# EDITH SCHEONROCK INTERNATIONAL COMPETITION

## Hosted by the Port Huron Figure Skating Club SATURDAY FEBRUARY 2, 2019



Sanctioned by U.S. Figure Skating & Skate Canada

GLACIER POINTE ARENA 4150 Dove Road Port Huron, MI 48060

**CHIEF REFEREE: Barry Doren CHIEF ACCOUNTANT: Mary Moss** 

## FOR ADDITIONAL INFORMATION CONTACT:

Sarah Burrows Rutkofske or Jessica Thompson-Albert PHFSC



P.O. Box 610863 Port Huron, MI 48060 (810) 841-9550 Phfscedith20@gmail.com



Entry Deadline: January 4, 2019

This event is a standard U.S. Figure Skating Nonqualifying Competition

#### **EDITH SCHEONROCK INTERNATIONAL COMPETITION**

The *Edith Scheonrock International Competition* will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

<u>ELIGIBILITY/TEST LEVEL:</u> Test level: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event

AGE RESTRICTIONS/REQUIREMENTS: Skaters entering open juvenile events, must be 13 or older for girls, 14 and older for boys at the close of entries.

Skaters entering beginner–pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

**ENTRIES:** All entries must be postmarked no later than Jan 4, 2019. **Space may be limited.** Applications will be processed on a first-come, first-served basis. Late entries will be accepted by the discretion of the competition committee and will incur an additional late fee of \$25.00. Entry fees are per person, per event and payable in U.S. Dollars only. **There will be a \$35.00 service fee assessed if the skater enters the wrong event and requests to be changed.** There will also be a \$35.00 service fee assessed for returned/NSF checks.

Event fees are as follows: Videos ARE included with all entries.

First event - \$98.00 Second event - \$45.00 Each additional event - \$30.00

\*Exception #1: <u>Survivor Event</u> will be \$20.00 if multiple events are registered for

\*Exception #2: Survivor event will be \$38 if it is the only event registered for.

Pairs FS / couples dance events (per pair) - \$118.00

First Learn To Skate event - \$63.00 Each additional Learn To Skate event - \$20.00

**REFUND POLICY:** Entry fees will not be refunded after Jan 4, 2019 unless no competition exists or the event is cancelled. There will be no refunds for medical withdrawals. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$35 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

<u>OFFICIAL ARENA:</u> The competition will be held at the **Glacier Pointe Arena**, 4150 Dove Rd., Port Huron MI 48060, which has two ice surfaces each measuring 200' x 85'. Parking, dressing rooms, and snack bar facilities are available at the arena. A vendor exhibition area will be inside the arena.

<u>MUSIC:</u> Music will be reproduced through the arena system on CDs furnished by each competitor at registration. All CDs must be clearly marked with name, event and actual time of the music. Damaged or improperly marked CDs or practice CDs will not be accepted. Competitors must have a suitable emergency back-up at rink side during his/her event. PHFSC will not be responsible for music left at the end of the competition

<u>LIABILITY:</u> U.S. Figure Skating, The Port Huron Figure Skating Club and Glacier Pointe Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

**JUDGING SYSTEM:** The 6.0 Majority Judging System will be used for all events.

**REGISTRATION AT EVENT (CHECK-IN):** The official registration desk will open one hour prior to the start of the competition and remain open until the close of the competition February 2, 2019. **Competitors must check in at the registration desk at least one hour prior to their event or they will not be allowed on the competition ice.** 

<u>OFFICIAL NOTICES:</u> An official bulletin board will be maintained in the lobby of the Glacier Pointe Arena. Posted schedules and announcements thereon shall constitute sufficient notice to competitors, coaches, chaperones and officials.

**PRACTICE ICE:** Practice ice will be available to the competitors at a fee of \$10.00 per 20 minute session. Practice ice information will be available online at **sk8stuff.com**. Music will not be played on any practice session.

<u>DVD/PHOTOGRAPHY:</u> **NEW THIS YEAR!** We will be including professional digital video downloads for all of the events by *ProEventPhotos!* A one-time fee of \$18 has been added to the first event fee. This will entitle competitors to a digital video download of all of their events. There will also be action shots available for purchase by *ProEventPhotos.* Please be sure to visit their booth at the event for more information.

#### **IMPORTANT NOTICE FOR ALL COACHES:**

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the following requirements:

#### Coaching U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training\*
- Continuing Education Requirements (CERs) for the 2018-19 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

#### Coaching Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Completed SafeSport Training\* (for coaches 18 years old and over)
- Completed background check (green light status) (for coaches 18 years old and over)
- Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

\*SafeSport training is available through www.usfsaonline.org for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons

The LOC will have a list of compliant coaches who are approved to receive a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential. There can be <u>no exceptions</u> to this policy.

If a foreign coach has only foreign athletes at your competition, a background check and SafeSport Training is not required. Instead, the coach must submit a letter from their Federation stating they are a member in good standing.

For more information regarding Coach Compliance, please visit: http://usfsa.org/content/Coaches%20Requirements%20Chart.pdf

#### For additional competition information please contact:

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#### **EVENTS AND AWARDS:**

**EXCEL FS EVENTS:** Beginner – Senior **WELL BALANCED PROGRAM:** No Test – Open Juv

**EXCEL COMPULSORY MOVES:** Beg – Prelim **COMPULSORY MOVES:** No Test - Senior

SHORT PROGRAM: Open Juv only SURVIVOR: Beg – Senior

SPINS CHALLENGE: Beg – Senior JUMPS CHALLENGE: Beg – Senior

ADULT FREESKATE: Pre Bronze - Masters Junior/Senior

SOLO DANCE: Prelim – Gold COUPLES DANCE: Prelim – Juv

INTERPRETIVE: Prelim - Teen LIGHT ENTERTAINMENT: No Test - Teen

Medals will be awarded for first, second, third and fourth places

• All Freestyle events will be final rounds. (Chief referee determines if applicable)

