9th Annual SkateFest and Basic Skills Competition
New Edge FSC
January 25, 2020
DEADLINE December 18, 2019

SkateFest 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.

ELIGIBILITY/TEST LEVEL:
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: Singles free skate events (Well Balanced Program) have the following requirements.
-Juvenile: Girls – 12 years of age or younger; Boys – 13 years of age or younger
-Open Juvenile: Girls – 13 years of age or older; Boys – 14 years of age or older
-Intermediate must be under the age of 18
-Adults must be 21 years of age or older
Skaters will be divided as closely as possible by age, should the number of entries warrant more than one group.

ENTRIES: On-line entry available at www.sk8stuff.com, but payment and certification must be received by the deadline; entry forms are also available at the NEFSC website at: www.newedgefsc.org. Late entries will be accepted at the discretion of the organizers. **Registering on-line is considered a commitment and payment/signatures must be mailed promptly. If mailing applications, they must be received by the deadline date. Please postmark one week before the deadline date to ensure receipt.**

ADULT COMPETITION SERIES: SkateFest is proud to be part of this competition series for Adult 1 though Bronze. Participants compete in both the free skate and compulsory events in at least two participating Compete USA and nonqualifying competitions, one being the nonqualifying competition held in conjunction with their adult sectional championships. Athletes receive points based on their placement and the number of competitors in each event. These points are used to determine final series winners within each section. Sectional series awards are presented at the nonqualifying competition held in conjunction with each adult sectional championship. To compete skaters must fill out an Adult Competition Series Registration Form by December 31, 2019 with USFS. Go to: Adult Series USFS Registation Form For more information, see the Adult Series Handbook on the USFS Adult Competition Series Page: USFS Adult Series Competition

ENTRY FEES:
6.0 events: $90 first event; $45 additional events
IJS events: $100 first event; $50 additional events
BASIC SKILLS EVENTS: $50 first event; $25 additional events
DANCE: $65 for two dances

DISCOUNTS AVAILABLE: **Families with multiple skaters** may count events together for discounts. For example, two skaters from one family each skating one event can pay the first event fee for the first skater and the additional event fee for the second skater. If there is a combination of fees (IJS and basic skills, for example) the first fee will the higher fee and the second the lesser fee. Any additional events for each skater will be charged at the additional event fee.

Please make check payable to: New Edge FSC (NEFSC). Mail application and fees to:
New Edge FSC, c/o Claudia Saliba, 2914 Ellwood, Berkley, MI 48072

REFUND POLICY: Entry fees will not be refunded unless the event is canceled. Checks returned for non-sufficient funds will be issued a $30 fee**.** Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

SCHEDULE: Competitors may be scheduled on any day or time for the announced dates of the competition. Notification of competition and practice ice times will be available approximately one week before the competition on the club's website at: www.newedgefsc.org.

FACILITIES: The competition will be held at John Lindell Ice Arena,1403 Lexington Blvd., Royal Oak, Michigan, 48073 (248) 246-3950. The ice surface is oval shaped and measures 85' x 200'. The rink has a concession stand with food and drink items for purchase in the lobby. Generally, vendors are present selling skate apparel and accessories, a photographer will take photos at the podium, and an engraver is available to engrave medals for an additional charge. If an engraver is not present, there will be an opportunity to purchase a plate to adhere to the back of the medal for a nominal charge.

MUSIC: Music must be uploaded one week prior to the competition because we run it from a computer. Send to: altbvc000@yahoo.com with the subject line SkateFest music. Include your skaters name and event. A back-up CD must be turned in at the registration table at the time of check-in so that it is available, if necessary, during the competition. Please pick up CDs at the registration table following your skater's event. All CDs left after the competition will be discarded.

LIABILITY: U.S. Figure Skating, New Edge FSC, the John Lindell Ice Arena and Suburban Management Company 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.

This event is a standard U.S. Figure Skating Nonqualifying Competition
LG/10-1-14

JUDGING SYSTEM: A combination of the International Judging System (IJS) and 6.0 system will be used for the competition.

The International Judging System (IJS) will be used for the following events:
- Well Balanced Program free skate and compulsory events, preliminary – senior
- Excel Events free skate and compulsory, preliminary plus - senior
- Short program events, open juvenile/juv – senior
- Adult events Silver and higher

The 6.0 Majority Judging System will be used for:
- Well Balanced Program free skate events and compulsory: no test, pre-preliminary
- Excel Events free skate and compulsory: beginner – preliminary
- Basic Skills free skate and compulsory: Snowplow Sam through Free Skate 6
- Adult events: Adult 1 – Adult Bronze
- All Showcase events (If fewer than three, Dramatic and Light Entertainment will be combined.)
- All dance events.

All competitors skating in IJS events need to submit the planned program element content form online under Members Only section at www.u on the USFS website (www.usfsa.org) under "SkateFest"

REGISTRATION: Registration will begin one hour before the start of competition. Skaters will not be allowed to compete unless they have checked in at the registration table, music has been submitted, fees have been paid and signatures received. The registration table will be located in the lobby of the ice arena. Please register promptly upon arrival and check in with the ice monitor prior to your event. After the competition, please pick up your music from the registration table. Copies of the results will also be sold at the registration table.

LOCKER ROOMS AND CHANGING AREAS:.
Only athletes competing at the figure skating event are allowed in the Locker Rooms/Changing Areas. Parents or legal guardians may assist their child under the age 11, if the child is the same sex and the parent/guardian presence is necessary to assist the child.

Separate locker rooms will be provided for male and female skaters.

In the event of a medical situation or emergency, U.S. Figure Skating officials working on behalf of the event (such as doctor, physical therapist, chief referee) or emergency medical personnel will be permitted into the locker room/changing area.

The use of any recording and photographic devices inside a locker room/changing area is strictly prohibited.

Coaches are prohibited from being in a locker room with a minor unless the coach is the parent or legal guardian, the athlete is under the age 11, are off the same sex, and their presence is necessary to assist the child.

Skaters are also welcome to use the restrooms to change.

All Locker Rooms/Changing Areas will be monitored. If any concerns arise, immediately contact the Locker Room/Changing Area monitor. Please click here to review the USFS Locker Rooms

and Changing Area policy. More detailed information can be found in the SafeSport Handbook

TEST CREDIT:
Skaters who meet the requirements for test credit may request their test credit forms at registration. Please request during check in. Forms must be picked up at the registration desk prior to the end of the competition.

