



FLAG CITY OPEN 2021



Findlay Silver Blades FSC
The Cube in the Flag City Sports Complex
www.findlaysilverblades.com
SATURDAY NOVEMBER 13th
Registration Deadline: Saturday October 23rd

The 1st annual Flag City Open, sponsored by the Findlay Silver Blades FSC will be held at The Cube in the Flag City Sports Complex on November 13th, 2021. The ice surface measures 200 x 85 feet. This is a United States Figure Skating approved Compete USA Competition. The approvals will be posted on the official competition bulletin board. Questions regarding this competition should be directed to Christina Wronkowicz at findlaysilverbladesmembership@gmail.com or 419-360-2755. E-mail communications are preferred.

MISSION STATEMENT:

To promote a FUN, introductory, competitive experience for all participants.

Compete USA is designed to promote a positive competition experience at the grassroots level and increased skating participation while generating enthusiasm. Compete USA competitions incorporate skills from Learn to Skate USA and U.S. Figure Skating into a competitive format that can be easily and successfully conducted by registered Learn to Skate USA programs and U.S. Figure Skating member clubs or interclubs.

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.

Several references in this document may be made to U.S. Figure Skating rules, which can be found in the official U.S. Figure Skating Rulebook.

PRECAUTIONARY MEASURES AND RISK ASSESSMENTS

The competition will follow local and state guidelines current at the time of the competition. Any additional safety requirements or procedures will be communicated prior to the event. Skaters and their supporters should plan on being on the premises no longer than their event requires.

Currently, all attendees are required to properly wear face coverings over their nose and mouth and secured under their chin while in a facility (exception: skaters may remove when on the ice or warming up outdoors). U.S. Figure Skating Waivers are a requirement for ALL athletes. The online waivers must be completed via Members Only prior to the competition.

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current members of either Learn to Skate USA and/or those who are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but must be a current registered member of Learn to Skate USA or a full member of U.S. Figure Skating. There will be no more than six competitors maximum in an event 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.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the local organizing committee (LOC) discovers that a skater has been placed in a category below his/her badge or test level, the chair and referee will have the option to move the skater into the proper level, even if it is the day of the competition. This will ensure that every event is as fair as possible to the competitors. It is an ethical violation for coaches to sandbag an event.

ELIGIBILITY RULES FOR COACHES/INSTRUCTORS

When hosting a Compete USA competition, it is important that you verify the compliance of each coach/instructor who plans to coach onsite at the event.

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)

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.

Registration and Entry Fees

Registration for all events can be found at www.sk8stuff.com and the entry deadline is October 23rd, 2021.

Individual Entries: The first event is \$50, all additional events are \$20. Late entries will be accepted at the discretion of the LOC, and are subject to a \$15 late fee. Entry fees are per person, U.S. dollars.

Team Entries: \$50 plus \$10 per skater. Late entries will be accepted at the discretion of the LOC, and are subject to a \$15 late fee.

Awards

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

Registration

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

Schedule of Events

Schedule will be posted on the Internet at the Figure Skater's Website – www.sk8stuff.com

Music

The music for all free skating programs with music will be supplied by skater and should be submitted via email in MP3 format no later than October 23rd to fsbflagcitycompetition@gmail.com.

Practice Ice

Practice ice may be available if time allows in 20 minute sessions. Details will be provided either online or via email prior to the competition date.

SNOWPLOW SAM – BASIC 6 ELEMENTS

Format: Each skater will perform each element when directed by a judge/referee. Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater

- ☐ To be skate on 1/3 to 1/2 ice (determined by the LOC)
- ☐ No music
- ☐ Divide Snowplow Sam skaters by level (1-4), if registrations warrant

| Level | Time | Skating rules/standards |
|--------------|----------|---|
| Snowplow Sam | 1:00 max | <input type="checkbox"/> March followed by a two-foot glide and dip <input type="checkbox"/> Forward swizzles, 2-3 in a row <input type="checkbox"/> Forward snowplow stop <input type="checkbox"/> Backward wiggles, 2-6 in a row |
| Basic 1 | 1:00 max | <input type="checkbox"/> Forward two-foot glide and dip <input type="checkbox"/> Forward swizzles, 6-8 in a row <input type="checkbox"/> Beginning snowplow stop on one or two feet <input type="checkbox"/> Backward wiggles, 6-8 in a row |
| Basic 2 | 1:00 max | <input type="checkbox"/> Forward one-foot glide (no variations), either foot <input type="checkbox"/> Scooter pushes, 2-3 each foot <input type="checkbox"/> Moving snowplow stop <input type="checkbox"/> Two-foot turn in place, forward to backward <input type="checkbox"/> Backward swizzles, 6-8 in a row |
| Basic 3 | 1:00 max | <input type="checkbox"/> Beginning forward stroking showing correct use of blade <input type="checkbox"/> Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive <input type="checkbox"/> Forward slalom <input type="checkbox"/> Moving forward to backward two-foot turn on a circle <input type="checkbox"/> Beginning backward one-foot glide, either foot |
| Basic 4 | 1:00 max | <input type="checkbox"/> Forward outside edge on a circle, clockwise or counterclockwise <input type="checkbox"/> Forward crossovers, clockwise and counterclockwise, 4-6 consecutive <input type="checkbox"/> Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive <input type="checkbox"/> Backward one-foot glides (no variations), right and left <input type="checkbox"/> Beginning two-foot spin, maximum 4 revolutions |
| Basic 5 | 1:00 max | <input type="checkbox"/> Backward outside edge on a circle, clockwise or counterclockwise <input type="checkbox"/> Backward crossovers, clockwise and counterclockwise, 4-6 consecutive <input type="checkbox"/> Forward outside three-turn, right and left <input type="checkbox"/> Advanced two-foot spin, minimum 4 revolutions <input type="checkbox"/> Hockey stop |
| Basic 6 | 1:00 max | <input type="checkbox"/> Forward inside three-turn, right and left <input type="checkbox"/> Mohawk, right to left and left to right <input type="checkbox"/> Bunny hop <input type="checkbox"/> Basic forward spiral on a straight line (no variations), right or left <input type="checkbox"/> Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position <input type="checkbox"/> 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 | <input type="checkbox"/> March followed by a two-foot glide and dip <input type="checkbox"/> Forward swizzles, 2-3 in a row <input type="checkbox"/> Forward snowplow stop <input type="checkbox"/> Backward wiggles, 2-6 in a row |
| Basic 1 | 1:10 max | <input type="checkbox"/> Forward two-foot glide and dip <input type="checkbox"/> Forward swizzles, 6-8 in a row <input type="checkbox"/> Beginning snowplow stop on one or two feet <input type="checkbox"/> Backward wiggles, 6-8 in a row |
| Basic 2 | 1:10 max | <input type="checkbox"/> Forward one-foot glide (no variations), either foot <input type="checkbox"/> Scooter pushes, right and left foot, 2-3 each foot <input type="checkbox"/> Moving snowplow stop <input type="checkbox"/> Two-foot turn in place, forward to backward <input type="checkbox"/> Backward swizzles, 6-8 in a row |
| Basic 3 | 1:10 max | <input type="checkbox"/> Beginning forward stroking showing correct use of blade <input type="checkbox"/> Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive <input type="checkbox"/> Forward slalom <input type="checkbox"/> Moving forward to backward two-foot turn on a circle <input type="checkbox"/> Beginning backward one-foot glide, either foot |