All events will be judged using 6.0 judging system

#### Area Lodging:

#### Hampton Inn Best Western Edith Choice Hotel!

**Comfort Inn** 

 1655 Yeager Street
 2282 Water Street

 Port Huron, MI 48060
 Port Huron MI 48060

 (810) 966-9000
 (810) 987-1600

Room discounts until January 18, 2019

## Fairfield Inn by Marriot

1635 Yeager Street 1700 Yeager Street
Port Huron, MI 48060 Port Huron, MI 48060
(810) 982-4109 (810) 982-5500

#### **Double Tree**

800 Harker Street Port Huron, MI 48060 (810) 984-8000

## Holiday Inn Express & Suites

2021 Water Street Port Huron, MI 48060 (810) 662-3400

## **EVENTS AND ELIGIBILITY**

EVENT: 2018-2019 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 non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.

Excel events may be run as either 6.0 or IJS subject to the individual competition announcement. Events will be run in accordance with the Excel Technical Handbook on the Excel Program webpage, regardless of which judging system is used.

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 pre-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 1:30 +/- 10 seconds  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 waltzjump.	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 seconds  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 followed by an axel type 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 Pre-Juvenile 2:00 +/- 10 seconds  Must not have passed higher than U.S. Figure Skating pre-juvenile 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 an axel type jump.	Maximum 2 spins:  1 spin combination, with or without change of foot*  Minimum 6 revolutions  No flying entry  1 spin with only 1 position*  No change of foot  No flying entry  Minimum 4 revolutions  Spins must be of a different character	Maximum 1 Sequence:  Choreographic Step Sequence* (ChSt)  Must fully utilize 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 choreographic step sequence

Excel Pre-Juvenile Plus  2:00 +/- 10 seconds  Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test  *means required element  Full U.S. Figure Skating membership required	<ul> <li>Maximum 5 jump elements:         <ul> <li>1 must be an Axel-type jump or a waltz jump*</li> <li>All single jumps, including the single Axel, allowed.</li> <li>Only 1 double jump may be attempted (limited to double Salchow or double toe loop)</li> <li>Double loop, double flip, double Lutz, double Axel and higher jumps not allowed.</li> <li>Axel plus up to 1 allowable double jump may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Maximum 2 jump combinations or sequences         <ul> <li>Jump combination limited to 2 jumps. One 3 jump combination is allowed</li> <li>Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	Maximum 2 spins:  1 spin combination, with or without change of foot*  Minimum 6 revolutions  No flying entry  1 spin with only 1 position*  No change of foot  Spin may start with flying entry  Minimum 4 revolutions  Spins must be of a different character	Maximum 1 Sequence:  Choreographic Step Sequence* (ChSt)  Must fully utilize 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 choreographic step sequence
Excel Juvenile 2:20 +/- 10 seconds  Must not have passed higher than U.S. Figure Skating juvenile free skate test  *means required element  Full U.S. Figure Skating membership required	Maximum 5 jump elements:  All single jumps allowed, including Axel  No double or higher jumps allowed  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 followed by an axel type jump.	Maximum 2 spins:  1 spin combination, with or without change of foot*  Minimum 6 revolutions  Minimum 2 revolutions in each position  1 spin with only 1 position*  No change of foot  Minimum 5 revolutions  Both Spins may start with a flying entry.  Spins must be of a different character	Maximum 1 Sequence:  • Choreographic Step Sequence* (ChSt)  • Must fully utilize the ice surface

