



## Event 13, Skate the Gate Skills & Showcase October 9th, 2022

### 2022 Michigan Basic Skills Series Competition Mission Statement

To give our skaters a chance to develop their USFS Basic Skills in a fun competitive environment. During the competition season skaters will have the chance to compete at different clubs and arenas earning points for a final standing. A skater may participate in either Freeskating and/or Compulsory/Element events in any of the Michigan Basic Skills Series Competitions to be eligible for accumulating points. Awards will be presented to skaters with the highest point totals. These awards will take place on the ice at the Midland Competition - November 5, 2022.

#### Series Point System

Program with Music [Freeskate] and Compulsory/Element events in each of the Series Competitions will be eligible for accumulating points. Each event will have a maximum of 6 skaters. Scoring for the final award will be as follows:

1 <sup>st</sup> Place - 6 points	2 <sup>nd</sup> Place - 5 points	3 <sup>rd</sup> Place - 4 points
4 <sup>th</sup> Place - 3 points	5 <sup>th</sup> Place - 2 points	6 <sup>th</sup> Place - 1 point

Skaters must participate in at least 3 of the 15 series events to be eligible to win an award with an overall placement at the finale. Skaters receive bonus points for moving up a level during the course of the series season [bonus points only awarded once each season]. Events eligible for a series finale award are:

Element & Basic Programs w/Music Events - Learn to Skate Curriculum  
[Snowplow Sam thru Pre-Free Skate, Beginner & High Beginner]

In the event of tied total points, all skaters tied for a place will be awarded a medal, no ties will be broken.

**Points are accumulated for Compulsory and Program with Music [Freeskate] events separately.**

Medals will be awarded [1-3 Place] in each level as highlighted in each announcement. Beyond the Basic **will NOT** be counted in the Program with Music [Freeskate] and Elements/Compulsory Program Series for this 2022 season. Spins, Dance, Pairs, Theatre on Ice, Synchronized Teams, and Showcase Events **will NOT** be counted for this 2022 season. At the end of the 2022 Series Season any skaters who moved up a level will be awarded 6 bonus points [6 points only whether they move up one level or more]. All points follow the skater throughout the year.

Please Note: The USFS Michigan Basic Skills Series is sponsored equally by all the participating ice rinks and/or USFS members clubs. Competition announcements and packages will be available at all participating ice rinks and/via the club or rink websites as well as [www.sk8stuff.com](http://www.sk8stuff.com). Each competition will have its own entry forms and specific rules. Please make sure to read the entire announcement for each competition.

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**14<sup>th</sup> USFS Michigan Basic Skills Series – Hosted by the following:**