PRACTICE ICE: Practice ice will be available in 20 minute increments at $10 per session; practice sessions will be prior to the start of the competition and midway through the competition. Practice times will be set once the competition schedule is finalized. Advanced registration is not required and will be accepted until session is full. 20 skaters will be allowed on the ice during any one session. No music will be played. Practice Ice may be broken into sessions by skill level, depending on the number of registrants. Notification of competition and practice ice times will be available approximately one week prior to the competition and posted at: www.newedgefsc.org.

AWARDS: Medals will be presented IN THE LOBBY at the podium for first through fourth places. All other places will also receive medals, also available in the lobby. Skaters should proceed IMMEDIATELY to the lobby for the results and to receive their medals at the podium and to take pictures. You are welcome to take photographs at the podium. A photographer will also be taking photos at the podium which will be available via a website after the competition. You will receive an email as soon as the photos are available with download instructions. An engraver is usually onsite to engrave medals for a nominal cost; if an engraver is not present, you can order an engraved plate, for a nominal cost, with your skater's placement information on it that can be adhered to the back of their medal.

PHOTOGRAPHY/VIDEOGRAPHY: All competitors will receive a video recording of their flight as a "Thank You" for participating. They will be available via a link after the competition for you to download. You will receive an email as soon as the videos are available with download instructions. You are welcome to videotape and take your own photos during the competition, however, LIGHTED VIDEOTAPING AND FLASH PHOTOGRAPHY WILL NOT BE PERMITTED during the competition.

OFFICIAL NOTICES: It is common for the time of schedule events and mid-day practice ice to change throughout the event. It is the responsibility of each competitor, parent and coach to check with the ice monitor for changes. Any cancellations will be posted with the Order of Events. **Skaters should arrive 1 hour prior to the scheduled time of their event and for practice ice.** A tentative schedule of events will be posted prior to the competition on the New Edge FSC website at www.newedgefsc.org.

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 no exceptions 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

CONTACT INFO: If you have questions, please contact:
Claudia Saliba (248) 797-2611 Text messages preferred during business hours.
Email: NewEdgeSkatefest@gmail.com

ADDITIONAL INFORMATION: Please also check www.newedgefsc.org for competition updates and www.sk8stuff.com

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. When directed by a judge or referee the skater will perform one element at a time in the order listed below (no escessive connecting steps) prior to the next skater performing the sequence or elements.

- To be skated on 1/3 to 1/2 ice (determined by the LOC)
- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	• March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	• Forward two-foot glide and dip • 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
Basic 2	1:00 max.	• Forward one-foot glide (no variations), either foot • 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
Basic 3	1:00 max.	• Beginning forward stroking showing correct use of blade • 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
Basic 4	1:00 max.	• Forward outside edge on a circle, clockwise or counterclockwise • 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
Basic 5	1:00 max.	• Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:00 max.	• Forward inside three-turn, right and left • 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

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 • Salchow jump
Free Skate 3	1:15 max.	• 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 • 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, ½ loop, Salchow jump sequence • Beginning Axel jump

U.S. Figure Skating Nonqualifying Competitions

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.	• 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
Pre – Juvenile	1:15 max.	1. Axel or double Salchow 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – must include rotating in both directions
Juvenile & Open Juv.	1:15 max.	1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum four revolutions 4. Step sequence – must include 3 difficult turns and rotating in both directions
Intermediate	1:30 max.	1. Double Salchow, double toe loop or double loop 2. Jump combination: single/single or double/single, double/double 3. Flying spin, minimum five revolutions 4. Step sequence – must include 4 difficult turns and rotations in both directions
Novice	1:30 max.	1. Double loop or double flip 2. Jump combination: double/single or double/double 3. Flying spin - minimum six revolutions 4. Step sequence – must include 5 difficult turns and rotations in both directions
Junior	1:30 max.	1. Double flip or double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot) 4. Step sequence – must include 7 difficult turns and rotations in both directions
Senior	1:30 max.	1. Double Lutz or double Axel 2. Jump combination: double/double or triple/double 3. Combination spin - all 3 basic positions required (min. 6 on each foot) 4. Step sequence – must include 7 difficult turns and rotations in both directions

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

ADULT 1-6 AND INTRODUCTORY COMPULSORY

General event parameters:

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

Level	Time	Elements
Adult 1	1:30 MAX	• Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:30 MAX	• Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3	1:30 MAX	• Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Forward chasses on a circle, clockwise and counterclockwise • Backward skating to a long two-foot glide • Backward snowplow stop, Right and Left
Adult 4	1:30 MAX	• Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Hockey stop, both directions • Backward one-foot glides, right and left
Adult 5	1:30 MAX	• Backward outside edge on a circle, right and left • 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 (min 2 revs)
Adult 6	1:30 MAX	• Forward stroking with crossover end patterns • 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	1:30 MAX	• Mazurka • Waltz jump • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open mohawk (right and left) – heel to instep • Alternating right and left forward inside and outside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)
Adult High Beginner	1:30 MAX	• Waltz jump • ½ flip • Forward upright spin (Min. 2 revolutions) • Backward outside 3-turn right and left • Alternating right and left backward outside and inside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)

Compete USA competitions may include through the Adult Bronze compulsory level. This chart can be found on the nonqualifying competition announcement page; Compulsory Moves – Singles; Adult Compulsory Moves (NQ).

U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Compulsory Moves

General event parameters:

1. Beginner to Silver: Elements skated on ½ ice; Gold/Masters: Elements skated on full-ice
2. Elements may be performed only once
3. Music is not allowed
4. Minimum number of revolutions is noted in parentheses

Level	Time	Elements
Adult Beginner	1:30 MAX	• Mazurka • Waltz jump • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open mohawk (right and left) – heel to instep • Alternating right and left forward inside and outside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)
Adult High Beginner	1:30 MAX	• Waltz jump • ½ flip • Forward upright spin (Min. 2 revolutions) • Backward outside 3-turn right and left • Alternating right and left backward outside and inside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)
Adult Pre-Bronze	1:30 MAX	• Single toe loop • Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence • Forward upright spin (Min. 3 revolutions) • 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 either direction • Forward spiral (any edge)
Adult Bronze	1:30 MAX	• Single Salchow • Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination and 3 jumps in a sequence • Solo spin with no change of foot (min. 3 revolutions) • Backward inside 3-turn right and left • Spiral sequence (min. 2 spirals)
Adult Silver	1:30 MAX	• Single loop • Single/single jump combination • Solo spin with no change of foot (min. 3 revolutions) • Straight line step sequence
Adult Gold	1:30 MAX	• Single Lutz or Axel • Jump combination (Single/single, single/double, double/single) that may include any single jump, double Salchow, or double toe loop • Solo spin with no change of foot (min 4 revolutions) • Straight line step sequence
Masters Intermediate/Novice	1:30 MAX	• Choice of any solo jump (any single jump, double Salchow, double toe loop or double loop allowed) • Jump combination that may include any single jump, double Salchow, double toe loop or double loop • Solo spin of skater's choice (min. 6 revolutions) • Straight line step sequence
Masters Junior/Senior	1:30 MAX	• Choice of any solo jump (all single and double jumps allowed) • Jump combination that may include any single or double jump • Solo spin of skater's choice (min. 8 revolutions) • Straight line step sequence

