

Presenting



Sunday, April 18th, 2021
6:00am – 11:30am

Basic Skills Competition
Registration Deadline
Sunday, April 4th, 2021

Sanctioned by



Learn to Skate USA Competition Approval # 29872



MISSION STATEMENT:

The annual Compete USA Competition **DREAMS BEGIN HERE** sponsored by Scott Hamilton Skating Academy will be held at Ford Ice Center, 5264 Hickory Hollow Pkwy, Antioch, TN 37013 on Sunday, April 18th, 2021. The purpose of the competition is to promote a FUN, introductory, competitive experience for all participants.



PRECAUTIONARY MEASURES AND RISK ASSESSMENTS

In accordance with our local government re-opening policies, Ford Ice Center Antioch and Ford Ice Center Bellevue are open! Our No. 1 priority is to keep our participants, guests, athletes, and staff healthy, while providing exceptional programming. To do this, we have taken many steps to keep everyone safe.

Health, Safety and COVID-19 Measures:

- Limiting the number of participants in our building and in programs
- More time between programs to clean and get participants in and out of the facility.
- Dedicated cleaning crews in the facility while the building is open and deep cleaning and sanitizing the building every evening.
- Coaches always wearing face coverings while in the facility and on ice.
- Face coverings will be worn by everyone when in the facility (athletes may remove face coverings for some programming)
- Participants are allowed two (2) guests only.
- Directional signage to assist participants and guests in practicing social distancing.

ELIGIBILITY RULES FOR PARTICIPANTS

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

Eligibility and Test Requirements:

Eligibility will be based on skill level as of closing date of entries. All **Snowplow Sam and Basic 1-6** skaters must skate at highest level passed or one level higher, and NO official U.S. Figure Skating tests may have been passed, including moves in the field or individual dances. For the **Pre-Free Skate, Free Skate 1-6, excel, well-balanced adult, and Adaptive levels**, eligibility will be based only upon highest badge level or free skate test level passed. Skate United skaters have the option to compete in the standard track or Skate United badge levels; accommodations may be made upon request. Moves in the field test level will not determine a skater's competitive level. Skaters may skate at highest level passed OR one level higher but not both levels in the same event during the same competition.

ENTRIES AND FEES -All entries must be received no later than **Sunday, April 4th, 2021** and are limited to the first 60 applications received. (If limitations on number of entries are needed) Late entries will be accepted only if the limit has not been reached, at the discretion of Ford Ice Center management. Entry fees are per person, U.S. dollars. The first event is \$40.00, and each additional event is \$20.00 NO refunds after closing date unless event is canceled by LOC. ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fee check made payable to FORD ICE CENTER. There will be a fee for returned checks.

AWARDS – Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, and third places. ALL other places will receive ribbons. ALL awards will be given at appropriate times throughout the competition.

SCHEDULE OF EVENTS - Will be posted on the official bulletin board no later than Wednesday, April 14th, 2021. Information regarding groups and skating times will be emailed prior to the beginning of competition to each registered skater and coaches.

PRACTICE ICE - Practice ice will be available on Sunday, April 18th from 6:00am – 7:00. Pre-register to reserve your spot! A maximum of 15 skaters will be allowed on the ice during any one session. You may sign up for NO MORE THAN TWO SESSIONS on a first-come, first-served basis. Sessions are \$14 per session and are 20 minutes in length.

MUSIC - The music for all free skating programs and showcase must be provided electronically by your skater and/or coach. Music should be clearly titled with the name of the skater, event entered and length of music (not skating time). All skaters should have a back-up copy of music on CD available rink side. Time duration is always +/- 10 seconds. Please email all skater music to ptrujillo@nashvillepredators.com

ELIGIBILITY RULES FOR COACHES/INSTRUCTORS

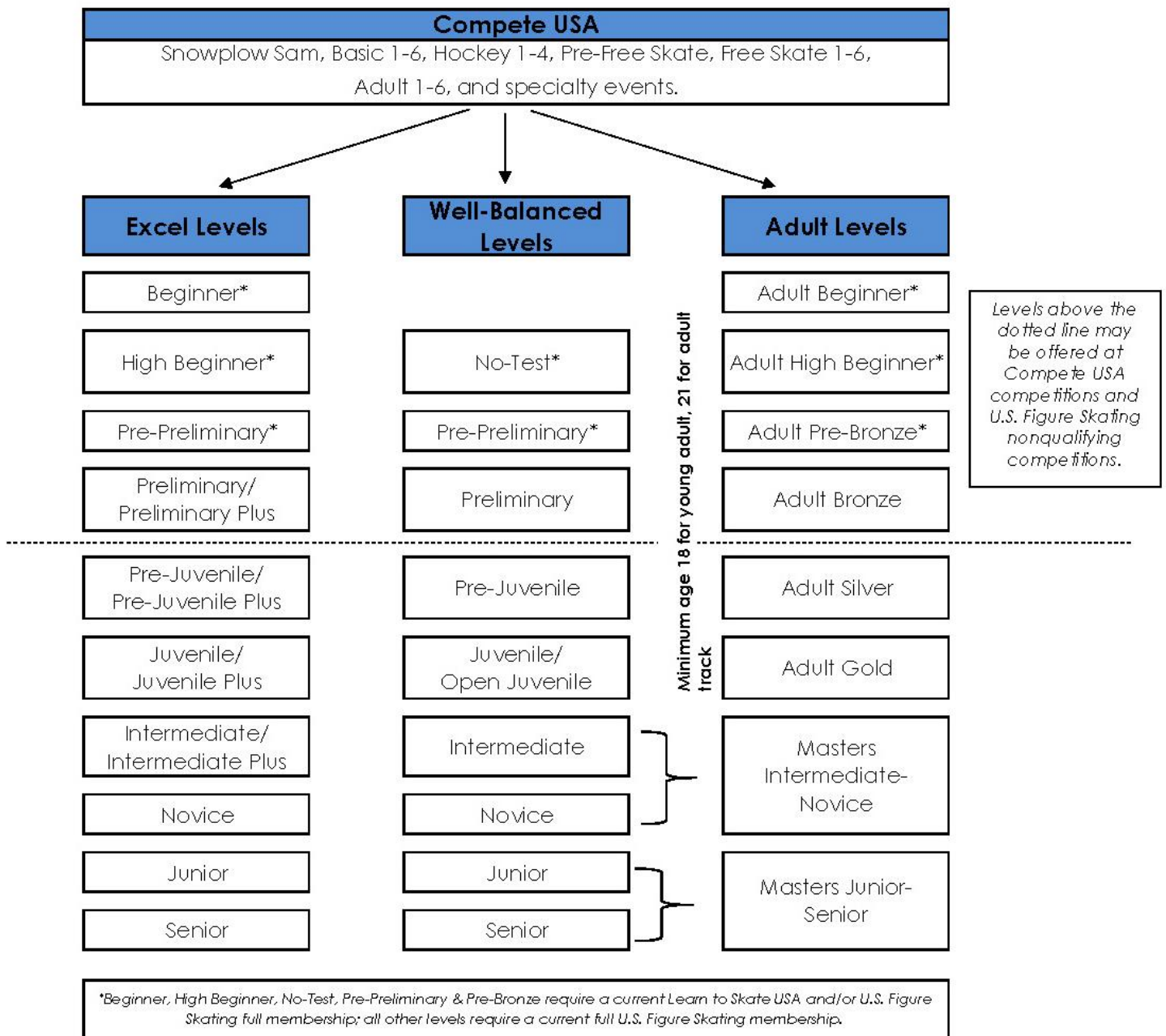
For credentials at a Compete USA event, coaches/instructors are required to have:

- Learn to Skate USA instructor membership OR U.S. Figure Skating full membership
- SafeSport training completed (for coaches/instructors 18 years old and older)
- Background check successfully passed (for coaches/instructors 18 years old and over)
- Learn to Skate USA instructor certification OR U.S. Figure Skating coach compliance (for coaches under 18 years old)
- NOTE: If a coach/instructor attempts to work at your event without the proper credentials, he or she is in violation of U.S. Figure Skating ethics and code of conduct rules and, as such, is subject to disciplinary action.
- All officials and adult volunteers attending Compete USA events must also be SafeSport compliant.



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

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



SNOWPLOW SAM – BASIC 6 ELEMENTS

- Each skater will perform each element when directed by a judge/referee.
- To be skated on 1/2 ice
- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- **All elements must be skated in the order listed.**

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

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC



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

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

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

PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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



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

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

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

WELL-BALANCED LEVELS COMPULSORY

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

- To be skated on half-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.
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

Level	Time	Skating rules/standards
No Test	1:15 max	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Upright spin with change of foot, minimum 3 revolutions on each foot • Choreographic step sequence
Pre-Preliminary	1:15 max	<ul style="list-style-type: none"> • Lutz jump • Single jump-single jump (no Axel) combination • Spin with one change of position and no change of foot, minimum 6 revolutions total • Choreographic step sequence
Preliminary	1:15 max	<ul style="list-style-type: none"> • Axel jump • Single jump-single jump (may include Axel) combination. • Spin with one change of foot and one change of position, minimum 3 revolutions on each foot • Choreographic step sequence

EXCEL FREE SKATE

General event parameters:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up to one level higher.



<p>Excel Beginner</p> <p>1:40 Max</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 4 jump elements: Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow, toe loop only Eulers (half loops) are not allowed. Maximum 2 jump combinations or sequences One 3-jump combination is allowed.</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump. <p>Maximum 2 of any same jump.</p>	<p>Maximum 2 spins: Two upright spins No change of foot No flying entry</p> <p>Minimum 3 revolutions</p> <p>Max Level: Base</p>	<p>Maximum 1 Sequence: Choreographic step sequence* (ChSt) Must use one-half of the ice surface. Moves in the field and spiral sequences are allowed but will not be counted as elements. Jumps may be included in the step sequence</p>
<p>Excel High Beginner</p> <p>1:40 Max</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: toe loop, Salchow, Euler (half loop), loop Flip, Lutz, and Axel NOT permitted Maximum 2 jump combinations or sequences. One 3-jump combination is allowed.</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump. <p>Maximum 2 of any same jump</p>	<p>Maximum 2 spins: Both spins must be in a single position No change of foot No flying entry Permitted forward spins: upright, sit, camel. Permitted back spins: upright.</p> <p>Minimum 3 revolutions Max Level: Base</p> <p>Both spins may be of the same character</p>	<p>Maximum 1 Sequence: Choreographic step sequence* (ChSt) Must use one-half of the ice surface. Moves in the field and spiral sequences are allowed but will not be counted as elements. Jumps may be included in the step sequence</p>
<p>Excel Pre-Preliminary</p> <p>1:40 Max</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating pre- preliminary free skate test.</p> <p>*means required element.</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required.</p>	<p>Maximum 5 jump elements: All single jumps allowed, except for the Axel. No single Axels, double or higher jumps allowed. Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded. Maximum 2 jump combinations or jump sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed.</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins: One spin must be in a single position with no change of foot* One spin may change feet or position, but not both. No flying entry Minimum 3 revolutions Spins must be of a different character.</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence: Choreographic step sequence* (ChSt) Must use one-half of the ice surface. Moves in the field and spiral sequences are allowed but will not be counted as elements. Jumps may be included in the step sequence</p>
<p>Excel Preliminary</p> <p>1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test.</p> <p>*means required element.</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, except for the Axel. No single Axels, double or higher jumps allowed. Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded. Maximum 2 jump combinations or jump sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed.</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins: One spin must be a camel or layback spin with no change of foot and no change of position* One spin may change feet and/or position. No flying entry Minimum 3 revolutions Spins must be of a different character.</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence: Choreographic step sequence* (ChSt) Must use one-half of the ice surface. Moves in the field and spiral sequences are allowed but will not be counted as elements. Jumps may be included in the step sequence</p>

