

Tri States Memorial Free Skating Championships

Hosted by the Journey Figure Skating Club

April 1-3, 2016



Sanctioned by:



Sanction #23013

Tri-State Memorial Figure Skating Championships

The Tri-State Memorial Figure Skating Championships will be held at the Monroe Multi-Sports Complex; 333 N. Dixie Highway, Monroe, MI 48162. The event will take place from April 1 to 3, 2016.

ELIGIBILITY/TEST LEVEL:

The Tri-State Memorial Figure Skating Championships will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

Test level: Competition level is the highest test passed as of the entry deadline, February 29, 2016, 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.

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.

SERIES INFORMATION:

This competition is part of the Tri-State Championship Series. At this competition, points will be accumulated and tabulated for all individuals participating. No need to register – nothing for you to do. These points will be tallied for the entire season (from April 1, 2015 thru March 31, 2016). You can follow your points on www.sk8stuff.com website – just link to Tri State Council!

Medals will be presented during this event for the award winners of the 2015-2016 season.

ENTRIES:

All entries must be submitted no later than midnight, **February 29, 2016**. Late entries may be accepted at the discretion of the committee. A \$25.00 fee will be charged for all late entries accepted. Entry fees are per person, per event in U.S. Dollars. A \$25.00 service fee will be assessed for returned/NSF checks or for any changes in events entered.

REGISTRATION:

Registration will be open one hour before the first event or 30 minutes before the first practice session and run through the last event of the day. The registration table will be located in the lobby. Please register promptly upon arrival.

FEES:

Includes DVD of each event

\$95 First IJS event (Juvenile– Senior)

\$45 Each additional IJS event

\$85 First 6.0 event (Beginner – Pre-Juvenile, Open Juvenile, Adult, Dance)

\$35 Each additional 6.0 event

\$40 First Basic Skills 1-8 event
\$20 Second Basic Skills 1-8 event

Entry forms to be completed at: **www.sk8stuff.com**. The voucher needs to be printed and mailed with a check payable to Journey Figure Skating Club to the address below within 48 hours of online entry. **SEND ENTRY VOUCHER & PAYMENT TO: Louis Lombardo, Journey FSC, 333 N. Dixie Highway; Monroe, MI 48162**
NO REFUNDS will be given after the closing date unless the event is cancelled for lack of participation. There will be NO medical refunds given.

MUSIC:

The official competition music, on CD ONLY, 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 JFSC 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, Journey Figure Skating Club of Michigan, Tri-State Council of Figure Skating and Monroe Multi-Sports Complex Management 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. Deadline to submit the form is March 30, 2016

The 6.0 Majority Judging System will be used for:

- *Well Balanced Program free skate events, pre-preliminary – pre-juvenile, 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 (Solo dance events will follow the structure and rules provided by National Solo Dance).*

CRITIQUES:

Judges critiques will be offered for Solo Dance events as well as IJS free skate events, juvenile – senior.

PRACTICE ICE:

Practice ice will be available throughout the competition. All practice ice sessions will be 30 minutes at a charge of \$15.00 per session/per person. Practice ice will be sold on a first come, first serve basis at www.sk8stuff.com. No music will be played on practice ice.

VIDEOGRAPHY:

Ledin Video will be providing video of this event. DVD's are included in the entry fees. Please pick up your DVD following the posting of results. They must be picked up during competition and will not be mailed.

AWARDS:

Medals will be given out for 1st thru 4th place. All Basic skills skaters will receive a medal.

OFFICIAL NOTICES:

An official bulletin board will be maintained next to the registration table. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes

and/or additional information. A tentative schedule of events will be posted on www.sk8stuff.com 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 Louis Lombardo III, tristates2016@gmail.com, 734-457-4219. Email communication is preferred.

