

# THE WINNER'S CIRCLE

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# **Basic Skills Competition**

Saturday, April 13, 2019 3:15-8:00 p.m.

# Sponsored by Austin Figure Skating Club and Chaparral Ice

2525 West Anderson Lane Austin, Texas 78757

The Winner's Circle Compete USA Competition, sponsored by Austin Figure Skating Club and Chaparral Ice, will be held at Chaparral Ice, 2525 West Anderson Lane, Austin, Texas 78757, on Saturday, April 13, 2019, from 3:15-8:00 p.m.

# **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 will be based on skill level as of closing date of entries. All SNOWPLOW 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 received no later than **Sunday, March 24, 2019.** Late entries will be accepted at the discretion of the organizers. Entry fees are per person, U.S. dollars. The first event is *\$50* and <u>each</u> additional event is *\$15*. NO refunds after closing date unless event is canceled by Chaparral Ice.

#### **REGISTRATION:**

- Register events online at <a href="http://www.sk8stuff.com">http://www.sk8stuff.com</a>. After online event registration at sk8stuff.com, click the payment link provided on the registration page to process payment.
- If you prefer to register with a paper entry form, there is one provided at the end
  of this packet. BOTH PAGES OF THE PAPER ENTRY FORM MUST BE FILLED OUT
  COMPLETELY and returned with fee check made payable to Chaparral Ice, or by
  credit card as stated on the entry form. There will be a \$25 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 at Chaparral Ice approximately four days prior to competition. Information regarding groups and skating times will be available prior to the beginning of competition.

**PRACTICE ICE**: Practice ice will be available during the public session prior to the competition on Saturday, April 13, from 12-3:00 p.m. Skaters entered in the competition may skate on the public session for \$5.00 admission. Chaparral Ice will have a list of skaters registered for the competition. No competitor music programs may be played on the public address system during this public session.

**MUSIC:** The music for all free skating, showcase, and Theatre on Ice programs must be provided in digital mp3 format. Please email music to <a href="mailto:smith.jessk8@gmail.com">smith.jessk8@gmail.com</a>. Music file must include the name of the skater, event entered, and length of music (not skating time). Competition music must be received a minimum of 72 hours prior to the start of competition. Please see individual event information for time/music duration and whether or not a 10 second leeway applies. Music for ice dancing events will be provided by Chaparral Ice.

**VIDEOGRAPHY AND PHOTOGRAPHS**: Videography and awards photography information is TBD. Personal photography and videography of skating events both on-ice and at the awards stand are permitted, *however parents may not enter the hockey box or skater entrance areas for these activities.* 

**COMPETITION DIRECTOR:** Questions about this event should be directed to the competition director, Kathy Goeke, at Kathy@chaparralice.com.

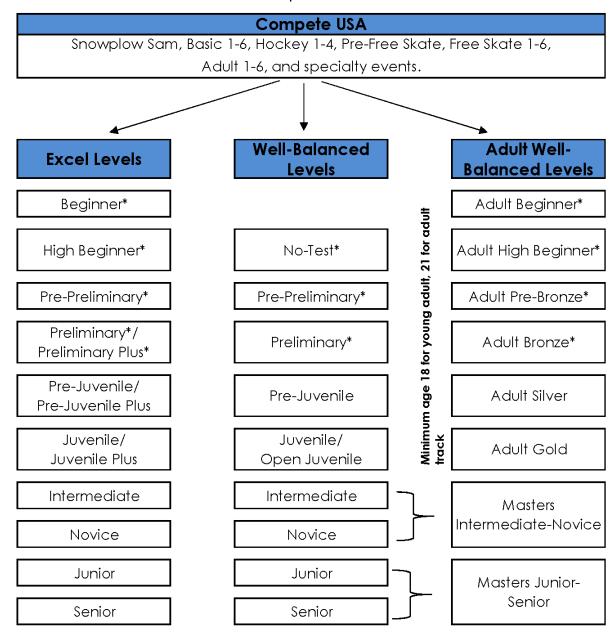
**EVENTS OFFERED: See below.** 





# COMPETITIVE PROGRESSION THROUGH THE LEVELS OF U.S FIGURE SKATING

Singles athletes begin with Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well-Balanced or Adult levels as appropriate for their ability, test level, and age. Test requirements are the same for the Excel and Well-Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development, but may not enter the same type of event in multiple tracks. Competitive level is determined by highest free skate test passed.



\*Indicates an introductory level that may be held at Compete USA competitions. Beginner and High Beginner require a current Learn to Skate USA and/or U.S. Figure Skating full membership; all other levels require a current full U.S. Figure Skating membership.



## **SNOWPLOW SAM – BASIC 6 ELEMENTS**

Two format options for the Elements Event:

- 1. Each skater will perform each element when directed by a judge/referee OR
- 2. Skater will perform one element at a time in the <u>order listed below</u> (no excessive connecting steps or choreography)
  - Judge/referee directed example: 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 (determined by the LOC)
- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- All elements must be skated in the order listed.

Level	Time	Skating rules/standards
		March followed by a two-foot glide and dip
Snowplow	1:00 max.	Forward two-foot swizzles, 2-3 in a row
Sam		Forward snowplow stop
		Backward wiggles, 2-6 in a row
		Forward two-foot glide and dip
Basic 1	1:00 max.	Forward two-foot swizzles, 6-8 in a row
		Beginning snowplow stop on two-feet or one-foot
		Backward wiggles, 6-8 in a row
		<ul> <li>Forward one-foot glide (no variations), either foot</li> </ul>
Basic 2	1:00 max.	<ul> <li>Scooter pushes, right and left foot, 2-3 each foot</li> </ul>
		Moving snowplow stop
		Two-foot turn in place, forward to backward
		Backward two-foot swizzles, 6-8 in a row
		Beginning forward stroking showing correct use of blade
Basic 3	1:00 max.	Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6
		consecutive
		Forward slalom
		Moving forward to backward two-foot turn on a circle
		Beginning backward one-foot glide, either foot
		Forward outside edge on a circle, clockwise or counterclockwise
Basic 4	1:00 max.	Forward crossovers, 4-6 consecutive, clockwise and counterclockwise
		Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6
		consecutive
		Backward one-foot glides (no variations), right and left
		Beginning two-foot spin, maximum 4 revolutions
		Backward outside edge on a circle, clockwise or counterclockwise
		Backward crossovers, 4-6 consecutive, clockwise and counterclockwise
Basic 5	1:00 max.	Forward outside three-turn, right and left
		Advanced two-foot spin, minimum 4 revolutions
		Hockey stop
		Forward inside three-turn, right and left
Basic 6	1:00 max.	Bunny Hop
		Basic forward spiral on a straight line (no variations), right or left
		Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and
		entry
		T-stop, right or left