<p>Event 1 Onyx-Suburban B/S Challenge  <b>February 5, 2022</b>  <b>Entry Deadline – January 20, 2022</b>                  Suburban Ice Macomb                  Macomb, MI                  Contact Jeanette Daskas                  Phone: 248-917-9544  <a href="mailto:jendaskas@aol.com">jendaskas@aol.com</a></p>	<p>Event 2 Mountain Town Classic  <b>March 12, 2022</b>  <b>Entry Deadline – February 18, 2022</b>                  The I.C.E. Arena                  Mt Pleasant MI                  Contact: Ginni Phillips                  Phone: 989-560-3871  <a href="mailto:gpsk8r@gmail.com">gpsk8r@gmail.com</a></p>	<p>Event 3 Tuxedo Invitational  <b>March 26, 2022</b>  <b>Entry Deadline – March 11, 2022</b>                  Slater Family Ice Arena                  Bowling Green, OH                  Contact: Merissa Rojas                  Phone: 419-345-0766  <a href="mailto:perabb59@gmail.com">perabb59@gmail.com</a></p>
<p>Event 4 Arctic Basic Skills  <b>April 24, 2022</b>  <b>Entry Deadline – April 1, 2022</b>                  Arctic Edge Ice Arena                  Canton, MI                  Contact Stephan Scanio                  Phone: 248-635-4541  <a href="mailto:stephanscanio@hotmail.com">stephanscanio@hotmail.com</a></p>	<p>Event 5 Iceland Spring Fling  <b>May 1, 2022</b>  <b>Entry Deadline – April 15, 2022</b>                  Flint Iceland Arena                  Flint, MI                  Contact Cristy Bosley                  Phone: 810-814-1081  <a href="mailto:Chix44ever44@gmail.com">Chix44ever44@gmail.com</a></p>	<p>Event 6 TAFS Basic Skills Comp  <b>June 4, 2022</b>  <b>Entry Deadline – May 18, 2022</b>                  Troy Sports Center                  Troy MI                  Contact: Lindsey Vincent                  Phone: 248-709-2946  <a href="mailto:glinzlinz@yahoo.com">glinzlinz@yahoo.com</a></p>
<p>Event 7 Ann Arbor Skills/Showcase  <b>June 11, 2022</b>  <b>Entry Deadline - May 25, 2022</b>                  Ann Arbor Ice Cube                  Ann Arbor MI                  Contact: Craig Forsyth                  Phone: 734-213-6768  <a href="mailto:Aafsc.officemanager@gmail.com">Aafsc.officemanager@gmail.com</a></p>	<p>Event 8 Summer Swizzle  <b>June 18, 2022</b>  <b>Entry Deadline – June 1, 2022</b>                  Farmington Hills Ice Arena                  Farmington Hills, MI                  Contact: Ilyssa Cimmino                  Phone: 248-891-9153  <a href="mailto:summerswizzle@fhfsc.org">summerswizzle@fhfsc.org</a></p>	<p>Event 9 Skate the Shores  <b>July 16, 2022</b>  <b>Entry Deadline - June 30, 2022</b>                  St Clair Shores Civic Arena                  St Clair Shores, MI                  Contact Lindsay O'Donoghue                  Phone: 586-774-7530  <a href="mailto:odonoghuelindsay@gmail.com">odonoghuelindsay@gmail.com</a></p>
<p>Event 10 Summer Chill Basic Skills  <b>August 6, 2022</b>  <b>Entry Deadline – July 16, 2022</b>                  Novi Ice Arena                  Novi, MI                  Contact: Laura Paredes  <a href="mailto:lamarlau@hotmail.com">lamarlau@hotmail.com</a></p>	<p>Event 11 Skate the Zoo  <b>July 30, 2022</b>  <b>Entry Deadline – July 15, 2022</b>                  Wings West                  Kalamazoo MI                  Contact Cheryl Pickett                  Phone: 616-901-6607  <a href="mailto:clpickett@gmail.com">clpickett@gmail.com</a></p>	<p>Event 12 Skate the Lakeshore  <b>August 20, 2022</b>  <b>Entry Deadline August 1, 2022</b>                  Griff's Ice House West                  Holland MI                  Contact: Jacqueline Alimpich                  Phone: 517-518-1210  <a href="mailto:jalimpich@gmail.com">jalimpich@gmail.com</a></p>
<p>Event 13 Skate the Gate  <b>October 9, 2022</b>  <b>Entry Deadline – September 24, 2022</b>                  Southgate Civic Arena                  Southgate MI                  Contact: Jackie Timm                  Phone: 734-771-7247  <a href="mailto:ms.j.timm@gmail.com">ms.j.timm@gmail.com</a></p>	<p>Event 14 Skate Midland  <b>November 5, 2022</b>  <b>Entry Deadline – October 18, 2022</b>                  Midland Civic Arena                  Midland MI                  Contact Karen Boswell                  Phone: 989-751-6603  <a href="mailto:Kboswell99@gmail.com">Kboswell99@gmail.com</a></p>	<p align="center"><b>SERIES AWARDS                  CEREMONY                  AT THE MIDLAND                  COMPETITION</b></p>

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## ***PRECAUTIONARY MEASURES AND RISK ASSESSMENTS***

Covid-19 Information- The Southgate Figure Skating Club and the Southgate Ice Arena will be complying with all federal, state, and local regulations and additional public health notices in place at the time of the Skate the Gate Basic Skills and Showcase.

**Coaches:** The coach with the most events will win a gift card. There will also be a drawing for an additional gift card. Please enter at the registration table.