HOTEL INFORMATION:

Official Hotel:

- Quality Inn & Suites – 1225 N. Dixie Highway, Monroe, MI 48162 (734) 242-6000
 - Event rate under “Tri-State Freeskate”

Additional Hotels:

- Holiday Inn Express Monroe – 1687 North Dixie Highway, Monroe, MI 48162 (734) 639-1701
 - Event rate under “Tri State Freeskate”

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.	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	1:00 +/-10 max.	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	1:00 +/-10 max.	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	1:00 +/-10 max.	1. Forward stroking 2. Forward 1/2 swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive 3. Forward slalom 4. Backward one-foot glide, either foot 5. Two-foot spin, minimum three revolutions
BASIC 4	1:00 +/-10 max.	1. Standstill forward outside three-turn, right and left 2. Forward crossovers, 4-6 consecutive both directions 3. Backward stroking, 4-6 strokes 4. Backward snowplow stop, right or left
BASIC 5	1:00 +/-10 max.	1. Backward crossovers, 4-6 consecutive both directions 2. Basic one-foot spin, free leg held to the side of spinning leg, minimum 3 revolutions 3. Side toe hop, either direction 4. Hockey Stop
BASIC 6	1:00 +/-10 max	1. Standstill forward inside three-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	1:00 +/-10 max.	1. Standstill forward inside open Mohawk, right to left and left to right 2. Ballet Jump, either direction 3. Back crossovers to a back outside landing position, clockwise and counter clockwise 4. Forward inside pivot
BASIC 8	1:00 +/-10 max.	1. Moving forward outside or forward inside three-turns, right and left 2. Waltz jump 3. Mazurka, either direction 4. 1 combination move, clockwise or 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 5. Beginning one-foot spin, free foot held to the side of spinning leg or crossed position – minimum 3 revolutions

EVENT: Introductory Levels Free Skate Program - Beginner, High Beginner and No Test Levels

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 Sequences	Qualifications
Beginner 1:40 Maximum	<i>Max. 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>Max. 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 1:40 Maximum	<i>Max. 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. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<i>Max. 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 1:40 Maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Single jumps, with the exception of the single Axel, are allowed • Maximum of 2 jump combinations or sequences • Jump combinations limited to 2 jumps • Jump sequences limited to a maximum of 3 single jumps (half-loop is not considered a single jump at this level and may be 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a fly • Minimum 3 revs. • Spins must be of a different character (For definition see rule 4103E) 	<ul style="list-style-type: none"> • Step sequence* • Must use one-half the ice surface • Moves in the field and spiral sequences are permitted but will not be counted as elements. • Jumps may be 	

	performed without counting toward jump limit) • No single Axels, double jumps or triple jumps		included in the step sequence	
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EVENT: Test Track Free Skate

General event parameters:

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
Beginner 1:40 maximum	<i>Max. 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>Max. 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 freeskating badge tests
High Beginner 1:40 maximum	<i>Max. 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. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<i>Max. 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 freeskating badge tests

Pre-Preliminary 1:40 maximum	<i>Maximum of 5 jump elements:</i> <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>) Singlerotation jumps: Salchow, toe loop and loop only. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> 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
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Preliminary 1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> Jumps with not more than one rotation (no Axels). Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> 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.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> Jumps with not more than one rotation (no Axels). Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> 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 not fly. 	One step sequence fully utilizing ice surface	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 skate test
Juvenile 2:15 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> Any single jumps, including Axel, are permitted. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> 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) <i>Only solo spin may fly</i> 	One step sequence fully utilizing ice surface	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
Intermediate 2:30 +/- 10 sec.	<i>Maximum of 6 jump elements:</i> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow and double toe loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	Maximum of 2 spins: <ul style="list-style-type: none"> 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). 	One step sequence fully utilizing ice surface	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



