



2021 Shamrock Skate

Compete USA Competition

Sunday, March 14, 2021

RMU Island Sports Center
7600 Grand Avenue
Pittsburgh, PA 15225

Rules: This competition, hosted by the RMU Island Sports Center, will be conducted in accordance with the rules set forth in the 2020-21 edition of the U.S. Figure Skating Rulebook. The competition is open all persons as defined by the eligibility rules and who are currently registered with U.S. Figure Skating.

Skaters must be current members (for the 2020-21 membership year) of U.S. Figure Skating, either through a member club, a registered Learn to Skate USA program or as an individual member. Current membership will be verified by the competition registrar prior to the competition.

Events:

- Snowplow Sam- Basic 6: Elements & Program with Music
- Pre-Free Skate-Free Skate 1-6: Compulsory & Program with Music
- Excel Compulsory Moves & Excel Free Skate with Music
- Well Balanced Levels: Compulsory Moves & Free Skate with Music
- Jump & Spin Events
- Solo Patterned Dance: Preliminary – Pre-Bronze levels
- Individual Showcase Events: Dramatic & Light Entertainment:
Basic 1- 6, Pre-Free Skate – FS 6, Beginner- Preliminary
- Couples Duet Showcase: Basic 1 - 6, Pre-Free Skate – FS 6, Beginner- Preliminary
 - *Couples Showcase: Both skaters must register individually and pay the appropriate event fees*

Skaters must skate at least at the **highest level passed by Friday, February 12, 2021**, but may skate up one level.

Age Restrictions: Skaters entering Snowplow Sam through Preliminary events will be divided by level & age should the number of entries warrant more than one group.

Entries: Registrations may be dropped off at RMU ISC Guest Services or be mailed to:

RMU Island Sports Center – c/o Shamrock Skate – 7600 Grand Avenue – Pittsburgh, PA 15225

Entry deadline is Friday, February 12, 2021. Late entries may be accepted at the discretion of the competition director and if space is available. ***If accepted, a late fee of \$25 will be assessed.***

REGISTRATION MAY CLOSE EARLY! RMU Island Sport Center reserves the right to limit entries prior to the deadline by event based on entry date/timestamp if estimated skating time exceeds available ice time. This may result in closing registration prior to the stated deadline.

Entry Fees:

<u>Events</u>	<u>Entry Fee</u>
1st event	\$60
Each additional event	\$25

Refund Policy: Entry fees ***will not be refunded*** after **February 12, 2021**, unless no competition exists or an event is cancelled. There will be **no refunds** for medical withdrawals. Checks returned for non-sufficient funds will be assessed a \$25 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. ***In the event that the competition is canceled or postponed due to Covid closures, skaters will be given a credit or refund for their event fees.***

Questions: Contact Beth Sutton @ Sutton@rmu.edu or 412.397.4469

Scheduling of Events: A tentative schedule of events will be available at: <http://isc.rmu.edu/figure-skating/shamrock->

[skate](#) by early March. An email will be sent to all coaches and skaters who provide a legible email address.

Coaches: Coaches must be in compliance with Rules MR 5.12 and MR 5.13 in the current U.S. Figure Skating Rulebook or they will not be allowed at the venue. Coaches must be a current full member of U.S. Figure Skating. They must have completed the registration process through U.S. Figure Skating and paid the annual registration fee. If 18 years of age or older, they must have successfully passed the background screen. Coaches must have completed the appropriate CER courses depending on the highest level of skaters being coached. They must have submitted proof of current general liability insurance. For Basics Skills coaches ONLY, the coach must be 18 years and older and instructing in a Learn to Skate USA program. In addition, they must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor member.

The competition committee will check the list of compliant coaches that is published online by U.S Figure Skating. A coach who is not on the list of compliant coaches will not be allowed to be in the coaching area during the competition.