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Excel Juvenile Plus	Maximum 5 jump elements:  • 1 must be an Axel-type jump*	<ul><li>Maximum 2 spins:</li><li>1 spin combination,</li></ul>	<ul><li>Maximum 1 Sequence:</li><li>Choreographic Step</li></ul>
2:20 +/- 10 seconds	All single jumps, including the single Axel,	with or without	Sequence* (ChSt)
	allowed.	change of foot*	<ul> <li>Must fully utilize</li> </ul>
Must not have passed higher	Only 2 different double jumps may be	o Minimum 6	the ice surface
than U.S. Figure Skating	attempted (limited to double Salchow and	revolutions	
juvenile free skate test	double toe loop)	<ul> <li>Minimum 2 revolutions in</li> </ul>	
	<ul> <li>Double loop, double flip, double Lutz, double Axel and higher jumps not allowed</li> </ul>	each position	
*means required element	No more than 1 Axel plus and 2 different	• 1 spin with only 1	
	double jumps may be repeated once (but	position*	
Full U.S. Figure Skating	not more) as solo jumps or part of a jump	<ul> <li>No change of</li> </ul>	
membership required	sequence or jump combination	foot O Minimum 5	
	<ul> <li>Number of single jumps is not limited provided the maximum number of jump</li> </ul>	<ul><li>Minimum 5 revolutions</li></ul>	
	elements allowed is not exceeded	Both Spins may start	
	Maximum 2 jump combinations or sequences	with a flying entry.	
	<ul> <li>Jump combination limited to 2 jumps. One</li> </ul>	Spins must be of a	
	3 jump combination is allowed	different character	
	Jump sequence is any listed jump		
Even I Iv. 4	followed by an axel type jump.  Maximum 6 jump elements:	Maximum 2 spins:	Maximum 1 Sequence:
Excel Intermediate**	• 1 must be an Axel-type jump*	• 1 spin combination,	Choreographic Step
2:40 +/- 10 seconds	All single jumps, including the single Axel,	with or without	Sequence* (ChSt)
	allowed. Double Salchow, double toe loop,	change of foot*	<ul> <li>Must fully utilize</li> </ul>
Must not have passed higher	double loop allowed	o Minimum 6	the ice surface
than U.S. Figure Skating	<ul> <li>Double flip, double Lutz, double Axel and higher jumps not allowed</li> </ul>	revolutions o Minimum 2	
intermediate free skate test	No more than 1 Axel plus and 2 different	<ul> <li>Minimum 2</li> <li>revolutions in</li> </ul>	
	double jumps may be repeated once (but	each position	
*means required element	not more) as solo jumps or part of a jump	• 1 spin with only 1	
	sequence or jump combination	position*	
Full U.S. Figure Skating	Number of single jumps is not limited	No change of	
membership required	provided the maximum number of jump elements allowed is not exceeded	foot  o Minimum 5	
	Maximum 3 jump combinations or sequences	revolutions	
	<ul> <li>Jump combinations limited to 2 jumps.</li> </ul>	Both Spins may start	
	One 3 jump combination is permitted.	with a flying entry.	
	<ul> <li>Jump sequence is any listed jump</li> </ul>	Spins must be of a	
	followed by an axel type jump.	different character	
Excel Novice**			
	Maximum 6 jump elements for ladies, 7 for men:	Maximum 3 spins:	Maximum 1 Sequence:
Ladies: 3:00 +/- 10	1 must be an Axel-type jump*	1 spin combination,	Choreographic Step
seconds	<ul> <li>All single jumps, including the single Axel, allowed. Double Salchow, double toe loop,</li> </ul>	with or without change of foot*	Sequence* (ChSt)  o Must fully utilize
Men: 3:30 +/- 10	double loop, double flip allowed	o Minimum 8	<ul> <li>Must fully utilize the ice surface</li> </ul>
seconds	<ul> <li>Double Lutz, double Axel and higher</li> </ul>	revolutions	
seconds	jumps not allowed	o Minimum 2	
Must not have passed higher than U.S.	<ul> <li>No more than 1 Axel and 3 different</li> </ul>	revolutions in	
Figure Skating novice free skate test	double jumps may be repeated, and if	each position	
*means required element	repeated, at least 1 attempt must be as part of a jump combination or sequence	1 flying spin with no change of foot or	
_	There is no limit to the number of single	position*	
Full U.S. Figure Skating membership required	jumps that can be repeated, but no	o Minimum 6	
Toquirou	allowable double jump can be included	revolutions	
	more than twice	3 <sup>rd</sup> spin is option of      alreton	
	<ul> <li>Maximum 3 jump combinations or sequences</li> <li>Jump combinations limited to 2 jumps.</li> </ul>	<ul><li>skater</li><li>All spins may start</li></ul>	
	One 3 jump combination with a maximum	with a flying entry.	
	of 3 jumps is allowed	Spins must be of a	
	<ul> <li>Jump sequence is any listed jump</li> </ul>	different character	
	followed by an axel type jump.		1

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Excel Junior 3:30 +/- 10 seconds  Must not have passed higher than U.S. Figure Skating junior free skate test  *means required element  Full U.S. Figure Skating membership required	Maximum 7 jump elements  1 must be an Axel-type jump*  All single and double jumps allowed, except the double Axel.  Double Axel and higher jumps not allowed  No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence  Maximum 3 jump combinations or sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed  Jump sequence is any listed jump followed by an axel type jump.	Maximum 3 spins:  1 spin combination, with or without change of foot*  Minimum 10 revolutions  All 3 basic positions with minimum 2 revolutions in each position for highest base value  1 spin with a flying entry*  Minimum 6 revolutions  1 spin with only one position*  Minimum 6 revolutions  All spins may start with a flying entry.  Spins must be of a different character	Maximum 1 Sequence:  Choreographic Step Sequence* (ChSt)  Must fully utilize the ice surface
Excel Senior 4:00 +/-10 seconds  Must not have passed higher than U.S. Figure Skating senior free skate test  *means required element  Full U.S. Figure Skating membership required	Maximum 7 jump elements  I must be an Axel-type jump* All single and double jumps allowed, including the double Axel.  Triple and higher jumps not allowed No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence  Maximum 3 jump combinations or sequences  Jump combinations limited to 2 jumps. One 3-jump combination is allowed  Jump sequence is any listed jump followed by an axel type jump.	Maximum 3 spins:  1 spin combination, with or without change of foot*  Minimum 10 revolutions All 3 basic positions with minimum 2 revs in each position for highest base value  1 spin with a flying entry*  Minimum 6 revolutions  1 spin with only one position*  Minimum 6 revolutions  All spins may start with a flying entry.  All spins may start with a flying entry.  Spins must be of a different character	Maximum 2 Sequences:  Choreographic Step Sequence* (ChSt)  Must fully utilize the ice surface  One Choreographic Sequence* (ChSq)  Must be clearly visible

<sup>\*\*</sup> Intermediate and Novice Program lengths will change February 1, 2019, to align with the Well-Balanced program length changes.

## **EVENT: WELL BALANCED PROGRAM**

**2018-19 Singles Free Skating Requirements** — This chart has been updated with changes from the 2018 U.S. Figure Skating Governing Council and ISU Congress, which go into effect July 1, 2018.

2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
NO TEST  1:40 maximum  *means element is required	Max 5 Jump Elements  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 sequence is any listed jump immediately followed by an Axel-type jump.	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  If IJS is used, then: ChSt
PRE- PRELIMINARY 1:40 maximum *means element is required	Max 5 Jump Elements  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 sequence is any listed jump immediately followed by an Axel-type jump.	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  If IJS is used, then: ChSt
PRELIMINARY  1:30 +/- 10 sec  *means element is required	<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> <li>Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>Max 2 jump combinations or sequences</li> <li>Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump.</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  If IJS is used, then: ChSt
PRE-JUVENILE 2:00 +/- 10 sec *means element is required	Max 5 Jump Elements  1 must be an Axel-type jump*  All single and double jumps allowed except for the double Axel  No double Axels, triple or quadruple jumps allowed  An Axel plus up to 3 different double jumps may be repeated once (but no 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 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed  Jump sequence is any listed jump immediately followed by an Axel-type jump.	Max 2 Spins  1 spin combination, with or without change of foot*  Min 6 revs  1 spin with only 1 position*  No change of foot  Min 4 revs  Both spins may start with a flying entry These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	Max 1 Sequence Step Sequence Must fully utilize 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  If IJS is used, then: ChSt

## **EVENT: WELL BALANCED PROGRAM**

All competitors must be 13 or older for girls, 14 and older for boys as of the closing date of the competition

2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
OPEN JUVENILE 2:20 +/- 10 sec *means element is required		SPINS  Max 2 Spins 1 spin combination; with or without change of foot*	STEP SEQUENCES  Max 1 Sequence  One choreographic step sequence*  Must fully utilize the ice surface
	maximum of 2 double jumps and 1 single jump is allowed. If double Axel or triple jump is part of 3-jump combination, then 2 other double jumps may be included.  Jump sequence is any listed jump immediately followed by an Axel-type jump.		

