



## 2017 Shamrock Skate Compete USA Competition

**Sunday, March 26, 2017**

RMU Island Sports Center  
7600 Grand Avenue  
Pittsburgh, PA 15225

**Rules:** This competition, hosted by the RMU Island Sports Center, will be conducted in accordance with the rules set forth in the 2017 edition of the U.S. Figure Skating Rulebook. The competition is open all persons as defined by the eligibility rules and who are currently registered with U.S. Figure Skating.

**Skaters must be current members (for the 2016-2017 membership year) of U.S. Figure Skating, either through a member club, a registered Learn to Skate USA program or as an individual member.** Current membership will be verified by the competition registrar prior to the competition.

### Events:

Compulsory Moves: Snowplow Sam, Basic 1 – 6, Pre-Free Skate – Preliminary

Free Skating Program with Music: Snowplow Sam, Basic 1 – 6, Pre-Free Skate – Preliminary

Test Track Free Skating Program with Music: Pre-Preliminary & Preliminary

Synchronized Team Skating: Basic 1, 2 & 3

➤ **See ISI Application for ISI Events & Registration Form**

Skaters must skate at least at the **highest level passed by Friday, February 17, 2017**, but may skate up one level.

**Age Restrictions:** Skaters entering Snowplow Sam through Preliminary events will be divided by level & age should the number of entries warrant more than one group.

**Entries:** Registrations may be dropped off at RMU ISC Guest Services or be mailed to:

✚ **RMU Island Sports Center – c/o Shamrock Skate – 7600 Grand Avenue – Pittsburgh, PA 15225**

**Entry deadline is Friday, February 17, 2017.** Late entries may be accepted at the discretion of the competition director and if space is available. *If accepted, a late fee of \$25 will be assessed.*

**REGISTRATION MAY CLOSE EARLY!** RMU Island Sport Center reserves the right to limit entries prior to the deadline by event based on entry date/timestamp if estimated skating time exceeds available ice time. This may result in closing registration prior to the stated deadline.

### Entry Fees:

<u>Events</u>	<u>Entry Fee</u>
1st event	\$50
Each additional event	\$25

**Refund Policy:** Entry fees will not be refunded after February 17, 2017, unless no competition exists or an event is cancelled. There will be **no refunds** for medical withdrawals. Checks returned for non-sufficient funds will be assessed a \$25 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

**Questions:** Contact Beth Sutton @ [Sutton@rmu.edu](mailto:Sutton@rmu.edu) or 412.397.4469

**Scheduling of Events:** A tentative schedule of events will be available at: <http://isc.rmu.edu/figure-skating/shamrock-skate> by mid-March. An email will be sent to all coaches and skaters who provide a legible email address.

**Coaches:** Coaches must be in compliance with Rules MR 5.12 and MR 5.13 in the current U.S. Figure Skating Rulebook or they will not be allowed at the venue. Coaches must be a current full member of U.S. Figure Skating. They must have completed the registration process through U.S. Figure Skating and paid the annual registration fee. If 18 years of age or older, they must have successfully passed the background screen. Coaches must have completed the appropriate CER courses depending on the highest level of skaters being coached. They must have submitted proof of current general liability insurance. For Basics Skills coaches ONLY, the coach must be 18 years and older and instructing in a Learn to Skate USA program. In addition, they must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor member.

The competition committee will check the list of compliant coaches that is published online by U.S Figure Skating. A coach who is not on the list of compliant coaches will not be allowed to be in the coaching area during the competition.

**Assumption of Liability:** Per rule 1600 in the current U.S Figure Skating Rulebook, U.S. Figure Skating, the RMU Island Sports Center and organizers of this competition undertake no responsibility for damages or injuries suffered by the competitors. As a condition of and in consideration of the acceptance of their entries or participation in this competition, the competitor and his/her parents(s) agree to assume all risks of injury and loss of property resulting from, caused by or connected with, the conduct of management of this competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the RMU Island Sports Center and their employees, and their entries shall be accepted only on such condition.