Assumption of Liability: Per rule 1600 in the current U.S Figure Skating Rulebook, U.S. Figure Skating, the RMU Island Sports Center and organizers of this competition undertake no responsibility for damages or injuries suffered by the competitors. As a condition of and in consideration of the acceptance of their entries or participation in this competition, the competitor and his/her parents(s) agree to assume all risks of injury and loss of property resulting from, caused by or connected with, the conduct of management of this competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the RMU Island Sports Center and their employees, and their entries shall be accepted only on such condition.

Facilities: RMU Island Sports Center will use both the Olympic Arena and Colonials Arena for the competition events. The rink's telephone number is 412.397.4454

Registration: The Shamrock Skate competition registration desk will be located at the entrance of RMU Island Sports Center. The registration desk will open at 7:00 AM. Competitors must check in at the Registration Desk upon arrival.

MUSIC: The skaters competition music must be uploaded to Entryyeeze for Shamrock Skate no later than March 1, 2021. Directions for music upload will follow at close of registration.

Skater's official competition music must be uploaded on Entryyeeze by March 1, 2021 All skaters should have a backup CD readily available (rink-side) during the event. CDs are the only acceptable form of back up media. Cassettes, phones, thumb- drives, or Mp3 players will not be accepted. Each CD must have only ONE (1) track on it. In the case of short and long programs, two (2) separate disks must be used. Any disc with more than one (1) track will NOT be considered an acceptable form of back up. Due to compatibility and reliability reasons music may NOT be submitted on re- recordable "CD-RW" discs.

Computation of Results: The 6.0 Majority closed system of judging will be used in all events.

Events/Awards: All events will be final rounds. Medals will be awarded for 1st, 2nd, and 3rd place. Ribbons will be awarded for 4th, 5th & 6th places. The skater is responsible for picking up award(s) during awards ceremonies. Awards will not be mailed to the skater. Awards will be distributed immediately following the posting of results. Skaters should report to the awards podium to receive their event award.

Videography and Photos: Those interested in videotaping or taking photographs are required to do so from the bleachers. No individual will be allowed at rink side for these purposes. Absolutely no flash photography is permitted during the warm-ups or competition events. ***Due to Covid restrictions, Shamrock Skate will not have professional photography & video services this year.***

Notices: Official notices and skating orders will be posted in the rink lobby. Skaters should arrive at the facility a minimum of one hour before their scheduled skate time and should check in with the ice monitor twenty minutes prior to their events. If the events are running ahead of schedule, the competition will keep moving forward with events. Skaters who do not arrive at least an hour prior to their scheduled warm-ups/events will not be provided refunds or credits if they miss their events due to the schedule running early.



MISSION STATEMENT:

We 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.

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 and well-balanced** eligibility will be based only upon highest badge level or 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 (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