Level	Jumps	Spins	Step Sequences	Qualifications
Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.	<i>Maximum of 7 jump elements for men and 6 for ladies:</i> <ul style="list-style-type: none"> Any single jumps. 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 	<i>Maximum of 3 spins, of a different nature:</i> <ul style="list-style-type: none"> 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) The other spins are the option of the skater (min 6 revolutions per foot) <i>All spins may fly</i> 	One step sequence or spiral sequence fully utilizing ice surface (see rule 4104 & 4105 for remarks)	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
Junior Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.	<i>Maximum of 8 jump elements for men and 7 for ladies:</i> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<i>Maximum of 3 spins of a different nature:</i> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot) 	One step sequence fully utilizing ice surface (See rule 4105 for remarks)	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
Senior Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.	<i>Maximum of 8 jump elements for men and 7 for ladies:</i> <ul style="list-style-type: none"> Any single jumps. Must include at least four different double jumps, one must be a double Lutz. Triple jumps are not permitted Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<i>Maximum of 3 spins of a different nature:</i> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	Men: Two different step sequences, 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 & 4105 for remarks.)	Skaters must have passed at least the U.S. Figure Skating junior free skate test

Event: Well Balanced Program Freeskate

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 competition
- 2) Skaters will skate to the music of their choice. Vocal music is permitted.
- 3) Level determined by the highest free skate test passed. Skaters may skate one level higher than their last test passed.
- 4) IJS will be used for Juvenile–Senior.
- 5) Juvenile skaters (IJS) must be under 14 years of age, Open Juvenile (6.0) skaters must be 14 years of age or older. Both programs will follow the below program requirements for “Juvenile”.
- 6) All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under Technical Information.

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



<p>PRELIMINARY</p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel or a waltz jump-type jump* • All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> ◦ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ◦ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps <u>except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted</u> ◦ Jump sequences limited to a maximum of 3 single or double jumps. ◦ <u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ◦ Must use one-half the ice surface ◦ Moves in the field and spiral sequences are permitted but will not be counted as elements ◦ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> ◦ No triple or quadruple jumps allowed ◦ 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 ◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</u> ◦ Jump sequences limited to a maximum of 3 single or double jumps ◦ <u>Half-loop is considered a listed jump with the value of a single jump when used in a sequence or combination</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ◦ May start with a flying entry ◦ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ◦ No change of foot ◦ May start with a flying entry ◦ Min 4 revs <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ◦ Must fully utilize the ice surface ◦ Moves in the field and spiral sequences are permitted but will not be counted as elements ◦ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt_</p>

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
JUVENILE and OPEN JUVENILE 2:15 +/- 10 sec *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> No triple or quadruple jumps allowed No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence No double jump can be repeated more than once Max 2 jump combinations or sequences <ul style="list-style-type: none"> 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> Half loop is considered a listed jump with the value of a single jump when used in a sequence or combination Number of jumps in jump sequence is not limited 	Max 2 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 8 revs Min 2 revs in each position 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min 5 revs 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))	Max 1 Sequence <ul style="list-style-type: none"> One choreographic step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
INTERMEDIATE 2:30 +/- 10 sec *means element is required	Max 6 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump All single, double and triple jumps allowed <ul style="list-style-type: none"> No more than 2 different jumps with 2 ½ or <u>3 revolutions may be repeated</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 No double or triple jump can be repeated more than once Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations are limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	Max 2 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 8 revs Min 2 revs in each position 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min 5 revs 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))	Max 1 Sequence <ul style="list-style-type: none"> One choreographic step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
NOVICE LADIES 3:00 +/- 10 sec *means element is required	Max 6 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps are allowed <ul style="list-style-type: none"> No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs Min 2 revs in each position 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> Min 6 revs 3rd spin is option of skater 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)) 	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
NOVICE MEN 3:30 +/- 10 sec *means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps are allowed <ul style="list-style-type: none"> No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs Min 2 revs in each position 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> Min 6 revs 3rd spin is option of skater 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)) 	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface



2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
JUNIOR LADIES 3:30 +/- 10 sec *means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in a sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs Min 2 revs in each position 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
JUNIOR MEN 4:00 +/- 10 sec *means element is required	Max 8 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in a sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs Min 2 revs in each position 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
SENIOR LADIES 4:00 +/- 10 sec *means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in a sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs Min 2 revs in each position 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 2 Sequences <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface One choreographic sequence* <ul style="list-style-type: none"> Must be clearly visible

<p>SENIOR MEN</p> <p>4:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible
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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.

