



# FLAG CITY OPEN 2022



*Findlay Silver Blades FSC*

*The Cube in the Flag City Sports Complex*

[www.findlaysilverblades.com](http://www.findlaysilverblades.com)

**SATURDAY, NOVEMBER 12<sup>th</sup>**

*Registration Deadline: Saturday, October 15<sup>th</sup>*

The 2<sup>nd</sup> annual Flag City Open, sponsored by the Findlay Silver Blades FSC will be held at The Cube in the Flag City Sports Complex on November 12<sup>th</sup>, 2022. The ice surface measures 200 x 85 feet. This is a United States Figure Skating approved Compete USA Competition. The approvals will be posted on the official competition bulletin board. Questions regarding this competition should be directed to Christina Wronkowitz at [findlaysilverbladesmembership@gmail.com](mailto:findlaysilverbladesmembership@gmail.com) or 419-360-2755. Email communications are preferred.

## **MISSION STATEMENT**

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

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

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

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

## **PRECAUTIONARY MEASURES AND RISK ASSESSMENTS**

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

Currently, all attendees are required to properly wear face coverings over their nose and mouth and secured under their chin while in a facility (exception: skaters may remove when on the ice or warming

up outdoors). U.S. Figure Skating Waivers are a requirement for ALL athletes. The online waivers must be completed via Members Only prior to the competition.

## ELIGIBILITY RULES FOR PARTICIPANTS

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

### ELIGIBILITY AND TEST REQUIREMENTS

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

For the **Pre-Free Skate, Free Skate 1-6, excel, well-balanced, and Special Olympic levels**, eligibility will be based only upon highest badge level or free skate test level passed. Skate United skaters have the option to compete in the standard track or Skate United badge levels; accommodations may be made upon request. Moves in the field test level will not determine a skater's competitive level. Skaters may skate at highest level passed OR one level higher but not both levels in the same event during the same competition.

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

### ELIGIBILITY RULES FOR COACHES/INSTRUCTORS

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

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

- Learn to Skate USA instructor membership OR U.S. Figure Skating full membership
- SafeSport training completed (for coaches/instructors 18 years old and older)
- Background check successfully passed (for coaches/instructors 18 years old and over)
- Learn to Skate USA instructor certification OR U.S. Figure Skating coach compliance (for coaches under 18 years old)

If a coach/instructor attempts to work at your event without the proper credentials, he or she is in violation of U.S. Figure Skating ethics and code of conduct rules and, as such, is subject to disciplinary action.

All officials and adult volunteers attending Compete USA events must also be SafeSport compliant.

## **REGISTRATION AND ENTRY FEES**

Registration for all events can be found at [www.sk8stuff.com](http://www.sk8stuff.com) and the entry deadline is October 15<sup>th</sup>, 2022.

Individual Entries: The first event is \$60; all additional events are \$20. Late entries will be accepted at the discretion of the LOC and are subject to a \$15 late fee. Entry fees are per person, U.S. dollars.

Team Entries: \$60 plus \$10 per skater. Late entries will be accepted at the discretion of the LOC and are subject to a \$15 late fee.

All checks should be made out to Findlay Silver Blades FSC and mailed to:

Flag City Open

c/o Findlay Silver Blades FSC

P.O. Box 206

Findlay, OH 45839

## **AWARDS**

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

## **REGISTRATION**

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

## **SCHEDULE OF EVENTS**

Schedule will be posted on the internet at the Figure Skater's Website – [www.sk8stuff.com](http://www.sk8stuff.com)

## **MUSIC**

The music for all free skating programs with music will be supplied by skater and should be submitted via email in MP3 format no later than October 15<sup>th</sup> to [fsbflagcitycompetition@gmail.com](mailto:fsbflagcitycompetition@gmail.com).