# **SNOWPLOW 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 with music.
- 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.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

Level	Time	Skating rules/standards
		March followed by a two-foot glide and dip
Snowplow	1:10 max.	Forward two-foot swizzles, 2-3 in a row
Sam		Forward snowplow stop
		Backward wiggles, 2-6 in a row
		Forward two-foot glide and dip
Basic 1	1:10 max.	Forward two-foot swizzles, 6-8 in a row
		Beginning snowplow stop on two-feet or one-foot
		Backward wiggles, 6-8 in a row
		<ul> <li>Forward one-foot glide (no variations), either foot</li> </ul>
Basic 2	1:10 max.	<ul> <li>Scooter pushes, right and left foot, 2-3 each foot</li> </ul>
		Moving snowplow stop
		Two-foot turn in place, forward to backward
		Backward two-foot swizzles, 6-8 in a row
		Beginning forward stroking showing correct use of blade
Basic 3	1:10 max.	<ul> <li>Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6</li> </ul>
		consecutive
		Forward slalom
		<ul> <li>Moving forward to backward two-foot turn on a circle</li> </ul>
		Beginning backward one-foot glide, either foot
		Forward outside edge on a circle, clockwise or counterclockwise
Basic 4	1:10 max.	<ul> <li>Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> </ul>
		Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6
		consecutive
		<ul> <li>Backward one-foot glides (no variations), right and left</li> </ul>
		Beginning two-foot spin, maximum 4 revolutions
		Backward outside edge on a circle, clockwise or counterclockwise
		Backward crossovers, 4-6 consecutive, clockwise and counterclockwise
Basic 5	1:10 max.	<ul> <li>Forward outside three-turn, right and left</li> </ul>
		Advanced two-foot spin, minimum 4 revolutions
		Hockey stop
		Forward inside three-turn, right and left
Basic 6	1:10 max.	Bunny Hop
		Basic forward spiral on a straight line (no variations), right or left
		Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position
		T-stop, right or left



## PRE-FREE SKATE - FREE SKATE 1-6 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
- The skater must demonstrate the required elements listed
- Bonus skills from the same level or below are allowed but will not be judged elements.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum

Level	Time	Skating rules/standards		
		Forward inside open Mohawk from a standstill position (R to L and L to R)		
		Two forward crossovers into a forward inside Mohawk, step down and		
Pre-Free Skate	1:15 max.	cross behind, step into one backward crossover and step to a forward		
		inside edge, clockwise and counterclockwise		
		<ul> <li>Basic one-foot upright spin, optional entry and free-foot position -</li> </ul>		
		minimum 3 revolutions		
		Mazurka		
		Waltz jump		
		<ul> <li>Forward stroking, 4-6 consecutive powerful strokes</li> </ul>		
Free Skate 1	1:15 max.	<ul> <li>Backward outside three-turns, right and left</li> </ul>		
		<ul> <li>One-foot upright spin, entry from backward crossovers, with free foot in</li> </ul>		
		crossed leg position (scratch spin) - minimum 4 revolutions		
		Toe loop		
		Half flip jump		
		<ul> <li>Alternating forward outside spiral (right and left) and forward inside spiral</li> </ul>		
Free Skate 2	1:15 max.	(right and left) on a continuous axis		
		Backward inside three-turns, right and left		
		Beginning back spin- maximum 2 revolutions		
		Half Lutz		
		Salchow jump		
		<ul> <li>Alternating Mohawk/crossover sequence, right to left and left to right</li> </ul>		
Free Skate 3	1:15 max.	Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise		
		Advanced back spin with free foot in crossed leg position- minimum 3		
		revolutions		
		Loop jump		
		Waltz jump/toe loop or Salchow/toe loop jump combination		
		<ul> <li>Forward power 3's, 2-3 consecutive sets, right or left</li> </ul>		
Free Skate 4	1:15 max.	Sit spin - minimum 3 revolutions		
	Half loop jump			
		Flip jump		
		Backward outside three-turn, Mohawk (backward power three-turn), both		
Free Skate 5	1:15 max.	an estions		
		Camel spin - minimum 3 revolutions		
		Waltz jump-loop jump combination		
		Lutz jump		
		Forward power pulls, minimum 3 on each foot		
Free Skate 6	1:15 max.	Camel, sit spin combination - minimum of 4 revolutions total		
		Waltz jump, ½ loop, Salchow jump sequence		
		Beginning Axel jump		



