ 6-8 in a row

**Basic 2**

1. Forward one foot glide ~ either foot
2. Forward alternating 1/2 swizzle pumps in a straight line 2-3 each foot
3. Moving snowplow stop
4. Two foot turn in place ~ forward to backward
5. Backward two foot swizzles~6-8 in a row

**Basic 3**

1. Forward stroking
2. Forward 1/2 swizzle pumps on a circle either clockwise or counterclockwise ~4- 6 consecutive

3. Forward slalom
4. Backward one foot glide ~ either
- foot 5. Two foot spin min 3 revolutions

#### **Basic 4**

1. Standstill forward outside 3-turn ~ right and left
2. Forward outside edge on a circle either clockwise or counterclockwise
3. Forward crossovers ~ 4-6 consecutive, both directions
4. Backward stroking~4-6
5. Backward snowplow stop ~ Right or Left

#### **Basic 5**

1. Backward outside edge on a circle either clockwise or counterclockwise
2. Backward crossovers ~ 4-6 consecutive, both directions
3. Basic One foot spin ~free leg held to side of spinning leg minimum of 3 revolutions
4. Side toe hop ~ either direction
5. Hockey stop

#### **Basic 6**

1. Standstill forward inside 3-turn ~ Right and Left
2. Bunny hop
3. Forward ( spiral) on a straight line ~ right or left
4. Lunge ~ right or left
5. T – Stop ~ right or left

#### **Basic 7**

1. Standstill Forward inside open mohawk ~ Right to Left & Left to Right
2. Ballet jump ~ either direction
3. Backward crossovers to a backward outside edge landing position ~ clockwise and counterclockwise
4. Forward inside pivot

#### **Basic 8**

1. Moving forward outside or forward inside

- 3-turns ~ Right and Left
2. Waltz jump
3. Mazurka – either direction
4. 1Combination move ~ clockwise or counterclockwise –two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge.
5. Beginning one foot upright spin, free foot held to side of spinning leg or crossed position. Min 3 rev

### **BASIC PROGRAMS EVENT / SNOWPLOW SAM – BASIC 8 (WITH MUSIC)**

Time: 1:00 +/- 10 seconds. Programs are to be skated on full ice

- The skating order of the required elements is optional
- The elements are not restricted as to the number of times elements are executed, length of glides, number of revolutions in a spin, etc., unless otherwise stated
- May use vocal music
- May use elements from a previous level.
- **To be skated on full ice a .2 deduction will be taken for each element performed from a higher level.**

### **Required Elements**

#### **Snowplow Sam Program (Tots)**

1. March Followed by a two foot glide and dip 2. Forward two foot swizzles ~ 2-3 in a row
3. Backward wiggles ~ 2-6 in a row
4. Forward Snowplow stop

#### **Basic 1**

1. Forward two foot glide and dip
2. Forward two foot swizzles ~ 6-8 in a row
3. Backward wiggles ~ 6-8 in a row
4. Forward snowplow stop

#### **Basic 2**

1. Forward one foot glide ~ either foot
2. Two foot turn in place ~ forward to backward
3. Backward two foot swizzles ~ 6-8 in a row
4. Forward alternating ½ swizzle pumps in a straight line 2-3 each foot 5. Moving snowplow stop

#### **Basic 3**

1. Forward stroking
2. Forward ½ swizzle pumps on a circle either clockwise or counterclockwise ~ 4-6 consecutive .
3. Backward one foot glide ~ either foot Forward slalom
4. Two foot spin min 3 rev

#### **Basic 4**

1. Forward crossovers ~ 4-6 consecutive, both directions
2. Standstill forward outside 3-turn ~ Right and Left
3. Backward stroking ~4-6
4. Backward snowplow stop ~ Right or Left

#### **Basic 5**

1. Backward crossovers ~ 4-6 consecutive, both directions
2. Basic One foot spin ~Free leg held to side of spinning leg minimum of 3 revolutions
3. Side toe hop ~ either direction
4. Hockey stop

#### **Basic 6**

1. Standstill forward inside 3-turn ~ Right and Left
2. Bunny hop
3. Forward spiral on a straight line ~ Right or Left
4. Lunge ~ Right or Left
5. T-stop ~ Right or Left

#### **Basic 7**

1. Standstill Forward inside open Mohawk ~ Right to Left & Left to Right
2. Ballet jump ~ either direction
3. Back crossovers to a back outside edge landing position ~ clockwise and counterclockwise
4. Forward inside pivot

