

2021 Swan Skate
Compete USA
Hosted By:



Sunday, October 10, 2021

Entry Deadline: September 12, 2021

Beaver Dam Family Center

609 Gould St.

Beaver Dam, WI 53916

For a complete set of rules visit our website www.swancityiceskaters.org

Register via Entryeze

For Questions Please Contact: Katy Gripentrog @ katy_18_2000@yahoo.com or call/text (920)296-8692

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are currently eligible (ER 1.00) members of either Learn to Skate USA and those who are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but must be registered with Learn to Skate USA or a member club. There will be no more than six competitors maximum in an event and all six will receive an award.

Eligibility and Test Requirements:

Eligibility will be based on skill level as of closing date of entries. All **Snowplow Sam and Basic 1-6** skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.

For the **Pre-Free Skate, Free Skate 1-6, Excel, Well Balanced, and Adult levels** eligibility will be based only upon highest free skate test level passed. Moves in the Field test level will not determine 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. Skaters may not compete at more than one level in the same type event at 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 that is below his/her class level, the chair and referee will have the option to move the skater into the proper division, even if it is the day of the competition. This will ensure that every event is as fair as possible to the competitors.

ELIGIBILITY RULES FOR COACHES/INSTRUCTORS

To be credentialed 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 completed OR U.S. Figure Skating compliant coach (for coaches under 18 years old)

ENTRIES AND FEES

\$55.00 for the first event

\$15.00 for each additional event

All entries must be registered online no later than Sunday, September 12, 2021. Late entries will be accepted only if the limit has not been reached, at the discretion of the organizers and will be subject to a \$20 late fee.

NO refunds after closing date unless event is canceled by Swan City Ice Skaters or with a written medical excuse from your physician.

An online entry system with secure credit card payment is available for this year's competition. The online registration system, Entryeeze, can be accessed via a link on www.swancityiceskaters.org. Click on the **COMPETITION** tab.

AWARDS - Results will be posted in the lobby area after skaters have skated their event. It may take anywhere from 5-20 minutes to post the results. Everyone will receive an award. All events will be final rounds. ALL awards will be made at appropriate times throughout the competition.

SCHEDULE OF EVENTS - Skaters names and event times, along with directions to the rink will be posted on the Swan City Ice Skaters web site, www.swancityiceskaters.org one week prior to competition. **All skaters should arrive at the rink 45 minutes prior to their scheduled event. All competitors must check in at the registration desk, which will be located in the lobby area.**

PRACTICE ICE - Practice ice will be available first come first served basis Sunday morning. Practice ice will be sold for \$10 per 20 min. A maximum of 20 skaters will be allowed on the ice during any one session. You may sign up for NO MORE THAN TWO SESSIONS.

MUSIC - The music for all free skating programs must be provided on CDs by the skater. CDs should be clearly marked with the name of the skater, event entered and length of music (not skating time). Only one piece of music per CD. Competition music is to be turned in at the time of registration. Please remember to pick up your music, SCIS will not return any music left at the rink. Time duration is always +/- 10 seconds.

Note: This is a Compete USA Competition set up under the guidelines of the Compete USA Competition Manual. Judges **WILL NOT** be Official U.S. Figure Skating Judges. *The Compete USA Competition may use qualified skaters and/or instructors who are 16 years of age or older and/or persons who are trial judging for appointments.*

Snowplow Sam - Basic 6 Elements

THERE ARE TWO FORMAT OPTIONS FOR THE ELEMENTS EVENT:

Each skater will perform each element when directed by a judge/referee.