## PRE-FREE SKATE - FREE SKATE 1-6 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.
- . Bonus skills from the same level or below are allowed but will not be judged elements.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Pre-Free Skate 1 1:40 max.  1:40	• Time 1:40	Time	Skating rules/standards			
behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise  Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions  Mazurka  Waltz jump  NOT ALLOWED - Waltz jump, side toe hop, waltz jump  Free Skate 1  1:40 max.  Pree Skate 2  1:40 max.  Free Skate 2  1:40 max.  Pree Skate 3  1:40 max.  In the figure of the f	Level	Tille				
Pre-Free Skate 1 1:40 max.   clockwise and counterclockwise			·			
Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions  Mazurka  Waltz jump  NOT ALLOWED - Waltz jump, side toe hop, waltz jump  Free Skate 1  1:40 max.  1:40 max	Pre-Free Skate	1:40 may				
revolutions  Mazurka  Waltz jump  NOT ALLOWED -Waltz jump, side toe hop, waltz jump  Free Skate 1  1:40 max.  Pree Skate 2  1:40 max.  Free Skate 3  1:40 max.  Free Skate 4  1:40 max.  Free Skate 4  1:40 max.  Free Skate 4  Pree Skate 4  1:40 max.  Free Skate 4  Pree Skate 5  Pree Skate 6  Pree Skate 7  Pree Skate 8  Pree Skate 8  Pree Skate 9  Pree	TTC TTCC Skate	1.40 1110.				
Mazurka     Waltz jump     NOT ALLOWED - Waltz jump, side toe hop, waltz jump     NOT ALLOWED - Waltz jump, side toe hop, waltz jump     Nor ALLOWED - Waltz jump, side toe hop, waltz jump     Nor ALLOWED - Waltz jump, side toe hop, waltz jump     Nor ALLOWED - Waltz jump from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions     Toe loop jump     Half flip jump     NOT ALLOWED - Waltz jump/toe loop combination  Free Skate 2  1:40 max.  Beginning back spin- maximum 2 revolutions     Half Lutz     Salchow jump     NOT ALLOWED - Salchow/toe loop combination  Alternating Mohawk/crossover sequence, right to left and left to right     Advanced back spin with free foot in crossed leg position, minimum 3 revolutions     Loop jump     Waltz jump/toe loop or Salchow/toe loop jump combination     NOT ALLOWED - Waltz/loop combination  Free Skate 4  1:40 max.  Free Skate 4  1:40 max.  Free Skate 4  1:40 max.  Backward power 3's, 2-3 consecutive sets, right or left  Sit spin - minimum 3 revolutions     Half Loop jump     Flip jump     NOT ALLOWED - Waltz/half-loop/Salchow sequence  Backward outside three-turn, Mohawk (backward power three-turn), both						
Free Skate 2  1:40 max.  1:40 max						
Free Skate 1  1:40 max.  Free Skate 1  1:40 max.  Free Skate 1  1:40 max.  Free Skate 2  1:40 max.  Free Skate 2  1:40 max.  Free Skate 3  Free Skate 3  Free Skate 3  Free Skate 4  Free Skate 6  Free Skate 8  Free Skate 9  Fre						
Free Skate 1  1:40 max.  Proward stroking, 4-6 consecutive powerful strokes  One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions  Toe loop jump  Half flip jump  NOT ALLOWED — Waltz jump/toe loop combination  Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis  Beginning back spin- maximum 2 revolutions  Half Lutz  Salchow jump  NOT ALLOWED — Salchow/toe loop combination  Advanced back spin with free foot in crossed leg position, minimum 3 revolutions  Loop jump  Waltz jump/toe loop or Salchow/toe loop jump combination  NOT ALLOWED — Waltz/loop combination  NOT ALLOWED — Waltz/loop combination  Free Skate 4  1:40 max.  Free Skate 5  Free Skate 6  Free Skate 7  Free Skate 8  Free Skate 9						
Free Skate 1  1:40 max.  One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions  Toe loop jump  Half flip jump  NOT ALLOWED — Waltz jump/toe loop combination  1:40 max.  Free Skate 2  1:40 max.  1:40 max.  Pree Skate 3  1:40 max.  1:40 max.  1:40 max.  1:40 max.  Pree Skate 3  1:40 max.  1:40 max.  Pree Skate 3  1:40 max.  1:40 max.  Pree Skate 3  1:40 max.  1:40 max.  Pree Skate 4  1:40 max.  Pree Skate 4  1:40 max.  Pree Skate 4  1:40 max.  Pree Skate 5  Pree Skate 6  Proward power 3's, 2-3 consecutive sets, right or left  Sit spin — minimum 3 revolutions  Half Loop jump  Proward power 3's, 2-3 consecutive sets, right or left  Sit spin — minimum 3 revolutions  Half Loop jump  Proward power 3's, 2-3 consecutive sets, right or left  Sit spin — minimum 3 revolutions  Half Loop jump  Prilip jump  Prili						
crossed leg position (scratch spin) - minimum 4 revolutions  Toe loop jump Half flip jump NOT ALLOWED — Waltz jump/toe loop combination  1:40 max.  Free Skate 2  1:40 max.  Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis Beginning back spin- maximum 2 revolutions Half Lutz Salchow jump NOT ALLOWED — Salchow/toe loop combination  Alternating Mohawk/crossover sequence, right to left and left to right Advanced back spin with free foot in crossed leg position, minimum 3 revolutions Loop jump Waltz jump/toe loop or Salchow/toe loop jump combination NOT ALLOWED — Waltz/loop combination  NOT ALLOWED — Waltz/loop combination  Free Skate 4  1:40 max.  Free Skate 4  1:40 max.  Alternating Mohawk/crossover sequence, right to left and left to right Advanced back spin with free foot in crossed leg position, minimum 3 revolutions  Loop jump  Waltz jump/toe loop or Salchow/toe loop jump combination  NOT ALLOWED — Waltz/loop combination  Forward power 3's, 2-3 consecutive sets, right or left  Sit spin — minimum 3 revolutions  Half Loop jump Flip jump Flip jump  NOT ALLOWED — Waltz/half-loop/Salchow sequence  Backward outside three-turn, Mohawk (backward power three-turn), both	Free Skate 1	1:40 may				
Free Skate 3  1:40 max.  1:40 max	TIEE Skate 1	1.40 11187.				
Half flip jump     NOT ALLOWED – Waltz jump/toe loop combination  - Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis - Beginning back spin- maximum 2 revolutions - Half Lutz - Salchow jump - NOT ALLOWED – Salchow/toe loop combination  - Alternating Mohawk/crossover sequence, right to left and left to right - Advanced back spin with free foot in crossed leg position, minimum 3 revolutions - Loop jump - Waltz jump/toe loop or Salchow/toe loop jump combination - NOT ALLOWED – Waltz/loop combination - NOT ALLOWED – Waltz/loop combination - Forward power 3's, 2-3 consecutive sets, right or left - Sit spin – minimum 3 revolutions - Half Loop jump - Flip jump - NOT ALLOWED – Waltz/half-loop/Salchow sequence - Backward outside three-turn, Mohawk (backward power three-turn), both						