| Basic 4 | 1:10 max | <input type="checkbox"/> Forward outside edge on a circle, clockwise or counterclockwise <input type="checkbox"/> Forward crossovers, clockwise and counterclockwise, 4-6 consecutive <input type="checkbox"/> Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive <input type="checkbox"/> Backward one-foot glides (no variations), right and left <input type="checkbox"/> Beginning two-foot spin, maximum 4 revolutions |
| Basic 5 | 1:10 max | <input type="checkbox"/> Backward outside edge on a circle, clockwise or counterclockwise <input type="checkbox"/> Backward crossovers, clockwise and counterclockwise, 4-6 consecutive <input type="checkbox"/> Forward outside three-turn, right and left <input type="checkbox"/> Advanced two-foot spin, minimum 4 revolutions <input type="checkbox"/> Hockey stop |
| Basic 6 | 1:10 max | <input type="checkbox"/> Forward inside three-turn, right and left <input type="checkbox"/> Mohawk, right to left and left to right <input type="checkbox"/> Bunny hop <input type="checkbox"/> Basic forward spiral on a straight line (no variations), right or left <input type="checkbox"/> Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position <input type="checkbox"/> 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"> <input type="checkbox"/> 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 <input type="checkbox"/> One-foot upright spin, optional entry and free foot position, minimum 3 revolutions <input type="checkbox"/> Mazurka – right or left <input type="checkbox"/> Waltz jump |
| Free Skate 1 | 1:15 max | <ul style="list-style-type: none"> <input type="checkbox"/> Forward stroking, 4-6 consecutive powerful strokes <input type="checkbox"/> Backward outside three-turn, right and left <input type="checkbox"/> One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions <input type="checkbox"/> Toe loop <input type="checkbox"/> Half flip jump |
| Free Skate 2 | 1:15 max | <ul style="list-style-type: none"> <input type="checkbox"/> Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis <input type="checkbox"/> Backward inside three-turn, right and left <input type="checkbox"/> Beginning back spin, optional entry and free-foot position, maximum 3 revolutions <input type="checkbox"/> Half Lutz <input type="checkbox"/> Salchow jump |
| Free Skate 3 | 1:15 max | <ul style="list-style-type: none"> <input type="checkbox"/> Alternating mohawk/crossover sequence, right to left and left to right <input type="checkbox"/> Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise <input type="checkbox"/> Advanced back spin with free foot in crossed leg position, minimum 3 revolutions <input type="checkbox"/> Loop jump <input type="checkbox"/> Waltz jump-toe loop or Salchow-toe loop jump combination |
| Free Skate 4 | 1:15 max | <ul style="list-style-type: none"> <input type="checkbox"/> Forward power 3s, 2-3 consecutive sets, right or left <input type="checkbox"/> Sit spin, minimum 3 revolutions <input type="checkbox"/> Half loop jump <input type="checkbox"/> Flip jump |
| Free Skate 5 | 1:15 max | <ul style="list-style-type: none"> <input type="checkbox"/> Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions <input type="checkbox"/> Camel spin, minimum 3 revolutions <input type="checkbox"/> Waltz jump-loop jump combination <input type="checkbox"/> Lutz jump |
| Free Skate 6 | 1:15 max | <ul style="list-style-type: none"> <input type="checkbox"/> Forward power pulls, minimum 3 on each foot <input type="checkbox"/> Camel, sit spin combination, minimum of 4 revolutions total <input type="checkbox"/> Waltz jump-Euler (half loop)-Salchow jump combination <input type="checkbox"/> 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 | <input type="checkbox"/> 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 <input type="checkbox"/> One-foot upright spin, optional entry and free, foot position, minimum 3 revolutions <input type="checkbox"/> Mazurka, right or left <input type="checkbox"/> Waltz jump <input type="checkbox"/> <i>NOT ALLOWED – Waltz jump-side toe hop-waltz jump</i> |