Open Juvenile Short Program: (6.0) Max. 2 min

1. Jump combination – 2 single jumps or 1 single and 1 double jump
2. Axel (may not be repeated)
3. Solo jump – single jump, double toe loop, or double salchow (may not be repeated)
4. Solo spin – Min 5 revs in position (may commence with a jump)
5. Spin combination – only one change of foot and at least one change of position (4 revs each foot)
6. Step sequence – straight line, circular, or serpentine

A. Juvenile Short Program – Rule 4230

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: Adult 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 parentheses 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.

2015-16	JUMP ELEMENTS	SPINS	STEP
CHAMPION SHIP MASTERS JUNIOR- SENIOR & MAS TER S	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* Min 1*, max 3 combinations or sequences 1 jump combination may contain three jumps; the remaining jump combinations are limited to two jumps Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be 	Max 3 Spins <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 5 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position 	Max 1 Step Sequence <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals.) Additional moves in the field, spiral and step sequences will not be counted as elements but

CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE & MASTERS INTERMEDIATE	Max 6 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Min 1*, max 3 combinations or sequences • 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps • May perform only one double-double combination or sequence • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop • Only one double-double jump combination or sequence is permitted 	Max 3 Spins <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	Max 1 Step Sequence <ul style="list-style-type: none"> • <u>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals.)</u> • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
CHAMPIONSHIP ADULT GOLD & ADULT GOLD 2:40 maximum * means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> • Min 1*, max 3 combinations or sequences • 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow. • No double-double jump combinations or sequences are permitted • Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	Max 3 Spins <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 4 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	Max 1 Step Sequence <ul style="list-style-type: none"> • <u>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals.)</u> • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

CHAMPIONSHIP ADULT SILVER AND ADULT SILVER 2:10 maximum * means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> • Min 1*, max 2 combinations or sequences • 1 combination/sequence may consist of three jumps, and the other may have only two jumps • Additional jump sequences which contain non-listed jumps of not more than one revolution performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted, including an Axel-type jump. • No double or triple jumps are permitted 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position 	Max 1 Sequence To be chosen from: <ul style="list-style-type: none"> • Step sequence or • Spiral sequence (any pattern) Must use at least ½ ice surface Additional moves in the field, spiral and step sequences will not be
ADULT BRONZE 1:50 maximum * means element is required	Max 4 Jump Elements <ul style="list-style-type: none"> • Min 1*, max 2 combinations or sequences; • 1 combination/sequence may consist of three jumps, and the other may have only two jumps • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except Axel) • No Axel, double or triple jumps are permitted 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted 	Max 1 Sequence To be chosen from: <ul style="list-style-type: none"> • Step sequence or • Spiral sequence (any pattern) Must use at least ½ ice surface Additional moves in the field, spiral and step sequences will not be
ADULT PRE BRONZE 1:40 maximum * means element is required	Max 4 Jump Elements <ul style="list-style-type: none"> • Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included • 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps. • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) 	Max 2 Spins <ul style="list-style-type: none"> • Min 3 revs • Spins with a flying entry are not permitted 	Max 1 Sequence <ul style="list-style-type: none"> • Connecting steps throughout the program are required

EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 8

Format choice of the host: Each skater will perform each element when directed by a judge or referee. Referee driven format examples: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice
- No music
- **All elements must be skated in the order listed**