Free Skate 2  1:40 max.    Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis   Beginning back spin- maximum 2 revolutions   Half Lutz     Salchow jump     NOT ALLOWED – Salchow/toe loop combination     Alternating Mohawk/crossover sequence, right to left and left to right     Advanced back spin with free foot in crossed leg position, minimum 3 revolutions     Loop jump     Waltz jump/toe loop or Salchow/toe loop jump combination     NOT ALLOWED – Waltz/loop combination     NOT ALLOWED – Waltz/loop combination     Forward power 3's, 2-3 consecutive sets, right or left     Sit spin – minimum 3 revolutions     Half Loop jump     Flip jump     NOT ALLOWED – Waltz/half-loop/Salchow sequence     Backward outside three-turn, Mohawk (backward power three-turn), both						
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Beginning back spin- maximum 2 revolutions  Half Lutz  Salchow jump  NOT ALLOWED – Salchow/toe loop combination  Alternating Mohawk/crossover sequence, right to left and left to right  Advanced back spin with free foot in crossed leg position, minimum 3 revolutions  Loop jump  Waltz jump/toe loop or Salchow/toe loop jump combination  NOT ALLOWED – Waltz/loop combination  NOT ALLOWED – Waltz/loop combination  Forward power 3's, 2-3 consecutive sets, right or left  Sit spin – minimum 3 revolutions  Half Loop jump  Flip jump  NOT ALLOWED – Waltz/half-loop/Salchow sequence  Backward outside three-turn, Mohawk (backward power three-turn), both	Free Skate 2	1:40 may				
<ul> <li>Half Lutz         <ul> <li>Salchow jump</li> <li>NOT ALLOWED – Salchow/toe loop combination</li> </ul> </li> <li>Alternating Mohawk/crossover sequence, right to left and left to right         <ul> <li>Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</li> <li>Loop jump</li> <li>Waltz jump/toe loop or Salchow/toe loop jump combination</li> <li>NOT ALLOWED – Waltz/loop combination</li> </ul> </li> <li>Free Skate 4         <ul> <li>1:40 max.</li> <li>Sit spin – minimum 3 revolutions</li> <li>Half Loop jump</li> <li>Flip jump</li> <li>NOT ALLOWED – Waltz/half-loop/Salchow sequence</li> </ul> </li> <li>Backward outside three-turn, Mohawk (backward power three-turn), both</li> </ul>	Tree Skate 2	1.40 1110.				
Salchow jump     NOT ALLOWED – Salchow/toe loop combination  Alternating Mohawk/crossover sequence, right to left and left to right  Advanced back spin with free foot in crossed leg position, minimum 3 revolutions  Loop jump  Waltz jump/toe loop or Salchow/toe loop jump combination  NOT ALLOWED – Waltz/loop combination  Forward power 3's, 2-3 consecutive sets, right or left  Sit spin – minimum 3 revolutions  Half Loop jump  Flip jump  NOT ALLOWED – Waltz/half-loop/Salchow sequence  Backward outside three-turn, Mohawk (backward power three-turn), both						
NOT ALLOWED – Salchow/toe loop combination      Alternating Mohawk/crossover sequence, right to left and left to right      Advanced back spin with free foot in crossed leg position, minimum 3 revolutions     Loop jump     Waltz jump/toe loop or Salchow/toe loop jump combination     NOT ALLOWED – Waltz/loop combination     NOT ALLOWED – Waltz/loop combination  Free Skate 4  1:40 max.  1:40 max.  1:40 max.  NOT ALLOWED – Waltz/holpop/Salchow sequence  NOT ALLOWED – Waltz/half-loop/Salchow sequence  Backward outside three-turn, Mohawk (backward power three-turn), both						
Free Skate 3     1:40 max.     1:40 max.     Advanced back spin with free foot in crossed leg position, minimum 3 revolutions     Loop jump     Waltz jump/toe loop or Salchow/toe loop jump combination     NOT ALLOWED – Waltz/loop combination     Forward power 3's, 2-3 consecutive sets, right or left     Sit spin – minimum 3 revolutions     Half Loop jump     Flip jump     NOT ALLOWED – Waltz/half-loop/Salchow sequence     Backward outside three-turn, Mohawk (backward power three-turn), both						
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revolutions  Loop jump  Waltz jump/toe loop or Salchow/toe loop jump combination  NOT ALLOWED – Waltz/loop combination  Free Skate 4  1:40 max.  Sit spin – minimum 3 revolutions  Half Loop jump  Flip jump  NOT ALLOWED – Waltz/half-loop/Salchow sequence  Backward outside three-turn, Mohawk (backward power three-turn), both	Free Skate 3	1·40 max	· · · · · · · · · · · · · · · · · · ·			
Loop jump     Waltz jump/toe loop or Salchow/toe loop jump combination     NOT ALLOWED – Waltz/loop combination     Forward power 3's, 2-3 consecutive sets, right or left     Sit spin – minimum 3 revolutions     Half Loop jump     Flip jump     NOT ALLOWED – Waltz/half-loop/Salchow sequence     Backward outside three-turn, Mohawk (backward power three-turn), both	Tree skate s	1.40 max.				
Waltz jump/toe loop or Salchow/toe loop jump combination     NOT ALLOWED – Waltz/loop combination     Forward power 3's, 2-3 consecutive sets, right or left     Sit spin – minimum 3 revolutions     Half Loop jump     Flip jump     NOT ALLOWED – Waltz/half-loop/Salchow sequence     Backward outside three-turn, Mohawk (backward power three-turn), both						
NOT ALLOWED – Waltz/loop combination      Forward power 3's, 2-3 consecutive sets, right or left      Sit spin – minimum 3 revolutions     Half Loop jump     Flip jump     NOT ALLOWED – Waltz/half-loop/Salchow sequence     Backward outside three-turn, Mohawk (backward power three-turn), both						
Free Skate 4     1:40 max.     Sit spin – minimum 3 revolutions     Half Loop jump     Flip jump     NOT ALLOWED – Waltz/half-loop/Salchow sequence     Backward outside three-turn, Mohawk (backward power three-turn), both						
Free Skate 4  1:40 max.  Sit spin – minimum 3 revolutions Half Loop jump Flip jump NOT ALLOWED – Waltz/half-loop/Salchow sequence Backward outside three-turn, Mohawk (backward power three-turn), both						
<ul> <li>Half Loop jump</li> <li>Flip jump</li> <li>NOT ALLOWED – Waltz/half-loop/Salchow sequence</li> <li>Backward outside three-turn, Mohawk (backward power three-turn), both</li> </ul>	Free Skate 4	1:40 max.	· · · · · · · · · · · · · · · · · · ·			
<ul> <li>Flip jump</li> <li>NOT ALLOWED – Waltz/half-loop/Salchow sequence</li> <li>Backward outside three-turn, Mohawk (backward power three-turn), both</li> </ul>	. reconded .	21.0				
<ul> <li>NOT ALLOWED – Waltz/half-loop/Salchow sequence</li> <li>Backward outside three-turn, Mohawk (backward power three-turn), both</li> </ul>						
Backward outside three-turn, Mohawk (backward power three-turn), both						
	Free Skate 5	1:40 max.				
Camel spin – minimum 3 revolutions						
Creative step sequence using a variety of three turns, Mohawks and toe steps						
Free Skate 6 1:40 max. • Camel, sit spin combination - minimum of 4 revolutions total	Free Skate 6	1:40 max.				
Waltz jump/ half-loop/Salchow jump sequence						
Beginning Axel jump						