## **PRACTICE ICE**

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

## SNOWPLOW SAM – BASIC 6 ELEMENTS

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

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

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

## SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

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

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

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

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

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

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

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

## 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
<b>EXCEL BEGINNER</b>	1:15 max	<input type="checkbox"/> Waltz jump <input type="checkbox"/> Salchow jump <input type="checkbox"/> One-foot upright spin, minimum 3 revolutions <input type="checkbox"/> Choreographic step sequence
<b>EXCEL HIGH BEGINNER</b>	1:15 max	<input type="checkbox"/> Loop jump <input type="checkbox"/> Salchow-toe loop jump combination <input type="checkbox"/> Sit spin, minimum 3 revolutions <input type="checkbox"/> Choreographic step sequence
<b>EXCEL PRE-PRELIMINARY</b>	1:15 max	<input type="checkbox"/> Flip jump <input type="checkbox"/> Loop-loop jump combination <input type="checkbox"/> Upright spin with change of foot, minimum 3 revolutions on each foot <input type="checkbox"/> Choreographic step sequence
<b>EXCEL PRELIMINARY</b>	1:15 max	<input type="checkbox"/> Lutz jump <input type="checkbox"/> Flip-loop jump combination <input type="checkbox"/> Camel-sit combination spin, minimum 6 revolutions total <input type="checkbox"/> Choreographic step sequence

## WELL-BALANCED LEVELS COMPULSORY

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

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

LEVEL	TIME	SKATING RULES/STANDARDS
<b>NO TEST</b>	1:15 max	<input type="checkbox"/> Loop jump <input type="checkbox"/> Jump combination to include a toe loop (may not use a loop or Axel) <input type="checkbox"/> Upright spin with change of foot, minimum 3 revolutions on each foot <input type="checkbox"/> Choreographic step sequence
<b>PRE-PRELIMINARY</b>	1:15 max	<input type="checkbox"/> Lutz jump <input type="checkbox"/> Single jump-single jump (no Axel) combination <input type="checkbox"/> Spin with one change of position and no change of foot, minimum 6 revolutions total <input type="checkbox"/> Choreographic step sequence
<b>PRELIMINARY</b>	1:15 max	<input type="checkbox"/> Axel jump <input type="checkbox"/> Single jump-single jump (may <b>not</b> include Axel) combination <input type="checkbox"/> Spin with one change of foot and one change of position, minimum 3 revolutions on each foot <input type="checkbox"/> Choreographic step sequence

LEARN TO SKATE USA COMPETITION APPROVAL #31961



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

<p><b>EXCEL PRELIMINARY</b> 2:00 +/- 10 sec. <b>Must not have passed higher than U.S. Figure Skating preliminary free skate test</b> Full U.S. Figure Skating membership required (* Required Element)</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> All single jumps allowed, except for the Axel</li> <li><input type="checkbox"/> No single Axels, double or higher jumps allowed</li> <li><input type="checkbox"/> Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> <p>Maximum 2 jump combinations or jump sequences</p> <p>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> One spin must be a camel or layback spin with no change of foot and no change in position (*)</li> <li><input type="checkbox"/> One spin may change feet and/or position</li> <li><input type="checkbox"/> No flying entry</li> </ul> <p>Minimum 3 revolutions</p> <p>Spins must be of a different character</p> <p>Max Level: 1</p>	<p><b>Maximum 1 Sequence:</b> Choreographic step sequence (*) {Chst}</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Full ice</li> <li><input type="checkbox"/> Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li><input type="checkbox"/> Jumps may be included in the step sequence</li> </ul>
<p><b>EXCEL PRELIMINARY PLUS</b> 2:00 +/- 10 sec. <b>Must not have passed higher than U.S. Figure Skating preliminary free skate test</b> Full U.S. Figure Skating membership required (* Required Element)</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> All single jumps allowed, including single Axel</li> <li><input type="checkbox"/> No double or higher jumps allowed</li> <li><input type="checkbox"/> 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)</li> <li><input type="checkbox"/> Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> <p>Maximum 2 jump combinations or jump sequences</p> <p>All single jumps, including the single Axel, are allowed as part of a jump combination or sequence (no double jumps)</p> <p>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> One spin must be in a single position (*)</li> <li><input type="checkbox"/> No change of foot</li> <li><input type="checkbox"/> One spin may change feet and/or position</li> <li><input type="checkbox"/> No flying entry</li> </ul> <p>Minimum 3 revolutions</p> <p>Spins must be of a different character</p> <p>Max Level: 1</p>	<p><b>Maximum 1 Sequence:</b> Choreographic step sequence (*) {Chst}</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Full ice</li> <li><input type="checkbox"/> Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li><input type="checkbox"/> Jumps may be included in the step sequence</li> </ul>

