



**Edith Scheonrock International Competition**  
**Hosted by the Port Huron Figure Skating Club**



**Saturday, February 1, 2020**

**Glacier Pointe Skating Complex**  
**4150 Dove Road, Port Huron, MI**

**Chief Referee: Barry Doren**  
**Chief Accountant: Mary Moss**

**Competition Co-Chairs:**  
**Sara Burrows-Rutkofske**  
**and Jessica Thompson-Albert**  
**PHFSC**

**PO Box 610863**  
**Port Huron MI 48061-0863**  
**(810) 841-9550**  
**[phfscedith20@gmail.com](mailto:phfscedith20@gmail.com)**

**Entry Deadline: January 10, 2020**

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

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

**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 entering pre-juvenile and lower events will be divided as closely as possible by age, should the number of entries warrant more than one group.

**ENTRIES:** Online registration at [www.sk8stuff.com](http://www.sk8stuff.com) is required. Checks and voucher still need to be printed and mailed. All entries must be postmarked no later than **January 10, 2020**. Space may be limited. Applications will be processed on a first-come, first-served basis. Late entries will be accepted by the discretion of the competition committee and will incur an additional late fee of \$25.00. Entry fees are per person, per event and payable in U.S. Dollars only. **There will be a \$35.00 service fee assessed if the skater enters the wrong event and requests to be changed.** There will also be a \$35.00 service fee assessed for returned/NSF checks.

**Event fees are as follows:**

**First event** - \$80.00, **Second event** - \$45.00, **Each additional event** - \$30.00

**Exception** - *Survivor Event* will be \$20.00 no matter how many events are entered

**First Learn To Skate event** - \$45.00; **Each additional Learn To Skate event** - \$20.00

**REFUND POLICY:** Entry fees will not be refunded after January 10, 2020 unless no competition exists or the event is cancelled. There will be no refunds for medical withdrawals. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$35 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

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

**MUSIC:** The official competition music must be turned in at the registration table at the time of check-in. A duplicate CD should be readily available at rinkside. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the PHFSC cannot be responsible for CDs left at the end of the competition.

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

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

**REGISTRATION:** The official registration desk will open one hour prior to the start of the competition and remain open until the close of the competition February 1, 2020. Competitors must check in at the registration desk at least one hour prior to their event or they will not be allowed on the competition ice.

**LOCKER ROOMS AND CHANGING AREAS:** Please click here to review the [Locker Rooms and Changing Area policy](#). More detailed information can be found in the [SafeSport Handbook](#).

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

**PHOTOGRAPHY/VIDEOGRAPHY:** Professional photography by Knight Photography for all full ice events will be available for purchase at the arena in the vendor area. **For the safety of the skaters, flash photography is not allowed.**

**AWARDS:**

Medals will be awarded for first, second, third and fourth places. Ribbons for all other places.

- All Free Skate events will be final rounds (Chief referee determines if applicable)
- All events will be judged using 6.0 judging system

**OFFICIAL NOTICES:** An official bulletin board will be maintained in the lobby of the Glacier Pointe Arena. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

**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](http://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.

A background check and SafeSport Training is not required for coaches with only foreign athletes. However, a letter must be submitted from their Federation stating that 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 Sara Burrows-Rutkofske or Jessica Thompson-Albert, Co-Chairs, [phfscedith20@gmail.com](mailto:phfscedith20@gmail.com) or (810) 841-9550.

#### **ADDITIONAL INFORMATION:**

##### **- Official hotel accommodations**

**Best Western Edith Choice Hotel!**  
2282 Water St  
Port Huron MI 48060  
(810) 987-1600  
*Room discounts available*

Quality Inn  
1700 Yeager St  
Port Huron MI 48060  
(810) 982-5500

DoubleTree by Hilton  
800 Harker St  
Port Huron MI 48060  
(810) 984-8000

Fairfield Inn by Marriot  
1635 Yeager St  
Port Huron MI 48060  
(810) 982-4109

Hampton Inn  
1655 Yeager St  
Port Huron MI 48060  
(810) 966-9000

Holiday Inn Express  
2021 Water St  
Port Huron MI 48060  
(810) 662-3400

##### **- Merchandise pre-orders**

Information on pre-ordering Edith merchandise will be emailed to competitors as soon as order forms are available.

##### **- Website**

Schedules and entry confirmation will be posted on **[www.sk8stuff.com](http://www.sk8stuff.com)**.



**Entry Information and Events Offered**  
**February 1, 2020**  
**Hosted by the Port Huron Figure Skating Club**

**First event** - \$80.00, **Second event** - \$45.00, **Each additional event** - \$30.00  
**Survivor Event** will be \$20.00 no matter how many events are entered

**REGISTER ONLINE** at [www.sk8stuff.com](http://www.sk8stuff.com). Only online registrations will be accepted.  
 Online registrations must be made by midnight **January 10, 2020**.