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Skate the Gate Skills & Showcase  
Southgate FSC

Southgate Civic Arena

◆ 14700 Reaume Pkwy ◆ Southgate, MI 48195  
(734) 258-3035/www.southgatefsc.com

**October 9, 2022**

**Entry Deadline is September 24, 2022**

The Skate the Gate Skills & Showcase, sponsored by the Southgate FSC will be held at the Southgate Ice Arena on October 9, 2022. The ice surface measures 20 x 85 feet. This is a United State Figure Skating approved Basic Skills Competition. The approvals will be posted on the official competition bulletin board. Questions regarding this competition should be direct to Jackie Timm, ms.j.timm@gmail.com or 734-771-7247. Email communications are preferred.

**Mission Statement** – The purpose of this competition is to promote a fun, introductory, competitive experience for the beginning skater.

**Eligibility** - The Competition is open to ALL skaters who are current eligible [ER 100] members of either the Basic Skills Program and/or full members of US Figure Skating. To be eligible skater must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/Club or any other Basic Skills Program/Club. 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. NO official US Figure Skating tests may have been passed including MIF or individual dances. For the Pre-Free Skate, 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

**Rules** – The competition will be conducted under the rules set forth by the US Figure Skating Learn to Skate USA "Compete USA Competition Manual" program.

**Entry Fees** – The first event is \$50, the second event is \$20 and each additional event after that is \$10. All entries must be postmarked no later than October 1, 2022. Late entries will be accepted at the discretion of the organizers, and are subject to a possible \$15 late fee. Entry fees are per person, U.S. dollars.

**Entry forms must be filled out LEGIBLY and completely and mailed with a check made payable to SFSBC to:**

Southgate Ice Arena  
c/o Jackie Timm  
14700 Reaume Parkway  
Southgate, MI 48195

There will be a \$35 fee for returned checks.

**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 skating programs with music will be supplied by uploading to the club at a provided link upon registration. Competitors must have a spare CD at rink side to be used in case of technical difficulties.

**Practice Ice** – Practice ice will be available in 20 minutes sessions. Details will be provided either online or via email prior to the competition date. Sign-in and pay \$10 at the door.

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**Events listed on this page are eligible for Michigan Basic Skills Series Points**

**SNOWPLOW SAM – BASIC 6 ELEMENTS**

- 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
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

Level	Skating rules/standards
Snowplow Sam	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
Basic 5	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
Basic 6	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk, right to left and left to right</li> <li>• Bunny Hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>

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**SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC**

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

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

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:10 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:10 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:10 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
Basic 5	1:10 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk right to left and left to right</li> <li>• Bunny Hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position</li> <li>• T-stop, right or left</li> </ul>

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**Events listed on this page are eligible for Michigan Basic Skills Series Points**

**PRE-FREE SKATE 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 ½ 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.
- Time: 1:15 maximum

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max.	<ul style="list-style-type: none"><li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li><li>• Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions</li><li>• Mazurka [right or left]</li><li>• Waltz jump</li></ul>

**PRE-FREE SKATE 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.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max.	<ul style="list-style-type: none"><li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li><li>• Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions</li><li>• Mazurka</li><li>• Waltz jump</li><li>• <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i></li></ul>

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## 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 ½ 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.*

<b><u>Excel Beginner/High Beginner Compulsory Events are eligible for Michigan Basic Skills Series Points</u></b>		
Level	Time	Skating rules/standards
Excel Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• Salchow jump</li> <li>• One-foot upright spin - minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
Excel High Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Salchow/toe loop combination</li> <li>• Sit spin - minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
<b><u>Excel Pre-Preliminary/Preliminary Compulsory Events are NOT eligible for Michigan Basic Skills Series Points</u></b>		
Level	Time	Skating rules/standards
Excel Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Flip jump</li> <li>• Loop/loop jump combination</li> <li>• Camel spin – minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
Excel Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Flip/loop jump combination</li> <li>• Camel, sit combination spin – minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>

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## 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 one level higher.