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

- To be skated on full ice with music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

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

PRE-FREE SKATE – FREE SKATE 1-6 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.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max.	• 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, one set each direction clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position- minimum 3 revolutions • Mazurka - right or left • Waltz jump • *NOT ALLOWED -Waltz jump, side toe hop, waltz jump*
Free Skate 1	1:40 max.	• Forward stroking, 4-6 consecutive powerful strokes • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop jump • Half flip jump • *NOT ALLOWED – Waltz jump/toe loop combination*
Free Skate 2	1:40 max.	• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Beginning back spin, optional entry and free-foot position, maximum 2 revolutions • Half Lutz • Salchow jump • *NOT ALLOWED – Waltz jump/toe loop and Salchow/toe loop combination*
Free Skate 3	1:40 max.	• Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, minimum 3 revolutions • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination • *NOT ALLOWED – Waltz/loop combination*
Free Skate 4	1:40 max.	• Forward power 3's, 2-3 consecutive sets, right or left • Sit spin – minimum 3 revolutions • Euler (half loop jump) • Flip jump • *NOT ALLOWED – Waltz/loop and Waltz/Euler/Salchow combination*
Free Skate 5	1:40 max.	• Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets both directions • Camel spin – minimum 3 revolutions • Waltz/loop jump combination • Lutz jump
Free Skate 6	1:40 max.	• Creative step sequence using a variety of three turns, Mohawks and toe steps, half-ice • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/ Euler (half loop)/Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving

2019-20 Singles Free Skating Requirements – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019. This includes any changes from the 2019 Governing Council.

2019-20	JUMP ELEMENTS	SPINS	STEP SEQUENCES

NO TEST
 	
1:40 maximum
	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 (waltz 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 (See U.S. Figure Skating rule 6103 (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
	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 (See U.S. Figure Skating rule 6103 (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
	Max 5 Jump Elements
	• 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 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 (See U.S. Figure Skating rule 6103 (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 (See U.S. Figure Skating rule 6103 (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

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.

2019-20 Singles Free Skating Requirements – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019. This includes any changes from the 2019 Governing Council.

2019-20	JUMP ELEMENTS	SPINS	STEP SEQUENCES

JUVENILE and OPEN JUVENILE GIRLS & BOYS
 	
2:20 +/- 10 sec**
 	
2nd half bonus: 1:10**
 	
*means element is required
 	
**Beginning Dec. 1, 2019, program length will be 2:30 +/- 10 sec and 2nd half bonus will begin at 1:15
	Max 5 Jump Elements
	• 1 must be an Axel-type jump*
	• All single and double jumps, including the double Axel, and one triple jump are allowed
	  ○ No additional triple jumps and no quadruple jumps are allowed
	  ○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence
	  ▪ If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value
	  ○ No double jump can be included more than twice. The triple jump can only be included once.
	• Max 2 jump combinations or sequences
	  ○ Jump combinations limited to 2 jumps, except one 3-jump combination with a 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.
		Max 2 Spins
		• 1 spin combination; with or without change of foot*
		  ○ Min 8 revs
		  ○ Min 2 revs in each position
		• 1 spin with only 1 position; no change of foot*
		  ○ Min 5 revs
		Both spins may start with a flying entry
		Spins must be of a different character
		(See U.S. Figure Skating rule 6103 (E))
			Max 1 Sequence
			• One choreographic step sequence*
			  ○ Must fully utilize the ice surface

INTERMEDIATE LADIES & MEN
 	
3:00 +/- 10 sec
 	
2nd half bonus: 1:30
 	
*means element is required
	Max 6 Jump Elements
	• 1 must be an Axel-type jump*
	• All single, double and triple jumps allowed. No quadruple jumps allowed.
	  ○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated
	  ○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence
	  ▪ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value
	  ○ No double or triple jump can be included more than twice
	• Max 3 jump combinations or sequences
	  ○ Jump combinations limited to 2 jumps except one 3-jump combination 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 8 revs
		  ○ Min 2 revs in each position
		• 1 spin with only 1 position; no change of foot*
		  ○ Min 5 revs
		Both spins may start with a flying entry
		Spins must be of a different character
		(See U.S. Figure Skating rule 6103 (E))
			Max 1 Sequence
			• One leveled step sequence*
			  ○ Max Level 2. Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level.
			  ○ Must fully utilize the ice surface

NOVICE LADIES & MEN
 	
3:30 +/- 10 sec
 	
2nd half bonus: 1:45
 	
*means element is required
	Max 7 Jump Elements
	• 1 must be an Axel-type jump*
	• All single, double and triple jumps are allowed. No quadruple jumps allowed.
	  ○ No more than 1 double Axel and 2 different triple jumps may be repeated and, if repeated, at least 1 attempt must be part of a jump combination or sequence.
	  ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value
	  ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice
	• Max 3 jump combinations or sequences
	  ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed
	  ○ Jump sequence is any listed jump immediately followed by an Axel-type jump.
		Max 3 Spins
		• 1 spin combination; with or without change of foot*
		  ○ Min 10 revs
		  ○ Min 2 revs in each position
		• 1 flying spin with no change of foot or position*
		  ○ Min 6 revs
		• 3rd spin is option of skater
		  ○ Min 6 revs if one position spin
		  ○ Min 10 revs in combination
		All spins may start with a flying entry
		Spins must be of a different character
		(See U.S. Figure Skating rule 6103 (E))
			Max 1 Sequence
			• One leveled step sequence*
			  ○ Must fully utilize the ice surface

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.

2019-20 Singles Free Skating Requirements – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019. This includes any changes from the 2019 Governing Council.