**PAYMENT**

**Option 1:** Register the skater online and print the payment form.  
 Please make checks payable to **PHFSC Edith**.  
 Mail both to: **PHFSC, Attn: Edith, PO Box 81063, Port Huron MI 48061-0863.**

**Option 2:** Register the skater online and send your payment using *PayPal* at [phfscedith20@gmail.com](mailto:phfscedith20@gmail.com). **Be sure to note the skaters name in the notes field on PayPal.** Email the competition chairs at [phfscedith20@gmail.com](mailto:phfscedith20@gmail.com) with your intention to pay via *PayPal*. No invoices will be sent. Your electronic payment must be received by the registration deadline.

**Excel Free Skate**

Beginner  
 High Beginner  
 Pre-Preliminary  
 Preliminary  
 Preliminary Plus  
 Pre-Juvenile  
 Pre-Juvenile Plus  
 Juvenile  
 Juvenile Plus  
 Intermediate  
 Intermediate Plus  
 Novice  
 Junior  
 Senior

**Well Balanced  
 Free Skate**

No Test  
 Pre-Preliminary  
 Preliminary  
 Pre-Juvenile  
 Open Juvenile

**Short Program**  
 Open Juvenile

**Adult Free Skating**

Pre-Bronze  
 Bronze  
 Silver  
 Gold

Masters Intermediate-  
 Novice  
 Masters Junior-Senior

**Compulsory Moves**

Excel Beginner  
 Excel High Beginner  
 Excel Pre-Preliminary  
 Excel Preliminary  
 No Test  
 Pre-Preliminary  
 Preliminary  
 Pre-Juvenile  
 Juvenile  
 Intermediate  
 Novice  
 Junior  
 Senior

**Jumps Challenge**

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

**Spins Challenge**

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

**Survivor Event**

Beginner  
 Pre-Preliminary  
 Preliminary  
 Pre-Juvenile  
 Juvenile  
 Intermediate  
 Novice  
 Junior/Senior

**Light Entertainment**

No Test  
 Pre-Preliminary  
 Preliminary  
 Pre-Juvenile  
 Juvenile  
 Teen

**Interpretive**

Preliminary  
 Pre-Juvenile  
 Juvenile  
 Teen

**Solo Dance**

Prelim- Dutch Waltz  
           Canasta Tango  
 Pre-Bronze-Swing Dance  
           Fiesta Tango  
 Bronze- Willow Waltz  
           Ten Fox  
 Pre-Silver- Fourteen Step  
           European Waltz  
 Silver- American Waltz  
           Tango  
 Pre-Gold- Kilian  
           Blues  
 Gold- Viennese Waltz  
           Argentine Tango

**TECHNICAL**

**INFORMATIONAL:**  
**See current rulebook or**  
**click [here](#) for current**  
**rules and requirements.**



**Entry Information and Events Offered**  
**February 1, 2020**  
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**First event - \$45.00, Second event - \$20.00**

**If not current Learn To Skate USA member, please add \$15.00**

**Skate Canada members will not pay this extra fee.**



**REGISTER ONLINE at [www.sk8stuff.com](http://www.sk8stuff.com). Only online registrations will be accepted.**

**Online registrations must be made by midnight January 10, 2020.**

**PAYMENT**

**Option 1:** Register the skater online and print the payment form.  
Please make checks payable to **PHFSC Edith**.  
Mail both to: **PHFSC, Attn: Edith, PO Box 81063, Port Huron MI 48061-0863.**

**Option 2:** Register the skater online and send your payment using *PayPal* at [phfscedith20@gmail.com](mailto:phfscedith20@gmail.com). **Be sure to note the skaters name in the notes field on PayPal.** Email the competition chairs at [phfscedith20@gmail.com](mailto:phfscedith20@gmail.com) with your intention to pay via *PayPal*. No invoices will be sent. Your electronic payment must be received by the registration deadline.

**Learn to Skate Elements**

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

**Pre FS – F6 Compulsory**

Free Skate 1  
Free Skate 2  
Free Skate 3  
Free Skate 4  
Free Skate 5  
Free Skate 6

**Learn to Skate Program/Music**

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

**Pre FS – F6 Program/Music**

Free Skate 1  
Free Skate 2  
Free Skate 3  
Free Skate 4  
Free Skate 5  
Free Skate 6