## **EXCEL 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
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum
- Skaters may have the option to skate one level higher in compulsories than free skate program.

Level	Time	Skating rules/standards
Excel Beginner	1:15 max.	<ul> <li>Toe loop jump</li> <li>Salchow jump</li> <li>One-foot upright spin - minimum 3 revolutions</li> </ul>
		Choreographic step sequence
Excel High Beginner	1:15 max.	<ul> <li>Loop jump</li> <li>Salchow/toe loop combination</li> <li>Sit spin - minimum 3 revolutions</li> <li>Choreographic step sequence</li> </ul>
Excel Pre- Preliminary	1:15 max.	<ul> <li>Flip jump</li> <li>Loop/loop jump combination</li> <li>Upright spin with change of foot – minimum 3 revolutions on each foot</li> <li>Choreographic step sequence</li> </ul>
Excel Preliminary	1:15 max.	<ul> <li>Lutz jump</li> <li>Flip/loop jump combination</li> <li>Camel, sit combination spin – minimum 6 revolutions total</li> <li>Choreographic step sequence</li> </ul>

#### WELL BALANCED 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
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum
- Skaters may have the option to skate one level higher in compulsories than free skate program.

Level	Time	Skating rules/standards	
No-Test	1:15 max.	<ul> <li>Loop jump</li> <li>Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>Upright spin with change of foot – minimum 3 revolutions on each foot</li> <li>Choreographic step sequence</li> </ul>	
Pre-Preliminary	1:15 max.	<ul> <li>Lutz jump</li> <li>Jump combination: single/single (no Axel)</li> <li>Spin with one change of position and no change of foot – minimum 6 revolutions total</li> <li>Choreographic step sequence</li> </ul>	
Preliminary	1:15 max.	<ul> <li>Axel jump</li> <li>Jump combination: single/single (may include Axel)</li> <li>Spin with one change of foot and one change of position – minimum 3 revolutions on each foot</li> <li>Choreographic step sequence</li> </ul>	



# **EXCEL FREE SKATE**

General event parameters:

- Skaters may <u>not</u> enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same 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 one level higher.

	ne highest level they have passed, or skate		o may compete at
Excel Beginner Free Skate 1:40 Max.  Must not have passed higher than Learn to Skate USA Free Skate 2	Maximum 4 jump elements:  Jumps with no more than one-half rotation (front to back or back to front)  Single rotation jumps: Salchow, toe loop only  Half Loops are not allowed.  Maximum 2 jump combinations or sequences  Maximum 2 of any same jump	Maximum 2 spins:  Two upright spins  No change of foot  No flying entry  Minimum 3  revolutions	Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)  Must use one-half of the ice surface  Moves in the field and spiral sequences are allowed but will not be counted as elements  Jumps may be included in the step sequence
Excel High Beginner Free Skate 1:40 Max.  Must not have passed higher than Learn to Skate USA Free Skate 4	Maximum 5 jump elements:  Jumps with no more than one-half rotation (front to back or back to front)  Single rotation jumps: toe loop, Salchow, half-loop, loop  Flip, Lutz, & Axel NOT permitted  Maximum 2 jump combinations or sequences  Maximum 2 of any same jump	Maximum 2 spins:  Both spins must be in a single position  No flying entry  Permitted forward spins: upright, sit, camel  Permitted back spins: upright  Minimum 3 revolutions  Spins must be of a different character	Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)  Must use one-half of the ice surface  Moves in the field and spiral sequences are allowed but will not be counted as elements  Jumps may be included in the step sequence
Excel Pre-Preliminary 1:40 Max.  Must not have passed higher than U.S. Figure Skating Prepreliminary free skate test  *means required element  Full U.S. Figure Skating membership required	Maximum 5 jump elements:  All single jumps allowed, except for the Axel  No single Axels, double, or higher jumps allowed  Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded  Maximum 2 jump combinations or jump sequences  Jump combinations limited to 2 jumps. One 3-jump combination is allowed  Jump sequences are limited to a maximum of 3 single jumps	Maximum 2 spins:  One spin must be in a single position*  One spin may change feet and/or position  No flying entry  Minimum 3 revolutions  Spins must be of a different character	Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)  Must use one-half of the ice surface  Moves in the field and spiral sequences are allowed but will not be counted as elements  Jumps may be included in the step sequence
Excel Preliminary 1:30 +/- 10 sec.  Must not have passed higher than U.S. Figure Skating Preliminary free skate test  *means required element  Full U.S. Figure Skating membership required	Maximum 5 jump elements:  All single jumps allowed, except for the Axel  No single Axels, double, or higher jumps allowed  Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded  Maximum 2 jump combinations or jump sequences  Jump combinations limited to 2 jumps. One 3-jump combination is allowed  Jump sequences are limited to a maximum of 3 single jumps	Maximum 2 spins: One spin must be in a single position* One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character	Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)  Must use one-half of the ice surface  Moves in the field and spiral sequences are allowed but will not be counted as elements  Jumps may be included in the step sequence



# **Excel Preliminary Plus**

1:30 +/- 10 sec.

Must not have passed higher than U.S. Figure Skating preliminary free skate test

\*means required element

Full U.S. Figure Skating membership required

#### Maximum 5 jump elements:

- All single jumps allowed, including single Axel
- No double, or higher jumps allowed
- Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)
- Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded
- Maximum 2 jump combinations or jump sequences
- All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)
- Jump combinations limited to 2 jumps. One 3jump combination is allowed
- Jump sequences limited to a maximum of 3 single jumps

#### Maximum 2 spins:

- One spin must be in a single position\*
- One spin may change feet and/or position
- No flying entry
- Minimum 3 revolutions
- Spins must be of a different character

#### Maximum 1 Sequence: Choreographic Step Sequence\* (ChSt)

- Must use one-half of the ice surface
- Moves in the field and spiral sequences are allowed but will not be counted as elements
- Jumps may be included in the step sequence



# **WELL BALANCED FREE SKATE PROGRAM**

- Skaters may <u>not</u> enter both a Well Balanced Free Skate event and an Excel Free Skate event at the same 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 one level higher.

Level	Time	ave passed, or skate up one level higher.  Jumps	Spins	Step Sequences
	711110	Max 5 Jump Elements	Max 2 Spins	Max 1 Sequence
No-Test	1:40 Max.	<ul> <li>All single jumps allowed except for the single Axel         <ul> <li>No single Axels, double, triple or quadruple jumps allowed</li> <li>Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or jump sequences         <ul> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> </ul> </li> <li>Jump sequences limited to a maximum of 3 single jumps</li> </ul>	<ul> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> <li>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</li> </ul>	Step Sequence  Must use one-half the ice surface  Moves in the field and spiral sequences are allowed but will not be counted as elements  Jumps may be included in the step sequence
Pre- Preliminary	1:40 Max.	<ul> <li>Max 5 Jump Elements</li> <li>All single jumps, including the single Axel, allowed         <ul> <li>No double, triple or quadruple jumps allowed</li> <li>Axel may be repeated once as a solo jump or part of a jump sequence or jump combination                 (maximum of 2 single Axels)</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or jump sequences         <ul> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul>	Max 2 Spins Spins may change feet and/or position Spins may start with a flying entry Min 3 revs.  These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence  Step Sequence  Must use one-half the ice surface  Moves in the field and spiral sequences are allowed but will not be counted as elements  Jumps may be included in the step sequence
Preliminary	1:40 Max.	<ul> <li>Max 5 Jump Elements</li> <li>1 must be an Axel-type jump or a waltz jump*</li> <li>All single jumps, including the single Axel, allowed.         Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)</li></ul>	Max 2 Spins Spins may change feet and/or position Spins may start with a flying entry Min 3 revs.  These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence  Step Sequence  Must use one-half the ice surface  Moves in the field and spiral sequences are allowed but will not be counted as elements  Jumps may be included in the step sequence