<p>Excel Preliminary Plus 1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test.</p> <p>*means required element.</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, including single Axel. No double or higher jumps allowed. Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded. Maximum 2 jump combinations or jump sequences. All single jumps, including the single Axel, are allowed as part of a jump combination or sequence (no double jumps) Jump combinations limited to 2 jumps. One 3-jump combination is allowed.</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Maximum 2 spins: One spin must be in a single position* No change of foot No flying entry One spin may change feet and/or position. No flying entry Minimum 3 revolutions Spins must be of a different character.</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence: Choreographic step sequence* (ChSt) Must use one-half of the ice surface. Moves in the field and spiral sequences are allowed but will not be counted as elements. Jumps may be included in the step sequence</p>
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WELL-BALANCED FREE SKATE PROGRAM



General event parameters:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up one level higher.

Level/Time	Jumps	Spins	Step Sequences
No Test 1:40 Max	Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps allowed except single Axel. <ul style="list-style-type: none"> ◦ No single Axels, double, triple or quadruple jumps allowed. ◦ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded. • Max 2 jump combinations or jump sequences. <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed. ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump) 	Max 2 Spins <ul style="list-style-type: none"> • Spins may change feet and/or position. • Spins may start with a flying entry. • Min 3 revs... <p>These spins must be of a different character. (For definition see U.S. Figure Skating rule 6103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> ◦ Must use one-half the ice surface. ◦ Moves in the field and spiral sequences are allowed but will not be counted as elements. ◦ Jumps may be included in the step sequence.
Pre-Preliminary 1:40 Max	Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps, including single Axel, allowed. <ul style="list-style-type: none"> ◦ No double, triple or quadruple jumps allowed. ◦ Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels) ◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded. • Max 2 jump combinations or jump sequences. <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed. ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins may change feet and/or position. • Spins may start with a flying entry. • Min 3 revs... <p>These spins must be of a different character. (For definition see U.S. Figure Skating rule 6103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> ◦ Must use one-half the ice surface. ◦ Moves in the field and spiral sequences are allowed but will not be counted as elements. ◦ Jumps may be included in the step sequence.
Preliminary 1:30 +/- 10 sec. Max	Max 5 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including 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"> ◦ Double flip, double Lutz, double Axel, triple, and quadruple jumps not allowed. ◦ An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination. ◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded. • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed. ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins may change feet and/or position. • Spins may start with a flying entry. • Min 3 revs... <p>These spins must be of a different character. (For definition see U.S. Figure Skating rule 6103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> ◦ Must use one-half the ice surface. ◦ Moves in the field and spiral sequences are allowed but will not be counted as elements. ◦ Jumps may be included in the step sequence.

ADULT 1-6, BEGINNER-BRONZE COMPULSORY



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

Level	Time	Elements
Adult 1	1:30 Max	<ul style="list-style-type: none"> • Forward marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop on one or two feet
Adult 2	1:30 Max	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides, both feet • Forward slalom • Backward wiggles • Backward swizzles, 4-6 in a row
Adult 3	1:30 Max	<ul style="list-style-type: none"> • Forward stroking with proper blade use • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Forward chasses on a circle, clockwise and counterclockwise • Backward skating to a long two-foot glide • Backward snowplow stop, right and left
Adult 4	1:30 Max	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left. • Forward inside edge on a circle, right and left. • Forward crossovers, clockwise and counterclockwise • Hockey stop, both directions • Backward one-foot glides, right and left
Adult 5	1:30 Max	<ul style="list-style-type: none"> • Backward outside edge and backward inside edge on a circle, right and left. • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left. • Beginning two-foot spin (min. 2 revs.)
Adult 6	1:30 Max	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left. • T-stop • Lunge • Two-foot spin into one-foot spin (min. 2 revs. on one foot)
Adult Beginner	1:30 Max	<ul style="list-style-type: none"> • Mazurka • Waltz jump • Forward beginning one-foot spin from backward crossovers (min. 2 revs.) • Forward moving inside open mohawk (right and left), heel to instep • Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult High Beginner	1:30 Max	<ul style="list-style-type: none"> • Waltz jump • Half flip • Forward upright spin, minimum 3 revolutions • Backward outside three-turn, right and left. • Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult Pre-Bronze	1:30 Max	<ul style="list-style-type: none"> • Single toe loop • Jump combination or sequence consisting of half-revolution jumps (half flip, half Lutz, half loop, waltz), toe loop or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence. • Forward upright spin, minimum 3 revolutions • Two forward crossovers into a forward inside mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise. • Forward spiral (any edge)
Adult Bronze	1:30 Max	<ul style="list-style-type: none"> • Single Salchow • Jump combination or sequence consisting of half-revolution and/or full revolution jumps (no Lutz or Axel), maximum 2 jumps in combination and 3 jumps in a sequence. • Solo spin with no change of foot (min. 3 revolutions) • Backward inside three-turn, right and left. • Spiral sequence (minimum 2 spirals), must change edge or foot

ADULT 1-6 FREE SKATE WITH MUSIC



General event parameters:

- The skating order of the required elements is optional.
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated; connecting moves and steps should be demonstrated throughout the program.
- To be skated on full ice
- Skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.
- A 0.2 deduction will be taken for each required element missing and for those elements performed from a higher level.