**TECHNICAL INFORMATIONAL:**

**See current rulebook or click [here](#) for current rules and requirements.**



## 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.

<b>Excel Beginner Free Skate</b> 1:40 Max  LTS USA or full U.S. Figure Skating membership permitted	<b>Maximum 4 jump elements:</b> <ul style="list-style-type: none"> <li>Jumps with no more than one-half rotation (front to back or back to front)</li> <li>Single rotation jumps: Salchow, toe loop only</li> <li>Eulers (half loops) are not allowed.</li> <li>Maximum 2 jump combinations or sequences. One 3-jump combination is allowed               <ul style="list-style-type: none"> <li>Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> <li>Maximum 2 of any same jump</li> </ul>	<b>Maximum 2 spins:</b> <ul style="list-style-type: none"> <li>Two upright spins</li> <li>No change of foot</li> <li>No flying entry</li> <li>Minimum 3 revolutions</li> </ul> <u>Max Level: Base</u>	<b>Maximum 1 Sequence:</b> <ul style="list-style-type: none"> <li>Choreographic Step Sequence* (ChSt)               <ul style="list-style-type: none"> <li>Must use one-half of the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul>
<b>Excel High Beginner Free Skate</b> 1:40 Max  LTS USA or full U.S. Figure Skating membership permitted	<b>Maximum 5 jump elements:</b> <ul style="list-style-type: none"> <li>Jumps with no more than one-half rotation (front to back or back to front)</li> <li>Single rotation jumps: toe loop, Salchow, Euler (half-loop), loop</li> <li>Flip, Lutz, &amp; Axel NOT permitted</li> <li>Maximum 2 jump combinations or sequences. One 3-jump combination is allowed               <ul style="list-style-type: none"> <li>Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> <li>Maximum 2 of any same jump</li> </ul>	<b>Maximum 2 spins:</b> <ul style="list-style-type: none"> <li>Both spins must be in a single position</li> <li><u>No change of foot</u></li> <li>No flying entry</li> <li>Permitted forward spins: upright, sit, camel</li> <li>Permitted back spins: upright</li> <li>Minimum 3 revolutions</li> <li><u>Spins must be of a different character</u></li> </ul> <u>Max Level: Base</u>	<b>Maximum 1 Sequence:</b> <ul style="list-style-type: none"> <li>Choreographic Step Sequence* (ChSt)               <ul style="list-style-type: none"> <li>Must use one-half of the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul>
<b>Excel Pre-Preliminary</b> 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	<b>Maximum 5 jump elements:</b> <ul style="list-style-type: none"> <li>All single jumps allowed, except for the Axel               <ul style="list-style-type: none"> <li>No single Axels, double, or higher jumps allowed</li> <li>Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Maximum 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> </ul>	<b>Maximum 2 spins:</b> <ul style="list-style-type: none"> <li>One spin must be in a single position <u>with no change of foot*</u></li> <li>One spin may change feet or position, <u>but not both.</u></li> <li>No flying entry</li> <li>Minimum 3 revolutions</li> <li>Spins must be of a different character</li> </ul> <u>Max Level: 1</u>	<b>Maximum 1 Sequence:</b> <ul style="list-style-type: none"> <li>Choreographic Step Sequence* (ChSt)               <ul style="list-style-type: none"> <li>Must use one-half of the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul>
<b>Excel Preliminary</b> 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	<b>Maximum 5 jump elements:</b> <ul style="list-style-type: none"> <li>All single jumps allowed, except for the Axel               <ul style="list-style-type: none"> <li>No single Axels, double, or higher jumps allowed</li> <li>Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Maximum 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> </ul>	<b>Maximum 2 spins:</b> <ul style="list-style-type: none"> <li><u>One spin must be a camel or layback spin with no change of foot and no change of position*</u></li> <li>One spin may change feet and/or position</li> <li>No flying entry</li> <li>Minimum 3 revolutions</li> <li>Spins must be of a different character</li> </ul> <u>Max Level: 1</u>	<b>Maximum 1 Sequence:</b> <ul style="list-style-type: none"> <li>Choreographic Step Sequence* (ChSt)               <ul style="list-style-type: none"> <li>Must use one-half of the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul>