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

<p><b>PRELIMINARY</b>  <b>2:00 +/- 10 sec.</b>  <b>max</b>  <b>(*) Required</b>  <b>Element</b></p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>□ 1 must be an Axel-type jump or a waltz jump (*)</li> <li>□ All single jumps, including single Axel, allowed</li> <li>□ Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)</li> <li>□ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>□ An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination</li> <li>□ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> <p>Maximum 2 jump combinations or jump sequences</p> <ul style="list-style-type: none"> <li>□ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps is allowed and 1 single jump is allowed</li> <li>□ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul>	<p><b>Maximum 2 Spins:</b></p> <ul style="list-style-type: none"> <li>□ Spins may change feet and/or position</li> <li>□ Spins may start with a flying entry</li> <li>□ Min 3 revs.</li> </ul> <p>These spins must be of a different character  (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p><b>Maximum 1 Sequence:</b></p> <p>Step sequence</p> <ul style="list-style-type: none"> <li>□ Choreographic step sequence full ice</li> <li>□ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>□ Jumps may be included in the step sequence</li> </ul>
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## SPECIAL OLYMPICS - ELEMENTS

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

- To be skated on 1/2 ice
- No music

LEVEL	ELEMENTS
<b>BADGE 1</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Stand unassisted for five seconds</li> <li><input type="checkbox"/> Sit on ice or fall and stand up unassisted</li> <li><input type="checkbox"/> Knee dip standing still unassisted</li> <li><input type="checkbox"/> March forward 10 steps assisted</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> March forward ten steps unassisted</li> <li><input type="checkbox"/> Swizzles, standing still — three repetitions</li> <li><input type="checkbox"/> Backward wiggles or march assisted</li> <li><input type="checkbox"/> Two-foot glide forward for distance of at least length of body</li> </ul>
<b>BADGE 3</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Backward wiggles or march</li> <li><input type="checkbox"/> Five forward swizzles covering at least 10 feet</li> <li><input type="checkbox"/> Forward skating across the rink</li> <li><input type="checkbox"/> Forward gliding dip covering at least length of body (R and L)</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Backward two-foot glide covering at least length of body</li> <li><input type="checkbox"/> Two-foot jump in place</li> <li><input type="checkbox"/> One-foot snowplow stop (R and L)</li> <li><input type="checkbox"/> Forward one-foot glide covering at least length of body: (R and L)</li> </ul>
<b>BADGE 5</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward stroking across rink</li> <li><input type="checkbox"/> Five backward swizzles covering at least 10 feet</li> <li><input type="checkbox"/> Forward two-foot curves left and right across rink</li> <li><input type="checkbox"/> Two-foot turn front to back, in place</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Gliding forward to backward two-foot turn</li> <li><input type="checkbox"/> Five consecutive forward half-swizzles on circle (R and L)</li> <li><input type="checkbox"/> Backward one-foot glide length of body (R and L)</li> <li><input type="checkbox"/> Forward pivot</li> </ul>
<b>BADGE 7</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Backward stroking across the rink</li> <li><input type="checkbox"/> Gliding backward to forward two-foot turn</li> <li><input type="checkbox"/> T-stop (R and L)</li> <li><input type="checkbox"/> Forward two-foot turn on a circle (R and L)</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Five consecutive forward crossovers (R and L)</li> <li><input type="checkbox"/> Forward outside edge (R and L)</li> <li><input type="checkbox"/> Five consecutive backward half-swizzles on a circle (R and L)</li> <li><input type="checkbox"/> Two-foot spin</li> </ul>
<b>BADGE 9</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward outside three-turn (R and L)</li> <li><input type="checkbox"/> Forward inside edge (R and L)</li> <li><input type="checkbox"/> Forward lunge or shoot the duck at any depth</li> <li><input type="checkbox"/> Bunny hop</li> </ul>
	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward inside three-turn (R and L)</li> <li><input type="checkbox"/> Five consecutive backward crossovers (R and L)</li> <li><input type="checkbox"/> Hockey stop</li> <li><input type="checkbox"/> Forward spiral three times length of body</li> </ul>
<b>BADGE 10</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward inside three-turn (R and L)</li> <li><input type="checkbox"/> Five consecutive backward crossovers (R and L)</li> <li><input type="checkbox"/> Hockey stop</li> <li><input type="checkbox"/> Forward spiral three times length of body</li> </ul>

<b>BADGE 11</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Consecutive forward outside edges — minimum of two on each foot</li> <li><input type="checkbox"/> Consecutive forward inside edges — minimum of two on each foot</li> <li><input type="checkbox"/> Forward inside mohawk (R and L)</li> <li><input type="checkbox"/> Consecutive backward outside edges — minimum of two on each foot</li> <li><input type="checkbox"/> Consecutive backward inside edges — minimum of two on each foot</li> </ul>
<b>BADGE 12</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Waltz jump</li> <li><input type="checkbox"/> One foot spin, minimum of three revolutions</li> <li><input type="checkbox"/> Forward crossover, inside mohawk, backward crossover, step forward — step sequence should be repeated clockwise and counterclockwise</li> <li><input type="checkbox"/> Combination of three moves chosen from badges 9-12</li> </ul>