Level	Time	Elements
Adult 1	1:40 Max	<ul style="list-style-type: none"> • Forward marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop, one or two feet
Adult 2	1:40 Max	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward wiggles • Backward swizzles, 4-6 in a row
Adult 3	1:40 Max	<ul style="list-style-type: none"> • Forward stroking with proper blade use • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Backward skating to a long two-foot glide • Forward chasses on a circle, clockwise and counterclockwise • Backward snowplow stop, right and left
Adult 4	1:40 Max	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left. • Forward inside edge on a circle, right and left. • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left. • Hockey stop, both directions
Adult 5	1:40 Max	<ul style="list-style-type: none"> • Backward outside edge on a circle, right and left. • Backward inside edge on a circle, right and left. • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left. • Beginning two-foot spin
Adult 6	1:40 Max	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left. • T-stop • Lunge • Two-foot spin into one-foot spin (min. 2 revs. on one foot)

ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC



General event parameters:

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

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max 4 Jump Elements <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, and waltz jump. • Max 1 combination or sequence consisting of only the allowed listed jumps. • Max 2 of any same jump 	Max 2 Spins <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than Learn to Skate USA Free Skate 1
Adult High Beginner 1:40 Maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, half flip, half Lutz, half loop, toe loop, Salchow. • Max 1 combination or sequence consisting of only the allowed listed jumps. • Max 2 of any same jump 	Max 2 Spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating free skate tests
Adult Pre-Bronze 1:40 Maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ◦ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps. ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump. • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are permitted. • No single Lutz, single Axel, double or triple jumps are permitted 	Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E) • Min. 3 revs. • Spins with a flying entry are not permitted. • <u>A two-foot spin is permitted as one of the spins at this level and is of a different character than a one-foot spin</u> 	Connecting steps throughout the program are required.	Skaters may not have passed tests higher than U.S. Figure Skating adult pre-bronze or pre-preliminary free skate.
Adult Bronze 1:50 Maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ◦ 1 combination may contain 3 jumps, and the other may contain only 2 jumps. ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump. • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted 	Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs. total if no change of foot • Min 3 revs. each foot if change of foot • Min 2 revs. in each position • No flying spins are permitted 	Max 1 Sequence: <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing at least half of the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such 	Skaters may not have passed tests higher than U.S. Figure Skating adult bronze or preliminary free skate.

SPINS CHALLENGE

General event parameters:

- Spins may be skated in any order.
- Connecting steps are allowed but will not be taken into consideration when scoring.
- Spins may not be repeated; only required elements may be included.
- All events are skated on half-ice.
- Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules/standards
Beginner	1:30 max	Upright one-foot spin (3) Upright back spin (3) Sit spin (3)
High Beginner	1:30 max	Upright one-foot spin (4) Upright spin with change of foot (3 each foot) Sit spin (3)
No Test	1:30 max	Upright spin with change of foot (3 each foot) Sit spin (3) Camel spin (3)
Pre-Preliminary	1:30 max	Spin with one change of position and no change of foot (6) Backward sit spin (3) Camel spin (4)
Preliminary	1:30 max	Spin with one change of foot and one change of position (min. 3 each foot) Change sit spin (min 3. each foot) One position spin, skater's choice (upright, sit or camel) (4)
Adult Beginner	1:30 max	Pivot Upright two-foot spin (2)
Adult Pre-Bronze	1:30 max	Upright one-foot spin (3) Upright two-foot spin (3)
Adult Bronze	1:30 max	Upright one-foot spin (3 revs.) Solo spin with no change of foot (3 revs.), must be different from the upright spin – may not fly

JUMPS CHALLENGE

General event parameters:

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

Level	Time	Skating rules/standards
Beginner	1:15 max	Waltz jump (from backward crossovers) Half flip or half Lutz Single Salchow
High Beginner	1:15 max	Waltz jump (from backward crossovers) Single Salchow Jump combination: waltz jump-toe loop
No Test	1:15 max	Single toe loop Single loop Jump combination: Any two half or single revolution jumps (no Axel)
Pre-Preliminary	1:15 max	Single toe loop Single flip Jump combination: Any two half or single revolution jumps (no Axel)
Preliminary	1:15 max	Single flip Single Lutz Jump combination: Any single jump + single loop (may be Axel)
Adult Beginner	1:15 max	Mazurka or ballet jump Waltz jump
Adult Pre-Bronze	1:15 max	Toe loop jump Half flip, half Lutz or half loop
Adult Bronze	1:15 max	Salchow Toe loop Any single jump plus a toe loop combination (no Axels allowed)

SOLO PATTERN DANCE



General event parameters:

- Levels are based upon the skaters' highest pattern dance test passed.
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for his/her level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30–July 2), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the second quarter).
- Skaters will complete both 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 dance groupings.

Level	January 1–March 31	April 1–June 30	July 1–September 30	October 1–December 31
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 Dance 2. Cha-Cha	1. Fiesta Tango 2. Swing Dance	1. Cha-Cha 2. Fiesta Tango	1. Swing Dance 2. Cha-Cha

Level	Qualifications	Selected Dances for the Season <i>(Number of sequences to be danced in parentheses)</i>			
		2020-21 2024-25	2021-22 2026-27	2022-23 2027-28	2023-24 2028-29
Adult Preliminary	No higher than one pre-bronze dance test <i>(partnered, solo, standard, adult/adult 21+ or adult 50+/masters)</i>	Rhythm Blues (2) Canasta Tango (2)	Dutch Waltz (2) Canasta Tango (2)	Rhythm Blues (2) Canasta Tango (2)	Dutch Waltz (2) Rhythm Blues (2)
Adult Pre-Bronze	The complete preliminary dance test and no higher than one bronze dance test <i>(partnered, solo, standard, adult/adult 21+ or adult 50+/masters)</i>	Dutch Waltz (2) Fiesta Tango (2)	Rhythm Blues (2) Swing Dance (2)	Canasta Tango (2) Swing Dance (2)	Canasta Tango (2) Cha-Cha (2)

HOCKEY EVENTS – HOCKEY 1-4 ELEMENTS AND SKILLS CHALLENGE



Invite the Hockey 1-4 participants plus members of the local hockey association by creating fun and challenging skills competition. Ages should be divided by 8 and under, 10 and under, 12 and under, 14 and under, 16 and under, 18 and under and adult. These age groups may be combined based upon number of entries.

