1st Annual City of Palms Classic

July 20th, 2019



Fort Myers Skatium ♦ 2250 Broadway ♦ Fort Myers, FL 33909 239-321-7516 ♦ www.cityofpalmsfscfl.com Entry Deadline: June 20, 2019

The competition is endorsed by US Figure Skating.

<u>City of Palms Classic – Competition Mission Statement</u>

The purpose of this competition is to promote a fun, introductory, competitive experience for the beginning skater.

The 1st annual City of Palms Classic, sponsored by the City of Palms Figure Skating Club will be held at the Fort Myers Skatium on July 20th, 2019. The ice surface measures 200 feet by 85 feet. This is a United State Figure Skating approved Basic Skills Competition. The approvals will be posted on the official competition bulletin board. Questions regarding this competition should be direct to Lisa Headen, lisaheadenskatium@gmail.com or 239-321-7516. Email communications are preferred.



Approval Code:

Eligibility and Test Requirements — The competition is open to all skaters who are current members of a Learn to Skate USA Program and/or are full members of U.S. Figure Skating. Non-members are eligible to register for competition but must be a registered Learn to Skate USA or U.S. Figure Skating member in order to compete. 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 Learn to Skate USA or a member club. There should be no more than six competitors maximum in a group, and all six should receive an award.

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic 1-6 skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.

For the Pre-Free Skate, Free Skate 1-6, Excel, Well Balanced, and Adult levels eligibility will be based only upon highest free skate test level passed. Moves in the Field test level will not determine skater's competitive level. Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition.

Rules – The competition will be conducted under the rules set forth by the US Figure Skating Learn to Skate USA "Compete USA Competition Manual" program.

Entry Fees – The first event is \$50, the second event is \$20 and each additional event after that is \$10. All entries must be postmarked no later than June 20, 2019. Late entries will be accepted at the discretion of the organizers, and are subject to a possible \$25 late fee. Entry fees are per person, U.S. dollars.

Entry forms must be filled out LEGIBLY and completely and mailed with a check made payable to The City of Palms Figures Skating Club to:

City of Palms Figure Skating Club Fort Myers Skatium c/o Lisa Headen 2250 Broadway Ave Fort Myers, FL 33901

There will be a \$35 fee for returned checks.

Awards – <u>All competitors will receive a medal.</u> All events are final rounds. ALL awards will be made at appropriate times throughout the competition. A podium will be available for group and individual photos.

Registration – The registration table will be open 1 hour before the competition begins. Skaters will not be allowed to compete until they have registered. *Please register at least one hour before your competition time.*

Schedule of Events - Schedule will be posted on the club website <u>www.cityofpalmsfscfl.com</u> at least one week prior to the event.

Music - The music for all free skating programs with music will be supplied by skater should be provided on CD. The CD is to be turned into registration at least one hour before scheduled competition time. CD must be clearly labeled with competitor's name and event. Competitors must have a spare CD, rink side to be used in case of technical difficulties.

Practice Ice – Practice ice will be available in 20 minutes sessions the morning of competition and the afternoon prior. Details will be provided either online or via email prior to the competition date. Sign-in and pay \$15 at the door.



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	Skating rules/standards
	March followed by a two-foot glide and dip
Snowplow	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	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
	Forward one-foot glide (no variations), either foot
Basic 2	 Scooter pushes, right and left foot, 2-3 each foot
	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	• 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	 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	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	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.
- Snowplow Sam skaters will be divided by level (1-4), if registrations warrant