**Facilities:** RMU Island Sports Center will use both the Olympic Arena and 84 Lumber Arena for the competition events. The rink's telephone number is 412.397.4454

**Registration:** The Shamrock Skate competition registration desk will be located at the entrance of RMU Island Sports Center. The registration desk will open at 7:00 AM. Competitors must check in at the Registration Desk upon arrival.

**Music:** Music must be turned in at the time of registration. Every reasonable care will be taken, but the RMU Island Sports Center cannot be responsible for CDs left at the end of the competition. Music must be on **CDs which are labeled clearly with the skater's name and event**. CDs should contain only one music track per CD. Due to compatibility and reliability issues no music may be submitted on re-recordable "CD-RW" discs. The music will be reproduced through the rink sound system from CDs furnished by each competitor. **Skaters should have a back-up copy of their music at rink side.**

**Computation of Results:** The 6.0 Majority closed system of judging will be used in all events.

**Events/Awards:** All events will be final rounds. Medals will be awarded for 1st, 2nd, and 3rd place. Ribbons will be awarded for 4th & 5<sup>th</sup> place. The skater is responsible for picking up award(s) during awards ceremonies. Awards will not be mailed to the skater. Awards will be distributed immediately following the posting of results. Skaters should report to the awards podium to receive their event award.

**Videography and Photos:** Those interested in videotaping or taking photographs are required to do so from the bleachers. No individual will be allowed at rink side for these purposes. Absolutely no flash photography is permitted during the warm-ups or competition events. Shamrock Skate will also offer professional photography & video services through a 3<sup>rd</sup> party vendor. Details for photo & video fees will be provided by the vendors and is not the responsibility of the Shamrock Skate or RMU ISC.

**Notices:** Official notices and skating orders will be posted in the rink lobby. Skaters should arrive at the facility a minimum of one hour before their scheduled skate time and should check in with the ice monitor twenty minutes prior to their events. If the events are running ahead of schedule, the competition will keep moving forward with events. Skaters who do not arrive at least an hour prior to their scheduled warm-ups/events will not be provided refunds or credits if they miss their events due to the schedule running early.





## Compete USA Competitions

### Snowplow Sam – Basic 6 Compulsory Moves

#### EVENT: Basic Elements: SNOWPLOW SAM – BASIC 6

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

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

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:00 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:00 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:00 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, both directions</li> <li>• Beginning two-foot spin, 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
Basic 5	1:00 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, both directions</li> <li>• Advanced two-foot spin, 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>



## Compete USA Competitions

### Snowplow Sam – Basic 6 Programs with Music

#### **EVENT: Basic Program: SNOWPLOW SAM – BASIC 6**

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

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



## Compete USA Competitions

### Pre-Free Skate – Free Skate 6 Compulsory Moves

#### EVENT: Pre-Free Skate – Free Skate 6 Compulsory

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

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 max

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> <li>• Forward inside open Mohawk from a standstill position (R to L and L to R)</li> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Backward outside three-turns, right and left</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Backward inside three-turns, right and left</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, clockwise and counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>• Loop jump</li> <li>• 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>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum three revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz jump-loop jump combination-</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power pulls, right and left</li> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Axel jump</li> </ul>



## Compete USA Competitions

### Pre-Free Skate – Free Skate 6 Programs with Music

#### EVENT: Pre-Free Skate – Free Skate 6 Programs

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

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

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:40 max	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum three revolutions</li> <li>• Half Loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz-loop jump combination-</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Axel jump</li> </ul>



## Compete USA Competitions Introductory Levels Compulsory Moves

### EVENT: Introductory Levels Compulsory

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

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

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• ½ jump of choice</li> <li>• Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional)</li> <li>• Forward or backward spiral</li> </ul>
High Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Toe loop jump</li> <li>• Salchow jump</li> <li>• Forward scratch spin - minimum three revolutions</li> <li>• Forward or backward spiral</li> </ul>

### EVENT: COMPULSORY MOVES

General event parameters:

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

## Compete USA Competitions Compulsory Moves

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Solo spin - sit <u>or</u> camel spin - minimum three revolutions</li> <li>• Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ul>
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Toe Loop jump</li> <li>• Jump combination: single/single (no Axel)</li> <li>• Sit spin or camel spin - minimum three revolutions</li> <li>• Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ul>
Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Back upright spin - minimum three revolutions</li> <li>• Forward inside spiral</li> </ul>





## Compete USA Competitions Introductory Levels Free Skate Program

### EVENT: Introductory Levels Free Skate Program

General event parameters:

- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
<b>Beginner</b>  1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Max. 2 jump sequences</li> <li>• Max. 2 of any same jump</li> </ul>	Max. 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests
<b>High Beginner</b>  1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max. 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests



# Compete USA Competitions

## Well Balanced Program Free Skate Events

### EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.

Level	Time	Jumps	Spins	Step Sequences
No-Test	1:40 Maximum	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Single jumps, with the exception of the single Axel, are allowed</li> <li>• No single Axels, double jumps or triple jumps</li> <li>• Maximum of 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted</li> <li>• Jump sequences limited to a maximum of 3 single jumps</li> </ul> <p>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</p>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a fly</li> <li>• Minimum 3 revs.</li> </ul> <p>Spins must be of a different character (For definition see rule 4103E)</p>	<p>Step sequence*</p> <p>Must use one-half the ice surface</p> <p>Moves in the field and spiral sequences are permitted but will not be counted as elements.</p> <p>Jumps may be included in the step sequence</p>
Pre-Preliminary	1:40 Maximum  Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed</li> <li>• No double, triple or quadruple jumps allowed</li> <li>• Axel may be repeated once as a solo jump, as part of a jump combination or jump sequence. (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> <li>• Max. 2 jump combinations or sequences</li> <li>• Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 3 jumps is permitted.</li> <li>• Jump sequences limited to a maximum of 3 single jumps</li> <li>• ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Minimum of 3 revolutions</li> </ul> <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>
Preliminary	1:40 Maximum  Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>• One must be an Axel or Waltz-jump type jump</li> <li>• All single jumps, including single Axel, allowed. Only 2 different jumps may be attempted (limited to double Salchow, double toe loop and double loop)</li> <li>• Double flip, double Lutz, double Axel, triple or quadruple jumps are 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 jump combinations or jump sequences</li> <li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted.</li> <li>• Jump sequences limited to a maximum of 3 single or double jumps</li> <li>• ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position.</li> <li>• Spins may start with a fly.</li> <li>• Minimum of 3 revolutions</li> </ul> <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>

## Compete USA Competitions Test Track Events

### EVENT: Test Track Free Skate

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
- The following deductions will be taken:
  - 0.1 from each mark for each technical element included that is not permitted in the event description.
  - 0.2 from the technical mark for each extra element included.
  - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary  1:40 max.	Maximum of 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	Maximum of 2 spins: <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 3 revolutions)</li> </ul>	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: <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels)</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	Maximum of 2 spins: <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	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.



## Compete USA Competitions Synchronized Skating

### LEARN TO SKATE USA SYNCHRO SKILLS 1-3

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

Required elements – Each level has specific required elements that must be completed:

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
<b>SYNCHRO SKILLS 1</b> 8-16 skaters, majority under 9 years old Maximum 2 minutes 10 seconds	One circle, which must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and must have only forward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, choice of 4-spoke or 3 spoke with backward pumps.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
<b>SYNCHRO SKILLS 2</b> 8-16 skaters, majority under 12 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward 3-turn and must contain a backward inside and/or backward outside edge glide.	One line, which must cover full ice and may include forward and backward skating.	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the team’s choice with backward pumps and chasses.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
<b>SYNCHRO SKILLS 3</b> 8-16 skaters, majority at least 12 years old Maximum 2 minutes 40 seconds Minimum of two different hand holds	One circle, which must contain a mohawk and must contain a backward inside and/or backward outside edge glide.	Line element, which includes a change of configuration (1 line to 2 lines or 2 lines to 1 line), and must cover full ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 different configurations.	Wheel element of the team’s choice with backward pumps, chasses, or crossovers.	One intersection: Two lines facing each other, 1-foot glide or forward lunge at point of intersection.