### **Excel Beginner and Excel High Beginner Free Skate are eligible for Michigan Basic Skills Series Points**

<p><b>Excel Beginner Free Skate</b> 1:40 Max.</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> <li>• Combination jumps permitted – Waltz jump/toe loop or salchow/toe loop</li> <li>• Sequence permitted – Waltz jump/waltz jump [no turns or hops in between]</li> <li>• Maximum 2 of any same jump</li> </ul>	<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> <li>• Minimum 3 revolutions</li> </ul>	<p><b>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</b></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 Free Skate</b> 1:40 Max.</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, &amp; Axel NOT permitted</li> <li>• Maximum 2 jump combinations or sequences. One 3-jump combination is allowed [Jump sequence is any listed jump immediately followed by a waltz jump]</li> <li>• Maximum 2 of any same jump</li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• Both spins must be in a single position [no change of foot]</li> <li>• No flying entry</li> <li>• Permitted forward spins: upright, sit, camel</li> <li>• Permitted back spins: upright</li> <li>• Minimum 3 revolutions</li> <li>• Spins may be of the same character</li> </ul>	<p><b>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</b></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>

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**Excel Pre-Preliminary, Excel Preliminary and Excel Preliminary Plus Free Skate are NOT eligible for Michigan Basic Skills Series Points**

<p><b>Excel Pre-Preliminary</b> 1:40 Max.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Pre- preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</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> <li>Maximum 2 jump combinations or jump sequences</li> <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 <u>with no change of foot*</u></li> <li>One spin may change feet or position, <u>but not both</u></li> <li>No flying entry</li> <li>Minimum 3 revolutions</li> <li>Spins must be of a different character</li> </ul> <p>Max Level: 1</p>	<p><b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>Must use 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.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><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> <li>Maximum 2 jump combinations or jump sequences</li> <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> <u>One spin must be a camel or layback spin with no change of foot and no change of position*</u></p> <p>One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p> <p><b>Max Level 1</b></p>	<p><b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>Must use the whole 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 Plus</b> 2:00 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>All single jumps allowed, including single Axel</li> <li>No double, or higher jumps allowed</li> <li>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>Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>Maximum 2 jump combinations or jump sequences</li> <li>All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)</li> <li>Jump combinations limited to 2 jumps. One 3-jump combination 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>One spin must be in a single position*</li> <li>One spin may change feet and/or position</li> <li>No flying entry</li> <li>Minimum 3 revolutions</li> </ul> <p><b>Max Level 1</b></p>	<p><b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>Must use the whole 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>

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**WELL BALANCED 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*

NO TEST	1:15 max	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Upright spin with change of foot, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
PRE- PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Single jump-single jump (no Axel) combination</li> <li>• Spin with one change of position and no change of foot, minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>
PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Axel jump</li> <li>• Single jump-single jump (may <u>not</u> include Axel) combination</li> <li>• Spin with one change of foot and one change of position, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>

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**WELL BALANCED FREE SKATE PROGRAM**

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and an Excel Free Skate event at the same competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up one level higher.

Level	Jumps	Spins	Step Sequences
No-Test Time: 1:40 Max	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed except for the single Axel                             <ul style="list-style-type: none"> <li>○ No single Axels, double, triple or quadruple jumps allowed</li> <li>○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> </ul> </li> </ul> <p>Jump sequence is any listed jump immediately followed by an Axel-type jump [waltz jump]</p>	<p><b>Max 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 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence                             <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
Pre-Preliminary Time: 1:40 Max	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps, including the single Axel, allowed                             <ul style="list-style-type: none"> <li>○ No double, triple or quadruple jumps allowed</li> <li>○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed                                     <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul> </li> </ul>	<p><b>Max 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 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence                             <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
Preliminary Time: 2:10 Max	<p><b>Max 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 the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)                             <ul style="list-style-type: none"> <li>○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed                                     <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul> </li> </ul>	<p><b>Max 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 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence                             <ul style="list-style-type: none"> <li>○ Must use the whole ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>

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**ADULT 1-6, BEGINNER-BRONZE COMPULSORY**

- The skating order of the elements is optional. Element may only be attempted once.
- To be skated in simple program format with limited connecting steps, ½ ice.
- A 0.2 deduction will be taken for each element MISSING, REPEATED or from a higher level