## 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
<b>BEGINNER</b>	1:30 max	<input type="checkbox"/> Upright one-foot spin (3) <input type="checkbox"/> Upright back spin (3) <input type="checkbox"/> Sit spin (3)
<b>HIGH BEGINNER</b>	1:30 max	<input type="checkbox"/> Upright one-foot spin (4) <input type="checkbox"/> Upright spin with change of foot (3 each foot) <input type="checkbox"/> Sit spin (3)
<b>NO TEST</b>	1:30 max	<input type="checkbox"/> Upright spin with change of foot (3 each foot) <input type="checkbox"/> Sit spin (3) <input type="checkbox"/> Camel spin (3)
<b>PRE-PRELIMINARY</b>	1:30 max	<input type="checkbox"/> Spin with one change of position and no change of foot (6) <input type="checkbox"/> Backward sit spin (3) <input type="checkbox"/> Camel spin (4)
<b>PRELIMINARY</b>	1:30 max	<input type="checkbox"/> Spin with one change of foot and one change of position (min. 3 each foot) <input type="checkbox"/> Change sit spin (min 3. each foot) <input type="checkbox"/> 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
<b>BEGINNER</b>	1:15 max	<input type="checkbox"/> Waltz jump (from backward crossovers) <input type="checkbox"/> Half flip or half Lutz <input type="checkbox"/> Single Salchow
<b>HIGH BEGINNER</b>	1:15 max	<input type="checkbox"/> Waltz jump (from backward crossovers) <input type="checkbox"/> Single Salchow <input type="checkbox"/> Jump combination: waltz jump-toe loop
<b>NO TEST</b>	1:15 max	<input type="checkbox"/> Single toe loop <input type="checkbox"/> Single loop <input type="checkbox"/> Jump combination: Any two half or single revolution jumps (no Axel)
<b>PRE-PRELIMINARY</b>	1:15 max	<input type="checkbox"/> Single toe loop <input type="checkbox"/> Single flip <input type="checkbox"/> Jump combination: Any two half or single revolution jumps (no Axel)
<b>PRELIMINARY</b>	1:15 max	<input type="checkbox"/> Single flip <input type="checkbox"/> Single Lutz <input type="checkbox"/> Jump combination: Any single jump + single loop (may be Axel)

## 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 skaters in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher.

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

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

\* For specific guidelines regarding the conduct of showcase competitions, refer to the nonqualifying showcase guidelines posted on [usfigureskating.org](http://usfigureskating.org).

Showcase categories may include:

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



## SHOWCASE EVENTS

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
<b>BASIC 1-6</b>	Elements only from Basic 1-6 curriculum	Must not have passed any higher than Basic 6 level	Time: 1:00 max
<b>PRE-FREE SKATE – FREE SKATE 6 / BEGINNER / HIGH BEGINNER</b>	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: 1:20 max
<b>NO TEST</b>	No prescribed or restricted elements	Must not have passed pre-preliminary free skate or any free dance tests	Time: 1:20 max
<b>PRE-PRELIMINARY</b>	No prescribed or restricted elements	Must have passed no higher than U.S. Figure Skating pre-preliminary or any free dance test	Time: 1:20 max
<b>PRELIMINARY</b>	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating preliminary free skate or free dance test	Time: 1:30 max