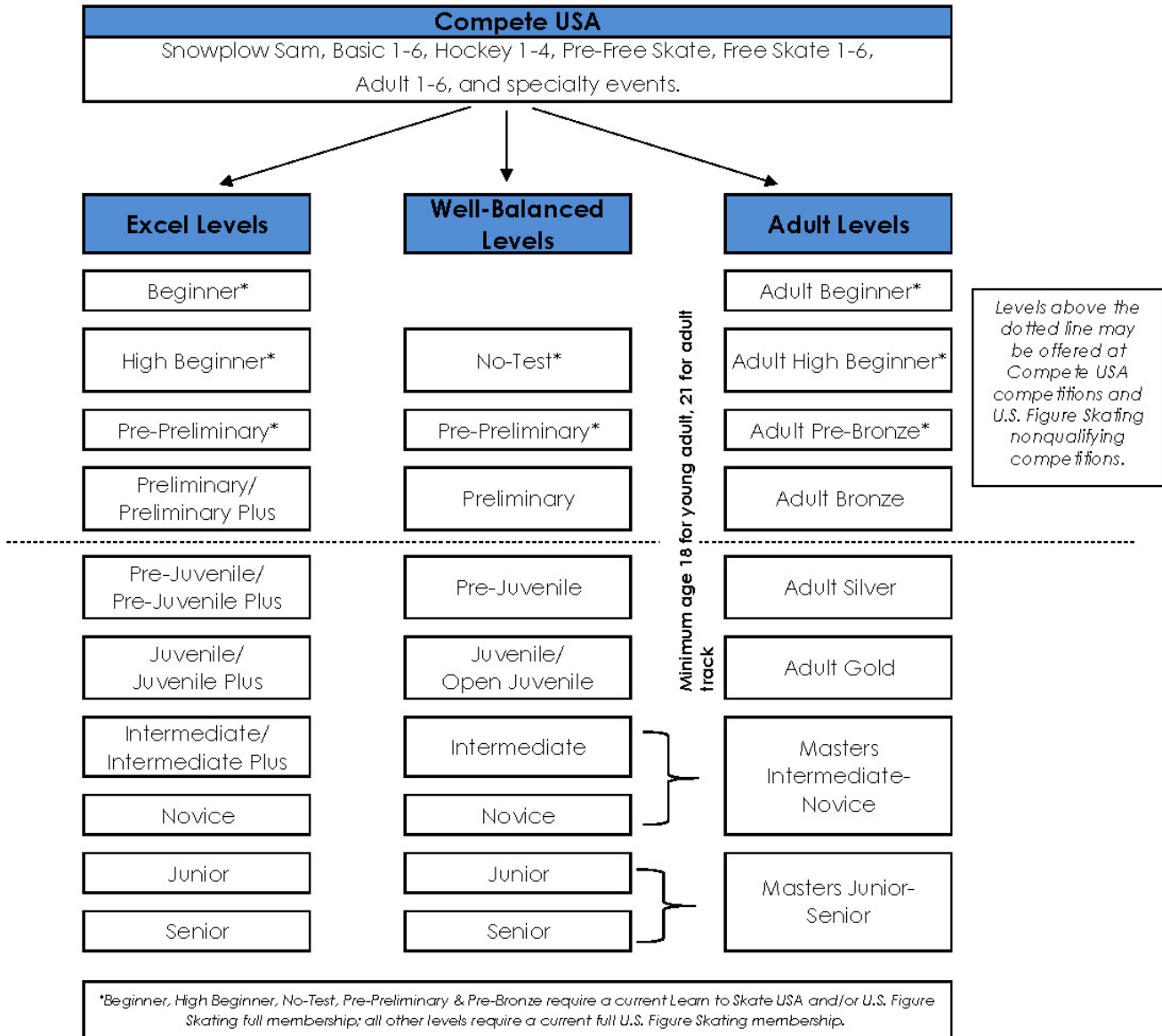
For credentials at a Compete USA event, coaches/instructors are required to have:

- 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)



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

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



SNOWPLOW SAM – BASIC 6 ELEMENTS

There are two format options for the elements event:

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)
 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 skated on 1/3 to 1/2 ice (determined by the LOC)
 - No music
 - Divide Snowplow Sam skaters by level (1-4), if registrations warrant
 - **All elements must be skated in the order listed.**

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

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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



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

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

PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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



- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements**
- A 0.2 deduction will be taken for each element performed from a higher level.

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

PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC



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

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

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

EXCEL COMPULSORY

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



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

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

WELL-BALANCED LEVELS COMPULSORY

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

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

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

EXCEL FREE SKATE

General event parameters:

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



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

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

General event parameters:

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

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

Preliminary 1:30 +/- 10 sec. Max	Max 5 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ○ An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed ○ Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs.. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence
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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)

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)

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
Preliminary	1. Dutch Waltz 2. Canasta Tango
Pre-Bronze	1. Swing Dance 2. Cha-Cha



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	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