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

- *To be skated on 1/3 to 1/2 ice (determined by the LOC)*
- *No music*

2. 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">• <i>March followed by a two-foot glide and dip</i>• <i>Forward swizzles, 2-3 in a row</i>• <i>Forward snowplow stop</i>• <i>Backward wiggles, 2-6 in a row</i>
BASIC 1	1:00 max	<ul style="list-style-type: none">• <i>Forward two-foot glide and dip</i>• <i>Forward swizzles, 6-8 in a row</i>

		<ul style="list-style-type: none"> • <i>Beginning snowplow stop on one or two feet</i> • <i>Backward wiggles, 6-8 in a row</i>
BASIC 2	1:00 max	<ul style="list-style-type: none"> • <i>Forward one-foot glide (no variations), either foot</i> • <i>Scooter pushes, 2-3 each foot</i> • <i>Moving snowplow stop</i> • <i>Two-foot turn in place, forward to backward</i> • <i>Backward swizzles, 6-8 in a row</i>
BASIC 3	1:00 max	<ul style="list-style-type: none"> • <i>Beginning forward stroking showing correct use of blade</i> • <i>Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</i> • <i>Forward slalom</i> • <i>Moving forward to backward two-foot turn on a circle</i> • <i>Beginning backward one-foot glide, either foot</i>
BASIC 4	1:00 max	<ul style="list-style-type: none"> • <i>Forward outside edge on a circle, clockwise or counterclockwise</i> • <i>Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</i> • <i>Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</i> • <i>Backward one-foot glides (no variations), right and left</i> • <i>Beginning two-foot spin, maximum 4 revolutions</i>
BASIC 5	1:00 max	<ul style="list-style-type: none"> • <i>Backward outside edge on a circle, clockwise or counterclockwise</i> • <i>Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</i> • <i>Forward outside three-turn, right and left</i> • <i>Advanced two-foot spin, minimum 4 revolutions</i>

		<ul style="list-style-type: none"> • <i>Hockey stop</i>
BASIC 6	1:00 max	<ul style="list-style-type: none"> • <i>Forward inside three-turn, right and left</i> • <i>Mohawk, right to left and left to right</i> • <i>Bunny hop</i> • <i>Basic forward spiral on a straight line (no variations), right or left</i> • <i>Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position</i> • <i>T-stop, right or left</i>

COMPETITION MANUAL

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*

LEVEL	TIME	SKATING RULES/STANDARDS
SNOWPLOW SAM	1:10 max	<ul style="list-style-type: none"> • <i>March followed by a two-foot glide and dip</i> • <i>Forward swizzles, 2-3 in a row</i> • <i>Forward snowplow stop</i> • <i>Backward wiggles, 2-6 in a row</i>
BASIC 1	1:10 max	<ul style="list-style-type: none"> • <i>Forward two-foot glide and dip</i> • <i>Forward swizzles, 6-8 in a row</i> • <i>Beginning snowplow stop on one or two feet</i> • <i>Backward wiggles, 6-8 in a row</i>
BASIC 2	1:10 max	<ul style="list-style-type: none"> • <i>Forward one-foot glide (no variations), either foot</i> • <i>Scooter pushes, right and left foot, 2-3 each foot</i> • <i>Moving snowplow stop</i> • <i>Two-foot turn in place, forward to backward</i> • <i>Backward swizzles, 6-8 in a row</i>
BASIC 3	1:10 max	<ul style="list-style-type: none"> • <i>Beginning forward stroking showing correct use of blade</i> • <i>Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</i> • <i>Forward slalom</i> • <i>Moving forward to backward two-foot turn on a circle</i> • <i>Beginning backward one-foot glide, either foot</i>

BASIC 4	1:10 max	<ul style="list-style-type: none"> • <i>Forward outside edge on a circle, clockwise or counterclockwise</i> • <i>Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</i> • <i>Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</i> • <i>Backward one-foot glides (no variations), right and left</i> • <i>Beginning two-foot spin, maximum 4 revolutions</i>
BASIC 5	1:10 max	<ul style="list-style-type: none"> • <i>Backward outside edge on a circle, clockwise or counterclockwise</i> • <i>Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</i> • <i>Forward outside three-turn, right and left</i> • <i>Advanced two-foot spin, minimum 4 revolutions</i> • <i>Hockey stop</i>
BASIC 6	1:10 max	<ul style="list-style-type: none"> • <i>Forward inside three-turn, right and left</i> • <i>Mohawk, right to left and left to right</i> • <i>Bunny hop</i> • <i>Basic forward spiral on a straight line (no variations), right or left</i> • <i>Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position</i> • <i>T-stop, right or left</i>