| Free Skate 1 | 1:40 max | <input type="checkbox"/> Forward stroking, 4-6 consecutive powerful strokes <input type="checkbox"/> One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions <input type="checkbox"/> Toe loop jump <input type="checkbox"/> Half flip jump <input type="checkbox"/> <i>NOT ALLOWED – Waltz jump-toe loop jump combination</i> |
| Free Skate 2 | 1:40 max | <input type="checkbox"/> Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis <input type="checkbox"/> Beginning back spin, optional entry and free foot position, maximum 2 revolutions <input type="checkbox"/> Half Lutz <input type="checkbox"/> Salchow jump <input type="checkbox"/> <i>NOT ALLOWED – Waltz jump-toe loop or Salchow-toe loop jump combination</i> |
| Free Skate 3 | 1:40 max | <input type="checkbox"/> Alternating mohawk/crossover sequence, right to left and left to right <input type="checkbox"/> Advanced back spin with free foot in crossed leg position, minimum 3 revolutions <input type="checkbox"/> Loop jump <input type="checkbox"/> Waltz jump-toe loop or Salchow-toe loop jump combination <input type="checkbox"/> <i>NOT ALLOWED – Waltz-loop jump combination</i> |
| Free Skate 4 | 1:40 max | <input type="checkbox"/> Forward power 3s, 2-3 consecutive sets, right or left <input type="checkbox"/> Sit spin, minimum 3 revolutions <input type="checkbox"/> Half loop jump <input type="checkbox"/> Flip jump <input type="checkbox"/> <i>NOT ALLOWED – Waltz-loop or Waltz-Euler-Salchow jump combination</i> |
| Free Skate 5 | 1:40 max | <input type="checkbox"/> Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions <input type="checkbox"/> Camel spin, minimum 3 revolutions <input type="checkbox"/> Waltz-loop jump combination <input type="checkbox"/> Lutz jump |
| Free Skate 6 | 1:40 max | <input type="checkbox"/> Creative step sequence using a variety of three turns, mohawks and toe steps, half-ice <input type="checkbox"/> Camel-sit spin combination spin, minimum of 4 revolutions total <input type="checkbox"/> Waltz jump-Euler (half loop)-Salchow jump combination <input type="checkbox"/> 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"><input type="checkbox"/> Toe loop jump<input type="checkbox"/> Salchow jump<input type="checkbox"/> One-foot upright spin, minimum 3 revolutions<input type="checkbox"/> Choreographic step sequence |
| Excel High Beginner | 1:15 max | <ul style="list-style-type: none"><input type="checkbox"/> Loop jump<input type="checkbox"/> Salchow-toe loop jump combination<input type="checkbox"/> Sit spin, minimum 3 revolutions<input type="checkbox"/> Choreographic step sequence |
| Excel Pre-Preliminary | 1:15 max | <ul style="list-style-type: none"><input type="checkbox"/> Flip jump<input type="checkbox"/> Loop-loop jump combination<input type="checkbox"/> Upright spin with change of foot, minimum 3 revolutions on each foot<input type="checkbox"/> Choreographic step sequence |
| Excel Preliminary | 1:15 max | <ul style="list-style-type: none"><input type="checkbox"/> Lutz jump<input type="checkbox"/> Flip-loop jump combination<input type="checkbox"/> Camel-sit combination spin, minimum 6 revolutions total<input type="checkbox"/> 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"><input type="checkbox"/> Loop jump<input type="checkbox"/> Jump combination to include a toe loop (may not use a loop or Axel)<input type="checkbox"/> Upright spin with change of foot, minimum 3 revolutions on each foot<input type="checkbox"/> Choreographic step sequence |
| Pre-Preliminary | 1:15 max | <ul style="list-style-type: none"><input type="checkbox"/> Lutz jump<input type="checkbox"/> Single jump-single jump (no Axel) combination<input type="checkbox"/> Spin with one change of position and no change of foot, minimum 6 revolutions total<input type="checkbox"/> Choreographic step sequence |
| Preliminary | 1:15 max | <ul style="list-style-type: none"><input type="checkbox"/> Axel jump<input type="checkbox"/> Single jump-single jump (may include Axel) combination<input type="checkbox"/> Spin with one change of foot and one change of position, minimum 3 revolutions on each foot<input type="checkbox"/> 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