**EVENT: ADULT SINGLES FREE SKATING** 

#### 2018-19 Adult Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2018.



2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCE
CHAMPIONSHIP MASTERS JUNIOR-SENIOR & MASTERS JUNIOR-SENIOR 3:40 maximum * means element is required	Max 7 Jump Elements  1 must be an Axel-type jump or a waltz jump* Max 3 combinations or sequences 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence If both executions (of the same Axel or multi-rotation jump) are as solo jumps, the second of these jumps will receive 70% of its original base value	Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))     Min 5 revs total if no change of foot     Min 4 revs each foot if change of foot     Min 2 revs in each position	As a Step Sequence     1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)     Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
CHAMPIONSHIP MASTERS INTERMEDIATE- NOVICE & MASTERS INTERMEDIATE- NOVICE 3:10 maximum * means element is required	Max 6 Jump Elements  1 must be an Axel-type jump or a waltz jump*  Max 3 combinations or sequences  1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps  Only 1 jump combination may include 2 double jumps  Jump sequence is any listed jump immediately followed by an Axel-type jump  Each jump may be repeated only once, and only as part of a combination or sequence  If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value  All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop  Double flip, double Lutz, double Axel and triple jumps are not permitted	Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))     Min 5 revs total if no change of foot     Min 4 revs each foot if change of foot     Min 2 revs in each position	As 1 Step Sequence     1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)     Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
CHAMPIONSHIP ADULT GOLD & ADULT GOLD 2:40 maximum	Max 5 Jump Elements  Max 3 combinations or sequences  1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps  Each jump combination may include only 1 double jump  Jump sequence is any listed jump immediately followed by an Axel-type jump  Each jump may be repeated only once, and only as part of a combination or sequence  If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value  All single jumps, including the single Axel, and the following double jumps are permitted: double toe loop, double Salchow.  Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted	Max 3 Spins  Max Level 3 Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 4 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position	Max 1 Step Sequence     1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)     Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Spins of a different character - this refers to the abbreviation of a spin, e.g. a combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character, and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see U.S. Figure Skating rule 4103 (E).

6.0 System Penalties: • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs.

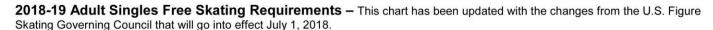
• 0.2 in 1st mark for each jump and/or spin element exceeding max.

0.1 in each mark for time violation

• 0.1 in 1st mark for step seg. not utilizing the ice as prescribed. • 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs - IJS and 6.0 -- over the maximum time will receive a deduction.

Adult Singles 2018-2019 Version 1.1-7/5/18 LMF





2018-19	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
CHAMPIONSHIP ADULT SILVER AND ADULT SILVER 2:10 maximum	Max 5 Jump Elements  Max 2 combinations or sequences 1 combination may contain 3 jumps, and the other may contain only 2 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump  Non-listed jumps of not more than 1 revolution performed as part of connecting footwork preceding single jumps are permitted  Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)  All single jumps, including single Axel, are permitted  No double or triple jumps are permitted	Max 2 Spins  Max Level 2 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	1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)     Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
ADULT BRONZE 1:50 maximum	Max 4 Jump Elements  Max 2 combinations or sequences 1 combination may contain 3 jumps, and the other may contain only 2 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump  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  1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)  Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
ADULT PRE BRONZE 1:40 maximum	Max 4 Jump Elements  Max 2 combinations or sequences  1 jump combination may contain 3 jumps, and the other may contain only 2 jumps  Jump sequence is any listed jump immediately followed by an Axel-type jump  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 permitted  No single Lutz, single Axel or 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  Spins with a flying entry are not permitted	Max 1 Sequence     Connecting steps throughout the program are required

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Spins of a different character – this refers to the abbreviation of a spin, e.g. a combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character; and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see U.S. Figure Skating rule 4103 (E).

6.0 System Penalties: • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs.

• 0.2 in 1st mark for each jump and/or spin element exceeding max.

- 0.1 in each mark for time violation
- 0.1 in 1st mark for step seq. not utilizing the ice as prescribed. 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

Adult Singles 2018-2019 Version 1.1-7/5/18 LMF

## **EVENT: SHORT PROGRAM**

All competitors must be 13 or older for girls, 14 and older for boys as of the closing date of the competition All short programs will be skated with music. Test requirements the same as Freestyle.

### **OPEN JUVENILE: 2:10 minutes max**

- 1. One jump combination consisting of one single jump and one double jump or two double jumps
- 2. Axel or Double Axel (May not be repeated)
- 3. Single jump or Double Jump (May not repeat Axel jump or jumps used in combination)
- 4. Solo spin minimum 5 revolutions in one position. (May start with a fly)
- 5. Combination spin only one change of foot. Min. 2 basic positions. Must have all 3 basic positions to receive full value. (No flying entry) Min. 5 revs on each foot. Min. 2 revs. In each position.
- 6. Choreographic step sequence (Fully utilizing the ice surface)

## **EVENT: COMPULSORY MOVES**

## **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> <li>Choreographic step sequence</li> </ul>
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>

## **EVENT**: COMPULSORY MOVES

#### General event parameters:

- 1. No Test Pre-Juvenile: Elements skated on ½ ice
- 2. Juvenile Senior: Elements skated on full-ice
- 3. The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
- 4. A 0.2 deduction will be taken for each element performed from a higher level.
- 5. Music is not allowed.
- 6. Skaters may compete at their test level or one level higher.