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"> • <i>Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</i> • <i>Backward inside three-turn, right and left</i> • <i>Beginning back spin, optional entry and free-foot position, maximum 3 revolutions</i> • <i>Half Lutz</i> • <i>Salchow jump</i>
FREE SKATE 3	1:15 max	<ul style="list-style-type: none"> • <i>Alternating mohawk/crossover sequence, right to left and left to right</i> • <i>Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise</i> • <i>Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</i> • <i>Loop jump</i> • <i>Waltz jump-toe loop or Salchow-toe loop jump combination</i>
FREE SKATE 4	1:15 max	<ul style="list-style-type: none"> • <i>Forward power 3s, 2-3 consecutive sets, right or left</i> • <i>Sit spin, minimum 3 revolutions</i> • <i>Half loop jump</i> • <i>Flip jump</i>
FREE SKATE 5	1:15 max	<ul style="list-style-type: none"> • <i>Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions</i> • <i>Camel spin, minimum 3 revolutions</i> • <i>Waltz jump-loop jump combination</i> • <i>Lutz jump</i>

FREE SKATE 6	1:15 max	<ul style="list-style-type: none"> • <i>Forward power pulls, minimum 3 on each foot</i> • <i>Camel, sit spin combination, minimum of 4 revolutions total</i> • <i>Waltz jump-Euler (half loop)-Salchow jump combination</i> • <i>Axel jump; minimum requirement is a clear attempt either stationary or moving</i>
-------------------------	-----------------	--

COMPETITION MANUAL

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"> • <i>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</i> • <i>One-foot upright spin, optional entry and free, foot position, minimum 3 revolutions</i>

		<ul style="list-style-type: none"> • <i>Mazurka, right or left</i> • <i>Waltz jump</i> • <i>NOT ALLOWED - Waltz jump-side toe hop-waltz jump</i>
FREE SKATE 1	1:40 max	<ul style="list-style-type: none"> • <i>Forward stroking, 4-6 consecutive powerful strokes</i> • <i>One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions</i> • <i>Toe loop jump</i> • <i>Half flip jump</i> • <i>NOT ALLOWED - Waltz jump-toe loop jump combination</i>
FREE SKATE 2	1:40 max	<ul style="list-style-type: none"> • <i>Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</i> • <i>Beginning back spin, optional entry and free foot position, maximum 2 revolutions</i> • <i>Half Lutz</i> • <i>Salchow jump</i> • <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"> • <i>Alternating mohawk/crossover sequence, right to left and left to right</i> • <i>Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</i> • <i>Loop jump</i> • <i>Waltz jump-toe loop or Salchow-toe loop jump combination</i> • <i>NOT ALLOWED - Waltz-loop jump combination</i>

FREE SKATE 4	1:40 max	<ul style="list-style-type: none"> • <i>Forward power 3s, 2-3 consecutive sets, right or left</i> • <i>Sit spin, minimum 3 revolutions</i> • <i>Half loop jump</i> • <i>Flip jump</i> • <i>NOT ALLOWED - Waltz-loop or Waltz-Euler-Salchow jump combination</i>
FREE SKATE 5	1:40 max	<ul style="list-style-type: none"> • <i>Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions</i> • <i>Camel spin, minimum 3 revolutions</i> • <i>Waltz-loop jump combination</i> • <i>Lutz jump</i>
FREE SKATE 6	1:40 max	<ul style="list-style-type: none"> • <i>Creative step sequence using a variety of three turns, mohawks and toe steps, half-ice</i> • <i>Camel-sit spin combination spin, minimum of 4 revolutions total</i> • <i>Waltz jump-Euler (half loop)-Salchow jump combination</i> • <i>Axel jump; minimum requirement is a clear attempt either stationary or moving</i>

