

**2021 Skate-o-ween In-House Competition  
Atlanta Ice Forum Duluth Skating Academy  
Sunday, October 24, 2021  
Application deadline: September 25, 2021**

**ELIGIBILITY RULES FOR PARTICIPANTS:** This in-house competition is open to Ice Forum Duluth Skating Academy and/or Georgia Figure Skating skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA Program and/or full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing.

**ELIGIBILITY AND TEST REQUIREMENTS:** Eligibility will be based on skill level as of closing date of entries, 10/10/2021. All **Snowplow Sam, Basic Skills 1-6 and Adult 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-Freeskate, Freeskate 1-6, Adult Pre-Bronze and Bronze, Skate United, Excel, and Well Balanced** levels, eligibility will be based only upon highest free skate test level passed (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 discovers that a skater has been placed in a category that is below their class level, the chairman and referee will have the option to move the skater into the proper division, even if this has to be done 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.

**ENTRIES AND FEES:** All entries and payment must be turned in to the Ice Forum Counter no later than October 10, 2021. The competition is limited to the first 150 events. Please note that entry fees are per skater; the first event is \$50, each additional event is \$20 and \$10 per skater for the Team Event. No refunds after the closing date unless the event is cancelled by the LOC. There will be a \$35 fee for returned checks.

**Please be sure to get the coach's signature confirming the level of the skater's event(s). Applications will not be accepted without the coach's signature.**

**AWARDS:** There will be no more than six competitors per group and all skaters will receive an award. Presentation of awards will take place at appropriate times throughout the competition.

**MUSIC:** Music for all programs must be provided on CD's by the skater. CD's should be clearly marked with the name of the skater and the level/event entered. Music is to be turned in at the time of registration the day of the competition.

**VIDEO TAPING AND PHOTOGRAPHS:** There may not be an official photographer for this event. Parents may video or take non-flash pictures, but may NOT stand in rink doorways or players benches.

**COACH CREDENTIALS:** Eligibility to coach at a Compete USA event will be verified per U.S. Figure Skating guidelines.

**Covid-19 PRECAUTIONS:** The competition will follow all local and state guidelines as specified at the time of the competition. A detailed plan will be sent to all competitors at least one week before the competition.

Competition Co-Chairs:

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# Competitive Progression Through the Levels of U.S. Figure Skating

Singles athletes begin with the 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.



\*Beginner, High Beginner, No-Test, Pre-Preliminary and Pre-Bronze require current Learn to Skate USA and/or U.S. Figure skating full membership; all other levels require a current full U.S. Figure skating membership.

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

# Pre-Free Skate - Free Skate 1-6 Program with Music

**FORMAT:** The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- **Bonus skills from the same level or below are allowed but will not be judged elements**
- A 0.2 deduction will be taken for each element performed from a higher level

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

# 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

### EXCEL BEGINNER — 1:40 MAX

*Learn to Skate USA membership OR full U.S. Figure Skating membership required*

JUMPS	SPINS	STEP SEQUENCES
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 <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> 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*

JUMPS	SPINS	STEP SEQUENCES
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 <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> 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***Must not have passed higher than U.S. Figure Skating pre- preliminary free skate test**\*means required element**Learn to Skate USA membership OR full U.S. Figure Skating membership required*

<b>JUMPS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
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 <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul>	Maximum 2 spins: One spin must be in a single position with no change of foot* One spin may change feet or position, but not both No flying entry Minimum 3 revolutions Spins must be of a different character  Max Level: 1	Maximum 1 Sequence: Choreographic step sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence

**EXCEL PRELIMINARY — 1:30 +/- 10 SEC.***Must not have passed higher than U.S. Figure Skating preliminary free skate test**\*means required element**Full U.S. Figure Skating membership required*

<b>JUMPS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
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 <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul>	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

**EXCEL PRELIMINARY PLUS — 1:30 +/- 10 SEC.***Must not have passed higher than U.S. Figure Skating preliminary free skate test**\*means required element**Full U.S. Figure Skating membership required*

<b>JUMPS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
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 <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul>	Maximum 2 spins: One spin must be in a single position* No change of foot No flying entry One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character  Max Level: 1	Maximum 1 Sequence: Choreographic step sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence

# 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.

### NO TEST — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>• All single jumps allowed except single Axel               <ul style="list-style-type: none"> <li>○ No single Axels, double, triple or quadruple jumps allowed</li> <li>○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump)</li> </ul> </li> </ul>	<p>Max 2 Spins</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs..</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> <li>• Step sequence               <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>

### PRE-PRELIMINARY — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed               <ul style="list-style-type: none"> <li>○ No double, triple or quadruple jumps allowed</li> <li>○ Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels)</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p>Max 2 Spins</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs..</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> <li>• Step sequence               <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>