# **ADULT 1-6, BEGINNER-BRONZE COMPULSORY**

- The skating order of the elements is optional. Element may only be attempted once.
- To be skated in simple program format with limited connecting steps, ½ ice.
- A 0.2 deduction will be taken for each element MISSING, REPEATED or from a higher level

Level	Time	Elements
Level	Time	Forward Marching
Adult 1	1:30	Forward two-foot glide
Addit 1	Max.	
	11107.	<ul> <li>Forward swizzle (4-6 in a row)</li> <li>Forward snowplow stop – two feet or one foot</li> </ul>
Adult 2	1:30	Forward skating across the width of the ice     Forward and fact glides
Addit 2	Max.	Forward slates     Forward slates
	IVIAX.	Forward slating     Padward slating
		Backward skating
		Backward swizzles, 4-6 in a row
A -ll. 2	4.20	Forward stroking using the blade properly
Adult 3	1:30	Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise
	Max.	Forward chasses on a circle, clockwise and counterclockwise
		Backward skating to a long two-foot glide
		Backward snowplow stop, Right and Left
		Forward outside edge on a circle, right and left
Adult 4	1:30	Forward inside edge on a circle, right and left
	Max.	Forward crossovers, clockwise and counterclockwise
		Hockey stop, both directions
		Backward one-foot glides, right and left
		Backward outside edge and backward inside edge on a circle, right and left
Adult 5	1:30	Backward crossovers, clockwise and counterclockwise
	Max.	Forward outside three-turn, right and left
		Beginning two-foot spin (min 2 revs)
		Forward stroking with crossover end patterns
Adult 6	1:30	Backward stroking with crossover end patterns
	Max.	Forward inside three-turn, right and left
		• T-stop
		Lunge
		Two-foot spin into one-foot spin (min 2 revs on 1 foot)
		Bunny hop
Adult	1:30	Mazurka
Beginner	Max.	Forward beginning one-foot spin from backward crossovers (min 2 revs)
		Forward moving inside open Mohawk (right and left) – heel to instep
		Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right)
		and left, one inside edge, right and left)
		Waltz Jump
Adult High	1:30	• ½ Flip
Beginner	Max.	Forward upright spin – minimum 3 revolutions
· ·		Backward outside three- turn, right and left
		<ul> <li>Alternating right and left backward outside and inside edges across the width of the ice (one outside edge,</li> </ul>
		right and left, one inside edge, right and left)
		Toe loop jump
Adult Pre-	1:30	<ul> <li>Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution</li> </ul>
Bronze	Max.	jump) – maximum of 2 jumps in combination and 3 jumps in a sequence
		Forward upright spin - minimum 3 revolutions
		Two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one backward
		crossover and step to a forward inside edge, clockwise and counterclockwise
		Forward spiral (any edge)
		Salchow jump
Adult	1:30	
Bronze	Max.	Waltz jump – toe loop combination jump      Packward Unright Spin contri on al (Min. 2 revolutions)
DIGITE	IVIUA.	Backward Upright Spin – entry optional (Min. 3 revolutions)      Backward inside these turn right and left.
		Backward inside three-turn, right and left     Spirel converge (Minimum 2 animals), mount about a spirel.
		Spiral sequence (Minimum 2 spirals)- must change edge or foot



## **ADULT 1-6 FREE SKATE WITH MUSIC**

- 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.

Level	Time	Elements
		Forward Marching
Adult 1	1:40 Max	Forward two-foot glide
		Forward swizzle (4-6 in a row)
		<ul> <li>Forward snowplow stop – two feet or one foot</li> </ul>
		Forward skating across the width of the ice
Adult 2	1:40 Max	Forward one-foot glides
		Forward slalom
		Backward skating
		Backward swizzles, 4-6 in a row
		<ul> <li>Forward stroking using the blade properly</li> </ul>
Adult 3	1:40 Max	<ul> <li>Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise</li> </ul>
		and counterclockwise
		Backward skating to a long two-foot glide
		<ul> <li>Forward chasses on a circle, clockwise and counterclockwise</li> </ul>
		Backward snowplow stop, Right and Left
		<ul> <li>Forward outside edge on a circle, right and left</li> </ul>
Adult 4	1:40 Max	<ul> <li>Forward inside edge on a circle, right and left</li> </ul>
		Forward crossovers, clockwise and counterclockwise
		Backward one-foot glides, right and left
		Hockey stop, both directions
		Backward outside edge on a circle, right and left
Adult 5	1:40 Max	Backward inside edge on a circle, right and left
		Backward crossovers, clockwise and counterclockwise
		<ul> <li>Forward outside three-turn, right and left</li> </ul>
		Beginning two-foot spin
		<ul> <li>Forward stroking with crossover end patterns</li> </ul>
Adult 6	1:40 Max	Backward stroking with crossover end patterns
		Forward inside three-turn, right and left
		• T-stop
		• Lunge
		<ul> <li>Two-foot spin into one-foot spin (min 2 revs on 1 foot)</li> </ul>



# ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC

- 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	<ul> <li>Max. 4 jump elements</li> <li>Jumps limited to bunny hop, mazurka, ballet and Waltz jump</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  Two forward 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 Learn to Skate USA Free Skate 1
Adult High Beginner 1:40 Maximum	<ul> <li>Max 4 jump elements:         <ul> <li>Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz</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> </li> </ul>	Max 2 spins:  Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
Adult Pre-Bronze  1:40 Maximum	Max 4 Jump Elements:  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)  Only single and half-revolution jumps are allowed  No single Lutz, single Axel or double jumps are allowed	Max 2 Spins:  Max Level 1  Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre- Preliminary Free Skate
Adult Bronze  1:50 maximum	Max 4 Jump Elements:  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 single Axel)  No single Axel, double or triple jumps are permitted	Max 2 Spins:  Max Level 1  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:  • Choreographic Step Sequence  Must use at least ½ ice surface  May include Moves in the Field and spirals	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate



#### **SHOWCASE EVENTS**

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. Costuming and make-up for showcase programs should enhance the feeling created by the performance, and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. A 0.1 deduction will be taken. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for each ten seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

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

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

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

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.
- Light entertainment: Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- 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.



# **SHOWCASE EVENTS**

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/ Adult Beginner/Adult High Beginner	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 or free dance tests.	Time: 1:30 max.
No Test	No prescribed or restricted elements.	Must not have passed Pre-Preliminary Free Skate or any Free Dance tests.	Time: 1:30 max.
Pre-Preliminary	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary May not have passed any free dance test.	Time: 1:30 max.
Adult Pre-Bronze	No prescribed or restricted elements.	Must have passed no higher than Adult pre-Bronze free skate test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.
Preliminary/ Adult Bronze	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze Free Skate or Free Dance test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.



