

# FLAG CITY OPEN 2023

Findlay Silver Blades FSC

The Cube in the Flag City Sports Complex

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

SATURDAY, NOVEMBER 11<sup>th</sup>

Registration Deadline: Saturday, October 14<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 11<sup>th</sup>, 2023. 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 Wronkowicz 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. 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.

LEARN TO SKATE USA COMPETITION APPROVAL #33759

## 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 14<sup>th</sup>, 2023.

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	<input type="checkbox"/> March followed by a two-foot glide and dip <input type="checkbox"/> Forward swizzles, 2-3 in a row <input type="checkbox"/> Forward snowplow stop <input type="checkbox"/> Backward wiggles, 2-6 in a row
<b>BASIC 1</b>	1:10 max	<input type="checkbox"/> Forward two-foot glide and dip <input type="checkbox"/> Forward swizzles, 6-8 in a row <input type="checkbox"/> Beginning snowplow stop on one or two feet <input type="checkbox"/> Backward wiggles, 6-8 in a row
<b>BASIC 2</b>	1:10 max	<input type="checkbox"/> Forward one-foot glide (no variations), either foot <input type="checkbox"/> Scooter pushes, right and left foot, 2-3 each foot <input type="checkbox"/> Moving snowplow stop <input type="checkbox"/> Two-foot turn in place, forward to backward <input type="checkbox"/> Backward swizzles, 6-8 in a row
<b>BASIC 3</b>	1:10 max	<input type="checkbox"/> Beginning forward stroking showing correct use of blade <input type="checkbox"/> Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive <input type="checkbox"/> Forward slalom <input type="checkbox"/> Moving forward to backward two-foot turn on a circle <input type="checkbox"/> Beginning backward one-foot glide, either foot
<b>BASIC 4</b>	1:10 max	<input type="checkbox"/> Forward outside edge on a circle, clockwise or counterclockwise <input type="checkbox"/> Forward crossovers, clockwise and counterclockwise, 4-6 consecutive <input type="checkbox"/> Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive <input type="checkbox"/> Backward one-foot glides (no variations), right and left <input type="checkbox"/> Beginning two-foot spin, maximum 4 revolutions
<b>BASIC 5</b>	1:10 max	<input type="checkbox"/> Backward outside edge on a circle, clockwise or counterclockwise <input type="checkbox"/> Backward crossovers, clockwise and counterclockwise, 4-6 consecutive <input type="checkbox"/> Forward outside three-turn, right and left <input type="checkbox"/> Advanced two-foot spin, minimum 4 revolutions <input type="checkbox"/> Hockey stop
<b>BASIC 6</b>	1:10 max	<input type="checkbox"/> Forward inside three-turn, right and left <input type="checkbox"/> Mohawk, right to left and left to right <input type="checkbox"/> Bunny hop <input type="checkbox"/> Basic forward spiral on a straight line (no variations), right or left <input type="checkbox"/> Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position <input type="checkbox"/> T-stop, right or left

## PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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

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

LEVEL	TIME	SKATING RULES/STANDARDS
<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> </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"/> Camel spin, minimum 3 revolutions <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