Level	Elements
Adult 1 Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>
Adult 2 Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
Adult 3. Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Backward snowplow stop, Right and Left</li> </ul>
Adult 4 Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Hockey stop, both directions</li> <li>• Backward one-foot glides, right and left</li> </ul>
Adult 5 Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Backward outside edge and backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin (min 2 revs)</li> </ul>
Adult 6 Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns – <b>utilizing only ½ sheet of ice surface</b></li> <li>• Backward stroking with crossover end patterns – <b>utilizing only ½ sheet of ice surface</b></li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (min 2 revs on 1 foot)</li> </ul>
Adult Beginner Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• Mazurka</li> <li>• Forward beginning one-foot spin from backward crossovers (min 2 revs)</li> <li>• Forward moving inside open Mohawk (right and left) – heel to instep</li> <li>• 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)</li> </ul>
Adult High Beginner Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• ½ Flip</li> <li>• Forward upright spin – minimum 3 revolutions</li> <li>• Backward outside three- turn, right and left</li> <li>• 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)</li> </ul>
Adult Pre- Bronze Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Single Toe loop jump</li> <li>• Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence</li> <li>• Forward upright spin - minimum 3 revolutions</li> <li>• 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</li> <li>• Forward spiral (any edge)</li> </ul>
Adult Bronze Time: 1:30 Max.	<ul style="list-style-type: none"> <li>• Single Salchow jump</li> <li>• Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination and 3 jumps in a sequence</li> <li>• Solo spin with no change of foot (min. 3 revolutions)</li> <li>• Backward inside three-turn, right and left</li> <li>• Spiral sequence (Minimum 2 spirals)- must change edge or foot</li> </ul>

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**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
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

Level	Time	Elements
Adult 1	1:40 Max	<ul style="list-style-type: none"> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>
Adult 2	1:40 Max	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
Adult 3	1:40 Max	<ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward snowplow stop, Right and Left</li> </ul>
Adult 4	1:40 Max	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Backward one-foot glides, right and left</li> <li>• Hockey stop, both directions</li> </ul>
Adult 5	1:40 Max	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin</li> </ul>
Adult 6	1:40 Max	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (min 2 revs on 1 foot)</li> </ul>

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**ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC**

General event parameters:

- Skaters will skate to the music of their choice and vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet and Waltz jump</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	Max. 2 spins <ul style="list-style-type: none"> <li>• Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ loop, ½ flip, ½ Lutz, toe loop, salchow</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
Adult Pre-Bronze 1:40 Maximum	Max 4 Jump Elements: Max 2 combinations or sequences <ul style="list-style-type: none"> <li>• 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>• Jump sequence is any listed jump immediately followed by an Axel-type jump</li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are permitted</li> <li>• No single Lutz, single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)</li> </ul>	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate
Adult Bronze 1:50 maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences [Jump sequence is any listed jump immediately followed by an Axel-type jump];</li> <li>• 1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	Max 1 Sequence: <ul style="list-style-type: none"> <li>• Choreographic Step Sequence</li> </ul> Must use at least ½ ice surface  May include Moves in the Field and spirals	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

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**SPECIAL OLYMPICS EVENTS ARE ELIGIBLE FOR**  
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**SPECIAL OLYMPICS BADGE 1-12**

Competition hosts can use the skills listed below to create either an elements event or program event for Special Olympics competitors. If doing a program, music can be used and will be 1:10 max.

**Badge 1**

- A. Stand unassisted for five seconds
- B. Sit on ice or fall and stand up unassisted
- C. Knee dip standing still unassisted
- D. March forward ten steps assisted

**Badge 2**

- A. March forward ten steps unassisted
- B. Swizzles, standing still: three repetitions
- C. Backward wiggle or march assisted
- D. Two foot glide forward for distance of at least length of body

**Badge 3**

- A. Backward wiggle or march
- B. Five forward swizzles covering at least ten feet
- C. Forward skating across the rink
- D. Forward gliding dip covering at least length of body: left and right

**Badge 4**

- A. Backward two-foot glide covering at least length of body
- B. Two foot jump in place
- C. One foot snowplow stop: left and right
- D. Forward one foot glide covering at least length of body: left and right

**Badge 5**

- A. Forward stroking across rink
- B. Five backward swizzles covering at least ten feet
- C. Forward two-foot curves left and right across rink
- D. Two-foot turn front to back, on the spot