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>
Pre – Juvenile	1:15 max.	<ol> <li>Axel or double Salchow</li> <li>Jump combination: single/single (may include Axel)</li> <li>Layback spin or camel spin - minimum three revolutions</li> <li>Step sequence – must include rotating in both directions</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol> <li>Double Salchow or double toe loop</li> <li>Jump combination: single/single or double/single</li> <li>Layback spin or camel spin - minimum four revolutions</li> <li>Step sequence - must include 3 difficult turns and rotating in both directions</li> </ol>
Intermediate	1:30 max.	<ol> <li>Double Salchow, double toe loop or double loop</li> <li>Jump combination: single/single or double/single, double/double</li> <li>Flying spin, minimum five revolutions</li> <li>Step sequence – must include 4 difficult turns and rotations in both directions</li> </ol>
Novice	1:30 max.	<ol> <li>Double loop or double flip</li> <li>Jump combination: double/single or double/double</li> <li>Flying spin - minimum six revolutions</li> <li>Step sequence - must include 5 difficult turns and rotations in both directions</li> </ol>
Junior	1:30 max.	<ol> <li>Double flip or double Lutz</li> <li>Jump combination: double/double or triple/double</li> <li>Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot)</li> <li>Step sequence - must include 7 difficult turns and rotations in both directions</li> </ol>
Senior	1:30 max.	<ol> <li>Double Lutz or double Axel</li> <li>Jump combination: double/double or triple/double</li> <li>Combination spin - all 3 basic positions required (min. 6 on each foot)</li> <li>Step sequence – must include 7 difficult turns and rotations in both directions</li> </ol>

## **EVENT: JUMPS CHALLENGE**

## General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
   Pre-juvenile and lower will be skated ½ ice; Juvenile senior will be skated on full ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	Waltz jump (from backward crossovers)     '½ flip or ½ Lutz     Single Salchow
High Beginner	1:15 max.	Waltz jump (from backward crossovers)     Single Salchow     Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol> <li>Single toe loop</li> <li>Single loop</li> <li>Jump combination – Any two ½ or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol> <li>Single toe loop</li> <li>Single flip</li> <li>Jump combination - Any two ½ or single revolution jumps (no Axel)</li> </ol>
Preliminary	1:15 max.	Single flip     Single Lutz     Jump combination – Any single jump + single loop (may include Axel)
Pre – Juvenile	1:15 max.	<ol> <li>Single Axel or double Salchow</li> <li>Single or double jump</li> <li>Jump combination – single/single (may include Axel)</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol> <li>Single Axel</li> <li>Double Salchow or double toe loop</li> <li>Jump combination – single/single or double/single (may include single Axel)</li> </ol>
Intermediate	1:30 max.	<ol> <li>Single Axel</li> <li>Double toe loop or double loop</li> <li>Jump combination – double/single or double/double (may include single Axel)</li> </ol>
Novice	1:30 max.	Double loop     Double flip     Jump combination – double/double (may include double Axel)
Junior	1:30 max.	Choice of double or triple jump (Salchow, toe loop, loop, Lutz)     Double or triple flip     Jump combination – double/double (may include double Axel)
Senior	1:30 max.	<ol> <li>Choice of double or triple jump (Salchow, toe loop, loop, flip)</li> <li>Double or triple Lutz</li> <li>Jump combination – double/double or triple/double (may include double Axel)</li> </ol>

## **EVENT: SPINS CHALLENGE**

#### **General event parameters:**

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

Level	Time	Skating rules / standards	
		1. Upright one-foot spin (3 revs)	
Beginner	1:30 max.	2. Upright back spin (3 revs)	
	.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	3. Sit spin (3 revs)	
		1. Upright one-foot spin (4 revs)	
High	1:30 max.	2. Upright spin with change of foot (3 revs on each foot)	
Beginner	1.00 1110,1	3. Sit spin (3 revs)	
bogii ii loi		Upright spin with change of foot (3 revs on each foot)	
No-Test	1:30 max.	2. Sit spin (3 revs)	
140 1031	1.50 1110.	3. Camel spin (3 revs)	
		1. Spin with one change of position and no change of foot (6 revs)	
Pre –	1:30 max.	2. Backward sit spin (3 revs)	
Preliminary	1.50 1110.	3. Camel spin (4 revs)	
Trominiory		1. Spin with one change of foot and one change of position (min. 3	revs
Preliminary	1:30 max.	each foot)	10 43
Freiminary	1.30 max.	<ol> <li>Combination sit spin with change of foot (min. 3 revs each foot)</li> </ol>	
		3. One position spin – skater's choice (upright, sit or camel), (4 revs)	
		Backward entry Camel spin (4 revs)	
	1.00	<ol> <li>Combination spin – All 3 basic positions are required (camel, sit,</li> </ol>	
Pre –	1:30 max.	upright), (2 revs in each position)	
Juvenile		3. Forward to backward scratch spin (min 4 revs per foot)	
		1. Sit spin (4)	
Juvenile &	1:30 max.	2. Combination spin – with change of foot; all 3 basic positions requi	ired
Open Juv.	1:30 max.	2 revs in each position (min. 4 revs per foot)	ica
Орон зот.		3. Girls – layback spin (6 revs); Boys – camel spin (5 revs)	
		Flying camel spin-basic camel position required (5 revs)	
Intermediate	1:30 max.	<ol> <li>Sit spin to backward sit spin-basic sit position required (4 revs per form)</li> </ol>	OOt)
	1.30 max.	3. Combination spin – change of foot & all 3 basic positions required	
		(2 revs in each position & min 5 revs per foot)	•
		Illusion to back scratch spin; may change feet (6 revs)	
Novice	1:30 max.	Camel spin to backward camel spin (4 revs per foot)	
NOVICC	1.50 max.	3. Combination spin – change of foot, all 3 basic positions required	
		(2 revs in each position & min 6 revs per foot)	
		1. Flying sit spin or flying reverse sit spin (6 revs)	
Junior	1:30 max.	2. Solo spin of choice – may not fly (8 revs)	
3011101	1.00 1110.	3. Combination spin – with change of foot, all 3 basic positions requi	ired
		(2 revs in each position & min 6 revs per foot)	
		1. Flying spin of choice (8 revs)	
Senior	1:30 max.	2. Solo spin of choice (8 revs) – may not fly	
3011101	1.00 max.	3. Combination spin – with change of foot, all 3 basic positions requi	ired
		(2 revs in each position & min 6 revs per foot)	