\*Denotes required element

Last updated 8/19/2019



Effective: September 1, 2019

U.S. Figure Skating Sanction # 29045, Skate Canada Sanction #22046-2019

This event is a standard U.S. Figure Skating Nonqualifying Competition LE/9/1/18

# 2019-2020 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

<b>Excel Preliminary Plus</b> <b>1:30 +/- 10 sec</b>  Must not have passed higher than U.S. Figure Skating preliminary free skate test  Full U.S. Figure Skating membership required	<b>Maximum 5 jump elements:</b> <ul style="list-style-type: none"> <li>All single jumps allowed, including single Axel                             <ul style="list-style-type: none"> <li>No double, or higher jumps allowed</li> <li>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)</li> <li>Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Maximum 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)</li> <li>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>	<b>Maximum 2 spins:</b> <ul style="list-style-type: none"> <li>One spin must be in a single position*                             <ul style="list-style-type: none"> <li><u>No change of foot</u></li> <li><u>No flying entry</u></li> </ul> </li> <li>One spin may change feet and/or position</li> <li>No flying entry</li> <li>Minimum 3 revolutions</li> <li>Spins must be of a different character</li> </ul> <p><u>Max Level: 1</u></p>	<b>Maximum 1 Sequence:</b> <ul style="list-style-type: none"> <li>Choreographic Step Sequence* (ChSt)                             <ul style="list-style-type: none"> <li>Must use one-half of the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul>
<b>Excel Pre-Juvenile</b> <b>2:00 +/- 10 sec</b>  Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test  Full U.S. Figure Skating membership required	<b>Maximum 5 jump elements:</b> <ul style="list-style-type: none"> <li>All single jumps allowed, except for the Axel                             <ul style="list-style-type: none"> <li>No single Axels, double, or higher jumps allowed</li> <li>Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Maximum 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>Jump sequence is any listed jump immediately followed by a waltz jump.</li> </ul> </li> </ul>	<b>Maximum 2 spins:</b> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot*                             <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> <li>No flying entry</li> </ul> </li> <li>1 spin with only 1 position*                             <ul style="list-style-type: none"> <li>No change of foot</li> <li>No flying entry</li> <li>Minimum 4 revolutions</li> </ul> </li> </ul> <p>Spins must be of a different character</p> <p><u>Max Level: 1</u></p>	<b>Maximum 1 Sequence:</b> <ul style="list-style-type: none"> <li>Choreographic Step Sequence* (ChSt)                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the choreographic step sequence</li> </ul> </li> </ul>
<b>Excel Pre-Juvenile Plus</b> <b>2:00 +/- 10 sec</b>  Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test  Full U.S. Figure Skating membership required	<b>Maximum 5 jump elements:</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump or a waltz jump*</li> <li>All single jumps, including the single Axel, allowed.</li> <li>Only 1 double jump may be attempted (limited to double Salchow or double toe loop)                             <ul style="list-style-type: none"> <li>Double loop, double flip, double Lutz, double Axel and higher jumps not allowed.</li> <li>Axel plus up to 1 allowable double jump may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Maximum 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combination limited to 2 jumps. One 3 jump combination is allowed</li> <li>Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>	<b>Maximum 2 spins:</b> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot*                             <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> <li>No flying entry</li> </ul> </li> <li>1 spin with only 1 position*                             <ul style="list-style-type: none"> <li>No change of foot</li> <li>Spin may start with flying entry</li> <li>Minimum 4 revolutions</li> </ul> </li> </ul> <p>Spins must be of a different character</p> <p><u>Max Level: 1</u></p>	<b>Maximum 1 Sequence:</b> <ul style="list-style-type: none"> <li>Choreographic Step Sequence* (ChSt)                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the choreographic step sequence</li> </ul> </li> </ul>

\*Denotes required element



# 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.

<p><b>Excel Juvenile</b> 2:20** +/- 10 sec <b>2<sup>nd</sup> half bonus: 1:10**</b></p> <p><b>**Beginning Dec 1, 2019, program length will be 2:30 +/- 10 sec and 2<sup>nd</sup> half bonus will begin at 1:15</b></p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>All single jumps allowed, including Axel <ul style="list-style-type: none"> <li>No double or higher jumps allowed</li> <li>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)</li> <li>Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)</li> <li>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> <li>Minimum 2 revolutions in each position</li> </ul> </li> <li>1 spin with only 1 position* <ul style="list-style-type: none"> <li>No change of foot</li> <li>Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 2</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>Excel Juvenile Plus</b> 2:20** +/- 10 sec <b>2<sup>nd</sup> half bonus: 1:10**</b></p> <p><b>**Beginning Dec 1, 2019, program length will be 2:30 +/- 10 sec and 2<sup>nd</sup> half bonus will begin at 1:15</b></p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single jumps, including the single Axel, allowed.</li> <li>Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> <li>Double loop, double flip, double Lutz, double Axel and higher jumps not allowed</li> <li><u>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</u></li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> <li>Jump combination limited to 2 jumps. One 3 jump combination is allowed</li> <li>Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> <li>Minimum 2 revolutions in each position</li> </ul> </li> <li>1 spin with only 1 position* <ul style="list-style-type: none"> <li>No change of foot</li> <li>Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 2</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>Excel Intermediate</b> 3:00 +/- 10 sec <b>2<sup>nd</sup> half bonus: 1:30</b></p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 6 jump elements:</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single jumps, including the single Axel, allowed.</li> <li>Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> <li>Double loop, double flip, double Lutz, double Axel and higher jumps not allowed</li> <li><u>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</u></li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps. One 3 jump combination is permitted.</li> <li>Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> <li>Minimum 2 revolutions in each position</li> </ul> </li> <li>1 spin with only 1 position* <ul style="list-style-type: none"> <li>No change of foot</li> <li>Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 3</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>