2019-20	JUMP ELEMENTS	SPINS	STEP SEQUENCES

JUNIOR LADIES & MEN
 	
3:30 +/- 10 sec
 	
2nd half bonus: 1:45
 	
*means element is required
	Max 7 Jump Elements
	• 1 must be an Axel-type jump*
	• Jumps can contain any number of revolutions
	  ○ Of all the triples and quads, only 2 can be executed twice
	  ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value
	  ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence
	• Max 3 jump combinations or sequences
	  ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed
	  ○ Jump sequence is any listed jump immediately followed by an Axel-type jump.
		Max 3 Spins
		• 1 spin combination; with or without change of foot*
		  ○ Min 10 revs
		  ○ All 3 basic positions with min 2 revs in each position for highest base value
		• 1 spin with a flying entry*
		  ○ Min 6 revs
		• 1 spin with only 1 position*
		  ○ Min 6 revs
		All spins may change feet and start with a flying entry
		Spins must be of a different character
		(See U.S. Figure Skating rule 6103 (E))
			Max 1 Sequence
			• One leveled step sequence*
			  ○ Must fully utilize the ice surface

SENIOR LADIES & MEN
 	
4:00 +/- 10 sec
 	
2nd half bonus: 2:00
 	
*means element is required
	Max 7 Jump Elements
	• 1 must be an Axel-type jump*
	• Jumps can contain any number of revolutions
	  ○ Of all the triples and quads, only 2 can be executed twice
	  ▪ Of the 2 repetitions only 1 can be a quad jump. Only 1 quad jump can be repeated.
	  ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value
	  ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence
	• Max 3 jump combinations or sequences
	  ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed
	  ○ Jump sequence is any listed jump immediately followed by an Axel-type jump.
		Max 3 Spins
		• 1 spin combination; with or without change of foot*
		  ○ Min 10 revs
		  ○ All 3 basic positions with min 2 revs in each position for highest base value
		• 1 spin with a flying entry*
		  ○ Min 6 revs
		• 1 spin with only 1 position*
		  ○ Min 6 revs
		All spins may change feet and start with a flying entry
		Spins must be of a different character
		(See U.S. Figure Skating rule 6103 (E))
			Max 2 Sequences
			• One leveled step sequence*
			  ○ Must fully utilize the ice surface
			
			• One choreographic sequence*
			  ○ Must be clearly visible

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2019-20 Singles Short Program Requirements – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019. This includes any changes from the 2019 Governing Council.

OPTIONAL FOR NONQUALIFYING COMPETITIONS – NOT A SEGMENT AT QUALIFYING COMPETITIONS
(Juvenile events at regional championships, sectional championships and U.S. Championships will still consist of a free skate only.)

JUVENILE and OPEN JUVENILE GIRLS/BOYS 2:10 max.	**Single or Double Axel**	**Single or Double Jump** May not repeat Axel jump or jumps used in the combination	**Jump Combination** Single/Double or Double/Double May not repeat Axel jump or solo jump performed	**Spin** Only one position No change of foot May start with a fly Min. 5 revs.	**Spin Combination** With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	**Choreographic Step Sequence** Fully utilizing the ice surface

REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

INTERMEDIATE LADIES/MEN 2:10 max.	**Single or Double Axel**	**Double or Triple Jump** May not repeat double Axel or the triple jump used in the combination	**Jump Combination** Single/Double, Double/Double, Single/Triple, Double/Triple or Triple/triple May not repeat Axel jump or solo jump performed	**Spin** Only one position No change of foot May start with a fly Min. 5 revs. Men: Must be a camel spin	**Spin Combination** With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	**Leveled Step Sequence** Max Level 2. Only Minimum Variety (5 turns) or Simple Variety (7 turns) & rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Fully utilizing the ice surface
NOVICE LADIES 2:30 max.	**Single or Double Axel**	**Double or Triple Jump** May not repeat double Axel or either jump in combo	**Jump Combination** Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed	**Layback/Sideways Leaning, Sit or Camel Spin** No change of foot No flying entry Min. 6 revs.	**Spin Combination** With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	**Leveled Step Sequence** Fully utilizing the ice surface
NOVICE MEN 2:30 max.	**Single or Double Axel**	**Double or Triple Jump** May not repeat double Axel or either jump in combo	**Jump Combination** Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	**Camel Spin** With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot	**Spin Combination** With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	**Leveled Step Sequence** Fully utilizing the ice surface

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.

2019-20 Singles Short Program Requirements – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019. This includes any changes from the 2019 Governing Council.

REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

JUNIOR LADIES 2:40 +/- 10 sec **2nd half bonus:** 1:20	**Double Axel**	**Double or Triple Loop**	**Jump Combination** Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	**Flying Sit Spin** Flying pos. may be different than landing pos. Min. 8 revs.	**Layback/ Sideways Leaning or Camel Spin without change of foot** No flying entry Min. 8 revs.	**Spin Combination** With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	**Leveled Step Sequence** Fully utilizing the ice surface
JUNIOR MEN 2:40 +/- 10 sec **2nd half bonus:** 1:20	**Double or Triple Axel**	**Double or Triple Loop**	**Jump Combination** Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	**Flying Sit Spin** Flying pos. may be different than landing pos. Min. 8 revs.	**Camel Spin** With only 1 change of foot No flying entry Min. 6 revs. each foot	**Spin Combination** With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	**Leveled Step Sequence** Fully utilizing the ice surface
SENIOR LADIES 2:40 +/- 10 sec **2nd half bonus:** 1:20	**Double or Triple Axel**	**Any Triple Jump** May not repeat Triple Axel or either jump in combo	**Jump Combination** Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	**Flying Spin** Landing position different than spin in 1 position Min. 8 revs.	**Layback/ Sideways Leaning, Sit or Camel Spin without change of foot** No flying entry Min. 8 revs.	**Spin Combination** With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	**Leveled Step Sequence** Fully utilizing the ice surface
SENIOR MEN 2:40 +/- 10 sec **2nd half bonus:** 1:20	**Double or Triple Axel**	**Any Triple or Quadruple Jump** May not repeat Triple Axel or either jump in combo	**Jump Combination** Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed	**Flying Spin** Landing position different than spin in 1 position Min. 8 revs.	**Sit or Camel Spin** With only 1 change of foot No flying entry Min. 6 revs. each foot	**Spin Combination** With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	**Leveled Step Sequence** Fully utilizing the ice surface

2019-2020 Excel Program Requirements

While the updated 2019-20 Excel Free skate Chart becomes effective September 1, 2019, please note that fall of 2019 competitions may have been sanctioned prior to release of the chart. If the 2018-19 Excel Free skate Chart is referenced in the competition announcement, that is the chart that will be followed for that competition. Skaters must compete at their free skate test level or one level higher.