### PRELIMINARY — 1:30 +/- 10 SEC. MAX

JUMPS	SPINS	STEP SEQUENCES
<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• 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"> <li>○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>○ 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</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p>Max 2 Spins</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs..</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> <li>• Step sequence               <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>

# 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

### ADULT 1 — 1:30 MAX

#### ELEMENTS

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop, one or two feet

### ADULT 4 — 1:40 MAX

#### ELEMENTS

- 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 2 — 1:40 MAX

#### ELEMENTS

- Forward skating across the width of the ice
- Forward one-foot glides
- Forward slalom
- Backward wiggles
- Backward swizzles, 4-6 in a row

### ADULT 5 — 1:40 MAX

#### ELEMENTS

- 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 3 — 1:40 MAX

#### ELEMENTS

- 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 6 — 1:40 MAX

#### ELEMENTS

- 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.

ADULT BEGINNER — 1:40 MAX			
JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet and waltz jump</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max 2 of any same jump</li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Two forward upright spins, no change of foot, no flying entry (min. 3 revolutions)</li> </ul>	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 MAX			
JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, half flip, half Lutz, half loop, toe loop, Salchow</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max 2 of any same jump</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (min. 3 revolutions)</li> </ul>	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 MAX			
JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences               <ul style="list-style-type: none"> <li>○ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are permitted</li> <li>• No single Lutz, single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)</li> <li>• Min. 3 revs.</li> <li>• Spins with a flying entry are not permitted</li> <li>• <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></li> </ul>	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 MAX			
JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences               <ul style="list-style-type: none"> <li>○ 1 combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs. total if no change of foot</li> <li>• Min 3 revs. each foot if change of foot</li> <li>• Min 2 revs. in each position</li> <li>• No flying spins are permitted</li> </ul>	Max 1 Sequence: <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing at least half of the ice surface (may include moves in the field and spirals)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such</li> </ul>	Skaters may not have passed tests higher than U.S. Figure Skating adult bronze or preliminary free skate

# 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.

### PRELIMINARY

JANUARY 1–MARCH 31	APRIL 1–JUNE 30	JULY 1–SEPTEMBER 30	OCTOBER 1–DECEMBER 31
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

JANUARY 1–MARCH 31	APRIL 1–JUNE 30	JULY 1–SEPTEMBER 30	OCTOBER 1–DECEMBER 31
1. Swing Dance 2. Cha-Cha	1. Fiesta Tango 2. Swing Dance	1. Cha-Cha 2. Fiesta Tango	1. Swing Dance 2. Cha-Cha

### ADULT PRELIMINARY

**Qualifications:** No higher than one pre-bronze dance test (partnered, solo, standard, adult/adult 21+ or adult 50+/masters)

#### SELECTED DANCES FOR THE SEASON (NUMBER OF SEQUENCES TO BE DANCED IN PARENTHESES)

2020-21 2024-25	2021-22 2026-27	2022-23 2027-28	2023-24 2028-29
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

**Qualifications:** The complete preliminary dance test and no higher than one bronze dance test (partnered, solo, standard, adult/adult 21+ or adult 50+/masters)

#### SELECTED DANCES FOR THE SEASON (NUMBER OF SEQUENCES TO BE DANCED IN PARENTHESES)

2020-21 2024-25	2021-22 2026-27	2022-23 2027-28	2023-24 2028-29
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

- 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 2

- 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 3

- 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 4

- Quick starts using forward V-start
- Backward one-foot glide, right and left
- Forward crossovers on a circle, clockwise and counter-clockwise
- Backward crossovers on a circle, clockwise and counter-clockwise
- Hockey stops (to right and left, with speed)

# 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](http://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

# Team Compulsory

**FORMAT:** The designated skater from each team will perform their chosen element in sequence on full ice with no music and will follow this format:

1. Minimum of three to four skaters on a team; each skater will do at least one required element
2. Teams will be directed to find a "base" for their team along the boards on the ice where they will stay for the remainder of the event
3. The announcer, referee or judge-in-charge will call the first element (e.g. jump or stop) to be performed
4. The team member performing the element will step forward and execute the skill, with the element first being performed by the skater on team one, then team two, then team three and so on
5. Once all the teams have had their skaters complete the element, the next element will be called
6. Judging is done with one mark for each element (skater) for total team points