COMPETITION MANUAL

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/STANDARD
EXCEL BEGINNER	1:15 max	<ul style="list-style-type: none"> • <i>Toe loop jump</i> • <i>Salchow jump</i> • <i>One-foot upright spin, minimum 3 revolutions</i> • <i>Choreographic step sequence</i>
EXCEL HIGH BEGINNER	1:15 max	<ul style="list-style-type: none"> • <i>Loop jump</i> • <i>Salchow-toe loop jump combination</i> • <i>Sit spin, minimum 3 revolutions</i> • <i>Choreographic step sequence</i>
EXCEL PRE- PRELIMINARY	1:15 max	<ul style="list-style-type: none"> • <i>Flip jump</i> • <i>Loop-loop jump combination</i> • <i>Upright spin with change of foot, minimum 3 revolutions on each foot</i> • <i>Choreographic step sequence</i>
EXCEL PRELIMINARY	1:15 max	<ul style="list-style-type: none"> • <i>Lutz jump</i> • <i>Flip-loop jump combination</i> • <i>Camel-sit combination spin, minimum 6 revolutions total</i> • <i>Choreographic step sequence</i>

Well-Balanced Levels Compulsory

FORMAT: 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

EXCEL BEGINNER – 1:40 MAX		
Learn to Skate USA membership OR full U.S. Figure Skating membership required		
JUMPS	SPINS	STEP SEQUENCES
<p>Maximum 4 jump elements:</p> <p>Jumps with no more than one-half rotation (front to back or back to front)</p> <p>Single rotation jumps: Salchow, toe loop only</p> <p>Eulers (half loops) are not allowed</p> <p>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 jumps</p>	<p>Maximum 2 spins: Two upright spins No change of foot No flying entry</p> <p>Minimum 3 revolutions Max Level: Base</p>	<p>Maximum 1 Sequence: Choreographic step sequence* (ChSt)</p> <p>Must use one-half of the ice surface</p> <p>Moves in the field and spiral sequences are allowed but will not be counted as elements</p> <p>Jumps may be included in the step sequence</p>

EXCEL HIGH BEGINNER – 1:40 MAX		
<i>Learn to Skate USA membership OR full U.S. Figure Skating membership required</i>		
JUMPS	SPINS	STEP SEQUENCES
<p><i>Maximum 5 jump elements:</i></p> <p><i>Jumps with no more than one-half rotation (front to back or back to front)</i></p> <p><i>Single rotation jumps: toe loop, Salchow, Euler (half loop), loop</i></p> <p><i>Flip, Lutz, and Axel NOT permitted</i></p> <p><i>Maximum 2 jump combinations or sequences. One 3-jump combination is allowed</i></p> <ul style="list-style-type: none"> <i>• Jump sequence is any listed jump immediately followed by a waltz jump</i> <p><i>Maximum 2 of any same jump</i></p>	<p><i>Maximum 2 spins:</i></p> <p><i>Both spins must be in a single position</i></p> <p><i>No change of foot</i></p> <p><i>No flying entry Permitted</i></p> <p><i>forward spins: upright, sit, camel Permitted</i></p> <p><i>back spins: upright</i></p> <p><i>Minimum 3 revolutions</i></p> <p><i>Max Level: Base</i></p> <p><i>Both spins may be of the same character</i></p>	<p><i>Maximum 1 Sequence:</i></p> <p><i>Choreographic step sequence* (ChSt)</i></p> <p><i>Must use one-half of the ice surface</i></p> <p><i>Moves in the field and spiral sequences are allowed but will not be counted as elements</i></p> <p><i>Jumps may be included in the step sequence</i></p>