Excel Beginner Free Skate
1:40 Max
 	
LTS USA or full U.S. Figure Skating membership permitted
	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. One 3-jump combination is allowed
	  ○ Jump sequence is any listed jump immediately followed by a waltz jump
	• Maximum 2 of any same jump
		Maximum 2 spins:
		• Two upright spins
		• No change of foot
		• No flying entry
		• Minimum 3 revolutions
		
		Max Level: Base
			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
 	
LTS USA or full U.S. Figure Skating membership permitted
	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. One 3-jump combination is allowed
	  ○ Jump sequence is any listed jump immediately followed by a waltz jump
	• Maximum 2 of any same jump
		Maximum 2 spins:
		• Both spins must be in a single position
		• **No change of foot**
		• No flying entry
		• Permitted forward spins: upright, sit, camel
		• Permitted back spins: upright
		• Minimum 3 revolutions
		• ~~Spins must be of a different character~~
		
		Max Level: Base
			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
 	
LTS USA or full U.S. Figure Skating membership permitted
	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 **with no change of foot***
		• One spin may change feet or position, but not both.
		• No flying entry
		• Minimum 3 revolutions
		• Spins must be of a different character
		
		Max Level: 1
			Maximum 1 Sequence:
			• Choreographic Step Sequence* (ChSt)
			  ○ Must use one-half of the ice surface
			  ○ Moves in the field and spiral sequences are allowed but will not be counted as elements
			  ○ Jumps may be included in the step sequence

Excel Preliminary
1:30 +/- 10 sec
 	
Must not have passed higher than U.S. Figure Skating preliminary free skate test
 	
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 a camel or layback spin with no change of foot and no change of position***
		• One spin may change feet and/or position
		• No flying entry
		• Minimum 3 revolutions
		• Spins must be of a different character
		
		Max Level: 1
			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

**Denotes required element*

Last updated 8/19/2019

Effective: September 1, 2019

2019-2020 Excel Program Requirements

While the updated 2019-20 Excel Free skate Chart becomes effective September 1, 2019, please note that fall of 2019 competitions may have been sanctioned prior to release of the chart. If the 2018-19 Excel Free skate Chart is referenced in the competition announcement, that is the chart that will be followed for that competition. Skaters must compete at their free skate test level or one level higher.

Excel Preliminary Plus
1:30 +/- 10 sec
 	
Must not have passed higher than U.S. Figure Skating preliminary free skate test
 	
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 an axel type jump.
		Maximum 2 spins:
		• One spin must be in a single position*
		  ○ **No change of foot**
		  ○ **No flying entry**
		• One spin may change feet and/or position
		• No flying entry
		• Minimum 3 revolutions
		• Spins must be of a different character
		
		Max Level: 1
			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 sec
 	
Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test
 	
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:
		• 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
		
		Max Level: 1
			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 sec
 	
Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test
 	
Full U.S. Figure Skating membership required
	Maximum 5 jump elements:
	• 1 must be an Axel-type jump or a waltz jump*
	• All single jumps, including the single Axel, allowed.
	• Only 1 double jump may be attempted (limited to double Salchow or double toe loop)
	  ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed.
	  ○ 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
	  ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded
	• Maximum 2 jump combinations or sequences
	  ○ Jump combination 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
		  ○ Spin may start with flying entry
		  ○ Minimum 4 revolutions
		Spins must be of a different character
		
		Max Level: 1
			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

**Denotes required element*

Last updated 8/19/2019

Effective: September 1, 2019

2019-2020 Excel Program Requirements

While the updated 2019-20 Excel Free skate Chart becomes effective September 1, 2019, please note that fall of 2019 competitions may have been sanctioned prior to release of the chart. If the 2018-19 Excel Free skate Chart is referenced in the competition announcement, that is the chart that will be followed for that competition. Skaters must compete at their free skate test level or one level higher.

Excel Juvenile
2:20 +/- 10 sec**
2nd half bonus: 1:10**
 	
Beginning Dec 1, 2019, program length will be 2:30 +/- 10 sec and 2nd half bonus will begin at 1:15
 	
Must not have passed higher than U.S. Figure Skating juvenile free skate test
 	
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 immediately 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
		
		Max Level: 2
			Maximum 1 Sequence:
			• Choreographic Step Sequence* (ChSt)
			  ○ Must fully utilize the ice surface

Excel Juvenile Plus
2:20 +/- 10 sec**
2nd half bonus: 1:10**
 	
Beginning Dec 1, 2019, program length will be 2:30 +/- 10 sec and 2nd half bonus will begin at 1:15
 	
Must not have passed higher than U.S. Figure Skating juvenile free skate test
 	
Full U.S. Figure Skating membership required
	Maximum 5 jump elements:
	• 1 must be an Axel-type jump*
	• All single jumps, including the single Axel, allowed.
	• Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop)
	  ○ Double loop, double flip, double Lutz, 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 part of a jump combination or sequence**
	  ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded
	• Maximum 2 jump combinations or sequences
	  ○ Jump combination 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
		  ○ 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
		
		Max Level: 2
			Maximum 1 Sequence:
			• Choreographic Step Sequence* (ChSt)
			  ○ Must fully utilize the ice surface

Excel Intermediate
3:00 +/- 10 sec
 	
2nd half bonus: 1:30
 	
Must not have passed higher than U.S. Figure Skating intermediate free skate test
 	
Full U.S. Figure Skating membership required
	Maximum 6 jump elements:
	• 1 must be an Axel-type jump*
	• All single jumps, including the single Axel, allowed.
	• Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop)
	  ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed
	  ○ **Single Axel and only 1 double jump may be repeated once (but not more), and if repeated, must be 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
	• Maximum 3 jump combinations or sequences
	  ○ Jump combinations limited to 2 jumps. One 3 jump combination is permitted.
	  ○ 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
		  ○ 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
		
		Max Level: 3
			Maximum 1 Sequence:
			• Choreographic Step Sequence* (ChSt)
			  ○ Must fully utilize the ice surface

**Denotes required element*

Last updated 8/19/2019

US FIGURE SKATING EXCEL PROGRAM

Effective: September 1, 2019

2019-2020 Excel Program Requirements

While the updated 2019-20 Excel Free skate Chart becomes effective September 1, 2019, please note that fall of 2019 competitions may have been sanctioned prior to release of the chart. If the 2018-19 Excel Free skate Chart is referenced in the competition announcement, that is the chart that will be followed for that competition. Skaters must compete at their free skate test level or one level higher.