Hockey 1-4 Elements: Each skater will perform each element when directed by a judge or referee. The following elements have been chosen for the skaters to perform. Format choice: All skaters perform first element before moving on to the next and so on **OR** each skater performs all the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice
- **All elements must be skated in the order listed**
- Time: 1:00 or less

Hockey 1 <ul style="list-style-type: none">• Proper basic hockey stance, forward and backward• March forward across the ice, 8-10 steps• Two-foot glides and dips from forward marching• Forward swizzles/double C-cuts (4-6 in a row)• Stationary snowplow stop.	Hockey 3 <ul style="list-style-type: none">• Forward C-cuts (half-swizzle pumps) on a circle, both directions• Forward outside edges on half-circles, alternating feet on the axis• Forward inside edges on half-circles, alternating feet on the axis• Backward C-cuts on a circle, both directions• Backward snowplow stops: one- and two-foot V-stop
Hockey 2 <ul style="list-style-type: none">• Forward strides using 45-degree V-push, focus on good recovery and alternating arm drive.• Forward C-cuts: single leg and alternating feet in a straight line• Backward hustle or march, then glide on two feet• Backward swizzles/double C-cuts (4-6)• Two-foot moving snowplow stop	Hockey 4 <ul style="list-style-type: none">• Quick starts using forward V-start.• Backward one-foot glide, right and left.• Forward crossovers on a circle, clockwise and counterclockwise• Backward crossovers on a circle, clockwise and counterclockwise• Hockey stops (to right and left, with speed)

Hockey Skills Challenge: Have skaters complete each of the five following skills competitions. Set up each station according to the descriptions below. Skaters earn points upon placement in each station (First place - 5 points, second place - 4 points, third place - 3 points, fourth place - 2 points, fifth place - 1 point). Highest combined total wins.

1. Shooting: Using a “shooter tutor,” give each skater 10 pucks to shoot into the five holes. Alternate each shot into the different holes in the tutor. Most number of hits wins.
2. Fastest Skater: Starting at the center red line, have skaters complete one lap around all the dots and behind the nets. Set up cones on each red dot to outline to course. Two to four skaters can race at a time at different sides of the red line. Use stopwatch. Fastest skater wins.
3. Stick Handling: Place two rows of staggered cones down the length of ice. Have skaters stick handle through the cones down one length and back again. Shortest time wins. A missed cone is a five-second penalty.
4. Agility: Set up an obstacle course with cones for forward and backward skating, turns and stops. Fastest skater wins.
5. Passing: Set up stationary targets (i.e., cones, bucket, mini net) 25 feet away from starting line. Give each skater 10 pucks to try to hit each target. Highest number of hits wins.

SHOWCASE EVENTS

Showcase events are open to skaters in the Basic, Free Skate, limited beginner, preliminary and adult bronze levels. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher.



Show costumes are permitted if they do not touch or drag on the ice. Costuming and make up for showcase programs should enhance the feeling created by the performance and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories or anything else that may fall to the ice and be hazardous to the skaters are allowed. (a 0.1 deduction will be taken). Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for every 10 seconds more than the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious loss of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow, and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice. The 6.0 judging system will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Showcase categories may include:

- Levels can be subdivided or combined, if necessary, depending on entry numbers and event set up to ensure performances are contested as per the guidelines.
 - Dramatic entertainment: Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures, and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.
 - Light entertainment: Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures, and physical actions.
 - Duets: Theatrical/artistic performances by any competitors.
 - Mini production ensembles: Theatrical performances by three to seven competitors.
 - Production ensembles: Theatrical performances by eight to 30 skaters. Theatre on Ice teams are eligible as production ensembles.
- NOTE: Skaters may enter only one each duet, mini production, or production event.

SHOWCASE EVENTS

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	Must not have passed any higher than Basic 6 level	Time: 1:00 max
Pre-Free Skate – Free Skate 6/ Beginner/High Beginner/Adult 1-6/Adult Beginner/Adult High Beginner	3 jump maximum. Half-rotation jumps only, plus the following full rotation jumps: Salchow and toe loop	May not have passed any official U.S. Figure Skating free skate or free dance tests.	Time: 1:30 max
No Test	No prescribed or restricted elements	Must not have passed pre-preliminary free skate or any free dance tests	Time: 1:30 max
Pre-Preliminary	No prescribed or restricted elements	Must have passed no higher than U.S. Figure Skating pre-preliminary or any free dance test	Time: 1:30 max
Adult Pre-Bronze	No prescribed or restricted elements	Must have passed no higher than adult pre-bronze free skate test; see National Showcase guidelines for more specific information regarding adults	Time: 1:40 max
Preliminary/Adult Bronze	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating preliminary free skate or adult bronze free skate or free dance test; see National Showcase guidelines for more specific information regarding adults	Time: 1:40 max

SNOWPLOW SAM SYNCHRO AND SYNCHRO SKILLS 1-3

The Compete USA competition program is for Learn to Skate USA-level skaters who are interested in a first competition experience while taking the Synchro 1-4 badges to the next level.

To safely practice and compete, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level in which they are skating.