EXCEL PRE-PRELIMINARY – 1:40 MAX		
<p><i>Must not have passed higher than U.S. Figure Skating pre- preliminary free skate test</i></p> <p><i>*means required element</i></p> <p><i>Learn to Skate USA membership OR full U.S. Figure Skating membership required</i></p>		
JUMPS	SPINS	STEP SEQUENCES
<p><i>Maximum 5 jump elements:</i></p> <p><i>All single jumps allowed, except for the Axel</i></p> <p><i>No single Axels, double or higher jumps allowed</i></p> <p><i>Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</i></p>	<p><i>Maximum 2 spins:</i></p> <p><i>One spin must be in a single position with no change of foot*</i></p> <p><i>One spin may change feet or position, but not both</i></p> <p><i>No flying entry</i></p>	<p><i>Maximum 1 Sequence:</i></p> <p><i>Choreographic step sequence* (ChSt)</i></p> <p><i>Must use one-half of the ice surface</i></p> <p><i>Moves in the field and spiral sequences are allowed but will not be counted as elements</i></p>

<p><i>Maximum 2 jump combinations or jump sequences</i></p> <p><i>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</i></p> <ul style="list-style-type: none"> • <i>Jump sequence is any listed jump immediately followed by a waltz jump</i> 	<p><i>Minimum 3 revolutions</i></p> <p><i>Spins must be of a different character</i></p> <p><i>Max Level: 1</i></p>	<p><i>Jumps may be included in the step sequence</i></p>
--	---	--

EXCEL PRELIMINARY – 1:30 +/- 10 SEC.		
<p><i>Must not have passed higher than U.S. Figure Skating preliminary free skate test</i></p> <p><i>*means required element</i></p> <p><i>Full U.S. Figure Skating membership required</i></p>		
JUMPS	SPINS	STEP SEQUENCES
<p><i>Maximum 5 jump elements:</i></p> <p><i>All single jumps allowed, except for the Axel</i></p> <p><i>No single Axels, double or higher jumps allowed</i></p> <p><i>Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</i></p> <p><i>Maximum 2 jump combinations or jump sequences</i></p> <p><i>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</i></p> <ul style="list-style-type: none"> • <i>Jump sequence is any listed jump immediately followed by a waltz jump</i> 	<p><i>Maximum 2 spins:</i></p> <p><i>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</i></p> <p><i>No flying entry</i></p> <p><i>Minimum 3 revolutions</i></p> <p><i>Spins must be of a different character</i></p> <p><i>Max Level: 1</i></p>	<p><i>Maximum 1 Sequence: Choreographic step sequence* (ChSt)</i></p> <p><i>Must use one-half of the ice surface</i></p> <p><i>Moves in the field and spiral sequences are allowed but will not be counted as elements</i></p> <p><i>Jumps may be included in the step sequence</i></p>

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

JUMPS	SPINS	STEP SEQUENCES
<p><i>Maximum 5 jump elements:</i></p> <p><i>All single jumps allowed, including single Axel</i></p> <p><i>No double or higher jumps allowed</i></p> <p><i>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)</i></p> <p><i>Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</i></p> <p><i>Maximum 2 jump combinations or jump sequences</i></p> <p><i>All single jumps, including the single Axel, are allowed as part of a jump combination or sequence (no double jumps)</i></p> <p><i>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</i></p> <p><i>• Jump sequence is any listed jump immediately followed by an Axel- type jump.</i></p>	<p><i>Maximum 2 spins:</i></p> <p><i>One spin must be in a single position*</i></p> <p><i>No change of foot</i></p> <p><i>No flying entry</i></p> <p><i>One spin may change feet and/or position</i></p> <p><i>No flying entry</i></p> <p><i>Minimum 3 revolutions Spins must be of a different character</i></p> <p><i>Max Level: 1</i></p>	<p><i>Maximum 1 Sequence:</i></p> <p><i>Choreographic step sequence* (ChSt)</i></p> <p><i>Must use one-half of the ice surface</i></p> <p><i>Moves in the field and spiral sequences are allowed but will not be counted as elements</i></p> <p><i>Jumps may be included in the step sequence</i></p>