## **EVENT: SURVIVOR**

<u>Please Note: The cost of this event varies.</u> If entering multiple events, the cost will be \$20. If this is the only event entered; the cost will be \$38.

Skaters in each level will compete to see who can hold the longest spiral, spin, and landing position. An overall winner will be determined at each level by adding "duration of spiral in seconds" + "duration of landing position in seconds". The skater with the highest total wins. Boys may compete against girls in this event. Coaching from the sidelines will be permitted during this event.

**Spirals** will be skated one at a time and will be timed by two officials with stopwatches. Timing will begin when the free leg reaches a parallel position and will stop when it falls below parallel. No change of foot is allowed. No catch foot is allowed. Proper edge must be maintained in levels pre-juvenile through senior or no credit will be given for the spiral. The official time will be the average of the two officials' recorded times.

**Spins** will be skated one at a time. Any spin, including combination spins with one change of foot are allowed. Timing of the spin will begin when the skater steps on the spinning foot and will end when the skater falls or steps out of the spin, in the manner as described above.

**Jumps** will be skated one at a time. Jumps will be timed beginning at the attainment of an acceptable landing position and will stop when the landing position breaks. The official time will be determined by the method described above. A fall results in a time of zero seconds. No retries will be allowed.

<u>LEVEL</u>	TEST STATUS (No Higher Test Than This) (Skaters may skate up one level)	<u>ELEMENTS</u>
Beginner	No tests passed.	Forward spiral(any edge or straight line)     One foot spin     Waltz jump
Pre-Preliminary	Passed Pre-Preliminary free skating test, must not have passed Preliminary free skating test	Forward spiral(any edge or straight line)     One foot spin     Salchow jump
Preliminary	Passed Preliminary free skating test	Forward outside spiral     Any spin     Loop jump
Pre-juvenile	Passed Pre-juvenile free skating test Skate Canada - Cannot have passed all of Jr. Bronze free skating test	Forward outside spiral     Any spin     Lutz
Juvenile	Passed Juvenile free skating test. Skate Canada -Passed Jr. Bronze free skating test	Forward inside spiral     Any spin     Axel
Intermediate	Passed Intermediate free skating test Skate Canada - Passed Sr. Bronze free skating test	Forward outside spiral     Any spin     Double salchow
Novice	Passed Novice free skating-test Skate Canada—Passed Jr. Silver free skating test	Forward inside spiral     Any spin     Double loop
Junior/Senior	Passed Jr. Free skating test Skate Canada -Passed Jr. Free skating test or Canadian Sr. Silver	Forward outside spiral     Any spin     Double Flip

## **EVENT: Showcase Events - INTERPRETIVE**

Format: Interpretive is a performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the competition committee / LOC. Programs should incorporate various elements of expressive movement and skating moves, to enhance the skater's interpretation of the music, rather than technical elements.

- This procedure differs from the USFS standard announcement.
- During the warm-up, skaters will listen to the selected music twice.
- Following the warm-up, all skaters; except for the first skater; will be escorted to a soundproof 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 the skating order will be brought back to rink side and allowed to hear the music for the 3<sup>rd</sup> time before they perform to the music. The listening skater will not be allowed to view the performing skater.
- · Props will not be permitted.

## **Interpretive Events and Levels:**

Except for Adult events, skaters must compete at the highest level for which they qualify

Level	Program Duration	Test Requirements (Freeskate or Free Dance)
Pre-juvenile and below	1:00 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Juvenile - novice	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Junior and senior	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Teen and young adult	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.

## **EVENT: Showcase Events – LIGHT ENTERTAINMENT**

#### Format:

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

#### General event parameters:

- 1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- 2. The determination of level will be based upon test requirement at the entry deadline.
- 3. Current guidelines and procedures for nonqualifying showcase competitions can be found at <a href="https://www.usfigureskating.org">www.usfigureskating.org</a>, under "Programs" on the National Showcase page.

## **Light Entertainment Levels:**

Skaters must compete at the highest level for which they qualify.

Event	Must meet requirements*  Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Free Skate or Dance (solo or partnered) Test or higher	Age	Time
No Test (does not qualify for National Showcase)	No Free Skate test passed	Pre-Preliminary Free Skate OR Any Free Dance	No age restriction	1:30 max
Pre-Preliminary (does not qualify for National Showcase)	Pre-Preliminary Free Skate	Preliminary Free Skate OR Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	3 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max

## **EVENT: SOLO DANCE (Not part of the Solo Dance Series)**

## **SOLO PATTERN DANCE TEST LEVEL:**

Skaters are not required to compete both dances at their level

All skaters must either compete at their test level or one level above of their highest completed dance test.

Competitors will compete at their level as of entry date

\*\* **Test level may be either standard or solo dance.** Adult dance, adult solo dance, master's dance and master's solo dance do not fulfill the testing requirements for this event.