SNOWPLOW SAM 2:10 max 5 Elements Number of Required Holds: None Any type of holds permitted. 5-12 skaters Majority under 7 years of age	One Circle Element One configuration only Forward and backward skating permitted. Must contain a forward inside or outside edge, one-foot glide and/or two-foot glide Travel and change of direction not permitted	One Line Element One configuration only Forward only Must cover half to full ice. Pivoting not permitted	One Block Element One configuration only Forward only Must cover half to full ice. Pivoting not permitted	One Wheel Element One configuration only Only forward skating permitted. Travel and change of direction not permitted	One Intersection Element Must be two lines facing each other. Must be a two-foot glide through point of intersection.	Additional Items for Snowplow Sam Additional well-balanced SYS elements not permitted. Elements higher than Basic 6 not permitted. Some common elements above Basic 6 are: <ul style="list-style-type: none"> • Mazurka • Half flip • Mohawks • Waltz jumps
SYNCHRO SKILLS 1 2:10 max 5 Elements Number of Required Holds: None Any type of holds permitted. 8-16 skaters Majority under 9 years of age	One Circle Element One configuration Stroking from backward to forward is permitted. Must contain a two-foot turn. Must contain a forward inside and/or forward outside edge glide. Travel and change of direction not permitted	One Line Element One configuration Forward and/or backward skating Must cover half to full ice. Pivoting not permitted	One Block Element One configuration Must cover half to full ice. Pivoting not permitted	One Wheel Element One configuration Backward pumps only Travel and change of direction not permitted.	One Intersection Element Must be two lines facing each other. One- or two-foot glide through point of intersection	Additional Items for Synchro Skills 1 Additional well-balanced SYS elements not permitted. Elements higher than Basic 6 not permitted. Some common elements above Basic 6 are: <ul style="list-style-type: none"> • Mazurka • Half flip • Mohawks • Waltz jumps
SYNCHRO SKILLS 2 2:10 max 5 Elements Number of Required Holds: 2 different holds shown by the whole team. Any type of holds permitted. 8-16 skaters Majority under 12 years of age	One Circle Element One configuration Forward and backward skating permitted. Must contain a forward three-turn. Must contain a backward glide on an inside and/or outside edge. Travel permitted. Change of direction not permitted.	One Line Element One or two configuration Forward and backward skating permitted. Must cover full ice. Pivoting not permitted Change of configuration permitted.	One Block Element One or two configurations Must cover full ice. Pivoting and change of configuration are permitted	One Wheel Element One configuration Backward pumps and/or chasses only Travel and change of direction not permitted.	One Intersection Element Must be two lines facing each other. One- or two-foot glide through point of intersection	Additional Items for Synchro Skills 2 Additional well-balanced SYS elements not permitted. Elements higher than Free Skate 2 not permitted. Common elements above Free Skate 2 are: <ul style="list-style-type: none"> • Alternating backward crossovers to back outside edges • Waltz three-turns • Alternating mohawk/crossover sequence • Forward power three-turns Movements permitted: <ul style="list-style-type: none"> • Split, stag, falling leaf.

SYNCHRO SKILLS 3	One Circle Element	One Line Element	One Block Element	One Wheel Element	One Intersection Element	Additional Items for Synchro Skills 3
2:10 max	Forward and backward skating permitted.	Must include forward and backward skating.	Must have two different configurations.	Backward pumps and/or chasses		Additional well-balanced SYS elements are permitted.
5 Elements	Must contain a mohawk.	Must have two different configurations.	Must cover full ice.	Travel, change of direction, and change of configuration are permitted.		
Number of Required Holds: 2 different holds shown by the whole team.	Must contain a backward glide on an inside or outside edge.	Must have two different configurations.	Pivoting is permitted			
Any type of holds permitted.	Travel change of direction and change of configuration are permitted.	Must cover full ice.				
8-16 skaters Majority at least 12 years of age		Pivoting is permitted.				

Judges' Deductions (Applies to Snowplow Sam Synchro and all Synchro Skills Levels)	
Description	Penalty
Costume/prop violation (see costume guidelines)	0.2 from the component mark
Costume failure	0.2 from the component mark
Program time violation every 5 seconds lacking or in excess	0.2 from both marks for every 5 seconds lacking or in excess
Fall, 1 skater (each time)	0.2 from technical mark
Fall, more than 1 skater at one time (fall multiple skaters at the same time)	0.4 from technical mark
Maximum fall deduction per element	0.6 maximum fall deduction per element from technical mark
Element not according to requirements	0.2 from technical mark
Omission of an element (not attempted)	0.6 from technical mark
Illegal element (see U.S. Figure Skating rulebook)	1.0 deduction from both marks
Non-permitted element (see U.S. Figure Skating rulebook)	0.5 deduction from both marks
Holds (incorrect number and not shown by whole team)	0.2 from technical mark per missing hold

Eligibility Rules:

- All skaters on the team must either be full U.S. Figure Skating members or members of Learn to Skate USA. All Learn to Skate USA synchronized skating teams must be registered with U.S. Figure Skating and have a team number.
- Skaters on the team may have passed the pre-preliminary moves in the field, freestyle and/or dance test but no higher.
- Skaters on the team who have passed the preliminary or higher moves in the field, freestyle and/or ice dance test(s)* are ineligible to compete in Snowplow Sam Synchro and Synchro Skills 1-3.
- The skater's test level is as of the competition entry deadline.
- No skater may compete on multiple Learn to Skate USA synchronized skating teams.

**Skaters may pass two of the three required dance tests for the pre-bronze level and still be eligible to compete in Snowplow Sam Synchro and Synchro Skills 1-3. Once a skater has passed all three of the required pre-bronze dance tests, the skater is ineligible to compete in Snowplow Sam Synchro and Synchro Skills 1-3.*

Age/Number of Skaters:

- The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1. If the majority of the team is younger than the listed age, consider skating up to the level that best meets the skaters' skill levels.
- Each Synchro Skills team must have between 8-16 skaters. A Snowplow Sam Synchro team must have between 5-12 skaters. Teams may have a maximum of four alternates listed on their roster, in addition to the maximum number permitted on the ice for their respective level.

Costume Rules/Illegal Elements:

2020-21 Compete USA Manual

Effective September 1, 2020 – August 31, 2021

- Learn to Skate USA synchronized skating teams should follow the synchronized skating costume guidelines.
- Illegal elements and non-permitted elements apply to all Synchro Skills levels. (see rulebook)

ADAPTIVE SKATING – SPECIAL OLYMPICS AND SKATE UNITED



SPECIAL OLYMPICS BADGE 1-12

Competition hosts can use the skills listed below to create either an elements event or program event for Special Olympics competitors. If doing a program, music can be used and will be 1:10 max.