# **SPINS CHALLENGE**

- 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
		Upright one-foot spin (3)
1. Beginner	1:30 max.	Upright back spin (3)
		Sit spin (3)
		Upright one-foot spin (4)
2.High Beginner	1:30 max.	Upright spin with change of foot (3 each foot)
		Sit spin (3)
		Upright spin with change of foot (3 each foot)
3.No Test	1:30 max.	Sit spin (3)
		Camel spin (3)
		Spin with one change of position and no change of foot (6)
4.Pre – Preliminary	1:30 max.	Backward sit spin (3)
Camel spin (4)		Camel spin (4)
		Spin with one change of foot and one change of position (min. 3 each foot)
5.Preliminary	1:30 max.	Change sit spin (min 3. each foot)
		One position spin – skater's choice (upright, sit or camel) (4)
6.Adult Beginner	1:30 max.	Pivot
		Two-foot upright spin (2)
7.Adult Pre-Bronze	1:30 max.	One-foot upright spin (3)
		Two-foot upright spin (3)
8.Adult Bronze	1:30 max.	One-foot upright spin (4)
		One-foot back spin (3)
		Sit spin (3)



# **JUMPS CHALLENGE**

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

Level	Time	Skating rules / standards		
		Waltz jump (from backward crossovers)		
1.Beginner	1:15 max.	½ flip or ½ Lutz		
		Single Salchow		
		Waltz jump (from backward crossovers)		
2.High	1:15 max.	Single Salchow		
Beginner		Jump combination – Waltz jump-toe loop		
		Single toe loop		
3.No Test	1:15 max.	Single loop		
		Jump combination – Any two ½ or single revolution jumps (no Axel)		
		Single toe loop		
4.Pre –	1:15 max.	Single flip		
Preliminary		Jump combination - Any two ½ or single revolution jumps (no Axel)		
		Single flip		
5.Preliminary	1:15 max.	Single Lutz		
		Jump combination – Any single jump + single loop (may be Axel)		
6.Adult		Bunny hop		
Beginner	1:15 max.	Mazurka or ballet jump		
7.Adult Pre-		Waltz or toe loop jump		
Bronze	1:15 max.	½ flip, ½ Lutz or ½ loop		
8.Adult		Salchow		
Bronze	1:15 max.	Toe loop		
		Any single jump plus a toe loop combination (no Axels allowed)		



#### **SOLO PATTERN DANCE**

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

Level	January	/ 1 <sup>st</sup> –	April 1s	t _	July 1st	_	Octobe	r 1 <sup>st</sup> –
	March	31 <sup>st</sup>	June 30	) <sup>th</sup>	Septem	iber 30 <sup>th</sup>	Decem	ber 31 <sup>st</sup>
Preliminary	1.	Dutch Waltz	1.	Rhythm Blues	1.	Canasta Tango	1. R	hythm Blues
	2.	Canasta	2.	<b>Dutch Waltz</b>	2.	Rhythm Blues	2. [	Outch Waltz
		Tango						
Pre-Bronze	1.	Swing Dance	1	Fiesta Tango	1.	Cha-Cha	1.	Swing Dance
	2.	Cha-Cha	2	Swing Dance	2.	Fiesta Tango	2.	Cha-Cha



#### **TEAM COMPULSORY**

Format: The designated skater from each team will perform their chosen element in sequence on full ice, with no music, and will follow this format:

- 1. Minimum of three skaters on a team; each skater will do at least one required element.
- 2. When the event is called, all skaters will take the ice for a two (2) minute STROKING ONLY warm-up.
- 3. This will be followed by a one (1) minute individual warm-up for the elements.
- 4. Teams will be directed to find a "base" for their team along the boards on the ice where they will stay for the remainder of the event.
- 5. The announcer, referee or judge-in-charge will call the first element (e.g. jump or stop) to be performed.
- 6. The team member performing the element will step forward and execute the skill, with the element first being performed by the skater on team one, then team two, then team three and so on
- 7. Once all the teams have had their skaters complete the element, the next element will be called.
- 8. Judging is done with one mark for each element (skater) for total team points.
- 9. Repeat #4-7 above as this will be done in sequence until all the elements at each level are completed.

Level	Jumps / Stops	Spins / Turns / Glides	Spiral or Step Sequences
1.Snowplow Sam – Basic 3, Hockey 1-4	<ul> <li>-Wiggles, two-foot swizzles, forward or backward, (4-8 in a row)</li> <li>-Snowplow stop (one or both feet) or hockey stop (with skid)</li> </ul>	-Curves, glide turns, or hockey turns (right and left, forward) -March then glide on two feet or forward one-foot glide on left and right foot (one time skater's height, forward)	Forward ½ swizzle pumps or forward c-cuts on a circle (right and left, 6-8 consecutive)
2.Basic 4-Basic 6	-Side-toe hop, bunny hop, ballet jump, mazurka -Waltz jump	-Forward inside pivot or two-foot spin (min. 3 revs.) -One-foot upright spin, optional entry & free foot position (min. 3 revs.)	Moving forward to backward two-foot turns on a circle, clockwise and counterclockwise (from Basic 3)
3.Pre-Free Skate and Free Skate 1-6 levels	-Single jump (no Axel) -Jump combination or jump sequence (no Axel allowed)	-Solo spin (scratch spin, layback, camel or sit, min. 3 revs, no flying entry) -Combo Spin: One change of foot, change of position optional (min. 3 revs. on each foot)	Spiral Sequence (from Free Skate 2)
4.Adult 1-6	-Forward Snowplow stop -Lunge	-Forward swizzles – 4-6 in a row -Backward one-foot glide, right and left	-Forward chasses on a circle – clockwise and counterclockwise
5.Adult Beginner/Adult High Beginner	-Bunny hop -Waltz jump	-Beginning one foot spin from backward crossovers -Backward inside three turn, right and left	Alternating right and left forward outside edges across width of the rink
6.Adult Pre- Bronze/Adult Bronze	-1/2 Flip -Salchow jump	-Forward upright spin -Backward upright spin	Two forward crossovers into a forward inside Mohawk, step down and cross behind, one backward crossover and step to a forward inside edge, clockwise and counterclockwise



#### THEATRE ON ICE

In order to safely practice and compete at the various levels, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level at which they are skating. (See program requirements.) Props, scenery and theatrical makeup are not allowed.

**Eligibility Rules:** All skaters on the team must either be full U.S. Figure Skating members or members of Learn to Skate USA. It is strongly suggested that teams register with U.S. Figure Skating, but this is not required.

Members of other organizations are eligible to compete, but must be registered with a Learn to Skate USA program or as full members of U.S. Figure Skating.

In order for the team to be eligible for this event, no skaters on the team may have passed higher than the pre-preliminary Moves in the Field or adult pre-bronze test in any discipline.