**Badge 6**

- A. Gliding forward to backward two-foot turn
- B. Five consecutive forward one-foot swizzles on circle: left and right
- C. Backward one foot glide length of body: left and right
- D. Forward pivot

**Badge 7**

- A. Backward stroking across the rink
- B. Gliding backward to forward two-foot turn
- C. T-stop left or right
- D. Forward two foot turn on a circle: left and right

**Badge 8**

- A. Five consecutive forward crossovers: left and right
- B. Forward outside edge: left and right
- C. Five consecutive backward ½ swizzles on a circle: left and right
- D. Two-foot spin

**Badge 9**

- A. Forward outside 3 turn: left and right
- B. Forward inside edge: left and right
- C. Forward lunge or shoot the duck at any depth
- D. Bunny hop

**Badge 10**

- A. Forward inside three-turn: left and right
- B. Five consecutive backward crossovers: left and right
- C. Hockey stop
- D. Forward spiral three times length of body

**Badge 11**

- A. Consecutive forward outside edges: minimum of two on each foot
- B. Consecutive forward inside edges: minimum of two on each foot
- C. Forward inside Mohawk: left and right
- D. Consecutive backward outside edges: minimum of two on each foot
- E. Consecutive backward inside edges: minimum of two on each foot

**Badge 12**

- A. Waltz jump
- B. One foot spin: minimum of three revolutions
- C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise
- D. Combination of three moves chosen from badges 9-12

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**Showcase Events**

Showcase events are open to skaters in the Basic, Free Skate, limited beginner, preliminary and adult bronze levels. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher.

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

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

LEVEL	ELEMENTS	QUALIFICATIONS	LENGTH
BASIC 1-6	Elements only from Basic 1-6 curriculum	Must not have passed any higher than Basic 6 level	Time: 1:00 max
PRE-FREE SKATE – FREE SKATE 6/ BEGINNER/HIGH BEGINNER/ADULT 1-6/ ADULT BEGINNER/ADULT HIGH BEGINNER	3 jump maximum. Half-rotation jumps only, plus the following full rotation jumps: Salchow and toe loop	May not have passed any official U.S. Figure Skating free skate or free dance tests	Time: 1:30 max
NO TEST	No prescribed or restricted elements	Must not have passed pre-preliminary free skate or any free dance tests	Time: 1:30 max
PRE-PRELIMINARY	No prescribed or restricted elements	Must have passed no higher than U.S. Figure Skating pre-preliminary or any free dance test	Time: 1:30 max
ADULT PRE-BRONZE	No prescribed or restricted elements	Must have passed no higher than adult pre-bronze free skate test; see National Showcase guidelines for more specific information regarding adults	Time: 1:40 max
PRELIMINARY / ADULT BRONZE	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating preliminary free skate or adult bronze free skate or free dance test; see National Showcase guidelines for more specific information regarding adults	Time: 1:40 max

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**Skate The Gate Skills and Showcase Competition- Event #13**  
**Entry Form [PLEASE PRINT CLEARLY]**

Name \_\_\_\_\_ Age \_\_\_\_\_ **Birth Date** \_\_\_\_\_  
 Last First  
**E-Mail Address** \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_ Area Code/Phone # \_\_\_\_\_  
**Home Club** \_\_\_\_\_ **USFSA #** \_\_\_\_\_ **Highest Level Passed** \_\_\_\_\_  
 Male \_\_\_\_\_ Female \_\_\_\_\_ Name of Parent/Guardian \_\_\_\_\_