Level	Time	Skating rules/standards
		March followed by a two-foot glide and dip
Snowplow	1:10	Forward two-foot swizzles, 2-3 in a row
Sam	max.	Forward snowplow stop
		Backward wiggles, 2-6 in a row
		Forward two-foot glide and dip
Basic 1	1:10	Forward two-foot swizzles, 6-8 in a row
	max.	Beginning snowplow stop on two-feet or one-foot
		Backward wiggles, 6-8 in a row
		Forward one-foot glide (no variations), either foot
Basic 2	1:10	Scooter pushes, right and left foot, 2-3 each foot
	max.	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	• Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6
	max.	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	1:10	Forward crossovers, 4-6 consecutive, clockwise and counterclockwise
	max.	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	1:10	Forward outside three-turn, right and left
	max.	Advanced two-foot spin, minimum 4 revolutions
		Hockey stop
		Forward inside three-turn, right and left
Basic 6	1:10	Bunny Hop
	max.	 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
Pre-Free Skate	1:15 max.	 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 cross 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
Free Skate 1	1:15 max.	 Forward stroking, 4-6 consecutive powerful strokes Backward outside three-turns, right and left One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions Toe loop Half flip jump
Free Skate 2	1:15 max.	 Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis Backward inside three-turns, right and left Beginning back spin- maximum 2 revolutions Half Lutz
Free Skate 3	1:15 max.	 Salchow jump Alternating Mohawk/crossover sequence, right to left and left to right 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
Free Skate 4	1:15 max.	 Forward power 3's, 2-3 consecutive sets, right or left Sit spin - minimum 3 revolutions Half loop jump (Euler) Flip jump
Free Skate 5	1:15 max.	 Backward outside three-turn, Mohawk (backward power three-turn), both directions Camel spin - minimum 3 revolutions Waltz jump-loop jump combination Lutz jump
Free Skate 6	1:15 max.	 Forward power pulls, minimum 3 on each foot Camel, sit spin combination - minimum of 4 revolutions total Waltz jump, half loop (Euler), Salchow jump combination 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.

Level	Time	ting rules/standards		Skating rules/standards	
		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,			
Pre-Free Skate	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			
		Forward stroking, 4-6 consecutive powerful strokes			
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			
		Alternating forward outside spiral (right and left) and forward inside spiral			
Free Skate 2	1:40 max.	(right and left) on a continuous axis			
Tree 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			
Free Skate 3	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			
Free Skate 4	1:40 max.	Sit spin – minimum 3 revolutions			
		Half Loop jump (Euler)			
		Flip jump			
		NOT ALLOWED – Waltz/half-loop/Salchow sequence			
		Backward outside three-turn, Mohawk (backward power three-turn), both			
Free Skate 5	1:40 max.	directions			
		Camel spin – minimum 3 revolutions			
		Waltz-loop jump combination			
		Lutz jump			
		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			
		Waltz jump/ half-loop (Euler)/Salchow jump combination			
		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		
		Toe loop jump		
Excel Beginner	1:15 max.	Salchow jump		
		 One-foot upright spin - minimum 3 revolutions 		
		Choreographic step sequence		
		Loop jump		
Excel High	1:15 max.	Salchow/toe loop combination		
Beginner		Sit spin - minimum 3 revolutions		
		Choreographic step sequence		
		Flip jump		
Excel Pre-	l Pre- 1:15 max. • Loop/loop jump combination			
Preliminary • Upright spin with change of foot – minimum 3 revolutions of		 Upright spin with change of foot – minimum 3 revolutions on each 		
		foot		
		Choreographic step sequence		
		Lutz jump		
Excel 1:15 max. • Flip/loop jump combination		Flip/loop jump combination		
Preliminary • Camel, sit combination spin –		 Camel, sit combination spin – minimum 6 revolutions total 		
		Choreographic step sequence		

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



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. 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.

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 Eulers (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, Euler (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 Pre- preliminary free skate test Open to Learn to Skate USA Free Skate 5 and 6 *means required element Learn to Skate USA membership OR full U.S.	 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 	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



Figure Skating membership required	Jump sequence is any listed jump immediately followed by a waltz jump		
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 sequence is any listed jump immediately followed by a waltz jump	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 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump 	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

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.

• **Per ISU rules, the new definition for a jump sequence will be in effect. A jump sequence consists of two jumps; beginning with any listed jump immediately followed by an Axel-type jump.