LEVEL	JUMPS/STOPS	SPINS/TURNS/GLIDES	SKATING SKILLS
<b>SNOWPLOW SAM – BASIC 3, HOCKEY 1-4</b>	Wiggles, two-foot swizzles forward or backward (4-8 in a row) Snowplow stop (one or both feet) or hockey stop (with skid)	Curves, glide turns or hockey turns (right and left, forward) March then glide on two feet or forward one-foot glide on left and right foot (one-time skater's height, forward)	Forward half-swizzle pumps or forward C-cuts on a circle (right and left, 6-8 consecutive)
<b>BASIC 4 – BASIC 6</b>	Side toe hop, bunny hop, ballet jump or mazurka -Waltz jump	Forward inside pivot or two-foot spin (min. 3 revs.) One-foot upright spin, optional entry and free foot position (min. 3 revs.)	Moving forward to backward two-foot turns on a circle, clockwise and counterclockwise (from Basic 3)
<b>PRE-FREE SKATE AND FREE SKATE 1 – 6 LEVELS</b>	Single jump (no Axel) Jump combination or jump sequence (no Axel allowed)	Solo spin (scratch spin, layback, camel or sit, min. 3 revs., no flying entry) -Combo spin: one change of foot, change of position optional (min. 3 revs. on each foot)	Spiral sequence (from Free Skate 2)
<b>ADULT 1-6</b>	Forward snowplow stop Lunge	Forward swizzles, 4-6 in a row Backward one-foot glide, right and left	Forward chasses on a circle, clockwise and counterclockwise
<b>ADULT BEGINNER/ ADULT HIGH BEGINNER</b>	Bunny hop Waltz jump	Beginning one-foot spin from backward crossovers Backward inside three-turn, right and left	Alternating right and left forward outside edges across width of the rink
<b>ADULT PRE- BRONZE/ ADULT BRONZE</b>	Half Flip Salchow jump	Forward upright spin Backward upright spin	Two forward crossovers into a forward inside mohawk, step down and cross behind, one backward crossover and step to a forward inside edge, clockwise and counterclockwise

# 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.

## ADAPTIVE 2

- 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

## ADAPTIVE 3

- 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

## ADAPTIVE 4

- Scooter pushes, 3-4 each foot (R and L)
- Forward one-foot glides (R and L)
- Backward wiggle or walk, 3 in a row
- Rocking horse, repeat twice

## ADAPTIVE 5

- 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

## ADAPTIVE 6

- 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

## ADAPTIVE 7

- 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
- Backward snowplow stop (R or L)

## ADAPTIVE 8

- 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

## ADAPTIVE 9

- 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

## ADAPTIVE 10

- 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

## ADAPTIVE 11

- 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

## ADAPTIVE 12

- 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)

## ***New Event - Partnered Moves***

Competition hosts can use the skills below to create a partnered moves challenge so two skaters can compete together.

Two competitors per team, composed of any gender combination (F/F, M/M, M/F).

- Recommended to be Pre-Free Skate to Free Skate 6 with or without music
- Full ice
- Total program time for all levels: 2:10 max

*Five couples per warm-up with 5:00 warm-up*

<b><i>Elements may be skated in <u>any</u> order:</i></b>	<b><i>Neither partner passed any move test but working toward</i></b>	<b><i>One partner passed no higher than pre-preliminary moves</i></b>	<b><i>One partner passed no higher than preliminary moves</i></b>
One solo jump, skated side-by-side	Single Jump Waltz jump, Salchow or toe loop	Single Jump Loop, flip and Lutz jump may be performed at this level	Single Axel Any single jump may be performed, including Axel
A skating skills sequence	Full circle of crossovers "connected" max 3-6 forward crossovers, both directions	Full circle in unison do max 3-6 backward crossovers, both directions	Full circle in unison or mirrored-unison, max 3-6 forward to backward crossovers, both directions
A pair/dance partnered spin	Min. 3 revolutions Two feet No position changes	Min. 4 Revolutions Two feet allowed If on one foot, no changes of feet	Min. 3 Revolutions One foot No changes of feet
A side-by-side solo spin	Spin in One Basic Position Min. 3 revolutions No change of feet No difficult variations	Spin with minimum one change of position Min. 5 revolutions No difficult variations No change of foot	Spin with all 3 basic positions Min. 6 revolutions No difficult variations With or without change of foot
One jump combination or jump sequence, skated side-by-side	Single Jumps Waltz jump, Salchow or toe loop	One jump must be a loop, flip or Lutz Three-jump combinations allowed	One jump must be loop, flip, Lutz or Axel Three-jump combinations allowed
Choreographic Step Sequence	Must use one-half of the ice surface; moves in the field and spiral sequences are allowed but will not be counted as elements	Must use one-half of the ice surface; moves in the field and spiral sequences are allowed but will not be counted as elements	Must use full ice surface; moves in the field and spiral sequences are allowed but will not be counted as elements