Excel Intermediate Plus
3:00 +/- 10 sec
 	
2nd half bonus: 1:30
 	
Must not have passed higher than U.S. Figure Skating intermediate free skate test
 	
Full U.S. Figure Skating membership required
	Maximum 6 jump elements:
	• 1 must be an Axel-type jump*
	• All single jumps, including the single Axel, allowed.
	• **Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip)**
	  ○ Double Lutz, double Axel and higher jumps not allowed
	  ○ **Only 2 different double jumps may be repeated once (but not more), and if repeated, must be 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
	• Maximum 3 jump combinations or sequences
	  ○ Jump combinations limited to 2 jumps. One 3 jump combination is permitted.
	  ○ 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
		  ○ 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
		
		Max Level: 3
			Maximum 1 Sequence:
			• Choreographic Step Sequence* (ChSt)
			  ○ Must fully utilize the ice surface

Excel Novice
3:30 +/- 10 sec
 	
2nd half bonus: 1:45
 	
Must not have passed higher than U.S. Figure Skating novice free skate test
 	
Full U.S. Figure Skating membership required
	Maximum 7 jump elements:
	• 1 must be an Axel-type jump*
	• All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop, double flip allowed
	  ○ Double Lutz, 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**
	  ○ There is no limit to the number of single jumps that can be repeated, but no allowable double jump can be included more than twice
	• Maximum 3 jump combinations or sequences
	  ○ Jump combinations limited to 2 jumps. One 3 jump combination with a maximum of 3 jumps is allowed
	  ○ Jump sequence is any listed jump immediately followed by an axel type jump.
		Maximum 3 spins:
		• 1 spin combination, with or without change of foot*
		  ○ Minimum 8 revolutions
		  ○ Minimum 2 revolutions in each position
		• 1 flying spin with no change of foot or position*
		  ○ Minimum 6 revolutions
		• 3rd spin is option of skater
		
		All spins may start with a flying entry
		Spins must be of a different character
		
		Max Level: 3
			Maximum 1 Sequence:
			• **One leveled step sequence***
			  ○ **Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level**
			  ○ **Must fully utilize the ice surface**
			
			Max Level: 2

Excel Junior
3:30 +/- 10 sec
 	
2nd half bonus: 1:45
 	
Must not have passed higher than U.S. Figure Skating junior free skate test
 	
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 immediately 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 change feet and start with a flying entry
		Spins must be of a different character
		Max Level: 4
			Maximum 1 Sequence:
			• **One leveled step sequence***
			  ○ **Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level**
			  ○ **Must fully utilize the ice surface**
			
			Max Level: 2

**Denotes required element*

Last updated 8/19/2019

Effective: September 1, 2019

2019-2020 Excel Program Requirements

While the updated 2019-20 Excel Free skate Chart becomes effective September 1, 2019, please note that fall of 2019 competitions may have been sanctioned prior to release of the chart. If the 2018-19 Excel Free skate Chart is referenced in the competition announcement, that is the chart that will be followed for that competition. Skaters must compete at their free skate test level or one level higher.

Excel Senior **4:00 +/- 10 sec** **2nd half bonus: 2:00** Must have passed at least the U.S. Figure Skating junior free skate test. Full U.S. Figure Skating membership required	**Maximum 7 jump elements** • 1 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 immediately 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 change feet and start with a flying entry Spins must be of a different character *Max Level: 4*	**Maximum 2 Sequences:** • **One leveled step sequence*** ○ **Max level 2. Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level** ○ **Must fully utilize the ice surface** *Max Level: 2* • One Choreographic Sequence* (ChSq) • Must be clearly visible

**Denotes required element*

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
Adult 1	1:40 Max	• Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:40 Max	• Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3	1:40 Max	• Forward stroking using the blade properly • 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
Adult 4	1:40 Max	• Forward outside edge on a circle, right and left • 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
Adult 5	1:40 Max	• Backward outside edge on a circle, right and left • 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
Adult 6	1:40 Max	• Forward stroking with crossover end patterns • 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)

U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Introductory Levels Free Skate Program

General event parameters:

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

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements • Jumps limited to bunny hop, mazurka, ballet, waltz • 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 Badge Test
Adult High Beginner 1:40 Maximum	Max 4 jump elements: • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ Flip, ½ Lutz, Toe Loop • 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 Test

2019-20 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, 2019.

2019-20	JUMP ELEMENTS	SPINS	STEP SEQUENCE

CHAMPIONSHIP MASTERS JUNIOR-SENIOR & MASTERS JUNIOR-SENIOR
3:40 maximum
2nd half bonus: 1:50
* 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
		Max 3 Spins
		• 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
			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.

CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE & MASTERS INTERMEDIATE-NOVICE
3:10 maximum
2nd half bonus: 1:35
* 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
		Max 3 Spins
		• 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
			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.

CHAMPIONSHIP ADULT GOLD & ADULT GOLD
2:40 maximum
2nd half bonus: 1:20
	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 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.

2019-20 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, 2019.

2019-20	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES

CHAMPIONSHIP ADULT SILVER AND ADULT SILVER
 	
2:10 maximum
 	
2nd half bonus: 1:05
	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
			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 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
		• Spins with a flying entry are not 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.

U.S. Figure Skating Nonqualifying Competitions

EVENT: Solo Pattern Dance

General event parameters:

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

Level	January 1- March 31st	April 1st – June 30th	July 1st – September 30th	October 1st – December 31st
Preliminary	1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz
Pre-bronze	1. Swing 2. Cha-Cha	1. Fiesta Tango 2. Swing	1. Cha-Cha 2. Fiesta Tango	1. Swing 2. Cha-Cha
Bronze	1. Hickory Hoedown 2. Willow Waltz	1. Ten Fox 2. Hickory Hoedown	1. Willow Waltz 2. Ten Fox	1. Hickory Hoedown 2. Willow Watz
Pre-silver	1. Fourteenstep 2. European Waltz	1. Foxtrot 2. Fourteenstep	1. European Waltz 2. Foxtrot	1. Fourteenstep 2. European Waltz
Silver	1. American Waltz 2. Silver Tango	1. Rocker Foxtrot 2. American Waltz	1. Silver Tango 2. Rocker Foxtrot	1. American Waltz 2. Silver Tango
Pre-gold	1. Killian 2. Blues	1. Paso Doble 2. Starlight Waltz	1. Killian 2. Blues	1. Paso Doble 2. Starlight Watlz
Gold	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep

U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Solo Pattern Dance

General event parameters:

1. A solo pattern dance competition event will consist of the skater performing two solo pattern dances. Dance one is the dance listed first in the table below and dance two is listed second.
2. The dances to be skated depend upon the season in which the competition is held. Seasons run from July 1st of the listed year through June 30th of the following year. The skater will perform the two pattern dances listed for their level, based upon the date of the competition. If the competition falls over two seasons (for example, June 30th – July 2nd), the dances will be selected based on the start date of the competition listed in the announcement.
3. Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in between.
4. The number of sequences to be danced is specified in Rule 8075 and indicated in parentheses in the table below.
5. Men and ladies will compete against one another in these events, skating their gender's respective steps.
6. Draw for the skating order of the competitors will be made in accordance with rule 8074.
7. Each skater may provide their own music for each dance. See rule 8031 (B) for requirements.