Level	Jumps	Spins	Step Sequences
	Max 5 Jump Elements	Max 2 Spins	Max 1 Sequence
No-Test Time: 1:40 Max	 All single jumps allowed except for the single Axel No single Axels, double, triple or quadruple jumps allowed Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequences limited to a maximum of 3 single jumps 	 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)) 	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
	Max 5 Jump Elements	Max 2 Spins	Max 1 Sequence
Pre- Preliminary Time: 1:40 Max	 All single jumps, including the single Axel, allowed No double, triple or quadruple jumps allowed Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequences limited to a maximum of 3 single jumps 	 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)) 	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
	Max 5 Jump Elements	Max 2 Spins	Max 1 Sequence
Preliminary Time: 1:40 Max	 1 must be an Axel-type jump or a waltz jump* All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed Jump sequences limited to a maximum of 3 single or double jumps 	 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)) 	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	Elements
Level	
Adult 1	Forward Marching Forward two foot glide
Adult 1 Time:	Forward two-foot glide Forward swinds (4.6 in a new)
1:30 Max.	Forward swizzle (4-6 in a row) Forward sneurology step, two feet or one feet.
1.30 IVIdX.	Forward snowplow stop – two feet or one foot
	Forward skating across the width of the ice
Adult 2	Forward one-foot glides
Time:	• Forward slalom
1:30 Max.	Backward skating
	Backward swizzles, 4-6 in a row
	Forward stroking using the blade properly
Adult 3.	Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise
Time:	Forward chasses on a circle, clockwise and counterclockwise
1:30 Max.	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	Forward inside edge on a circle, right and left
Time:	Forward crossovers, clockwise and counterclockwise
1:30 Max.	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	Backward crossovers, clockwise and counterclockwise
Time:	Forward outside three-turn, right and left
1:30 Max.	Beginning two-foot spin (min 2 revs)
	Forward stroking with crossover end patterns – utilizing only % sheet of ice surface
Adult 6	Backward stroking with crossover end patterns – utilizing only ½ sheet of ice surface
Time:	Forward inside three-turn, right and left
1:30 Max.	• T-stop
	Lunge
	Two-foot spin into one-foot spin (min 2 revs on 1 foot)
	Bunny hop
Adult	Mazurka
Beginner	Forward beginning one-foot spin from backward crossovers (min 2 revs)
Time:	Forward moving inside open Mohawk (right and left) – heel to instep
1:30 Max.	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	• ½ Flip
Beginner	Forward upright spin – minimum 3 revolutions
Time:	Backward outside three- turn, right and left
1:30 Max.	Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left).
	and left)
	Toe loop jump
Adult Pre-	Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in
Bronze	combination and 3 jumps in a sequence
Time:	Forward upright spin - minimum 3 revolutions
1:30 Max.	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	Waltz jump – toe loop combination jump
Bronze	Backward Upright Spin – entry optional (Min. 3 revolutions)
Time:	Backward inside three-turn, right and left
1:30 Max.	Spiral sequence (Minimum 2 spirals)- must change edge or foot
	- Spiral sequence (initialization 2 spirals): Itiust change euge of foot



ADULT 1-6 FREE SKATE WITH MUSIC

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.

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



ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC

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 Jumps limited to bunny hop, mazurka, ballet and Waltz jump Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same jump	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	 Max 4 jump elements: Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same type jump. 	Max 2 spins: Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed 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



INTERPRETIVE EVENTS

Competition Format

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

Levels: Levels should be broken by ability with ages divided appropriately.

Judging Rules: Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

Time: Music Duration: Pre-Free Skate - No Test: 1:00 Max
Pre-Preliminary - Preliminary: 1:00 Max

Coaching: There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be

kept clear except for ice monitor and listening competitor.

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 Non-qualifying 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.

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.



SPECIAL OLYMPICS BADGE 1-12

Skaters may do a basic compulsory elements event and/or program event using the same list. If doing a program, music can be used and will be 1:10 max.