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|--|--|--|--|
| Excel Beginner 1:40 Max Learn to Skate USA membership OR full U.S. Figure Skating membership required | 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 <input type="checkbox"/> Jump sequence is any listed jump immediately followed by a waltz jump Maximum 2 of any same jump | Maximum 2 spins: Two upright spins No change of foot No flying entry Minimum 3 revolutions Max Level: Base | Maximum 1 Sequence: Choreographic step sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence |
| Excel High Beginner 1:40 Max Learn to Skate USA membership OR full U.S. Figure Skating membership required | 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 <input type="checkbox"/> Jump sequence is any listed jump immediately followed by a waltz jump Maximum 2 of any same jump | Maximum 2 spins: Both spins must be in a single position No change of foot No flying entry Permitted forward spins: upright, sit, camel Permitted back spins: upright Minimum 3 revolutions Max Level: Base Both spins may be of the same character | Maximum 1 Sequence: Choreographic step sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence |
| Excel Pre-Preliminary 1:40 Max <u>Must not</u> have passed higher than U.S. Figure Skating pre-preliminary free skate test *means required element Learn to Skate USA membership <u>OR</u> full U.S. Figure Skating membership required | Maximum 5 jump elements: All single jumps allowed, except for the Axel No single Axels, double or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed <input type="checkbox"/> Jump sequence is any listed jump immediately followed by a waltz jump | Maximum 2 spins: One spin must be in a single position with no change of foot* One spin may change feet or position, but not both No flying entry Minimum 3 revolutions Spins must be of a different character Max Level: 1 | Maximum 1 Sequence: Choreographic step sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence |
| Excel Preliminary 1:30 +/- 10 sec. <u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test *means required element Full U.S. Figure Skating membership required | Maximum 5 jump elements: All single jumps allowed, except for the Axel No single Axels, double or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed <input type="checkbox"/> Jump sequence is any listed jump immediately followed by a waltz jump | Maximum 2 spins: One spin must be a camel or layback spin with no change of foot and no change of position* One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character Max Level: 1 | Maximum 1 Sequence: Choreographic step sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence |

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|---|---|---|---|
| <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> <p><input type="checkbox"/> Jump sequence is any listed jump immediately followed by an Axel-type jump.</p> | <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"> <input type="checkbox"/> All single jumps allowed except single Axel <ul style="list-style-type: none"> o No single Axels, double, triple or quadruple jumps allowed o Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded <input type="checkbox"/> Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed o Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump) | Max 2 Spins <ul style="list-style-type: none"> <input type="checkbox"/> Spins may change feet and/or position <input type="checkbox"/> Spins may start with a flying entry <input type="checkbox"/> 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"> <input type="checkbox"/> Step sequence <ul style="list-style-type: none"> o Must use one-half the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence |
| Pre-Preliminary 1:40 Max | Max 5 Jump Elements <ul style="list-style-type: none"> <input type="checkbox"/> All single jumps, including single Axel, allowed <ul style="list-style-type: none"> o No double, triple or quadruple jumps allowed o Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels) o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded <input type="checkbox"/> Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed o Jump sequence is any listed jump immediately followed by an Axel-type jump | Max 2 Spins <ul style="list-style-type: none"> <input type="checkbox"/> Spins may change feet and/or position <input type="checkbox"/> Spins may start with a flying entry <input type="checkbox"/> 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"> <input type="checkbox"/> Step sequence <ul style="list-style-type: none"> o Must use one-half the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence |

| | | | |
|--|---|---|--|
| Preliminary 1:30 +/- 10 sec. Max | Max 5 Jump Elements <input type="checkbox"/> 1 must be an Axel-type jump or a waltz jump* <input type="checkbox"/> 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 <input type="checkbox"/> 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 <input type="checkbox"/> Spins may change feet and/or position <input type="checkbox"/> Spins may start with a flying entry <input type="checkbox"/> Min 3 revs.. These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E)) | Max 1 Sequence <input type="checkbox"/> 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 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 | <input type="checkbox"/> Forward marching <input type="checkbox"/> Forward two-foot glide <input type="checkbox"/> Forward swizzle (4-6 in a row) <input type="checkbox"/> Forward snowplow stop on one or two feet |
| Adult 2 | 1:30 Max | <input type="checkbox"/> Forward skating across the width of the ice <input type="checkbox"/> Forward one-foot glides, both feet <input type="checkbox"/> Forward slalom <input type="checkbox"/> Backward wiggles <input type="checkbox"/> Backward swizzles, 4-6 in a row |
| Adult 3 | 1:30 Max | <input type="checkbox"/> Forward stroking with proper blade use <input type="checkbox"/> Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise <input type="checkbox"/> Forward chasses on a circle, clockwise and counterclockwise <input type="checkbox"/> Backward skating to a long two-foot glide <input type="checkbox"/> Backward snowplow stop, right and left |
| Adult 4 | 1:30 Max | <input type="checkbox"/> Forward outside edge on a circle, right and left <input type="checkbox"/> Forward inside edge on a circle, right and left <input type="checkbox"/> Forward crossovers, clockwise and counterclockwise <input type="checkbox"/> Hockey stop, both directions <input type="checkbox"/> Backward one-foot glides, right and left |
| Adult 5 | 1:30 Max | <input type="checkbox"/> Backward outside edge and backward inside edge on a circle, right and left <input type="checkbox"/> Backward crossovers, clockwise and counterclockwise <input type="checkbox"/> Forward outside three-turn, right and left <input type="checkbox"/> Beginning two-foot spin (min. 2 revs.) |
| Adult 6 | 1:30 Max | <input type="checkbox"/> Forward stroking with crossover end patterns <input type="checkbox"/> Backward stroking with crossover end patterns <input type="checkbox"/> Forward inside three-turn, right and left <input type="checkbox"/> T-stop <input type="checkbox"/> Lunge <input type="checkbox"/> Two-foot spin into one-foot spin (min. 2 revs. on one foot) |
| Adult Beginner | 1:30 Max | <input type="checkbox"/> Mazurka <input type="checkbox"/> Waltz jump <input type="checkbox"/> Forward beginning one-foot spin from backward crossovers (min. 2 revs.) <input type="checkbox"/> Forward moving inside open mohawk (right and left), heel to instep <input type="checkbox"/> 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 | <input type="checkbox"/> Waltz jump <input type="checkbox"/> Half flip <input type="checkbox"/> Forward upright spin, minimum 3 revolutions <input type="checkbox"/> Backward outside three-turn, right and left <input type="checkbox"/> 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 | <input type="checkbox"/> Single toe loop <input type="checkbox"/> 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 <input type="checkbox"/> Forward upright spin, minimum 3 revolutions <input type="checkbox"/> 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 <input type="checkbox"/> Forward spiral (any edge) |
| Adult Bronze | 1:30 Max | <input type="checkbox"/> Single Salchow <input type="checkbox"/> 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 <input type="checkbox"/> Solo spin with no change of foot (min. 3 revolutions) <input type="checkbox"/> Backward inside three-turn, right and left <input type="checkbox"/> 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 | <input type="checkbox"/> Forward marching <input type="checkbox"/> Forward two-foot glide <input type="checkbox"/> Forward swizzle (4-6 in a row) <input type="checkbox"/> Forward snowplow stop, one or two feet |
| Adult 2 | 1:40 Max | <input type="checkbox"/> Forward skating across the width of the ice <input type="checkbox"/> Forward one-foot glides <input type="checkbox"/> Forward slalom <input type="checkbox"/> Backward wiggles <input type="checkbox"/> Backward swizzles, 4-6 in a row |
| Adult 3 | 1:40 Max | <input type="checkbox"/> Forward stroking with proper blade use <input type="checkbox"/> Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise <input type="checkbox"/> Backward skating to a long two-foot glide <input type="checkbox"/> Forward chasses on a circle, clockwise and counterclockwise <input type="checkbox"/> Backward snowplow stop, right and left |
| Adult 4 | 1:40 Max | <input type="checkbox"/> Forward outside edge on a circle, right and left <input type="checkbox"/> Forward inside edge on a circle, right and left <input type="checkbox"/> Forward crossovers, clockwise and counterclockwise <input type="checkbox"/> Backward one-foot glides, right and left <input type="checkbox"/> Hockey stop, both directions |
| Adult 5 | 1:40 Max | <input type="checkbox"/> Backward outside edge on a circle, right and left <input type="checkbox"/> Backward inside edge on a circle, right and left <input type="checkbox"/> Backward crossovers, clockwise and counterclockwise <input type="checkbox"/> Forward outside three-turn, right and left <input type="checkbox"/> Beginning two-foot spin |
| Adult 6 | 1:40 Max | <input type="checkbox"/> Forward stroking with crossover end patterns <input type="checkbox"/> Backward stroking with crossover end patterns <input type="checkbox"/> Forward inside three-turn, right and left <input type="checkbox"/> T-stop <input type="checkbox"/> Lunge <input type="checkbox"/> 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"> <input type="checkbox"/> Jumps limited to bunny hop, mazurka, ballet and waltz jump <input type="checkbox"/> Max 1 combination or sequence consisting of only the allowed listed jumps <input type="checkbox"/> Max 2 of any same jump | Max 2 Spins <ul style="list-style-type: none"> <input type="checkbox"/> 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"> <input type="checkbox"/> Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, half flip, half Lutz, half loop, toe loop, Salchow <input type="checkbox"/> Max 1 combination or sequence consisting of only the allowed listed jumps <input type="checkbox"/> Max 2 of any same jump | Max 2 Spins: <ul style="list-style-type: none"> <input type="checkbox"/> 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"> <input type="checkbox"/> Max 2 combinations or sequences <ul style="list-style-type: none"> o 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps o Jump sequence is any listed jump immediately followed by an Axel-type jump <input type="checkbox"/> Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) <input type="checkbox"/> Only single and half-revolution jumps are permitted <input type="checkbox"/> No single Lutz, single Axel, double or triple jumps are permitted | Max 2 Spins: <ul style="list-style-type: none"> <input type="checkbox"/> Max Level 1 <input type="checkbox"/> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E) <input type="checkbox"/> Min. 3 revs. <input type="checkbox"/> Spins with a flying entry are not permitted <input type="checkbox"/> <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"> <input type="checkbox"/> Max 2 combinations or sequences <ul style="list-style-type: none"> o 1 combination may contain 3 jumps, and the other may contain only 2 jumps o Jump sequence is any listed jump immediately followed by an Axel-type jump <input type="checkbox"/> Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) <input type="checkbox"/> All single jumps are permitted (except single Axel) <input type="checkbox"/> No single Axel, double or triple jumps are permitted | Max 2 Spins: <ul style="list-style-type: none"> <input type="checkbox"/> Max Level 1 <input type="checkbox"/> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) <input type="checkbox"/> Min 3 revs. total if no change of foot <input type="checkbox"/> Min 3 revs. each foot if change of foot <input type="checkbox"/> Min 2 revs. in each position <input type="checkbox"/> No flying spins are permitted | Max 1 Sequence: <ul style="list-style-type: none"> <input type="checkbox"/> 1 choreographic step sequence, fully utilizing at least half of the ice surface (may include moves in the field and spirals) <input type="checkbox"/> 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) |