\*Denotes required element





# 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.

<p><b>Excel Intermediate Plus</b> 3:00 +/- 10 sec</p> <p><b>2nd half bonus: 1:30</b></p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 6 jump elements:</p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single jumps, including the single Axel, allowed.</li> <li><u>Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip).</u> <ul style="list-style-type: none"> <li>Double Lutz, double Axel and higher jumps not allowed</li> <li><u>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</u></li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Maximum 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps. One 3 jump combination is permitted.</li> <li>Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot*                             <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> <li>Minimum 2 revolutions in each position</li> </ul> </li> <li>1 spin with only 1 position*                             <ul style="list-style-type: none"> <li>No change of foot</li> <li>Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 3</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>Choreographic Step Sequence* (ChSt)                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>Excel Novice</b> 3:30 +/- 10 sec</p> <p><b>2nd half bonus: 1:45</b></p> <p>Must not have passed higher than U.S. Figure Skating novice free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 7 jump elements:</p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop, double flip allowed                             <ul style="list-style-type: none"> <li>Double Lutz, double Axel and higher jumps not allowed</li> <li><u>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</u></li> <li>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</li> </ul> </li> <li>Maximum 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps. One 3 jump combination with a maximum of 3 jumps is allowed</li> <li>Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot*                             <ul style="list-style-type: none"> <li>Minimum 8 revolutions</li> <li>Minimum 2 revolutions in each position</li> </ul> </li> <li>1 flying spin with no change of foot or position*                             <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> </ul> </li> <li>3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 3</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li><u>One leveled step sequence*</u> <ul style="list-style-type: none"> <li><u>Only Minimum Variety (5 turns) &amp; 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</u></li> <li><u>Must fully utilize the ice surface</u></li> </ul> </li> </ul> <p><u>Max Level: 2</u></p>
<p><b>Excel Junior</b> 3:30 +/- 10 sec</p> <p><b>2nd half bonus: 1:45</b></p> <p>Must not have passed higher than U.S. Figure Skating junior free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*                             <ul style="list-style-type: none"> <li>All single and double jumps allowed, except the double Axel.</li> <li>Double Axel and higher jumps not allowed</li> <li>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</li> </ul> </li> <li>Maximum 3 jump combinations or sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul>	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot*                             <ul style="list-style-type: none"> <li>Minimum 10 revolutions</li> <li>All 3 basic positions with minimum 2 revolutions in each position for highest base value</li> </ul> </li> <li>1 spin with a flying entry*                             <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> </ul> </li> <li>1 spin with only one position*                             <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 4</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li><u>One leveled step sequence*</u> <ul style="list-style-type: none"> <li><u>Only Minimum Variety (5 turns) &amp; 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</u></li> <li><u>Must fully utilize the ice surface</u></li> </ul> </li> </ul> <p><u>Max Level: 2</u></p>

\*Denotes required element

## 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.

<p><b>Excel Senior</b> 4:00 +/- 10 sec</p> <p><b>2<sup>nd</sup> half bonus: 2:00</b></p> <p><u>Must have passed at least the U.S. Figure Skating junior free skate test.</u></p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 7 jump elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump* <ul style="list-style-type: none"> <li>All single and double jumps allowed, including the double Axel.</li> <li>Triple and higher jumps not allowed</li> <li>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</li> <li>Maximum 3 jump combinations or sequences</li> <li>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>Minimum 10 revolutions</li> <li>All 3 basic positions with minimum 2 revs in each position for highest base value</li> </ul> </li> <li>1 spin with a flying entry* <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> </ul> </li> <li>1 spin with only one position* <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 4</u></p>	<p><b>Maximum 2 Sequences:</b></p> <ul style="list-style-type: none"> <li><u>One leveled step sequence*</u> <ul style="list-style-type: none"> <li><u>Max level 2. Only Minimum Variety (5 turns) &amp; 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</u></li> <li><u>Must fully utilize the ice surface</u></li> </ul> </li> </ul> <p><u>Max Level: 2</u></p> <ul style="list-style-type: none"> <li>One Choreographic Sequence* (ChSq)</li> <li>Must be clearly visible</li> </ul>
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\*Denotes required element



**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
<b>NO TEST</b> <b>1:40 maximum</b>	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>All single jumps allowed except for the single Axel <ul style="list-style-type: none"> <li>No single Axels, double, triple or quadruple jumps allowed</li> <li>Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump).</li> </ul> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>Step Sequence <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then: ChSt</p>
<b>PRE- PRELIMINARY</b> <b>1:40 maximum</b>	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> <li>No double, triple or quadruple jumps allowed</li> <li>Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>Step Sequence <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then: ChSt</p>
<b>PRELIMINARY</b> <b>1:30 +/- 10 sec</b> *means element is required	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump or a waltz jump*</li> <li>All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> <li>Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> </ul> </li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>Step Sequence <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then: ChSt</p>
<b>PRE-JUVENILE</b> <b>2:00 +/- 10 sec</b> *means element is required	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> <li>No double Axels, triple or quadruple jumps allowed</li> <li>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</li> </ul> </li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>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</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position* <ul style="list-style-type: none"> <li>No change of foot</li> <li>Min 4 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>Step Sequence <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then: ChSt</p>

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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.

Singles 2019-20 FS Elements Version 5.0 – 7/22/19 JN



**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
<b>JUVENILE and OPEN JUVENILE GIRLS &amp; BOYS</b>  <b>2:20** +/- 10 sec</b>  <b>2<sup>nd</sup> half bonus: 1:10**</b>  *means element is required  <u>**Beginning Dec. 1, 2019, program length will be 2:30 +/- 10 sec and 2<sup>nd</sup> half bonus will begin at 1:15</u>	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single and double jumps, including the double Axel, and one triple jump are allowed                             <ul style="list-style-type: none"> <li>No additional triple jumps and no quadruple jumps are allowed</li> <li>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                                     <ul style="list-style-type: none"> <li>If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>No double jump can be included more than twice. The triple jump can only be included once.</li> </ul> </li> <li>Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>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.</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>Min 8 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 spin with only 1 position; no change of foot*                             <ul style="list-style-type: none"> <li>Min 5 revs</li> </ul> </li> </ul> Both spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>One choreographic step sequence*                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>