Badge 1

- A. Stand unassisted for five seconds
- **B.** Sit on ice or fall and stand up unassisted
- C. Knee dip standing still unassisted
- **D.** March forward ten steps assisted

Badge 2

- A. March forward ten steps unassisted
- B. Swizzles, standing still: three repetitions
- C. Backward wiggle or march assisted
- Two foot glide forward for distance of at least length of body

Badge 3

- A. Backward wiggle or march
- B. Five forward swizzles covering at least ten feet
- **C.** Forward skating across the rink
- Forward gliding dip covering at least length of body: left and right

Badge 4

- A. Backward two-foot glide covering at least length of body
- **B.** Two foot jump in place
- C. One foot snowplow stop: left and right
- D. Forward one foot glide covering at least length of body: left and right

Badge 5

- A. Forward stroking across rink
- **B.** Five backward swizzles covering at least ten feet
- C. Forward two-foot curves left and right across rink
- **D.** Two-foot turn front to back, on the spot

Badge 6

- **A.** Gliding forward to backward two-foot turn
- **B.** Five consecutive forward one-foot swizzles on circle: left and right
- C. Backward one foot glide length of body: left and right
- **D.** Forward pivot

Badge 7

- **A.** Backward stroking across the rink
- **B.** Gliding backward to forward two-foot turn
- **C.** T-stop left or right
- **D.** Forward two foot turn on a circle: left and right

Badge 8

- A. Five consecutive forward crossovers: left and right
- **B.** Forward outside edge: left and right
- C. Five consecutive backward ½ swizzles on a circle: left and right
- D. Two-foot spin

Badge 9

- A. Forward outside 3 turn: left and right
- B. Forward inside edge: left and right
- **C.** Forward lunge or shoot the duck at any depth
- **D.** Bunny hop

Badge 10

- A. Forward inside three-turn: left and right
- B. Five consecutive backward crossovers: left and right
- C. Hockey stop
- **D.** Forward spiral three times length of body

Badge 11

- A. Consecutive forward outside edges: minimum of two on each foot
- B. Consecutive forward inside edges: minimum of two on each foot
- **C.** Forward inside Mohawk: left and right
- **D.** Consecutive backward outside edges: minimum of two on each foot
- E. Consecutive backward inside edges: minimum of two on each foot

Badge 12

- **A.** Waltz jump
- **B.** One foot spin: minimum of three revolutions
- **C.** Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise
- Combination of three moves chosen from badges 9-12



16

SYNCHRONIZED SKATING- SNOWPLOW SAM SYNCHRO, SYNCHRO SKILLS 1-3, PRELIMINARY

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

- Unison of body alignment, and learning to guide with the head.
- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Learning how to transition within elements with ease and clarity.
- Incorporating skills from Basic 1-6, Pre-Free Skate and Free Skate 1-2 to strengthen skating skills.
- Learning skills that will be the foundation for higher levels.
- Demonstrate ability to recognize and skate to the tempo of the music.

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).

Eligibility Rules: All skaters on the team must either be full U.S. Figure Skating members or members of the Learn to Skate USA program. All Learn to Skate USA Synchronized Skating teams must be registered with U.S. Figure Skating and have a team number.

In order for the team to be eligible for Snowplow Sam Synchro or Synchro Skills 1-3 events, no skaters on the team may have passed higher than a preliminary test (moves in the field, freestyle or dance). The skater's test level is as of the competition entry deadline.

No skater may compete on multiple Learn to Skate USA synchronized skating teams.

Age/Number of Skaters: Varies based on the level. The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1. If the majority of the team is younger than the listed age, consider skating "up" to the level that best meets the skaters' skill levels.

Each Synchro Skills team may have between 8-16 skaters. A Snowplow Sam Synchro team may have between 5-12 skaters. Teams may have a maximum of four alternates listed on their roster, in addition to the maximum number permitted on the ice for their respective level.

Costume Rules: Learn to Skate USA synchronized skating teams should follow Rule 7022 Clothing and Equipment (U.S. Figure Skating Rulebook) when selecting their clothing for competition.



