

Presenting



Sunday, April 8, 2018  
6:00am – 12:00pm

In-House Basic Skills Competition  
**Registration Deadline**  
**Sunday, March 25, 2018**

Sanctioned by



Learn to Skate USA Competition Approval #27583



The annual **Compete USA Competition** **DREAMS BEGIN HERE** sponsored by **Scott Hamilton Skating Academy** will be held at **Ford Ice Center, 5264 Hickory Hollow Pkwy, Antioch, TN 37013** on **Sunday, April 8, 2018.**

### **ELIGIBILITY RULES FOR PARTICIPANTS**

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Learn to Skate USA program/club or any other Learn to Skate USA program/club.

### **Eligibility and Test Requirements**

Eligibility will be based on skill level as of closing date of entries. All SNOWFLOW SAM AND LEARN TO SKATE USA SKATERS THROUGH BASIC 6 must skate at highest level passed or one higher and NO official U.S. Figure Skating tests may have been passed including Moves in the Field or individual dances. Skaters in other events may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

**ENTRIES AND FEES** -All entries must be postmarked no later than **Sunday, March 25, 2018** and are limited to the first 150 applications received. (If limitations on number of entries are needed) Late entries will be accepted only if the limit has not been reached, at the discretion of the FIC. Entry fees are per person, U.S. dollars. The first event is \$35.00 and each additional event is \$15.00 NO refunds after closing date unless event is canceled LOC. ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fee check made payable to FORD ICE CENTER. There will be a fee for returned checks.

**AWARDS** – Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, and third places. ALL other places will receive ribbons. ALL awards will be given at appropriate times throughout the competition.

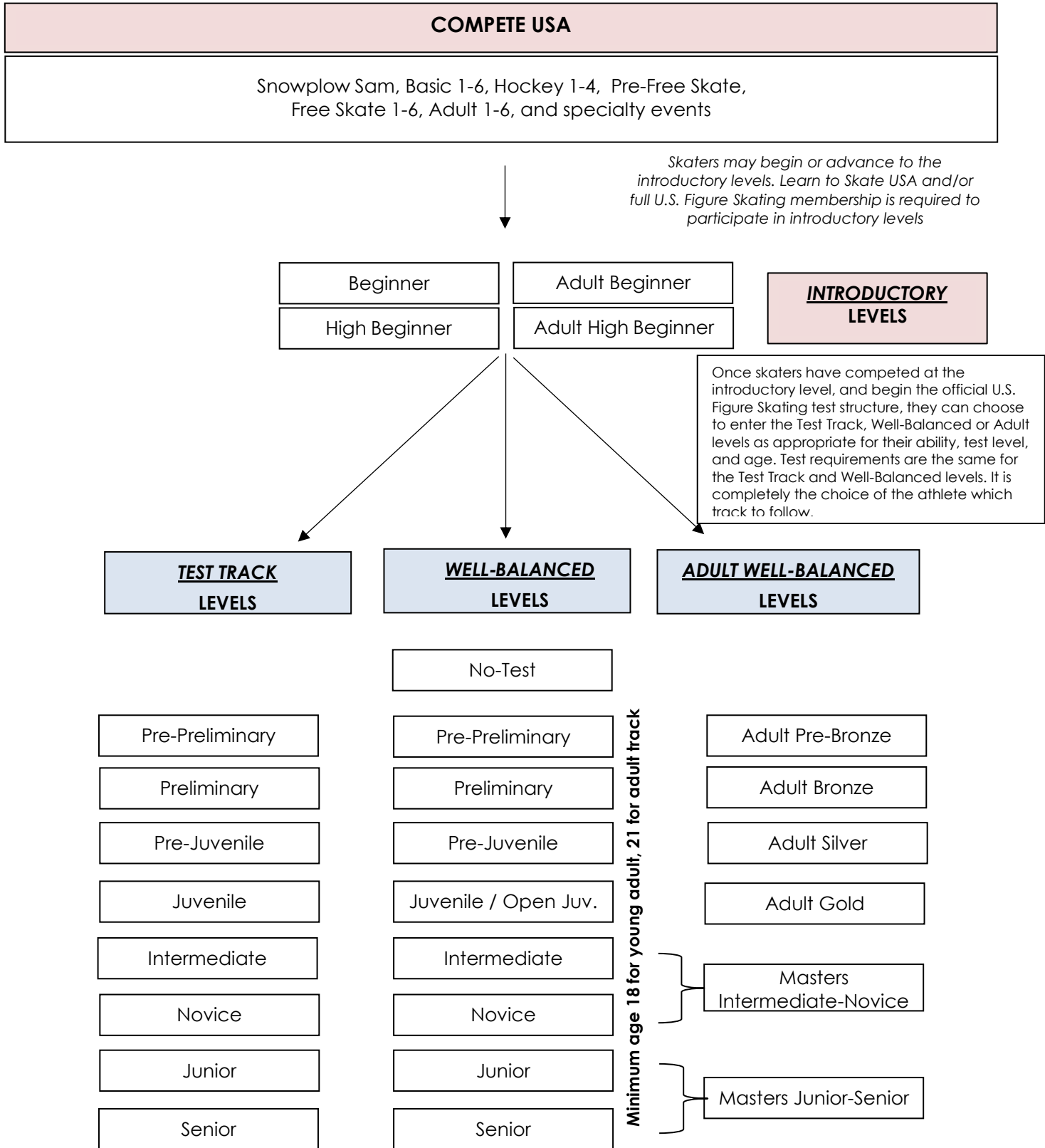
**SCHEDULE OF EVENTS** - Will be posted on the official bulletin board no later than Wednesday, April 4, 2018. Information regarding groups and skating times will be emailed prior to the beginning of competition to reach registered skater and coaches.