**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
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**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
<b>CHAMPIONSHIP MASTERS JUNIOR-SENIOR &amp; MASTERS JUNIOR-SENIOR</b> <b>3:40 maximum</b> <b>2nd half bonus: 1:50</b> * means element is required	<b>Max 7 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump or a waltz jump*</li> <li>Max 3 combinations or sequences               <ul style="list-style-type: none"> <li>1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps</li> </ul> </li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump</li> <li>No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence               <ul style="list-style-type: none"> <li>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</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>Min 5 revs total if no change of foot</li> <li>Min 4 revs each foot if change of foot</li> <li>Min 2 revs in each position</li> </ul>	<b>Max 1 Step Sequence</b> <ul style="list-style-type: none"> <li>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>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.</li> </ul>
<b>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE &amp; MASTERS INTERMEDIATE-NOVICE</b> <b>3:10 maximum</b> <b>2nd half bonus: 1:35</b> * means element is required	<b>Max 6 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump or a waltz jump*</li> <li>Max 3 combinations or sequences               <ul style="list-style-type: none"> <li>1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps</li> <li>Only 1 jump combination may include 2 double jumps</li> </ul> </li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump</li> <li>Each jump may be repeated only once, and only as part of a combination or sequence               <ul style="list-style-type: none"> <li>If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop</li> <li>Double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>Min 5 revs total if no change of foot</li> <li>Min 4 revs each foot if change of foot</li> <li>Min 2 revs in each position</li> </ul>	<b>Max 1 Step Sequence</b> <ul style="list-style-type: none"> <li>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>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.</li> </ul>
<b>CHAMPIONSHIP ADULT GOLD &amp; ADULT GOLD</b> <b>2:40 maximum</b> <b>2nd half bonus: 1:20</b>	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>Max 3 combinations or sequences               <ul style="list-style-type: none"> <li>1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps</li> <li>Each jump combination may include only 1 double jump</li> </ul> </li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump</li> <li>Each jump may be repeated only once, and only as part of a combination or sequence               <ul style="list-style-type: none"> <li>If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>All single jumps, including the single Axel, and the following double jumps are permitted: double toe loop, double Salchow.</li> <li>Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>Max Level 3</li> <li>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>Min 4 revs total if no change of foot</li> <li>Min 4 revs each foot if change of foot</li> <li>Min 2 revs in each position</li> </ul>	<b>Max 1 Step Sequence</b> <ul style="list-style-type: none"> <li>1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>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.</li> </ul>

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
<b>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</b>  <b>2:10 maximum</b>  <b>2nd half bonus: 1:05</b>	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>Max 2 combinations or sequences <ul style="list-style-type: none"> <li>1 combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> <li>Non-listed jumps of not more than 1 revolution performed as part of connecting footwork preceding single jumps are permitted</li> <li>Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>All single jumps, including single Axel, are permitted</li> <li>No double or triple jumps are permitted</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>Max Level 2</li> <li>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>Min 3 revs total if no change of foot</li> <li>Min 3 revs each foot if change of foot</li> <li>Min 2 revs in each position</li> </ul>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>1 choreographic step sequence, fully utilizing at least 1/2 of the ice surface (may include moves in the field and spirals)</li> <li>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.</li> </ul>
<b>ADULT BRONZE</b>  <b>1:50 maximum</b>	<b>Max 4 Jump Elements</b> <ul style="list-style-type: none"> <li>Max 2 combinations or sequences <ul style="list-style-type: none"> <li>1 combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> <li>Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>All single jumps are permitted (except single Axel)</li> <li>No single Axel, double or triple jumps are permitted</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>Max Level 1</li> <li>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>Min 3 revs total if no change of foot</li> <li>Min 3 revs each foot if change of foot</li> <li>Min 2 revs in each position</li> <li>Spins with a flying entry are not permitted</li> </ul>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>1 choreographic step sequence, fully utilizing at least 1/2 of the ice surface (may include moves in the field and spirals)</li> <li>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.</li> </ul>
<b>ADULT PRE BRONZE</b>  <b>1:40 maximum</b>	<b>Max 4 Jump Elements</b> <ul style="list-style-type: none"> <li>Max 2 combinations or sequences <ul style="list-style-type: none"> <li>1 jump combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> <li>Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>Only single and half-revolution jumps are permitted</li> <li>No single Lutz, single Axel or double or triple jumps are permitted</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>Max Level 1</li> <li>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>Min 3 revs</li> <li>Spins with a flying entry are not permitted</li> </ul>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>Connecting steps throughout the program are required</li> </ul>

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: 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.