## ASPIRE SYNCHRONIZED SKATING EVENTS

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

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

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

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

ASPIRE PRE-PRELIMINARY – 2:10 MAX						
<b>5 ELEMENTS</b> Number of Required Holds: 2 different holds shown by the whole team for any length of time Any type of holds permitted 5-20 skaters 17 years of age and younger	<b>One Circle Element</b> Forward and backward skating permitted Must contain a backward glide on an inside or outside edge on one foot <u>May contain one feature</u> Choice of: <input type="checkbox"/> Change of direction <input type="checkbox"/> Change of configuration <input type="checkbox"/> Travel	<b>One Line Element</b> Forward and backward skating permitted Must cover full ice <u>May contain one feature</u> Choice of: <input type="checkbox"/> Change of direction <input type="checkbox"/> Change of configuration Pivoting not permitted	<b>One Block Element</b> Forward and backward skating permitted Must cover full ice <u>May contain two features</u> Choice of: <input type="checkbox"/> Pivoting <input type="checkbox"/> Change of configuration	<b>One Wheel Element</b> Forward and backward skating permitted <u>May contain one feature</u> Choice of: <input type="checkbox"/> Change of direction <input type="checkbox"/> Change of configuration <input type="checkbox"/> Travel	<b>One Intersection Element</b> Must be two lines facing each other Forward skating through the point of intersection Choice of: <input type="checkbox"/> Upright two foot glide <input type="checkbox"/> Upright one foot glide <input type="checkbox"/> Forward lunge	<b>Additional Items for Aspire Pre-Preliminary</b> <u>Additional well-balanced SYS elements permitted.</u> <u>Judges will evaluate first element type presented.</u> Elements higher than Free Skate 2 <b>not</b> permitted Common elements above Free Skate 2 are: <input type="checkbox"/> Alternating backward crossovers to back outside edges <input type="checkbox"/> Waltz three-turns <input type="checkbox"/> Alternating mohawk/crossover sequence <input type="checkbox"/> Forward power three-turns Split, stag, falling leaf permitted.

ASPIRE PRELIMINARY – 2:10 MAX						
<b>5 ELEMENTS</b> Number of Required Holds: 2 different holds shown by the whole team for any length of time Any type of holds permitted 5-20 skaters 17 years of age and younger	<b>One Circle Element</b> Forward and backward skating permitted <u>May contain one feature</u> Choice of: <input type="checkbox"/> Change of direction <input type="checkbox"/> Change of configuration <input type="checkbox"/> Travel	<b>One Line Element</b> Must include forward and backward skating Must cover full ice <u>May contain one feature</u> Choice of: <input type="checkbox"/> Change of direction <input type="checkbox"/> Change of configuration <input type="checkbox"/> Pivoting	<b>One Block Element</b> Forward and backward skating permitted Must cover full ice <u>May contain one feature</u> Choice of: <input type="checkbox"/> Change of configuration <input type="checkbox"/> Pivoting	<b>One Wheel Element</b> Backward skating only <u>May contain one feature</u> Choice of: <input type="checkbox"/> Change of direction <input type="checkbox"/> Change of configuration <input type="checkbox"/> Travel	<b>One Intersection Element</b>	<b>Additional Items for Aspire Pre-Preliminary</b> <u>Additional well-balanced SYS elements permitted.</u> <u>Judges will evaluate first element type presented</u>

## TEAM COMPULSORY

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

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

LEVEL	JUMPS/STOPS	SPINS/TURNS/GLIDES	SKATING SKILLS
<b>SNOWPLOW SAM – BASIC 3</b>	<ul style="list-style-type: none"> <li>□ Wiggles</li> <li>□ Two-foot swizzles forward or backward (4-8 in a row)</li> <li>□ Snowplow stop (one or both feet)</li> </ul>	<ul style="list-style-type: none"> <li>□ Curves</li> <li>□ March then glide on two feet or forward one-foot glide on left and right foot (one-time skater’s height, forward)</li> </ul>	Forward half-swizzle pumps on a circle (right and left, 6-8 consecutive)
<b>BASIC 4 - 6</b>	<ul style="list-style-type: none"> <li>□ Side toe hop</li> <li>□ Bunny hop</li> <li>□ Ballet jump</li> <li>□ Mazurka-Waltz jump</li> </ul>	<ul style="list-style-type: none"> <li>□ Forward inside pivot or two-foot spin (min. 3 revs.)</li> <li>□ One-foot upright spin, optional entry and free foot position (min. 3 revs.)</li> </ul>	Moving forward to backward two-foot turns on a circle, clockwise and counter-clockwise (from Basic 3)
<b>PRE-FREE SKATE &amp; FREE SKATE 1 – 6</b>	<ul style="list-style-type: none"> <li>□ Single jump (no Axel)</li> <li>□ Jump combination</li> <li>□ jump sequence (no Axel allowed)</li> </ul>	<ul style="list-style-type: none"> <li>□ Solo spin (scratch spin, layback, camel or sit, min. 3 revs., no flying entry)</li> <li>□ Combo spin: one change of foot, change of position optional (min. 3 revs. on each foot)</li> </ul>	Spiral sequence (from Free Skate 2)