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

PRE-PRELIMINARY – 1:40 MAX

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

PRELIMINARY – 1:30 +/- 10 SEC. MAX		
JUMPS	SPINS	STEP SEQUENCES
<p><i>Max 5 Jump Elements</i></p> <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) o Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed <p>o 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</p> <p>o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</p> <ul style="list-style-type: none"> • Max 2 jump combinations or sequences <p>o 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</p> <p>o Jump sequence is any listed jump immediately followed by an Axel-type jump</p>	<p><i>Max 2 Spins</i></p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs.. These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E)) 	<p><i>Max 1 Sequence</i></p> <ul style="list-style-type: none"> • Step sequence <p>o Must use one- half the ice surface</p> <p>o Moves in the field and spiral sequences are allowed but will not be counted as elements</p> <p>o Jumps may be included in the step sequence</p>

COMPETITION MANUAL

Adult 1-6, Beginner-Bronze Compulsory

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

ADULT BEGINNER – 1:30 MAX
ELEMENTS
<ul style="list-style-type: none">• <i>Mazurka</i>• <i>Waltz jump</i>• <i>Forward beginning one-foot spin from backward crossovers (min. 2 revs.)</i>• <i>Forward moving inside open mohawk (right and left), heel to instep</i>• <i>Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)</i>

ADULT HIGH BEGINNER – 1:30 MAX
ELEMENTS
<ul style="list-style-type: none">• <i>Waltz jump</i>• <i>Half flip</i>• <i>Forward upright spin, minimum 3 revolutions</i>• <i>Backward outside three-turn, right and left</i>• <i>Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)</i>

ADULT PRE-BRONZE – 1:30 MAX
ELEMENTS
<ul style="list-style-type: none">• <i>Single toe loop</i>• <i>Jump combination or sequence consisting of half-revolution jumps (half flip, half Lutz, half loop, waltz), toe loop or Salchow - maximum of 2 jumps in combination and 3 jumps in a sequence</i>• <i>Forward upright spin, minimum 3 revolutions</i>• <i>Two forward crossovers into a forward inside mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</i>• <i>Forward spiral (any edge)</i>

ADULT BRONZE – 1:30 MAX
ELEMENTS
<ul style="list-style-type: none">• <i>Single Salchow</i>• <i>Jump combination or sequence consisting of half-revolution and/or full revolution jumps (no Lutz or Axel), maximum 2 jumps in combination and 3 jumps in a sequence</i>• <i>Solo spin with no change of foot (min. 3 revolutions)</i>• <i>Backward inside three-turn, right and left</i>• <i>Spiral sequence (minimum 2 spirals), must change edge or foot</i>

ADULT 1 – 1:30 MAX
ELEMENTS
<ul style="list-style-type: none">• <i>Forward marching</i>• <i>Forward two-foot glide</i>• <i>Forward swizzle (4-6 in a row)</i>• <i>Forward snowplow stop on one or two feet</i>

ADULT 2 – 1:30 MAX
ELEMENTS
<ul style="list-style-type: none">• <i>Forward skating across the width of the ice</i>• <i>Forward one-foot glides, both feet</i>• <i>Forward slalom</i>• <i>Backward wiggles</i>• <i>Backward swizzles, 4-6 in a row</i>

ADULT 3 — 1:30 MAX
ELEMENTS
<ul style="list-style-type: none">• <i>Forward stroking with proper blade use</i>• <i>Forward half-swizzle pumps on the circle, 6 to 8 in a row, clock-wise and counterclockwise</i>• <i>Forward chasses on a circle, clockwise and counterclockwise</i>• <i>Backward skating to a long two-foot glide</i>• <i>Backward snowplow stop, right and left</i>