### EXCEL COMPULSORY

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

Level	Time	Skating rules/standards
Excel Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Toe loop jump</li> <li>• Salchow jump</li> <li>• One-foot upright spin - minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
Excel High Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Salchow/toe loop combination</li> <li>• Sit spin - minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
Excel Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Flip jump</li> <li>• Loop/loop jump combination</li> <li>• Upright spin with change of foot – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
Excel Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Flip/loop jump combination</li> <li>• Camel, sit combination spin – minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Upright spin with change of foot – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Jump combination: single/single (no Axel)</li> <li>• Spin with one change of position and no change of foot – minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>
Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Axel jump</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Spin with one change of foot and one change of position – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Axel or double Salchow</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence – must include rotating in both directions</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>1. Double Salchow or double toe loop</li> <li>2. Jump combination: single/single or double/single</li> <li>3. Layback spin or camel spin - minimum four revolutions</li> <li>4. Step sequence – must include 3 difficult turns and rotating in both directions</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Salchow, double toe loop or double loop</li> <li>2. Jump combination: single/single or double/single, double/double</li> <li>3. Flying spin, minimum five revolutions</li> <li>4. Step sequence – must include 4 difficult turns and rotations in both directions</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Double loop or double flip</li> <li>2. Jump combination: double/single or double/double</li> <li>3. Flying spin - minimum six revolutions</li> <li>4. Step sequence – must include 5 difficult turns and rotations in both directions</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double flip or double Lutz</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot)</li> <li>4. Step sequence – must include 7 difficult turns and rotations in both directions</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Lutz or double Axel</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - all 3 basic positions required (min. 6 on each foot)</li> <li>4. Step sequence – must include 7 difficult turns and rotations in both directions</li> </ol>





## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Jumps Challenge

#### General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated  $\frac{1}{2}$  ice; Juvenile – senior will be skated on full ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. <math>\frac{1}{2}</math> flip or <math>\frac{1}{2}</math> Lutz</li> <li>3. Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. Single Salchow</li> <li>3. Jump combination – waltz jump-toe loop</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single loop</li> <li>3. Jump combination – Any two <math>\frac{1}{2}</math> or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single flip</li> <li>3. Jump combination – Any two <math>\frac{1}{2}</math> or single revolution jumps (no Axel)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single Lutz</li> <li>3. Jump combination – Any single jump + single loop (may include Axel)</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel or double Salchow</li> <li>2. Single or double jump</li> <li>3. Jump combination – single/single (may include Axel)</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Double Salchow or double toe loop</li> <li>3. Jump combination – single/single or double/single (may include single Axel)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Double toe loop or double loop</li> <li>3. Jump combination – double/single or double/double (may include single Axel)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Double loop</li> <li>2. Double flip</li> <li>3. Jump combination – double/double (may include double Axel)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Choice of double or triple jump (Salchow, toe loop, loop, Lutz)</li> <li>2. Double or triple flip</li> <li>3. Jump combination – double/double (may include double Axel)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Choice of double or triple jump (Salchow, toe loop, loop, flip)</li> <li>2. Double or triple Lutz</li> <li>3. Jump combination – double/double or triple/double (may include double Axel)</li> </ol>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Spins Challenge

#### General event parameters:

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



Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3 revs)</li> <li>2. Upright back spin (3 revs)</li> <li>3. Sit spin (3 revs)</li> </ol>
High Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (4 revs)</li> <li>2. Upright spin with change of foot (3 revs on each foot)</li> <li>3. Sit spin (3 revs)</li> </ol>
No-Test	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright spin with change of foot (3 revs on each foot)</li> <li>2. Sit spin (3 revs)</li> <li>3. Camel spin (3 revs)</li> </ol>
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Spin with one change of position* and no change of foot (6 revs)</li> <li>2. Backward sit spin (3 revs)</li> <li>3. Camel spin (4 revs)</li> </ol>
Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Spin with one change of foot and one change of position* (min. 3 revs each foot)</li> <li>2. Combination sit spin with change of foot (min. 3 revs each foot)</li> <li>3. One position spin – skater's choice (upright, sit or camel), (4 revs)</li> </ol>
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> <li>1. Backward entry Camel spin (4 revs)</li> <li>2. Combination spin – All 3 basic positions are required (camel, sit, upright), (2 revs in each position)</li> <li>3. Forward to backward scratch spin (min 4 revs per foot)</li> </ol>
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> <li>1. Sit spin (4)</li> <li>2. Combination spin – with change of foot; all 3 basic positions required (2 revs in each position, min. 4 revs per foot)</li> <li>3. Girls – layback spin (6 revs); Boys – camel spin (5 revs)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying camel spin-basic camel position required (5 revs)</li> <li>2. Sit spin to backward sit spin-basic sit position required (4 revs per foot)</li> <li>3. Combination spin – change of foot &amp; all 3 basic positions required (2 revs in each position &amp; min 5 revs per foot)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Illusion to back scratch spin; may change feet (6 revs)</li> <li>2. Camel spin to backward camel spin (4 revs per foot)</li> <li>3. Combination spin – change of foot, all 3 basic positions required (2 revs in each position &amp; min 6 revs per foot)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying sit spin or flying reverse sit spin (6 revs)</li> <li>2. Solo spin of choice – may not fly (8 revs)</li> <li>3. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position &amp; min 6 revs per foot)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying spin of choice (8 revs)</li> <li>2. Solo spin of choice (8 revs) – may not fly</li> <li>3. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position &amp; min 6 revs per foot)</li> </ol>

\* There are 3 basic spin positions: Upright, Sit and Camel. Any variation of these positions is still considered the same position (i.e. a broken leg spin is still a sit position. A camel-sit-broken leg spin has one change of position).