#### **Basic 8**

1. Moving forward outside or forward inside 3 turns ~ Right and Left
2. Waltz jump
3. Mazurka – either direction
4. 1Combination move ~ clockwise or counterclockwise – two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge.
5. Beginning one foot upright spin, free foot held to side of spinning leg or crossed position. Min 3 rev



## **U.S. Figure Skating Nonqualifying Competitions**

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**EVENT:** Free Skate 1-6 Program Event

*This event is a standard U.S. Figure Skating Nonqualifying Competition*  
Sanction # 20650



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+/-10sec

Level	Time	Skating rules / standards
Free Skate 1	1:30+/-10 sec	<ol style="list-style-type: none"> <li>1. Advanced forward stroking, 4-6 consecutive</li> <li>2. One-foot upright scratch spin from backward crossovers, minimum three revolutions</li> <li>3. Waltz jump from backward crossovers</li> <li>4. Half flip jump</li> </ol>
Free Skate 2	1:30+/-10 sec	<ol style="list-style-type: none"> <li>4. Forward outside spiral, right or left</li> <li>5. Beginning back spin – entry optional, minimum two revolutions</li> <li>6. Waltz jump, side toe hop, waltz jump sequence</li> <li>7. Toe loop jump</li> </ol>
Free Skate 3	1:30+/-10 sec	<ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Back spin, minimum three revolutions</li> <li>3. Salchow jump</li> <li>4. Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ol>
Free Skate 4	1:30+/-10 sec	<ol style="list-style-type: none"> <li>5. Forward power 3's, 2-3 consecutive sets, right or left</li> <li>6. Sit spin, minimum three revolutions</li> <li>7. Loop jump</li> <li>8. Waltz jump-loop jump combination</li> </ol>
Free Skate 5	1:30+/-10 sec	<ol style="list-style-type: none"> <li>11. Camel spin, minimum three revolutions</li> <li>12. Forward upright spin to back upright spin, minimum three revolutions each foot</li> <li>13. Loop-loop jump combination</li> <li>14. Flip jump</li> </ol>
Free Skate 6	1:30+/-10 sec	<ol style="list-style-type: none"> <li>11. Camel, sit spin combination, minimum of four revolutions total</li> <li>12. Split jump or stag jump</li> <li>13. Waltz jump, ½ loop, Salchow jump sequence</li> <li>14. Lutz jump</li> </ol>



## U.S. Figure Skating Nonqualifying Competitions

### 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 .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

Level	Time	Skating rules / standards
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This event is a standard U.S. Figure Skating Nonqualifying Competition  
Sanction # 20650





Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>4. Advanced forward stroking, 4-6 consecutive</li> <li>5. Backward outside three-turns, right and left</li> <li>6. One-foot upright scratch spin from backward crossovers - minimum three revolutions</li> <li>7. Waltz jump from backward crossovers</li> <li>5. Half flip jump</li> </ul>
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> <li>8. Forward outside or inside spiral, right or left</li> <li>9. Waltz three's, right or left, 2-3 sets</li> <li>10. Beginning back spin, entry optional – minimum two revolutions</li> <li>11. Waltz jump, side toe hop, waltz jump sequence</li> <li>12. Toe loop jump</li> </ul>
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> <li>5. Forward crossovers in a figure 8</li> <li>6. Backward inside three-turns, right and left</li> <li>7. Back spin - minimum three revolutions</li> <li>8. Salchow jump</li> <li>9. Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> <li>9. Forward power 3's, 2-3 consecutive sets, right or left</li> <li>10. Sit spin - minimum three revolutions</li> <li>11. Loop jump</li> <li>12. Waltz jump/loop jump combination</li> </ul>
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> <li>15. Camel spin - minimum three revolutions</li> <li>16. Forward upright spin to back upright spin - minimum three revolutions each foot</li> <li>17. Loop/loop jump combination</li> <li>18. Flip jump</li> </ul>
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>15. Five step mohawk sequence - one set alternating pattern (refer to Basic Skills Curriculum Free skate 6)</li> <li>16. Camel, sit spin combination - minimum of four revolutions total</li> <li>17. Split jump or stag jump</li> <li>18. Waltz jump, ½ loop, Salchow jump sequence</li> <li>19. Lutz jump</li> </ul>