Shamrock Skate/RMU ISC Covid 19 Protocols

Arrival & Locker Rooms

- If the skater feels ill or shows any symptoms of Covid 19 - please do not come to the competition.
- If any of the skater's family or guests attending the competition feel ill or show any symptoms of Covid 19 - please do not come to the competition.
- All skaters & guests must wear a mask at all times while in RMU ISC. On the day of the competition, we will follow the current mask protocols for sports. However, skaters who have a medical condition or some other reason for not wearing a mask while warming-up or competing may be excused from wearing a mask. Coaches will wear a mask at all times.
- The mask guideline for spectators will be enforced while in any area of RMU ISC, if you have a condition that prohibits you from wearing a mask or you are in a high risk category with Covid 19, we request that you stay home and take advantage of our LiveBarn streaming service. LiveBarn is a live video streaming of our Olympic & Colonials Arenas and offers on demand viewing as well. You may use this promotional code for a discount to LiveBarn: **df08-72b8** www.livebarn.com
- Skaters should arrive dressed with hair and make-up done as locker room space and privacy will be very limited.
- Skaters may use the locker rooms to put on their skates and to leave their skate bags while competing. Masks must be worn at all times while in locker rooms.
- Locker room doors are to remain open and the occupant limit of 10 people in a locker room (including skater and family member are counted as two people) RMU ISC is not responsible for any items that are unattended in the locker room. Please do not leave valuables in the locker room unattended.
- If skaters using the locker rooms need to change outfits between events, they may briefly close the door or go in, must have masks on and the locker room must not exceed the occupancy limits while changing. Please be sure to prop open the door immediately after changing.
- The Bistro Snack Shop is currently not open. Please be sure to bring any necessary snacks and beverages for your skater. There is limited availability in the vending machines. The water fountains are currently not available. Guest Services is selling small bottles of Gatorade.

Practice Ice & Competition Events

- **Practice ice will be limited and only one coach per skater will be permitted at practice ice and at the door for events.** All skaters must have pre-registered for practice ice and must check in with the ice monitor prior to getting on the ice.
- Coaches will be required to spread out in the hockey bench areas during practice ice.
- Parents or other family members must be clear of all entrances and exits to the ice, so that the skaters and coaches can room to social distance while waiting to take the ice.
- Skaters and coaches will be asked to wait in the hallway after the event warm-up, prior to getting onto the ice for their event.
- Coaches must wear masks at all times.

- Skaters must wear masks while waiting to get on for practice ice and immediately following practice ice and/or events. Skaters do not need to wear masks during practice ice and/or events, unless that is the skater's choice
- **NO PARENTS OR SPECTATORS ARE PERMITTED IN THE ARENAS DURING PRACTICE ICE.** And we request that families do not "hang out" in the lobby areas while the skaters are practicing. You may go to the outdoor spaces with benches and tables to wait. **Please designate an area to meet your skater following practice ice and/or events.**
- **One parent or guardian may enter the locker room with a skater, other family members may not enter.**
- **Limited family members may enter the arena seating areas during your skater's warm-up time & event.** Please be sure to social distance (as indicated by colored markers in the stand) and wear your masks. Family members may sit together but please social distance from others who you may not know. There are 4 sections to our stands in Colonials arena & two sections in the Olympic Arena - please try to avoid gathering in large groups while watching your skater. Please respect others by and observe the social distancing guidelines, especially for people you are not familiar with.
- Please do not throw "stuffies" or flowers onto the ice after performances.
- Once your skater has competed, we ask that you immediately leave the spectator area in the arena and meet your skater at your designated spot. Please do not stay to watch other skaters in the group, so that additional families can be permitted in to watch their skaters. Parents/guardians may use locker rooms for meeting spots (only 1 person per skater) but please leave immediately after meeting each other to allow others to gain access to the locker rooms.
- To avoid large gatherings around the results area and to maintain social distance, we will make every effort to have results posted on line. If this is not possible, information to view results will be available prior to the competition. Once your skater has received their results, you may go to the registration desk to receive your award.
- We will have the award podiums set behind the guest services area for photos. Please only one skater at a time on the podium, unless you are comfortable with other skaters standing with you. That will be at each skater's family's discretion. Please be respectful of each family's comfort level. Skaters may remove masks for photos and then must put them back on when done with photos.
- If your skater has multiple events with a break in between, please do not congregate in the competition rinks while the competition is going on.
- While we are using the Entryeze download system for music - please be sure to have a backup CD in the event that there is an issue with your downloaded music

For additional RMU ISC Covid-19 protocols, guidelines and updates, please go to: <https://www.rmuislandsports.com/covid19fsa>