**The emphasis of the Learn to Skate USA synchronized skating competition is on mastering the Synchro Skills of synchronized skating:**

- Union of body alignment, and learning to guide with the head.
- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Learning how to transition within elements with ease and clarity.
- Incorporating skills from Basic 1-6, Pre-Free Skate and Free Skate 1 to strengthen skating skills.
- Learning skills that will be the foundation for higher levels.
- Demonstrate ability to recognize and skate to the tempo of the music.

#### Restrictions in Synchro Skills 1 & 2:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Lines may not pivot.
- Synchro Skills 1 teams may not do steps higher than Basic 5, with the exception of forward chasses.
- Synchro Skills 2 teams may not do steps higher than Free Skate 1, with the exception of forward chasses.

#### Restrictions in Synchro Skills 3:

- No traveling within elements (change of configuration and rotational direction are allowed).

**Restrictions in all levels:** All of the synchronized skating “illegal elements” found in Rule #7160 of the U.S. Figure Skating Rulebook.

Please reference <http://usfsa.org/programs?id=84096&menu=synchronized> for most up-to-date Learn to Skate USA Synchronized Skating rules



# 2017 SHAMROCK SKATE COMPETE USA COMPETITION INDIVIDUAL ENTRY FORM



**PLEASE FILL OUT THIS FORM COMPLETELY**

Guest Services: Activity Type: Shamrock Skate Competition Season: 2016-17 Figure Skating Sub-Category: Shamrock Skate - Compete USA Events

Competitor's Name: \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_ Birth Date \_\_\_\_\_ Learn to Skate USA #/US FS #: \_\_\_\_\_

Highest Level Passed \_\_\_\_\_ Program/Club Affiliation \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_ Area Code/Phone # \_\_\_\_\_

Coaches Name \_\_\_\_\_ Coaches US FS# \_\_\_\_\_

Coaches Email Address \_\_\_\_\_ Coaches US FS CER Level: \_\_\_\_\_

Please check the event(s) you are entering:

**Basic Elements:**

\_\_\_\_ Snowplow Sam  
\_\_\_\_ Basic 1                      \_\_\_\_ Basic 4  
\_\_\_\_ Basic 2                      \_\_\_\_ Basic 5  
\_\_\_\_ Basic 3                      \_\_\_\_ Basic 6

**Basic Free Skate Program:**

\_\_\_\_ Snowplow Sam  
\_\_\_\_ Basic 1                      \_\_\_\_ Basic 4  
\_\_\_\_ Basic 2                      \_\_\_\_ Basic 5  
\_\_\_\_ Basic 3                      \_\_\_\_ Basic 6

**Compulsory Moves:**

\_\_\_\_ Pre-Free Skate  
\_\_\_\_ Free Skate 1                      \_\_\_\_ Beginner  
\_\_\_\_ Free Skate 2                      \_\_\_\_ High Beginner  
\_\_\_\_ Free Skate 3                      \_\_\_\_ No Test  
\_\_\_\_ Free Skate 4                      \_\_\_\_ Pre-Preliminary  
\_\_\_\_ Free Skate 5                      \_\_\_\_ Preliminary  
\_\_\_\_ Free Skate 6

**Free Skate Program:**

\_\_\_\_ Pre-Free Skate  
\_\_\_\_ Free Skate 1                      \_\_\_\_ Beginner  
\_\_\_\_ Free Skate 2                      \_\_\_\_ High Beginner  
\_\_\_\_ Free Skate 3  
\_\_\_\_ Free Skate 4  
\_\_\_\_ Free Skate 5  
\_\_\_\_ Free Skate 6

**Well Balanced Free Skate Program:**

\_\_\_\_ No Test Free Skate  
\_\_\_\_ Pre-Preliminary Free Skate  
\_\_\_\_ Preliminary Free Skate

**Test Track Free Skate Program:**

\_\_\_\_ Pre-Preliminary Free Skate  
\_\_\_\_ Preliminary Free Skate

(Skaters may not enter both Well Balanced Free Skate Program & Test Track Free Skate Program)