Level	Time	Skating rules/standards
Snowplow Sam 1-3	1:00 max.	<ol style="list-style-type: none">1. March followed by a two-foot glide and dip2. Forward two-foot swizzles, 2-3 in a row3. Forward snowplow stop4. Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ol style="list-style-type: none">1. Forward two-foot glide and dip2. Forward two-foot swizzles, 6-8 in a row3. Forward snowplow stop4. Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ol style="list-style-type: none">1. Forward one-foot glide, either foot2. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot3. Moving snowplow stop4. Two-foot turn in place, forward to backward5. Backward two-foot swizzles, 6 - 8 in a row
Basic 3	1:00 max.	<ol style="list-style-type: none">1. Forward stroking2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive3. Forward slalom4. Backward one-foot glide, either foot5. Two-foot spin – minimum three revolutions
Basic 4	1:00 max.	<ol style="list-style-type: none">1. Standstill forward outside three-turn, right and left2. Forward outside edge on a circle, clockwise or counter clockwise3. Forward crossovers, 4-6 consecutive, both directions4. Backward stroking, 4-6 strokes5. Backward snowplow stop, right or left

Basic 5	1:00 max.	<ol style="list-style-type: none"> 1. Backward outside edge on a circle, 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 three revolutions 4. Side toe hop, either direction 5. Hockey stop
Basic 6	1:00 max.	<ol style="list-style-type: none"> 1. Standstill forward inside three-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	1:00 max.	<ol style="list-style-type: none"> 1. Standstill forward inside open mohawk, right to left and left to right 2. Ballet jump, either direction 3. Back crossovers to a back outside edge landing position, clockwise and counter clockwise 4. Forward inside pivot
Basic 8	1:00 max.	<ol style="list-style-type: none"> 1. Moving forward outside or forward inside three-turns, right and left 2. Waltz jump (from a standstill) 3. Mazurka, either direction 4.1 Combination move, clockwise <u>or</u> counter clockwise, two forward crossovers into forward inside 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 - minimum three revolutions

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

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

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 5. Waltz jump 6. ½ jump of choice 7. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional) 8. Forward or backward spiral
High Beginner	1:15 max.	<ol style="list-style-type: none"> 5. Toe loop jump 6. Salchow jump 7. Forward scratch spin - minimum three revolutions 8. Forward or backward spiral
No-Test	1:15 max.	<ol style="list-style-type: none"> 6. Loop jump 7. Jump combination to include a toe loop (may not use a loop or Axel) 8. Solo spin - sit <u>or</u> camel spin - minimum three revolutions 9. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.

EVENT: COMPULSORY MOVES

General event parameters:

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

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none">1. Single Toe Loop (<i>for competitions held after January 1, 2015</i>)2. Jump combination: single/single (no Axel)3. Sit spin or camel spin - minimum three revolutions4. Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ol style="list-style-type: none">1. Single Lutz2. Jump combination: single/single (may include Axel)3. Back upright spin - minimum three revolutions4. Forward inside spiral
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none">1. Single jump (may include Axel)2. Jump combination: single/single (may include Axel)3. Layback spin or camel spin - minimum three revolutions4. Step sequence - circular
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none">1. Single Axel2. Jump combination: single/single or double/single3. Layback spin or camel spin - minimum three revolutions4. Step sequence – circular

EVENT: Spins Challenge

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none">1. Upright one-foot spin (3)2. Upright two-foot spin (3)3. Sit spin (3)
High Beginner	1:30 max.	<ol style="list-style-type: none">1. Upright one-foot spin (3)2. Upright two-foot spin (3)3. Sit spin (3)
No-Test	1:30 max.	<ol style="list-style-type: none">1. Upright one-foot spin (3)2. Upright two-foot spin (3)3. Sit spin (3)

Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright back scratch spin (3) 3. Sit spin (3)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Forward scratch to back scratch spin (3) 2. Combination spin with no of foot (4) 3. Sit spin (3)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> 1. Camel spin (3) 2. Combination spin – camel to sit spin; no change of foot (6) 3. Forward to backward scratch spin (3 per foot)
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> 1. Sit spin (4) 2. Combination spin – change of foot; optional change of position (4 per foot) 3. Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Flying camel spin (5) 2. Sit spin to backward sit spin (4 per foot) 3. Combination spin – change of foot & change of position (4 per foot)

EVENT: SOLO DANCE EVENTS

Format: The solo pattern dance event, solo free dance and shadow dance events are being offered at this competition.