LEVEL	REQUIREMENTS	DANCES
Preliminary:	No Test or Passed Preliminary	Dutch Waltz – Canasta Tango
Pre-Bronze:	Passed Preliminary or Pre-Bronze	Swing Dance – Fiesta Tango
Bronze:	Passed Pre-Bronze or Bronze	Willow Waltz – Ten Fox
Pre-Silver:	Passed Bronze or Pre-Silver	Fourteen Step - European Waltz
Silver:	Passed Pre-Silver or Silver	American Waltz – Tango
Pre-Gold:	Passed Silver or Pre-Gold	Kilian - Blues
Gold:	Passed Pre-Gold or Gold	Viennese Waltz – Argentine Tango

## **EVENT: COUPLES DANCE**

The number of patterns skated will be determined by the 2019 U.S. Figure Skating Rulebook. Each couple will skate the first dance immediately followed by each couple skating the second dance. Couples may enter as many levels as they desire **at or above** their test level.

**PRELIMINARY:** For beginner couples Dance teams

**Rhythm Blues - Canasta Tango** 

PRE-JUVENILE: Both partners must have passed two Preliminary dances but no higher than Pre-

**Bronze** 

Cha Cha - Swing Dance

**JUVENILE:** Both partners must have passed the Preliminary Dance test

Willow Waltz - Ten Fox

#### **EDITH SCHEONROCK INTERNATIONAL - ENTRY FORM**

February 3, 2019

Hosted by the Port Huron Figure Skating Club

Formerly Test Track
EXCEL FREESKATE
Beginner
High Beginner
Pre-preliminary
Preliminary
Preliminary Plus
Pre-juvenile
Pre-juvenile Plus
Juvenile
Juvenile Plus
Intermediate
Novice
Junior
Senior

COMPULSORY MOVES
Excel Beginner
Excel High Beginner
Excel Pre-Preliminary
Excel Preliminary
No Test
Pre-preliminary
Preliminary
Pre-juvenile
Juvenile
Intermediate
Novice
Junior
Senior

INTERPRETIVE
Preliminary
Pre-juvenile
Juvenile
Teen

LICUT ENTEDTAINMENT

1	LIGHT ENTERTAINMENT
1	No Test
	Pre-preliminary
	Preliminary
	Pre-Juvenile
	Juvenile
	Teen
1	·

WELL BALANCED FS
No Test
Pre-preliminary
Preliminary
Pre-juvenile
Open Juvenile
SHORT PROGRAM

JUMPS CHALLENGE
Beginner
High Beginner
No Test
Pre-Preliminary
Preliminary
Pre-Juvenile
Juvenile/Open Juv
Intermediate
Novice
Junior
Senior

ADULT FREESTYLE
Pre-bronze
Bronze
Silver
Gold
Master
Inter/Novice
Master
Junior/Senior

COLO DANCE

SURVIVOR EVENT
Beginner
Pre-preliminary
Preliminary
Pre-juvenile
Juvenile
Intermediate
Novice
Junior/Senior

COUPLES DANCE
Preliminary
Pre-Juvenile
Juvenile

Open Juvenile

	Javenne
•	First event: \$98.00
•	Second event: \$45.00

• Each additional event: \$30.00

\*Survivor event: \$38.00 If only event entered (\$20.00 if skating multiple events)

Pairs FS & Couples dance:

\$118.00 per pair / couple

SOLO DANCE	
PRELIM	Dutch Waltz
	Canasta Tango
PRE- BRONZE	Swing Dance
	Fiesta Tango
BRONZE	Willow Waltz
	Ten Fox
PRE-SILVER	Fourteen Step
	European Waltz
SILVER	American Waltz
	Tango
PRE-GOLD	Kilian
	Blues
GOLD	Viennese Waltz
	Argentine Tango
	·

Please Note:
Entry Fees are not refundable after the entry deadline of Jan 4, 2019, unless the event is cancelled

## REGISTER ONLINE AT: <a href="https://www.sk8stuff.com">www.sk8stuff.com</a> Only on-line registrations will be excepted

<u>Please make checks payable to: PHFSC Edith</u> NO U.S. POSTAL REGISTRATIONS PLEASE!

Online Entry is required: Skaters must be entered via <a href="www.sk8stuff.com">www.sk8stuff.com</a>

Online entries must be made by midnight of January 4, 2019.

### **PAYMENT**

**Option 1:** Register the skater on line and print the payment form.

Mail it along with a check to: PHFSC, P.O. Box 610863, Port Huron, MI 48060

**Option 2:** Register the skater on line and send your payment using *PayPal* at <a href="mailto:phfsclub@gmail.com">phfsclub@gmail.com</a>

- Be sure to note the skaters name in the notes field on PayPal.
- Email the Contact people at <a href="mailto:phfscedith20@gmail.com">phfscedith20@gmail.com</a> with your intention to pay via PayPal.
- No invoices will be sent. Your electronic payment must be received by the registration deadline.

#### WAIVER OF CLAIMS FOR INJURY

The competitor and family holds Port Huron Figure Skating Club and Glacier Pointe Arena harmless from any and all liability for injuries to the competitor and from any and all liability for damages to or loss of property. I also understand that no refunds will be made after January 4, 2019, INCLUDING MEDICAL.

Parent/Guardian Signature:	Date:
_	

Schedules and Entry confirmation will be posted on www.sk8stuff.com.

No refunds after closing date unless the event is canceled. Cancellation of event is at the discretion of event chair. There will be a \$35 service charge assessed for returned checks.