### **EVENT: SURVIVOR**

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

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

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

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

<b><u>LEVEL</u></b>	<b><u>TEST STATUS</u></b> (No Higher Test Than This) (Skaters may skate up one level)	<b><u>ELEMENTS</u></b>
<b>Beginner</b>	No tests passed.	1. Forward spiral (any edge or straight line) 2. One-foot spin 3. Waltz jump
<b>Pre-Preliminary</b>	Passed Pre-Preliminary free skating test, must not have passed Preliminary free skating test	1. Forward spiral (any edge or straight line) 2. One-foot spin 3. Salchow jump
<b>Preliminary</b>	Passed Preliminary free skating test	1. Forward outside spiral 2. Any spin 3. Loop jump
<b>Pre-juvenile</b>	Passed Pre-juvenile free skating test <u>Skate Canada</u> -Cannot have passed all of Jr. Bronze free skating test	1. Forward outside spiral 2. Any spin 3. Lutz
<b>Juvenile</b>	Passed Juvenile free skating test. <u>Skate Canada</u> - Passed Jr. Bronze free skating test	1. Forward inside spiral 2. Any spin 3. Axel
<b>Intermediate</b>	Passed Intermediate free skating test <u>Skate Canada</u> -Passed Sr. Bronze free skating test	1. Forward outside spiral 2. Any spin 3. Double salchow
<b>Novice</b>	Passed Novice free skating-test <u>Skate Canada</u> -Passed Jr. Silver free skating test	1. Forward inside spiral 2. Any spin 3. Double loop
<b>Junior/Senior</b>	Passed Jr. Free skating test <u>Skate Canada</u> -Passed Jr. Free skating test or Canadian Sr. Silver	1. Forward outside spiral 2. Any spin 3. Double Flip



## 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](http://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



## 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.

- **This procedure differs from the USFS standard announcement.**
- During the warm-up, skaters will listen to the selected music twice.
- Following the warm-up, all skaters; except for the first skater; will be escorted to a soundproof area of the arena.
- The first skater will hear the music one more time and then perform a program to the music.
- As each skater performs, the next skater in the skating order will be brought back to rink side and allowed to hear the music for the 3rd time before they perform to the music. The listening skater will not be allowed to view the performing skater.
- Props will not be permitted.

#### 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.



## 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 30<sup>th</sup> – July 2<sup>nd</sup>), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2<sup>nd</sup> quarter).
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 31 <sup>st</sup>	April 1 <sup>st</sup> – June 30 <sup>th</sup>	July 1 <sup>st</sup> – September 30 <sup>th</sup>	October 1 <sup>st</sup> – December 31 <sup>st</sup>
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 Waltz
Gold	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep

**(Not part of the National Solo Dance Competition Series)**





## SNOWPLOW SAM – BASIC 6 ELEMENTS

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

- To be skated on 1/3 to 1/2 ice
- No music
- All elements must be skated in the order listed.

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:00 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:00 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:00 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
Basic 5	1:00 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>

## 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.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:10 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:10 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:10 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
Basic 5	1:10 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position</li> <li>• T-stop, right or left</li> </ul>



# **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.

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max.	<ul style="list-style-type: none"> <li>• Forward inside open Mohawk from a standstill position (R to L and L to R)</li> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position - minimum 3 revolutions</li> <li>• Mazurka – right or left</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• Backward outside three-turn, right and left</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Backward inside three-turn, right and left</li> <li>• Beginning back spin, optional entry and free-foot position - maximum 3 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position- minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum 3 revolutions</li> <li>• Euler (half loop jump)</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin - minimum 3 revolutions</li> <li>• Waltz jump/loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power pulls, minimum 3 on each foot</li> <li>• Camel, sit spin combination - minimum of 4 revolutions total</li> <li>• Waltz jump/Euler (half loop)/ Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>

# **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.	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position- minimum 3 revolutions</li> <li>• Mazurka - right or left</li> <li>• Waltz jump</li> <li>• <b>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</b></li> </ul>
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> <li>• <b>NOT ALLOWED – Waltz jump/toe loop combination</b></li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Beginning back spin, optional entry and free-foot position, maximum 2 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> <li>• <b>NOT ALLOWED – Waltz jump/toe loop and Salchow/toe loop combination</b></li> </ul>
Free Skate 3	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> <li>• <b>NOT ALLOWED – Waltz/loop combination</b></li> </ul>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin – minimum 3 revolutions</li> <li>• Euler (half loop jump)</li> <li>• Flip jump</li> <li>• <b>NOT ALLOWED – Waltz/loop and Waltz/Euler/Salchow combination</b></li> </ul>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin – minimum 3 revolutions</li> <li>• Waltz/loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> <li>• Creative step sequence using a variety of three turns, Mohawks and toe steps, half-ice</li> <li>• Camel, sit spin combination - minimum of 4 revolutions total</li> <li>• Waltz jump/ Euler (half loop)/Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>