Level	**Qualifications**	**Selected Dances for the Season *(Number of sequences to be danced in parenthesis)***			
		2019-2020 2023-2024	**2020-2021 2024-2025**	**2021-2022 2026-2027**	**2022-2023 2027-2028**
Adult Preliminary	No higher than one pre-bronze dance test *(partnered, solo, standard, adult/adult 21+ or adult 50+/masters)*	Dutch Waltz (2) Rhythm Blues (2)	Rhythm Blues (2) Canasta Tango (2)	Dutch Waltz (2) Canasta Tango (2)	Rhythm Blues (2) Canasta Tango (2)
Adult Pre-Bronze	The complete preliminary dance test and no higher than one bronze dance test *(partnered, solo, standard, adult/adult 21+ or adult 50+/masters)*	Canasta Tango (2) Cha Cha (2)	Dutch Waltz (2) Fiesta Tango (2)	Rhythm Blues (2) Swing Dance (2)	Canasta Tango (2) Swing Dance (2)
Adult Bronze	Rule 8660	Fiesta Tango (2) Willow Waltz (2)	Cha Cha (2) Willow Waltz (2)	Fiesta Tango (2) Ten-Fox (2)	Cha Cha (2) Hickory Hoedown (2)
Adult Pre-Silver	Rule 8650	Willow Waltz (2) Fourteenstep (3)	Willow Waltz (2) Foxtrot (3)	Ten-Fox (2) European Waltz (2)	Hickory Hoedown (2) Foxtrot (3)
Adult Silver	Rule 8640	Foxtrot (3) American Waltz (2)	Fourteenstep (3) American Waltz (2)	Foxtrot (3) Tango (2)	European Waltz (2) Rocker Foxtrot (3)
Adult Pre-Gold	Rule 8630	American Waltz (2) Paso Doble (2)	Tango (2) Blues (3)	Rocker Foxtrot (3) Starlight Waltz (2)	Tango (2) Kilian (4)
Adult Gold	Rule 8620	Starlight Waltz (2) Argentine Tango (2)	Paso Doble (2) Viennese Waltz (2)	Kilian (4) Westminster Waltz (2)	Blues (3) Quickstep (3)

2018-19 Adult Solo Free Dance 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	EDGE ELEMENTS	SPIN	STEP SEQUENCES	TWIZZLES	DANCE STOPS
ADULT GOLD SOLO FREE DANCE **2:40 +/- 10 seconds**	**Max 3** 1 combination edge element (12 sec max) 2 different short edge elements (6 sec max) Each portion must be held in position for a minimum of 3 seconds. Edge elements must have different positions	**Max 1** Choreographic dance spin or choreographic dance combination spin* – min 3 revs on one/each foot Flying spins not permitted	**Max 2** 2 different step sequences, 1 from Group A and 1 from Group B ***Group A*** – Straight line (midline or diagonal) ***Group B*** – Curved (circular or serpentine) Must use full ice surface Should include a variety of steps and turns and must include brackets, counters, rockers, choctaws and twizzles **Not Permitted:** Stops, pattern regressions, loops, jumps of more than ½ revolution, dance spins and pirouettes	**Max 2** ***Twizzle Series A*** - Must have a different entry edge and different direction for the 2 twizzles. Minimum of 2 revolutions is required on each twizzle. No more than 3 steps are allowed between twizzles. Twizzles must be different than those used in Twizzle Series B. ***Twizzle Series B*** - Must have 2 twizzles. Minimum of 2 revolutions is required on each twizzle. No more than 1 step is allowed between twizzles. Twizzles must be different than those used in Twizzle Series A. ***When judged with IJS: The first attempted set of twizzles will be evaluated as the Series A by the technical panel.***	**Max 1** Full stop to express the character of the music, must be at least three seconds, but not to exceed six seconds. The stops must come at least 10 seconds after the start of the program and at least 10 seconds before the end of the program.
ADULT SILVER SOLO FREE DANCE **2:00 +/- 10 seconds**	**Max 2** 2 short edge elements (6 sec max) Each edge must be held in position for a minimum of 3 seconds. Edge elements must have different positions	**Max 1** Choreographic dance spin or choreographic dance combination spin* – min 3 revs on one/each foot Flying spins not permitted	**Max 1** Midline, circular, or diagonal step sequence Must use full ice surface Should include a variety of steps and turns and must include three-turns, mohawks, brackets and counters. **Not Permitted:** Stops, pattern regressions, loops, jumps of more than ½ revolution, dance spins and pirouettes	**Max 1** Twizzle series - min 2 revs each twizzle No more than 3 steps between twizzles	**Max 1** Full stop to express the character of the music, must be at least three seconds, but not to exceed six seconds. The stop must come at least 10 seconds after the start of the program and at least 10 seconds before the end of the program.
ADULT BRONZE SOLO FREE DANCE **1:40 +/- 10 seconds**	**Max 1** 1 short edge element (6 sec max) Edge must be held in position for a minimum of 3 seconds	**Max 1** Choreographic dance spin* – min 3 revs on 1 foot Spin combinations and flying spins not permitted.	**Max 1** Midline, circular, or diagonal step sequence Must use full ice surface Should include a variety of steps and turns and must include three-turns and mohawks. **Not Permitted:** Stops, pattern regressions, loops, jumps of more than ½ revolution, dance spins and pirouettes	**Max 1** Twizzle - min 1 rev	**Max 1** Full stop to express the character of the music, must be at least three seconds, but not to exceed six seconds. The stop must come at least 10 seconds after the start of the program and at least 10 seconds before the end of the program.

* A choreographic dance spin is on one foot only and may include any number of changes of position. A choreographic dance combination spin must have a change of foot and may include any number of positions on either foot. This element should relate to the music and enhance the overall program.

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.

U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Dramatic Entertainment Events

Format:

- 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.
- 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, as listed in the table below. 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 www.usfigureskating.org, under "Programs" on the National Showcase page.

Dramatic Entertainment Levels:

Except for Adult events, 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 Any Free Dance	No minimum **(max age 20)**	1:30 max
Pre-Preliminary (does not qualify for National Showcase)	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No minimum **(max age 20)**	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	Under 13	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max

Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:30 max
Senior	Senior Free Skate OR Senior Free Dance			2:30 max
Event	**Must meet requirements*** Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	**Must not have passed** Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	**Age**	**Time**
Adult Pre-Bronze (does not qualify for National Showcase)	Adult Pre-Bronze Free Skate OR Pre-Preiminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1//77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	2:10 max

***** For the US Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete; rules 2540-2552 apply,; and the same level must be chosen for all showcase events at the competition (for example, a skater may not compete in Masters Dramatic Entertainment and Adult Gold Light Entertainment events at the same competition). Adult athletes wishing to be grandfathered into a higher level based on participation at the Adult Championships or National Showcase prior to 4/30/17 may make this request to the National Vice Chair for National Showcase. For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Learn to Skate levels and events, please refer to the U.S. Figure Skating Compete USA Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.