<u>Badge 1</u> <ul style="list-style-type: none"> • Stand unassisted for five seconds. • Sit on ice or fall and stand up unassisted. • Knee dip standing still unassisted. • March forward 10 steps assisted 	<u>Badge 7</u> <ul style="list-style-type: none"> A) Backward stroking across the rink B) Gliding backward to forward two-foot turn. C) T-stop (R and L) D) Forward two-foot turn on a circle (R and L)
<u>Badge 2</u> <ul style="list-style-type: none"> • March forward ten steps unassisted • Swizzles, standing still — three repetitions. • Backward wiggles or march assisted. • Two-foot glide forward for distance of at least length of body 	<u>Badge 8</u> <ul style="list-style-type: none"> • Five consecutive forward crossovers (R and L) • Forward outside edge (R and L) • Five consecutive backward half-swizzles on a circle (R and L) • Two-foot spin
<u>Badge 3</u> <ul style="list-style-type: none"> • Backward wiggles or march • Five forward swizzles covering at least 10 feet. • Forward skating across the rink • Forward gliding dip covering at least length of body (R and L) 	<u>Badge 9</u> <ul style="list-style-type: none"> • Forward outside three-turn (R and L) • Forward inside edge (R and L) • Forward lunge or shoot the duck at any depth. • Bunny hop
<u>Badge 4</u> <ul style="list-style-type: none"> • Backward two-foot glide covering at least length of body. • Two-foot jump in place • One-foot snowplow stop (R and L) • Forward one-foot glide covering at least length of body: (R and L) 	<u>Badge 10</u> <ul style="list-style-type: none"> • Forward inside three-turn (R and L) • Five consecutive backward crossovers (R and L) • Hockey stop. • Forward spiral three times length of body
<u>Badge 5</u> <ul style="list-style-type: none"> • Forward stroking across rink • Five backward swizzles covering at least 10 feet. • Forward two-foot curves left and right across rink. • Two-foot turn front to back, in place 	<u>Badge 11</u> <ul style="list-style-type: none"> • Consecutive forward outside edges — minimum of two on each foot • Consecutive forward inside edges — minimum of two on each foot • Forward inside mohawk (R and L) • Consecutive backward outside edges — minimum of two on each foot • Consecutive backward inside edges — minimum of two on each foot
<u>Badge 6</u> <ul style="list-style-type: none"> • Gliding forward to backward two-foot turn • Five consecutive forward half-swizzles on circle (R and L) • Backward one-foot glide length of body (R and L) • Forward pivot 	<u>Badge 12</u> <ul style="list-style-type: none"> • Waltz jump • One foot spin, minimum of three revolutions • Forward crossover, inside mohawk, backward crossover, step forward — step sequence should be repeated clockwise and counterclockwise. • Combination of three moves chosen from badges 9-12

SPECIAL OLYMPICS SINGLES FREE SKATE LEVELS 1-3

For full event descriptions, please refer to the Special Olympics Figure Skating Sport Rules.

Skater may start program at any spot on the ice surface.

Judging and timing will begin when skater commences to skate.

The program must be performed to music, instrumental OR vocal music.

Elements can be performed in any order.

A mandatory deduction will be made for each added element from a higher Badge level.

For the singles Free Skate programs, the program will not exceed a time limit of one minute, plus or minus ten seconds.



Level 1 Free Skate Program

Eligibility: A skater competing in Level 1 must be able to complete the skills required in Badges 1-5 but no higher.

The skaters will perform the selected six elements listed below from Badges 1- 5.

Additional elements will receive no value and will not be counted but can be used as transitional moves as long as they are only from Badge 1-5.

If an element can be performed in place or moving, moving is considered as better quality:

- Forward swizzles (at least 5)
 - Backward swizzles (at least 5)
 - Forward one-foot glide left and right.
 - Two-foot jump in place or moving (forward only)
 - One-foot forward snowplow stop (left or right)
 - Forward two-foot curves left and right (feet should be parallel and leaning on a curve)
- No elements above Badge 5 are to be included. A mandatory deduction will be made for each added element from a higher badge level.

Level 2 Free Skate Program

Eligibility: A skater competing in Level 2 must be able to complete the skills required in Badges 1-9 but no higher.

The skaters will perform the selected seven elements listed below from Badges 1-9.

Additional elements will receive no value and will not be counted but can be used as transitional moves as long as they are only from Badge 1-9.

If an element can be performed in place or moving, moving is considered as better quality:

- Bunny hop
- T-stop left or right.
- Backward stroking (6-8 strokes alternating feet)
- Forward two-foot spin (minimum of three revolutions)
- Forward outside three-turn (left and right) (in place or moving) – this is considered as one element and the three turns must consecutively follow each other, but minimal steps in between are allowed.
- Consecutive forward crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle)
- Forward lunge or Shoot the Duck (at any depth)

Level 3 Free Skate Program

Eligibility: A skater competing in Level 3 must be able to complete the skills required in Badges 1-12 but no higher.

The skaters will perform the selected seven elements listed below from Badges 1-12.

Additional elements will receive no value and will not be counted but can be used as transitional moves if they are only from Badge 1-12.