**PRACTICE ICE** - Practice ice will be available on Sunday, April 8 from 6:00am – 7:20am. Pre-register to reserve your spot! A maximum of 20 skaters will be allowed on the ice during any one session. You may sign up for NO MORE THAN TWO SESSIONS on a first-come, first-served basis. Sessions are \$11 per session.

**MUSIC** - The music for all free skating programs and showcase must be provided electronically by your skater and/or coach. Music should be clearly titled with the name of the skater, event entered and length of music (not skating time). All skaters should have a back-up copy of music on CD available rink side. Time duration is always +/- 10 seconds.

# ILLUSTRATION OF THE SINGLES FREE SKATING EVENTS

Singles athletes begin with the Compete USA program, then progress to the "introductory levels," and finally choose whether to follow the test track or Well Balanced program category. Athletes may choose to move between test track and Well Balanced program at any point.



**SNOWFLOW SAM – BASIC 6 ELEMENTS - NO MUSIC**

Each skater will perform each element one element at a time in the order listed below (no excessive connecting steps). 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 (Scott's Tots)	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, maximum 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>

**SNOWFLOW SAM – BASIC 6 PROGRAM – WITH MUSIC**

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. Bonus skills from the same level or below are allowed but will not be judged elements.

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>

### PRE-FREESKATE – FREESKATE 6 COMPULSORY - NO MUSIC

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>

### PRE-FREESKATE – FREESKATE 6 PROGRAM - WITH MUSIC

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>

### 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>

### 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
Beginner 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
High Beginner 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

### WELL BALANCED LEVELS COMPULSORY (NO MUSIC)

General event parameters:

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

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 or 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>

## WELL BALANCED FREE SKATE PROGRAM

### 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  Vocal music permitted	<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> <li>• Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	<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> <li>• Spins must be of a different character (For definition see rule 4103E)</li> </ul>	<p>Step sequence*</p> <ul style="list-style-type: none"> <li>• Must use one-half the ice surface</li> <li>• Moves in the field and spiral sequences are permitted but will not be counted as elements.</li> <li>• Jumps may be included in the step sequence</li> </ul>
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> <li>• These spins must be of a different character (For definition see Rule 4103 (E))</li> </ul>	<p>One step sequenced that</p> <ul style="list-style-type: none"> <li>• Must use ½ of the ice surface.</li> <li>• Moves in the field and spiral sequences are permitted, but will not count as elements</li> <li>• Jumps may be included in the step sequence</li> </ul>
Preliminary	1:30 +/- 10 secs  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> <li>• These spins must be of a different character (For definition see Rule 4103 (E))</li> </ul>	<p>One step sequenced that must</p> <ul style="list-style-type: none"> <li>• Use ½ of the ice surface.</li> <li>• Moves in the field and spiral sequences are permitted, but will not count as elements</li> <li>• Jumps may be included in the step sequence</li> </ul>

## 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 1:30 +/- 10 secs	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.

## ADULT 1-6 PROGRAM EVENTS

### General event parameters:

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

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



## ADULT INTRODUCTORY – BRONZE FREE SKATE PROGRAM

General event parameters:

- Skaters will skate to the music of their choice and vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, or ballet</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	Max. 2 spins <ul style="list-style-type: none"> <li>• Two forward 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 Skate 1 Badge Test
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</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 Skate 1 Badge Test
Adult Pre-Bronze 1:40 Maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included</li> <li>• 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps.</li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are allowed</li> <li>• No single Lutz, single Axel or double jumps are allowed</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> </ul>	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze Free Skate
Adult Bronze 1:50 maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences;</li> <li>• 1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	Max 1 Sequence: <ul style="list-style-type: none"> <li>• Choreographic Step Sequence</li> </ul> <p>Must use at least ½ ice surface</p>	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze Free Skate