ADULT 4 — 1:30 MAX
ELEMENTS
<ul style="list-style-type: none">• <i>Forward outside edge on a circle, right and left</i>• <i>Forward inside edge on a circle, right and left</i>• <i>Forward crossovers, clockwise and counterclockwise</i>• <i>Hockey stop, both directions</i>• <i>Backward one-foot glides, right and left</i>

ADULT 5 — 1:30 MAX
ELEMENTS
<ul style="list-style-type: none">• <i>Backward outside edge and backward inside edge on a circle, right and left</i>• <i>Backward crossovers, clockwise and counterclockwise</i>• <i>Forward outside three-turn, right and left</i>• <i>Beginning two-foot spin (min. 2 revs.)</i>

ADULT 6 – 1:30 MAX
ELEMENTS
<ul style="list-style-type: none"> • <i>Forward stroking with crossover end patterns</i> • <i>Backward stroking with crossover end patterns</i> • <i>Forward inside three-turn, right and left</i> • <i>T-stop</i> • <i>Lunge</i> • <i>Two-foot spin into one-foot spin (min. 2 revs. on one foot)</i>

COMPETITION MANUAL

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*

<i>ADULT 1 – 1:30 MAX</i>
<i>ELEMENTS</i>
<ul style="list-style-type: none">• <i>Forward marching</i>• <i>Forward two-foot glide</i>• <i>Forward swizzle (4-6 in a row)</i>• <i>Forward snowplow stop, one or two feet</i>

<i>ADULT 2 – 1:40 MAX</i>
<i>ELEMENTS</i>
<ul style="list-style-type: none">• <i>Forward skating across the width of the ice</i>• <i>Forward one-foot glides</i>• <i>Forward slalom</i>• <i>Backward wiggles</i>• <i>Backward swizzles, 4-6 in a row</i>

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 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 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 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
<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet and waltz jump • Max 1 combination or sequence consisting of only the allowed listed jumps • Max 2 of any same jump 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than Learn to Skate USA Free Skate 1</p>

ADULT HIGH BEGINNER – 1:40 MAX			
JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS

<p><i>Max 4 Jump Elements:</i></p> <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, half flip, half Lutz, half loop, toe loop, Salchow • Max 1 combination or sequence consisting of only the allowed listed jumps • Max 2 of any same jump 	<p><i>Max 2 Spins:</i></p> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (min. 3 revolutions) 	<p><i>Connecting moves and steps should be demonstrated throughout the program</i></p>	<p><i>Skaters may not have passed any U.S. Figure Skating free skate tests</i></p>
---	---	--	--

ADULT PRE-BRONZE – 1:40 MAX			
JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
<p><i>Max 4 Jump Elements:</i></p> <ul style="list-style-type: none"> • Max 2 combinations or sequences <p><i>o 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps</i></p> <p><i>o Jump sequence is any listed jump immediately followed by an Axel-type jump</i></p> <ul style="list-style-type: none"> • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are permitted • No single Lutz, single Axel, double or triple jumps are permitted 	<p><i>Max 2 Spins:</i></p> <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E) • Min. 3 revs. • Spins with a flying entry are not permitted • 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 	<p><i>Connecting steps throughout the program are required</i></p>	<p><i>Skaters may not have passed tests higher than U.S. Figure Skating adult pre-bronze or pre-preliminary free skate</i></p>

ADULT BRONZE – 1:50 MAX			
JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
<p>Max 4 Jump Elements:</p> <ul style="list-style-type: none"> Max 2 combinations or sequences <p>o 1 combination may contain 3 jumps, and the other may contain only 2 jumps</p> <p>o Jump sequence is any listed jump immediately followed by an Axel-type jump</p> <ul style="list-style-type: none"> Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except single Axel) No single Axel, double or triple jumps are permitted 	<p>Max 2 Spins:</p> <ul style="list-style-type: none"> Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs. total if no change of foot Min 3 revs. each foot if change of foot Min 2 revs. in each position No flying spins are permitted 	<p>Max 1 Sequence:</p> <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing at least half of the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such 	<p>Skaters may not have passed tests higher than U.S. Figure Skating adult bronze or preliminary free skate</p>

COMPETITION MANUAL

Spin 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.