If an element can be performed in place or moving, moving is considered as better quality:

- Forward spiral
- One-foot upright spin/ Scratch Spin (minimum of three (3) revolutions)
- Waltz Jump in place or moving.
- Consecutive backwards crossovers (left and right) in one figure eight pattern (4-6 crossovers per circle)
- Consecutive forward inside edges (set of four edges alternating feet = a total of four edges)
- Forward inside three-turn (left and right) (in place or moving) – this is considered as one element and the three turns must consecutively follow each other, but minimal steps in between are allowed.
- Step Sequence consisting of steps and turns from Badge 9-12 (covering at least half of the ice surface, straight line or circular pattern can be used)

SKATE UNITED

Competition hosts can use the skills listed below to create either a elements or program event for Adaptive competitors. Skate United skaters have the option to compete in the standard track or Skate United badge levels; accommodations may be made upon request. **If doing a program, music can be used and will be 1:10 max.**

<u>Adaptive 2</u> <ul style="list-style-type: none"> • Stand on ice. • Review falling and standing up. • March forward 4-5 steps • Dip/moderate knee bend in place • Forward two-foot glide from 3 marches 	<u>Adaptive8</u> <ul style="list-style-type: none"> • Forward outside edge on a circle, 3 counts each (R and L) • Forward inside edge on a circle, 3 counts each (R and L) • Forward crossovers, clockwise and counterclockwise • Backward one-foot glide, 4-5 counts each (R and L) • Beginning two-foot spin, up to 2 revolutions
<u>Adaptive 3</u> <ul style="list-style-type: none"> • Forward two-foot glide from 5 marches • Forward swizzles, 3 in a row • Backward wiggle or walk, 3 in a row. • Beginning snowplow stop on one or two feet 	<u>Adaptive 9</u> <ul style="list-style-type: none"> • Backward outside edge on a circle, 3 counts each (R and L) • Backward inside edge on a circle, 3 counts each (R and L) • Introductory forward outside three-turn (R and L) • Backward crossovers, clockwise and counterclockwise
<u>Adaptive 4</u> <ul style="list-style-type: none"> • Scooter pushes, 3-4 each foot (R and L) • Forward one-foot glides (R and L) • Backward wiggles into backward two-foot glide, 3 counts • Rocking horse, repeat twice 	<u>Adaptive 10</u> <ul style="list-style-type: none"> • Forward outside three-turn (R and L) • Backward alternating half-swizzle pumps • Side toe hop/side stepping (R and L) • Two-foot spin, 2-3 revolutions • Hockey stop, both directions
<u>Adaptive 5</u> <ul style="list-style-type: none"> • Backward swizzles, 3 in a row • Two-foot turn, forward to backward in place, clockwise and counterclockwise • Curves • Moving snowplow stop on one or two feet 	<u>Adaptive 11</u> <ul style="list-style-type: none"> • Introductory forward inside three-turn (R and L) • Moving two-foot turn, backward to forward, on a circle, clockwise and counterclockwise. • Forward power stroking • Two-foot to one-foot spin
<u>Adaptive 6</u> <ul style="list-style-type: none"> • Backward skating into backward two-foot glide, 5 counts • Beginning forward stroking • Forward half-swizzle pumps on a circle, 3-4 consecutive, clockwise, and counterclockwise • Moving two-foot turn, forward to backward on a circle, clockwise and counterclockwise 	<u>Adaptive 12</u> <ul style="list-style-type: none"> • Forward inside three-turn (R and L) • Bunny hop, lunge or shoot the duck – skater's choice (R or L) • Forward spiral or forward extension on a straight line (R or L) • One-foot spin, 2 or more revolutions • T-stop (R or L)
<u>Adaptive 7</u> <ul style="list-style-type: none"> • Forward slalom • Beginning backward one-foot glide, 2 counts each (R and L) • Backward half-swizzle pumps on a circle, 3-4 consecutive, clockwise, and counterclockwise • Forward pivot, clockwise or counterclockwise 	

<ul style="list-style-type: none">• Backward snowplow stop (R or L)	
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DREAMS BEGIN HERE - COMPETE USA COMPETITION ENTRY FORM

Last Name:	First Name	Age	Sex (M/F)
Address:			
City:		State	Zip
Email Address:			
Phone:			DOB:
Learn to Skate USA #		Highest Level Passed:	
Program/Club (Circle one) SHSA or SHSC			
Director/Instructor's Name:			

PLEASE USE THIS FORM AS A TEMPLATE FOR YOU AND YOUR COACH

LEVEL	BASIC ELEMENTS (No Music)	FREESKATE PROGRAMS (Music)	COMPULSORIES (No Music)	SHOWCASE LIGHT (Music)	SHOWCASE DRAMATIC (Music)	JUMP CHALLENGE	SPIN CHALLENGE
Snowplow Sam							
Basic 1							
Basic 2							
Basic 3							
Basic 4							
Basic 5							
Basic 6							
Pre-Freeskate							
Freeskate 1							
Freeskate 2							
Freeskate 3							
Freeskate 4							
Freeskate 5							
Freeskate 6							
Excel Beginner FS							
Excel High Beginner FS							
Excel Pre-Preliminary FS							
Excel Preliminary FS							
Excel Preliminary Plus FS							
Well Balanced No Test							
Well Balanced Pre-Pre FS							
Well Balanced Preliminary							
Adult 1							
Adult 2							
Adult 3							
Adult 4							
Adult 5							
Adult 6							
Adult Pre-Bronze							
Adult Bronze							
Solo Pattern Dance	Level:						
Hockey Skills Challenge	Level: Age:						
Exhibition	Level:						
Special Olympics	Level:						
Therapeutic Skating	Level:						
Duets Please list Both Skaters Names:					Level:		

ENTRY FEES: 1 ST EVENT \$35.00, EACH ADDITIONAL EVENT \$15.00	
First Event	\$40.00
Additional Event 1 (add \$20)	\$
Additional Event 2 (add \$20)	\$
If not current LTSUSA Member add \$17.00	\$
Practice Ice Session (\$14 per session, maximum of 2 sessions)	\$
Total	\$

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Scott Hamilton Skating Academy/Ford Ice Center harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

Parent/Guardian Signature _____	Date _____
Instructor/Coach Signature _____	Date _____
Program Director/Club Officer _____	Date _____

PAYMENT DETAILS

- The completed entry form, with fees, must be received no later than **Sunday April 18th, 2021** Make check or money order payable to C/O FORD ICE CENTER, mail to PAULA TRUJILLO 5264 Hickory Hollow Pky, Antioch, TN 37013.
- For additional information email: CONTACT PERSON'S NAME at CONTACT NUMBER.
- ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.**