SYNCHRONIZED SKATING SNOWPLOW SAM, SYNCHRO SKILLS 1-3 PRELIMINARY

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

•	ed elements – Each level has specific required elements that must be completed:						
LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION		
SNOWPLOW SAM	One circle, which must	One line, skated	One block,	One wheel,	One intersection:		
SYNCHRO	contain a forward inside	forward, which must	skated forward,	skated forward,	Two lines facing		
5-12 skaters,	or outside edge 1 foot	cover half ice to full	which	in any shape.	each other, 2-		
majority under 7	glide and/or 2 foot glide.	ice.	must cover half		foot glide at point		
years old	May have backwards		ice		of intersection.		
Maximum 2 minutes	skating.		to full ice, and				
10 seconds			must have only				
			1 configuration.				
SYNCHRO SKILLS 1	One circle, which must	One line, which must	One block,	One wheel of	One intersection:		
8-16 skaters,	contain a two foot turn.	cover half ice to full	which must	the team's	Two lines facing		
majority under 9		ice and may include	cover half ice	choice with	each other, 2-		
'	II	forward and/or	to full ice, and		foot or 1-foot		
Maximum 2 minutes	outside edge glide.	backward skating.	must have only	pumps.	glide at point of		
10 seconds	Stroking from backward		1 configuration.		intersection.		
	to forward is permitted.						
		•	One block,	One wheel of	One intersection:		
8-16 skaters,			which must	the team's	Two lines facing		
		and may include	cover the ice	choice with	each other, 2-		
		· ·	and must have 1		foot or 1-foot		
	_	backward skating.	or 2	i i	glide at point of		
	glide.		configurations.	chasses.	intersection.		
		<u> </u>	One block,		One intersection.		
· ·			which must	of the team's			
1 '		,	cover the ice	choice with			
l'	•		and must have 2				
Maximum 2 minutes			different	pumps, chasses,			
10 seconds			configurations.	and/or			
Minimum of two		must include		crossovers.			
different hand holds		forward and					
		backward skating.					
PRELIMINARY							
	One circle element	One line element	One block	One wheel	One intersection		
are under age 12,			element	element	element		
majority under age					(forward only)		
10							
2:00 +/- 10 seconds							
Minimum of two							
different hand holds							



Restrictions in Snowplow Sam Synchro and Synchro Skills 1:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Lines may not pivot.
- Snowplow Sam Synchro teams: backwards skating is allowed, but not required, in the circle and is not permitted in any other elements or transitions.
- Teams may not do steps higher than Basic 6.

Restrictions in Synchro Skills 2:

- Additional elements are not allowed (the team must do only their required elements).
- Wheels may not travel, change rotational direction or change configuration.
- Circles may not change rotational direction or change configuration. Traveling is allowed, but not required.
- Lines may not pivot.
- Synchro Skills 2 teams may not do steps higher than Free Skate 2, with the exception of split jumps, stag jumps and split falling leaf jumps.

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

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



1st Annual City of Palms Classic

	Entry Form [PLEASE PRINT CLEARLY]					
Name				AgeBirth Date		
	Last	First				
<mark>E-Mail Addre</mark>	<mark>ss</mark>					
State	Zip	Area Code/Phone	#			
Home Club		USFSA #		Highest Level Pass	<mark>ed</mark>	
Male	Female	Name of Parent/Guardian				
	\$50 fe	or First Event; \$20 for Seco	nd Event; \$3	10 for Each Additiona	al Event	
Basic 1—6	Pre-Free	Skate – Excel Preliminary		Showcase (All Levels		
Level				Level		
Program w/Music	Compuls	ory		Lt. Entertainment	_	
Compulsories	Due Fue	Chata Frank Bushinsinson, Blo		Dramatic		
Interpretive		Skate – Excel Preliminary Plu	<u>is</u>	Adults (1-6 & Beginn	or Bronzol	
Snowplow Sam	Free Ska	 te		Level		
Level		tive		Program w/Music		
Program w/ Music		···· 0		Compulsories		
Compulsories		ance Free Skate		Interpretive		
	No Test					
Special Olympics 1-12	Pre-Preli	minary				
Level		ary				
Program w/Music	Interpre	tive				
Compulsory						
Deat Channel		Partners Name	Partne	rs USFS/LTS USA#	Partners Age	
Duet Showcase Level_ Dramatic/Lt. Entertain		 One)				
	Entry Coo	es are not refundable after i	the entry de	adlina unlass an avan	t is cancalled	
		ot a USFSA member add \$1				
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First Event	\$	ENTRIES MUST		ST MARKED BYJUNE	20, 2019	
Additional Event	\$	Mail form and fees to: City of Palms Figure Skating Club		e Skating Club		
Additional Event	\$		Fort N	1yers Skating, c/o Lisa	a Headen	
Additional Event	\$		2250 E	Broadway Ave, Fort N	Nyers, FL 33901	