**ENTRY FEE IS \$50 for the 1<sup>st</sup> EVENT, \$25/ PER EACH ADDITIONAL EVENT**

- ◆ **First Event: \$50**
- ◆ **Additional Event: \$25**
- ◆ **If not a current U.S. Figure Skating Learn to Skate USA Member - add \$13.50**
- ◆ **Late Fee if received after 2/17/2017, if accepted**

🏆 **Total: \$** \_\_\_\_\_

**The completed entry form, with fees, must be postmarked no later than FRIDAY, FEBRUARY 17, 2107**

- **Make check or money order payable to: RMU ISLAND SPORTS CENTER**
- **Mail To: RMU Island Sports Center ~ c/o Shamrock Skate ~ 7600 Grand Avenue, Pittsburgh, PA 15225**
- **For additional information contact: Beth Sutton, Competition Director - 412.397.4469 or [Sutton@rmu.edu](mailto:Sutton@rmu.edu)**

**ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.**

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the RMU Island Sports Center harmless from any and all liability either during practice or the competition, or from any and all liability for damages to or loss of property.

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

Competitor Signature \_\_\_\_\_

Date \_\_\_\_\_

Instructor/Coach Signature \_\_\_\_\_

Date \_\_\_\_\_

Program Director/Club Officer \_\_\_\_\_

Date \_\_\_\_\_

# COMPETE USA SYNCHRONIZED SKATING/ENTRY FORM p. 1

March 26, 2017



## ENTRY FORM 1: Team Information

Team name:		U.S. Figure Skating #:	
Club (if applicable):			
Team contact person:			
Daytime phone number:		Email:	
Address:		City:	State/ZIP:
Primary coach:		U.S. Figure Skating #:	
Daytime phone number:		Email:	
Number of skaters:		Number of alternates:	

### Please check the level and/or event(s) entered:

- ☐ Basic Skills Level 1  
☐ Basic Skills Level 2  
☐ Basic Skills Level 3

### Entry Fee:

Enclosed is:

\$ 50 per team/Learn to Skate USA synchronized skating event

\$ 5 per skater for \_\_\_\_\_ Competitors

\$ \_\_\_\_\_ Total of Team Fee & Skater Fee

Checks should be made payable to:

**RMU Island Sports Center**

Please send all forms and fees to:

**RMU Island Sports Center  
c/o Shamrock Skate  
7600 Grand Avenue  
Pittsburgh, PA 15225**

All fees and entry forms must be  
Received by:

**February 17, 2017**

✚ Compete USA teams may choose to represent either a full member club or a U.S. Figure Skating Learn to Skate USA school/program. All Team Skaters must be current members of the same Club/Learn to Skate USA Rink.

✚ Application Due No Later Than: 2/17/2017



**COMPETE USA SYNCHRONIZED SKATING/ENTRY FORM p. 2**

<b>Name of the team:</b>
<b>Name of the club or program represented:</b>

**TEAM ROSTER (Please list skaters in alphabetical order. It is not necessary to indicate who is an alternate).**

Skater's Name	Membership #	Age	Signature of skater/parent if under 18

**All Team Skaters must be current members of the same Club/Learn to Skate USA Rink.**



## COMPETE USA SYNCHRONIZED SKATING/ENTRY FORM p. 3

### ENTRY FORM 3: Liability Waiver/Certification by Club Officer

<b>Team name:</b>	<b>Level:</b>
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*U.S. Figure Skating and the clubs or organizers of competitions undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the club hosting the competition, and against its officers, and their entries shall be accepted only on such condition.*

Skaters' names in alphabetical order:	Skater signature or parent/guardian (if skater is under 18):
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
Alt. 1	
Alt. 2	
Alt. 3	
Alt. 4	

**Club officer or skating school director:** *All of the skaters listed on the team entry form are to the best of my knowledge, eligible members in good standing and eligible to compete under U.S. Figure Skating or Skate Canada rules.*

<b>Print Name:</b>	<b>Signature:</b>
<b>Title:</b>	
<b>Club or Learn to Skate USA program name:</b>	