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 in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious 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.

* For specific guidelines regarding the conduct of showcase competitions, refer to the nonqualifying showcase guidelines posted on usfigureskating.org.

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 |

ASPIRE SYNCHRONIZED SKATING EVENTS

| SnowPlow Sam – 2:10 max | | | | | | |
|---|--|---|--|---|---|---|
| 5 Elements Number of Required Holds: None Any type of holds permitted <u>5-20 skaters</u> <u>13 years of age and younger</u> | One Circle Element Forward and backward skating permitted Must contain a forward glide on an inside or outside edge on one or two feet Travel, change of configuration, 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 Must cover at least ½ ice Forward skating only Pivoting and change of configuration not permitted | One Wheel Element Forward skating only Travel, change of configuration, and change of direction not permitted | One Intersection Element Must be two lines facing each other One or two foot glide(s) only through the point of intersection | Additional Items for Snowplow Sam <u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u> Elements higher than Basic 6 not permitted Some common elements above Basic 6 are: mohawk, mazurka, half flip, waltz jump |

| Aspire Beginner – 2:10 max | | | | | | |
|---|---|---|--|---|---|--|
| 5 Elements Number of Required Holds: None Any type of holds are permitted <u>5-20 skaters</u> <u>16 years of age and younger</u> | One Circle Element Forward and backward skating permitted Must contain a forward glide on an inside or outside edge on one foot Travel, change of configuration, and change of direction not permitted | One Line Element Must cover at least ½ ice Forward and backward skating permitted Pivoting and change of configuration not permitted | One Block Element Must cover at least ½ ice Forward and backward skating permitted Pivoting and change of configuration not permitted | One Wheel Element Forward and backward skating permitted Travel, change of configuration, and change of direction not permitted | One Intersection Element Must be two lines facing each other One or two foot glide(s) only through the point of intersection | Additional Items for Aspire Beginner <u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u> Elements higher than Basic 6 not permitted Some common elements above Basic 6 are: mohawk, mazurka, half flip, waltz jump |

Aspire Pre-Preliminary – 2:10 max

| 5 Elements | One Circle Element | One Line Element | One Block Element | One Wheel Element | One Intersection Element | Additional Items for Aspire Pre-Preliminary |
|---|--|--|--|---|--|--|
| Number of Required Holds: 2 different holds shown by the whole team for any length of time | Forward and backward skating permitted | Forward and backward skating permitted | Forward and backward skating permitted | <u>Forward and backward skating permitted</u> | Must be two lines facing each other | <u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u> |
| Any type of holds are permitted | Must contain a backward glide on an inside or outside edge on one foot | Must cover full ice | Must cover full ice | <u>May contain one feature</u> | Forward skating through the point of intersection. | Elements higher than Freestyle 2 not permitted |
| <u>5-20 skaters</u> | <u>May contain one feature</u> | <u>May contain one feature</u> | <u>May contain two features</u> | <u>Choice of:</u> | <u>Choice of:</u> | Some common elements above Freestyle 2 are: |
| <u>17 years of age and younger</u> | <u>Choice of:</u> | <u>Choice of:</u> | <u>Choice of:</u> | <u>Change of direction</u> | <u>Upright two foot glide</u> | <ul style="list-style-type: none"> • Alternating backward crossovers to back outside edges • Waltz three-turns • Alternating mohawk/crossover sequence • Forward power three-turns |
| | <u>Change of direction</u> | <u>Change of direction</u> | <u>Pivoting</u> | <u>Change of configuration</u> | <u>Upright one foot glide</u> | |
| | <u>Change of configuration</u> | <u>Change of configuration</u> | <u>Change of Configuration</u> | <u>Travel</u> | <u>Forward lunge</u> | |
| | <u>Travel</u> | <u>Pivoting not permitted</u> | | | | Split, stag, falling leaf permitted. |

Aspire Preliminary – 2:10 max

| 5 Elements | One Circle Element | One Line Element | One Block Element | One Wheel Element | One Intersection Element | Additional Items for Aspire Preliminary |
|---|--|---|--|---------------------------------|--------------------------|--|
| Number of Required Holds: 2 different holds shown by the whole team for any length of time | Forward and backward skating permitted | Must include forward and backward skating | Forward and backward skating permitted | <u>Backward skating only</u> | | <u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u> |
| Any type of holds are permitted | Must contain one feature | Must cover full ice | Must cover full ice | <u>Must contain one feature</u> | | |
| <u>5-20 skaters</u> | <u>Choice of:</u> | <u>Must contain one feature</u> | <u>Must contain one feature</u> | <u>Choice of:</u> | | |
| <u>17 years of age and younger</u> | <u>Change of direction</u> | <u>Choice of:</u> | <u>Choice of:</u> | <u>Change of direction</u> | | |
| | <u>Change of configuration</u> | <u>Change of direction</u> | <u>Change of Configuration</u> | <u>Change of configuration</u> | | |
| | <u>Travel</u> | <u>Change of configuration</u> | <u>Pivoting</u> | <u>Travel</u> | | |
| | | <u>Pivoting</u> | | | | |