<b>\$50 for First Event; \$20 for Second Event; \$10 for Each Additional Event</b>				
<b>Basic Compulsory</b>	<b>Compulsory</b>	<b>SPEC.OLYMPICS</b>	<b>Adult Compulsory</b>	<b>Adult Prog w/Music</b>
Snowplow Sam*	Pre Free Skate*	Badge 1*	Adult 1	Adult 1
Basic 1*	Excel Beginner*	Badge 2*	Adult 2	Adult 2
Basic 2*	Excel High Beg*	Badge 3*	Adult 3	Adult 3
Basic 3*	Excel Pre-Prelim	Badge 4*	Adult 4	Adult 4
Basic 4*	Excel Preliminary	Badge 5*	Adult 5	Adult 5
Basic 5*	<b>Free Skate</b>	Badge 6*	Adult 6	Adult 6
Basic 6*	Pre Free Skate*	Badge 7*	Adult Beginner	Adult Beginner
	Excel Beginner*	Badge 8*	Adult High Beg	Adult High Beg
<b>Basic Prog w/Music</b>	Excel High Beg*	Badge 9*	Adult Pre-Bronze	Adult Pre-Bronze
Snowplow Sam*	Excel Pre-Prelim	Badge 10*	Adult Bronze	Adult Bronze
Basic 1*	Excel Preliminary	Badge 11*		
Basic 2*	Excel Prelim Plus	Badge 12*		
Basic 3*				
Basic 4*	<b>Well-Balanced Comp</b>		<b>SHOWCASE EVENTS</b>	
Basic 5*	No Test	Basic 1-6	Preliminary	
Basic 6*	Pre-Preliminary	Pre Free Skate	Adult 1-6	
	Preliminary	Beginner	Adult Beginner	
		High Beginner	Adult High Beg	
	<b>Well-Balanced FS</b>	No Test	Adult PreBronze	
	No Test	Pre-Preliminary	Adult Bronze	
	Pre-Preliminary			
	Preliminary			

*Events listed above with an \* after them will be eligible for Michigan Basic Skills Series Points*  
*Entry Fees are not refundable after the entry deadline unless an event is cancelled.*  
*If you are not a USFSA member add \$15 to fee / enter through our Basic Skills Program*

First Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Join USFSA \$ \_\_\_\_\_  
**TOTAL:** \$ \_\_\_\_\_

**ENTRIES MUST BE POST MARKED BY Sept. 24, 2022**  
 Mail form and fees to: Jackie Timm c/o Southgate Ice Arena  
 14700 Reaume Pkwy, Southgate, MI 48195  
 Make check or money order payable to **SFSBC**

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**Certification of Competitor**

Competitor Name: \_\_\_\_\_

1. The competitor is eligible to enter the events checked. It is agreed that the competitor and family hold the Southgate FSC and Southgate Ice Arena harmless from any and all liability either during practice or the competition, from any and all liability for damages to or loss of property.
2. As a participant, or parent/guardian of a minor participant, in the Skate the Gate Skills and Showcase/Basic Skills Series, I understand that the Skate the Gate Skills and Showcase /Basic Skills Series, or its agents, may take photographs, video and/or film of my, my minor's and/or my family's involvement, participation, viewing or interaction at Skate the Gate Skills and Showcase /Basic Skills Series scheduled ice time, activities, classes or events. I hereby authorize the taking and use of such photographs, video, film or likeness of myself, my minor child (or children), and/or my family in all forms and media and in all manners, including composite or other representations, for any lawful and legitimate Skate the Gate Skills and Showcase /Basic Skills Series purpose, including dissemination and distribution of the same; and further waive any right to approve or object to any finished, modified or derivative product or media
3. I have read the Concussion Awareness Information located on [www.sk8stuff.com](http://www.sk8stuff.com) and by signing below, I am agreeing to the terms and conditions.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Club Officer/Program Director \_\_\_\_\_

Title \_\_\_\_\_ Date \_\_\_\_\_

COMPETITOR SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

Coach Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_  
Please print clearly

Registered on USFS Coaches Registry for the current season? Yes  USFS # \_\_\_\_\_  
If you are not registered, go to [www.usfigureskating.org](http://www.usfigureskating.org) , click on the Coaches Registration button and follow the instruction for registration.

**COACHES WILL BE REQUIRED TO CHECK IN AT REGISTRATION AT EACH EVENT**

Phone \_\_\_\_\_ E-mail Address: \_\_\_\_\_  
Please print clearly

**CHECKLIST [please be sure the following is included]:**

\_\_\_\_ Entry form with USFSA Number                      \_\_\_\_ Club Officer/Program Director Signature

\_\_\_\_ Check payable to SFSBC                                      \_\_\_\_ Events to be entered checked properly

Approval Code: \_\_\_\_\_



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