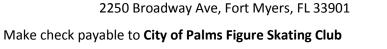
Additional Event \$

Additional Event \$

Join USFSA \$

Hospitality Fee \$5

TOTAL: \$





1st Annual City of Palms Classic

Team Entry Form [PLEASE PRINT CLEARLY]

Name of Team			Home	e Rink/Club			
Coach Name							
Coach E-mail (Requi					e #		
Todasii z iiidii (iioqai				15 per skater			
Snow	olow Sam Synchro	nized					
	ronized Skills 1				duction Ensemble		
	ronized Skills 2			Production	on Ensemble		
	ronized Skills 3						
Prelim	•	۸σ٥	LICEC #	1	Nama	٨٥٥	LICEC #
Nan	ne	Age	USFS #	21	Name	Age	USFS #
1				22			
3				23			
4				24			
5				25			
6				26			
7				27			
8				28			
9				29			
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11				31			
12				32			
13				33			
14				34			
15				35			
16				36			
17				37			
18				38			
19				39			
20				40			
Entry Fe	ees are not refund	able after	the entry deadlin	e unless an eve	ent is cancelled.		
Number of Skaters	\$		ENTRIES	S MUST BE POS	T MARKED BYJUNE 2	0, 2019	
Entry Fee	\$ X 15		Mail for	m and fees to:	City of Palms Figure	Skating Club	1
Hospitality Fee	\$ 10		_	Fort M	yers Skating, c/o Lisa	Headen	
TOTAL: \$			2250 B	roadway Ave, Fort My	yers, FL 3390)1	
Card Number:				Make	check payable to City	of Palms Fig	gure Skating Club
Exp #:							
Signature:							



APPROVAL CODE:

Certification	of Competitor
Ceruncanon	or compenior

Competitor Name:	
Competitor Name:	

- 1. The competitor is eligible to enter the events checked. It is agreed that the competitor and family hold the City of Palms Figure Skating Club and the Fort Myers Skatium harmless from any and all liability either during practice or the competition, from any and all liability for damages to or loss of property.
- 2. As a participant, or parent/guardian of a minor participant, in the City of Palms Classic/ Florida Compete USA Series, I understand that the City of Palms Classic/Florida Compete USA Series, or its agents, may take photographs, video and/or film of my, my minor's and/or my family's involvement, participation, viewing or interaction at City of Palms Classic/Florida Compete USA Series scheduled ice time, activities, classes or events. I hereby authorize the taking and use of such photographs, video, film or likeness of myself, my minor child (or children), and/or my family in all forms and media and in all manners, including composite or other representations, for any lawful and legitimate City of Palms Classic/Florida Compete USA Series purpose, including dissemination and distribution of the same; and further waive any right to approve or object to any finished, modified or derivative product or media

3. I have read the Concussion Awareness Information located on www.cityofpalmsfscfl.com and by signing below, I am

Please print clearly

<u>CHECKLIST [please be sure the following is included]:</u>	
Entry form with USFSA Number	Club Officer/Program Director Signature
Check payable to City of Palms Figure Skating Club	Events to be entered checked properly



HAPPY AD ADVERTISING FORM

[Put an encouraging note to your skater or entire club in our program]

Ad sizes available: Ads are available in business card size only however you may purchase more than one ad to make a larger tribute to your skater. _____ # of Business Card ads X \$5 = \$_ Please include payment with your copy Contact Name_____ Address_ Phone Number_____ Insert Ad copy here or attach camera-ready artwork to this form.