ADULT BEGINNER — 1:30 MAX

ELEMENTS

- *Pivot*
 - *Upright two-foot spin (2)*
-

ADULT PRE-BRONZE — 1:30 MAX

ELEMENTS

- *Upright one-foot spin (3)*
 - *Upright two-foot spin (3)*
-

ADULT BRONZE — 1:30 MAX

ELEMENTS

- *Upright one-foot spin (3 revs.)*
 - *Solo spin with no change of foot (3 revs.),
must be different from the upright spin
may not fly*
-

NO TEST – 1:30 MAX

ELEMENTS

- *Upright spin with change of foot (3 each foot)*
 - *Sit spin (3)*
 - *Camel spin (3)*
-

BEGINNER – 1:30 MAX
ELEMENTS
<ul style="list-style-type: none">• <i>Upright one-foot spin (3)</i>• <i>Upright back spin (3)</i>• <i>Sit spin (3)</i>

HIGH BEGINNER – 1:30 MAX

ELEMENTS

- *Upright one-foot spin (4)*
 - *Upright spin with change of foot (3 each foot)*
 - *Sit spin (3)*
-

<i>PRE-PRELIMINARY – 1:30 MAX</i>
<i>ELEMENTS</i>
<ul style="list-style-type: none"> • <i>Spin with one change of position and no change of foot (6)</i> • <i>Backward sit spin (3)</i> • <i>Camel spin (4)</i>

<i>PRELIMINARY – 1:30 MAX</i>
<i>ELEMENTS</i>
<ul style="list-style-type: none"> • <i>Spin with one change of foot and one change of position (min. 3 each foot)</i> • <i>Change sit spin (min 3. each foot)</i> • <i>One position spin, skater's choice (upright, sit or camel) (4)</i>

Jumps Challenge

GENERAL EVENT PARAMETERS:

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

ADULT BEGINNER – 1:15 MAX

ELEMENTS

- *Mazurka or ballet jump*
 - *Waltz jump*
-

ADULT PRE-BRONZE – 1:15 MAX**ELEMENTS**

- *Toe loop jump*
- *Half flip, half Lutz or half loop*

ADULT BRONZE – 1:15 MAX**ELEMENTS**

- *Salchow*
 - *Toe loop*
 - *Any single jump plus a toe loop combination
(no Axels allowed)*

NO TEST – 1:15 MAX
ELEMENTS
<ul style="list-style-type: none">• <i>Single toe loop</i>• <i>Single loop</i>• <i>Jump combination: Any two half or single revolution jumps (no Axel)</i>

BEGINNER – 1:15 MAX

ELEMENTS

- *Waltz jump (from backward crossovers)*
- *Half flip or half Lutz*
- *Single Salchow*

HIGH BEGINNER – 1:15 MAX

ELEMENTS

- *Waltz jump (from backward crossovers)*
 - *Single Salchow*
 - *Jump combination: waltz jump-toe loop*
-

PRE-PRELIMINARY – 1:15 MAX
ELEMENTS
<ul style="list-style-type: none"> • <i>Single toe loop</i> • <i>Singleflip</i> • <i>Jump combination: Any two half or single revolution jumps (no Axel)</i>

PRELIMINARY – 1:15 MAX
ELEMENTS
<ul style="list-style-type: none"> • <i>Single flip</i> • <i>Single Lutz</i> • <i>Jump combination: Any single jump + single loop (may be Axel)</i>

COMPETITION MANUAL

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)

COMPETITION MANUAL

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.

- 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)*