**Age/Number of Skaters**: Skaters may not have reached 18 years of age as of September 1 of the current skating season. Teams should be comprised of 8 - 16 skaters.

**Program Duration**: Teams will skate a program to music of their choice (vocals are allowed) 1 % min. +/-10 sec. There are no restrictions or requirements on music choice but each level has a different THEME, CHOREOGRAPHIC PROCESS and MOVEMENT or GESTURE (see program requirements).

**Judging Notes:** The main emphasis of each level is mastering the Learn to Skate USA of Theatre On Ice and showing control in the skating skills from the badge levels required. The focus is not difficulty, but the performance and expression of the three required elements.

When possible, judges should be selected from those who have participated in a U.S. Figure Skating or PSA seminar where Theatre On Ice has been discussed, or have some familiarity with the discipline of Theatre On Ice.

#### THEATRE ON ICE EVENTS

Format: The competitive programs shall create a story based on the theme while demonstrating the choreographic process and gesture or movement.

- Programs should contain skating skills from the Learn to Skate USA program levels listed.
- Elements from higher levels are not allowed.
- Elements from lower levels are encouraged.
- Coaches should refer to the U.S. Figure Skating Learn to Skate USA Instructor's Manual for further details on the elements.
- Props, scenery and theatrical makeup are not allowed.

Please refer to the Learn to Skate USA Instructor's Manual for more detailed information on Theatre On Ice 1-4.



Level	Program Length	Test, Team Size and Age Requirements	
		• Theme: Joy (emotion)	
TOI/CE 1 1:30 +/- 10 seconds		Choreographic process: Repetition	
		Movement or gesture: Allegro (fast movement)	
		Skaters should demonstrate elements from Learn to Skate USA	
		Basic 1 - 4.	
		Elements from higher levels are not allowed.	
		Theme: Body as an instrument	
TOI/CE 2	1:30 +/- 10 seconds	Choreographic process: Canon	
		Movement or gesture: Soft movement (fluid and light)	
		Skaters should demonstrate elements from Learn to Skate USA Basic 5 -6	
		Elements from higher levels are not allowed.	
		Theme: Traveling through space	
TOI/CE 3	1:30 +/- 10 seconds	Choreographic process: Mirroring	
		Movement or gesture: Unison	
		Skaters should demonstrate elements from Learn to Skate USA Pre-Free Skate - Free Skate 3.	
		Elements from higher levels are not allowed.	
		• Theme: Rhythm	
TOI/CE 4	1:30 +/- 10 seconds	Choreographic process: Call and response	
		Movement or gesture: Percussive (sharp, fast movement)	
		Skaters should demonstrate elements from Learn to Skate USA Free Skate 4 - 6.	
		Elements from higher levels are not allowed.	

# 2019 WINNER'S CIRCLE COMPETE USA COMPETITION ENTRY FORM DEADLINE: SUNDAY, MARCH 24, 2019

# (Please complete both sides of this form.)

AddressCity		
Chaha Zin Farail Adduses		
StateZipEmail Address		
Area Code/Phone #Birth Date		
Learn to Skate USA or USFSA NumberHighest Level Passed		
Program/Club AffiliationDirector's/Coach's Name_		
Please check the event(s) you are entering:		
BASIC BASIC FREE SKATE FREE SKATE EXCEL ADU ELEMENTS PROGRAM COMPULSORY PROGRAM COMPULSORY COMPU		
Snownlow Snownlow Pre-Free Skate Pre-Free Skate Regioner —Adult 1	6	
Basic 1-6Basic 1-6Free Skate 1-6Free Skate 1-6 Hi BeginnerAdult B	•	
(enter level) (enter level) (enter level) Pre-PrelimAdult H	i Beg.	
PreliminaryAdult P	re-Bronze	
Adult B	ronze	
ADULT FREE SKATE  EXCEL FREE SKATE  WELL BALANCED JUMP CHALLENGE SOLO DAI	SOLO DANCE	
Adult 1-6 Beginner No Test (Enter level Preliminary	(RB&DW)	
(enter level) Hi Beginner Pre-Prelim. 1-8 per description Pre-Bronze (	FT&SD)	
Adult Beginner   Pre-Prelim   Preliminary   above)   THEATRE O	THEATRE ON ICE	
Adult Hi Beginner   Preliminary   SPIN CHALLENGE   SHOWCASE   TOI 1-4		
	(indicate TOI 1,2,3,4)	
Ad. Bronze	JLSORY	
No Test above) (Enter lev	el	
Pre-Prelim. 1-6 per descripti	on	
Prelim. above)		
ENTRY FEE IS \$50 for first event, \$15 PER EACH ADDITIONAL EVENT  First Event (\$50) \$ Team Members: (TOI, TC)  Additional Event (\$15) \$  Additional Event (\$15) \$		
Additional Event (\$15) \$  Total Due: \$		

Skaters must be current members of the Chaparral Ice Learn to Skate USA program or full members of U.S. Figure Skating. If your Learn to Skate USA membership is not current, contact Kathy Goeke for information. For full members with questions about their membership status, contact the Austin Figure Skating Club.

The completed entry form, with fees, must be received by Chaparral Ice no later than Sunday, March 24, 2019. If using this form, make check or money order payable to Chaparral Ice. For credit card payment, please complete the form at the bottom of this page.

For more information, contact the Competition Director at Kathy@chaparralice.com.

ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED. ACCEPTANCE OF LATE ENTRIES IS AT THE DISCRETION OF THE COMPETITION DIRECTOR.

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds Chaparral Ice Center, the Austin Figure Skating Club, and the United States Figure Skating Association 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.

Date

Competitor Signature		Date
Instructor/Coach Signature_		Date
Program Director/Club Offic	er	Date
serious personal injury. Use of r dangers, and hazards which ca skater's/participant's parent or Chaparral facility. All skaters acknowledge that all skaters skater's/participant's parent or I damage incurred while on the pr parent or legal guardian agree to any and all liability for claims,	ve certain inherent risks, dangers, a rental equipment for ice skating and an result in serious personal injury legal guardian assume and accept agree to abide by the posted Skate at your own risk. At all times the legal guardian shall be fully liable fremises. And, the skater/participant hold Chaparral, its officers, agents a demands and causes of action assort the facilities or otherwise, upon the	d other ice sports involves risks, r. The skater/participant and/or all risk of injury while in the ater's Responsibility Code and the skater/participant and/or the for personal injury and property and/or the skater's/participant's and employees harmless against terted against Chaparral arising
By signing below, I am agreeing above.	g that I have read, understand, and	agree to abide by the statement
Skater's Name	Signature (Parent	's signature required for minors)
	AND AUTHORIZATION: By ment for the competition entries as	
order tard to of than god as pay.		
		Exp

**Parent/Guardian Signature**