## **EVENTS: LEARN TO SKATE**



## **SNOWPLOW SAM - BASIC 6 ELEMENTS**

Referee driven format: all skaters perform first element before moving on to the next and so on

- To be skated on 1/3 to 1/2 ice.
- No music.
- All elements must be skated in the order listed.
- 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.	<ul> <li>Forward two-foot swizzles, 2-3 in a row</li> </ul>
Sam		Forward snowplow stop
		Backward wiggles, 2-6 in a row
		Forward two-foot glide and dip
Basic 1	1:10 max.	<ul> <li>Forward two-foot swizzles, 6-8 in a row</li> </ul>
		<ul> <li>Beginning snowplow stop on two-feet or one-foot</li> </ul>
		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
		<ul> <li>Beginning forward stroking showing correct use of blade</li> </ul>
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
		<ul> <li>Forward outside edge on a circle, clockwise or counterclockwise</li> </ul>
Basic 4	1:10 max.	<ul> <li>Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> </ul>
		<ul> <li>Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6</li> </ul>
		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 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	1:10 max.	Bunny Hop
		Basic forward spiral on a straight line (no variations), right or left
1		Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position
1		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.
- 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.	<ul> <li>Forward two-foot swizzles, 2-3 in a row</li> </ul>	
Sam		Forward snowplow stop	
		Backward wiggles, 2-6 in a row	
		Forward two-foot glide and dip	
Basic 1	1:10 max.	<ul> <li>Forward two-foot swizzles, 6-8 in a row</li> </ul>	
		<ul> <li>Beginning snowplow stop on two-feet or one-foot</li> </ul>	
		Backward wiggles, 6-8 in a row	
		Forward one-foot glide (no variations), either foot	
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.	• Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6	
		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>	
		<ul> <li>Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6</li> </ul>	
		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	
		<ul> <li>Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> </ul>	
Basic 5	1:10 max.	<ul> <li>Forward outside three-turn, right and left</li> </ul>	
		<ul> <li>Advanced two-foot spin, minimum 4 revolutions</li> </ul>	
		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 6 COMPULSORY

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

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- 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
		<ul> <li>Forward inside open Mohawk from a standstill position (R to L and L to R)</li> </ul>
		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
		Basic one-foot upright spin, optional entry and free-foot position -
		minimum 3 revolutions
		Mazurka
		Waltz jump
		<ul> <li>Forward stroking, 4-6 consecutive powerful strokes</li> </ul>
Free Skate 1	1:15 max.	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
		<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
		Alternating Mohawk/crossover sequence, right to left and left to right
Free Skate 3	1:15 max.	Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise
		<ul> <li>Advanced back spin with free foot in crossed leg position- minimum 3</li> </ul>
		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
	1	Backward outside three-turn, Mohawk (backward power three-turn), both
Free Skate 5	1:15 max.	directions
		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 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	Skating rules/standards	
Pre-Free Skate	1:40 max.	<ul> <li>Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions</li> </ul>	
		<ul><li>Mazurka</li><li>Waltz jump</li></ul>	
		<ul> <li>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</li> </ul>	
Free Skate 1	1:40 max.	<ul> <li>Forward stroking, 4-6 consecutive powerful strokes</li> <li>One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> </ul>	
		Toe loop jump	
		Half flip jump  NOT ALLOWED Walts jump /top loop combination	
Free Skate 2	1:40 max.	<ul> <li>NOT ALLOWED – Waltz jump/toe loop combination</li> <li>Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> </ul>	
		<ul> <li>Beginning back spin- maximum 2 revolutions</li> <li>Half Lutz</li> </ul>	
		<ul> <li>Salchow jump</li> <li>NOT ALLOWED – Salchow/toe loop combination</li> </ul>	
Free Skate 3	1:40 max.	<ul> <li>Alternating Mohawk/crossover sequence, right to left and left to right</li> <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> </ul>	
		NOT ALLOWED – Waltz/loop combination	
Free Skate 4	1:40 max.	<ul> <li>Forward power 3's, 2-3 consecutive sets, right or left</li> <li>Sit spin – minimum 3 revolutions</li> <li>Half Loop jump</li> <li>Flip jump</li> </ul>	
Fran Skata F	1,40 may	<ul> <li>NOT ALLOWED – Waltz/half-loop/Salchow sequence</li> <li>Backward outside three-turn, Mohawk (backward power three-turn), both</li> </ul>	
Free Skate 5	1:40 max.	directions  Camel spin – minimum 3 revolutions  Waltz-loop jump combination  Lutz jump	
Free Skate 6	1:40 max.	<ul> <li>Creative step sequence using a variety of three turns, Mohawks and toe steps</li> <li>Camel, sit spin combination - minimum of 4 revolutions total</li> <li>Waltz jump/ half-loop/Salchow jump sequence</li> <li>Beginning Axel jump</li> </ul>	

## **EDITH SCHEONROCK INTERNATIONAL COMPETITION**

February 2, 2019

Hosted by the Port Huron Figure Skating Club



LTS ELEMENTS
Snowplow Sam
Basic 1
Basic 2
Basic 3
Basic 4
Basic 5
Basic 6

LTS Program/music
Snowplow Sam
Basic 1
Basic 2
Basic 3
Basic 4
Basic 5
Basic 6





	Pre FS - FS6 COMPULSORY		Pre FS-FS6 Program/music
	Pre-Free skate		Pre-Free skate
	Free Skate 1		Free Skate 1
	Free Skate 2		Free Skate 2
	Free Skate 3		Free Skate 3
	Free Skate 4		Free Skate 4
	Free Skate 5		Free Skate 5
	Free Skate 6		Free Skate 6

 First Event - \$63.00
Second Event - \$20.00
If not a current <i>Learn To Skate USA</i> member please add \$15.00
Skate Canada members will not pay this extra fee.
Total

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#### **ENTRY**

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Online entries must be made by midnight of January 4, 2019.

#### **PAYMENT**

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- Email the Contact people at phfscedith20@gmail.com with your intention to pay via PayPal.
- **No invoices will be sent.** Your electronic payment must be received by the registration deadline.

#### For Further Information Please Contact:

Sarah Burrows Rutkofske or Jessica Thompson-Albert PHFSC P.O. Box 610863 Port Huron, MI 48060 (810) 841-9550 Phfscedith20@gmail.com