U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Light Entertainment Events

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 www.usfigureskating.org, under "Programs" on the National Showcase page.

Light Entertainment Levels:

Except for Adult events, 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 minimum age **(max age 20)**	1:30 max
Pre-Preliminary (does not qualify for National Showcase)	Pre-Preliminary Free Skate	Preliminary Free Skate OR Any Free Dance	No minimum age **(max age 20)**	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	Under 13	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance	No age restriction	2:10 max

Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:30 max
Senior	Senior Free Skate OR Senior Free Dance			2:30 max
Event	**Must meet requirements*** Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	**Must not have passed** Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	**Age**	**Time**
Adult Pre-Bronze (does not qualify for National Showcase)	Adult Pre-Bronze Free Skate OR Pre-Preiminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1//77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	2:10 max

***** For the US Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete; rules 2540-2552 apply,; and the same level must be chosen for all showcase events at the competition (for example, a skater may not compete in Masters Dramatic Entertainment and Adult Gold Light Entertainment events at the same competition). Adult athletes wishing to be grandfathered into a higher level based on participation at the Adult Championships or National Showcase prior to 4/30/17 may make this request to the National Vice Chair for National Showcase. For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Basic Skills levels and events, please refer to the U.S. Figure Skating Compete USA Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.

U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Interpretive Events

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.

- The music will be played continuously during a 30-minute off-ice session in a room and twice during an on-ice warm-up prior to the performance.
    - The room will be attended only by the adult monitor assigned to play the music and the competing skaters.
- **After the warm up, skaters will go back to a room, with no music being played.**
- Skaters will be brought to the ice when the previous skater finishes.
- All competitors in an event will interpret the same music.
- Props are permitted but must be brought into the room prior to listening to the music, and be taken to the ice only when the skater is called to perform. Props may not be pre-positioned on the performance surface.

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Interpretative 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	1:30 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.
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.
All adult events	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.

SKATEFEST APPLICATION

Name	
USFS Number	
Date of Birth	
Gender	
Parent/Guardian	
Parent mail address (required)	
Parent phone (required)	
Highest MIF test passed	
Highest FS test passed	
Highest Dance test passed	
Home Club	
Coach Name	
Coach USFS Number	
Coach Email (required)	
Coach Phone (required)	
Skater or Parent Signature *(if competitor under 18)*	
Coach Signature *(verifying skater entered in correct level)*	
Club/Program Signature (*verifying skater in good standing)*	

Circle events on next page

Fees

6.0 $90 first event; $45 additional

IJS $100 first event; $50 additional

Dance $65 two events

Checks payable to: New Edge FSC. Mail to: Claudia Saliba, 2914 Ellwood, Berkley 48072

Deadline December 18, 2019

EVENTS OFFERED (circle event)

BASIC SKILLS, WELL BALANCED, EXCEL, ADULT, DANCE, SHOWCASE JUDGED 6.0		
Basic Skills		
Snowplow Sam	CM	FS
Basic 1	CM	FS
Basic 2	CM	FS
Basic 4	CM	FS
Basic 5	CM	FS
Basic 6	CM	FS
Pre-Free Skate	CM	FS
Free Skate 1	CM	FS
Free Skate 2	CM	FS
Free Skate 3	CM	FS
Free Skate 4	CM	FS
Free Skate 5	CM	FS
Free Skate 6	CM	FS
Well Balanced		
No Test	CM	FS
Pre-Prelminary	CM	FS
Excel		
Beginner	CM	FS
High Beginner	CM	FS
Pre-Preliminary	CM	FS
Preliminary	CM	FS
Adult		
Adult 1	CM	FS
Adult 2	CM	FS
Adult 3	CM	FS
Adult 4	CM	FS
Adult 5	CM	FS
Adult 6	CM	FS
Adult Beginner	CM	FS
Adult High Beginner	CM	FS
Adult Pre-Bronze	CM	FS
Adult Bronze	CM	FS

Showcase Events Dramatic and Light Entertainment Judged 6.0		
No Test	DRA	LGT ENT
Pre-Preliminary	DRA	LGT ENT
Preliminary	DRA	LGT ENT
Pre-Juvenile	DRA	LGT ENT
Juvenile	DRA	LGT ENT
Teen	DRA	LGT ENT
Intermediate	DRA	LGT ENT
Young Adult	DRA	LGT ENT
Novice	DRA	LGT ENT
Junior	DRA	LGT ENT
Senior	DRA	LGT ENT
Adult Pre-Bronze	DRA	LGT ENT
Adult Bronze	DRA	LGT ENT
Adult Silver	DRA	LGT ENT
Adult Gold	DRA	LGT ENT
Adult Masters	DRA	LGT ENT
Showcase Interpretative		
Pre-Juvenile and Below		
Juvenile-novice		
Junior and Senior		
Teen and Young Adult		
All Adult Events		
Patterned Dance		
Prelimary		
Pre-Bronze		
Bronze		
Pre-Silver		
Silver		
Pre-Gold		
Gold		
Adult Preliminary		
Adult Pre-Bronze		
Adult Bronze		
Adult Pre-Silver		
Adult Silver		
Adult Pre-Gold		
Adult Gold		
Adult Free Dance		
Adult Bronze Solo Free Dance		
Adult Silver Solo Free Dance		
Adult Gold Solo Free Dance		

WELL BALANCED, SHORT PROGRAM, EXCEL, ADULT JUDGED IJS		
Well Balanced		
Preliminary	CM	FS
Pre-Juvenile	CM	FS
Juv and Open Juvenile	CM	FS
Intermediate	CM	FS
Novice	CM	FS
Junior	CM	FS
Senior	CM	FS
Short Program		
Juv and Open Juvenile		FS
Intermediate		FS
Novice		FS
Junior		FS
Senior		FS
Excel		
Preliminary Plus		FS
Pre-Juvenile		FS
Pre-Juvenile Plus		FS
Juvenile		FS
Juvenile Plus		FS
Intermediate		FS
Intermediate Plus		FS
Novice		FS
Junior		FS
Senior		FS
Adult		
Championship Adult Silver/Adult Silver		FS
Adult Silver	CM	
Championship Adult Gold/Adult Gold		FS
Adult Gold	CM	
Championship Masters Intermediate-Novice & Masters Novice		FS
Masters Intermediate-Novice	CM	
Championship Masters Junior-Senior & Masters Junior-Senior		FS
Masters Junior-Senior	CM	