Critiques will be offered following each dance event (Solo Pattern, Shadow, and Solo Free Dance).

2016 U.S. Figure Skating Solo Dance Series Events

The Journey FSC & Tri-State Freeskate Competition is a participating competition within the 2016 Solo Dance Series.

The solo pattern dance event, solo combined event and shadow dance events are being offered as part of the 2016 U.S. Figure Skating Solo Dance Series and will be conducted in accordance with the 2016 Solo Dance Series Handbook found at <http://www.usfigureskating.org/Programs.asp?id=479>. Please refer to the 2016 Solo Dance Series handbook for the current Series rules, levels and event requirements that will be in effect for this competition.

2016 SOLO DANCE SERIES EVENTS BEING OFFERED:

Solo Pattern Dance Event: The solo pattern dance event is comprised of two dances at each level. This event is being offered at the preliminary, pre-bronze, bronze, pre-silver, silver, pre-gold, gold and international levels.

Level	Dances
Preliminary	Dutch Waltz Canasta Tango
Pre-Bronze	Cha Cha Fiesta Tango

Bronze	Willow Waltz Ten Fox
Pre-Silver	European Waltz Foxtrot
Silver	American Waltz Rocker Foxtrot
Pre-Gold	Blues Paso Doble
Gold	Viennese Waltz Quickstep
International	Silver Samba Tango Romantica

Refer to the 2016 Solo Dance Series Handbook for the solo pattern dance event rules, test requirements and details found at <http://www.usfigureskating.org/Programs.asp?id=479>

Solo Combined Event: The solo combined dance event is comprised of both of the following:
1.) **JUVENILE, INTERMEDIATE, NOVICE:** One solo pattern dance chosen by the referee out of two possible dances as selected by U.S. Figure Skating. This dance will not be posted until the starting order is posted at the competition.
Pattern Dance Selection for Juvenile: Willow Waltz and Hickory Hoedown
Pattern Dance Selection for Intermediate: Fourteenstep and Foxtrot
Pattern Dance Selection for Novice: American Waltz and Killian
JUNIOR, SENIOR: One solo short dance
2.) One solo free dance

The pattern dances competed in the combined dance event are separate from those in the solo pattern dance event and the results will not count towards the solo pattern dance event or results. This event is offered at the juvenile, intermediate, novice, junior and senior levels. Refer to the 2016 Solo Dance Series Handbook found at <http://www.usfigureskating.org/Programs.asp?id=479> for the combined event rules and details.

Shadow Pattern Dance: The shadow pattern dance event is offered for the preliminary through senior levels. Refer to the 2016 Solo Dance Series Handbook found at <http://www.usfigureskating.org/Programs.asp?id=479> for the shadow pattern dance rules and event details.

Level	Dances
Preliminary	Rhythm Blues
Juvenile	Hickory Hoedown
Intermediate	Fourteenstep
Novice	Tango
Junior	Starlight Waltz
Senior	Westminster Waltz

EVENT: Showcase Events – Light Entertainment Events

Format:

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

General event parameters:

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, under "Programs" on the National Showcase page.

Light Entertainment Levels:

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

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

**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.*

EVENT: Showcase Events – Dramatic Entertainment Events

Format:

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

General event parameters:

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

Dramatic Entertainment Levels:

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

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

*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. For Basic Skills levels and events, please refer to the U.S. Figure Skating Basic Skills Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.