**HOCKEY EVENTS: SKILLS CHALLENGE**

Hockey 1-4 participants plus members of the local hockey association can participate in this fun and challenging skills competition. Ages will be divided by 8 & under, 10 & under, 12 & under, 14 & under, 16 & under, 18 & under, and adult (Age groups may be combined based upon number of entries) Each skater will perform each element when directed by a judge or referee. The following elements have been chosen for the skaters to perform. Format: 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
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<p><b>Hockey 1</b></p> <ul style="list-style-type: none"> <li>• Proper basic hockey stance, forward and backward</li> <li>• March forward across the ice, 8-10 steps</li> <li>• Two-foot glides and dips from forward marching</li> <li>• Forward swizzles / double C-cuts (4-6 in a row)</li> <li>• Stationary Snowplow Stop</li> </ul>	<p><b>Hockey 3</b></p> <ul style="list-style-type: none"> <li>• Forward C-cuts (1/2 swizzle pumps) on a circle, both directions</li> <li>• Forward outside edges on half circles, alternating feet on the axis</li> <li>• Forward inside edges on half circles, alternating feet on the axis</li> <li>• Backward C-Cuts on a circle, both directions</li> <li>• Backward snowplow stops, one foot and two feet V-stop</li> </ul>
<p><b>Hockey 2</b></p> <ul style="list-style-type: none"> <li>• Forward strides using 45-degree V-Push, focus on good recovery and alternating arm drive</li> <li>• Forward C-cuts: single leg and alternating feet in a straight line</li> <li>• Backward hustle or march, then glide on two feet</li> <li>• Backward swizzles / double C-cuts (4 – 6)</li> <li>• Two-foot moving Snowplow stop</li> </ul>	<p><b>Hockey 4</b></p> <ul style="list-style-type: none"> <li>• Quick starts using forward V-Start</li> <li>• Backward one-foot glide, right and left</li> <li>• Forward crossovers on a circle, clockwise and counterclockwise</li> <li>• Backward crossovers on a circle, clockwise and counterclockwise</li> <li>• Hockey stops (to right and left, with speed)</li> </ul>

**EVENT: SHOWCASE DRAMATIC, LIGHT ENTERTAINMENT, DUETS**

- Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.
- Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge's mark for each five second in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.
- Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore, jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.
- 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.
- \* For specific guidelines regarding the conduct of Showcase competitions, refer to the Non-qualifying Showcase Guidelines posted on [www.usfigureskating.org](http://www.usfigureskating.org).

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up.
- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater on Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

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

**EVENT: SPINS CHALLENGE**

General event parameters:

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

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

**EVENT: JUMPS CHALLENGE**

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. ½ flip or ½ Lutz</li> <li>3. Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. Single Salchow</li> <li>3. Jump combination – Waltz jump-toe loop</li> </ol>
No Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single loop</li> <li>3. Jump combination – Any two ½ or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single flip</li> <li>3. Jump combination - Any two ½ or single revolution jumps (no Axel)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single Lutz</li> <li>3. Jump combination – Any single jump + single loop (may be Axel)</li> </ol>

## DREAMS BEGIN HERE - COMPETE USA COMPETITION ENTRY FORM

Last Name:	First Name	Age	Sex (M/F)
Address:			
City:		State	Zip
Email Address:			
Phone:			DOB:
Learn to Skate USA #		Highest Level Passed:	
Program/Club (Circle one) SHSA or SHSC			
Director/Instructor's Name:			

**Please check the event(s) you are entering:**

LEVEL	BASIC ELEMENTS (No Music)	FREESKATE PROGRAMS (Music)	COMPULSORIES (No Music)	SHOWCASE LIGHT (Music)	SHOWCASE DRAMATIC (Music)	JUMP CHALLENGE	SPIN CHALLENGE
Snowplow Sam							
Basic 1							
Basic 2							
Basic 3							
Basic 4							
Basic 5							
Basic 6							
Pre-Freeskate							
Freeskate 1							
Freeskate 2							
Freeskate 3							
Freeskate 4							
Freeskate 5							
Freeskate 6							
Beginner							
High Beginner							
No Test							
Pre Preliminary							
Preliminary							
Adult 1							
Adult 2							
Adult 3							
Adult 4							
Adult 5							
Adult 6							
Adult Pre-Bronze							
Adult Bronze							
Hockey 1							
Hockey 2							
Hockey 3							
Hockey 4							
Exhibition	Level:						
Duets Please list Both Skaters Names				Level:			

ENTRY FEES: 1 <sup>ST</sup> EVENT \$35.00, EACH ADDITIONAL EVENT \$15.00	
First Event	\$35.00
Additional Event 1 (add \$15)	\$
Additional Event 2 (add \$15)	\$
If not current LTSUSA Member add \$17.00	\$
Practice Ice Session (\$12 per session, maximum of 2 sessions)	\$
<b>Total</b>	<b>\$</b>

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Scott Hamilton Skating Academy/Ford Ice Center harmless from any and all liability either during practice or the competition, and 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 \_\_\_\_\_

**PAYMENT DETAILS**

- The completed entry form, with fees, must be received no later than **Sunday March 25, 2018** Make check or money order payable to C/O FORD ICE CENTER, mail to PAULA TRUJILLO 5264 Hickory Hollow Pky, Antioch, TN 37013.
- For additional information email: CONTACT PERSON'S NAME at CONTACT NUMBER.
- ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.**