## 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><input type="checkbox"/> Jumps with no more than one-half rotation (front to back or back to front)</li> <li><input type="checkbox"/> Single rotation jumps: Salchow, toe loop only</li> <li><input type="checkbox"/> Eulers (half loops) are not allowed</li> <li><input type="checkbox"/> Maximum 2 jump combinations or sequences</li> </ul> <p>Combination jumps permitted</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Waltz jump/toe loop and/or</li> <li><input type="checkbox"/> Salchow/toe loop</li> </ul> <p>Sequence Permitted</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 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><input type="checkbox"/> Two upright spins</li> <li><input type="checkbox"/> No change of foot</li> <li><input type="checkbox"/> 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><input type="checkbox"/> Must use one-half of the ice surface</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 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><input type="checkbox"/> Jumps with no more than one-half rotation (front to back or back to front)</li> <li><input type="checkbox"/> Single rotation jumps: toe loop, Salchow, Euler (half loop), loop</li> <li><input type="checkbox"/> 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><input type="checkbox"/> 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><input type="checkbox"/> Both spins must be in a single position</li> <li><input type="checkbox"/> No change of foot</li> <li><input type="checkbox"/> No flying entry</li> <li><input type="checkbox"/> Permitted forward spins: upright, sit, camel</li> <li><input type="checkbox"/> 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><input type="checkbox"/> Must use one-half of the ice surface</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 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><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> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li><input type="checkbox"/> 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><input type="checkbox"/> One spin must be in a single position with no change of foot (*)</li> <li><input type="checkbox"/> One spin may change feet or position, but not both</li> <li><input type="checkbox"/> 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><input type="checkbox"/> Must use one-half of the ice surface</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</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 <b>(*) Required Element</b></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 Jump combinations limited to 2 jumps. One 3-jump combination is allowed immediately followed by an Axel-type jump</p>	<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 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><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 <b>(*) Required Element</b></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 All single jumps, including the single Axel, are allowed as part of a jump combination or sequence (no double jumps) Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <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 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><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> 1:40 max	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> All single jumps allowed, except single Axel</li> <li><input type="checkbox"/> No single Axels, double, triple or quadruple 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> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li><input type="checkbox"/> 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><input type="checkbox"/> Spins may change feet and/or position</li> <li><input type="checkbox"/> Spins may start with a flying entry</li> <li><input type="checkbox"/> 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> Step sequence</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Must use one-half the ice surface</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>
<b>PRE- PRELIMINARY</b> 1:40 max	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> All single jumps, including single Axel, allowed</li> <li><input type="checkbox"/> No double, triple or quadruple jumps allowed</li> <li><input type="checkbox"/> Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single axels)</li> <li><input type="checkbox"/> 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><input type="checkbox"/> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li><input type="checkbox"/> 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><input type="checkbox"/> Spins may change feet and/or position</li> <li><input type="checkbox"/> Spins may start with a flying entry</li> <li><input type="checkbox"/> 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> Step sequence</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Must use one-half the ice surface</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>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><input type="checkbox"/> 1 must be an Axel-type jump or a waltz jump (*)</li> <li><input type="checkbox"/> All single jumps, including single Axel, allowed</li> <li><input type="checkbox"/> Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)</li> <li><input type="checkbox"/> Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li><input type="checkbox"/> 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><input type="checkbox"/> 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><input type="checkbox"/> 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><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"/> Spins may change feet and/or position</li> <li><input type="checkbox"/> Spins may start with a flying entry</li> <li><input type="checkbox"/> 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><input type="checkbox"/> Choreographic step sequence 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>
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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>
<b>BADGE 2</b>	<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>
<b>BADGE 4</b>	<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>
<b>BADGE 6</b>	<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>
<b>BADGE 8</b>	<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>
<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)

## 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> Number of Required Holds: <b>None</b> Any type of holds permitted <u>5-20 skaters</u> 13 years of age and younger	<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

ASPIRE BEGINNER – 2:10 MAX					
<b>5 ELEMENTS</b> Number of Required Holds: <b>None</b> Any type of holds permitted <u>5-20 skaters</u> 16 years of age and younger	<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



**ASPIRE PRE-  
PRELIMINARY –  
2:10 MAX**

<p><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</p>	<p><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:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Change of direction</li> <li><input type="checkbox"/> Change of configuration</li> <li><input type="checkbox"/> Travel</li> </ul>	<p><b>One Line Element</b> Forward and backward skating permitted Must cover full ice <u>May contain one feature</u> Choice of:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Change of direction</li> <li><input type="checkbox"/> Change of configuration</li> </ul> <p>Pivoting not permitted</p>	<p><b>One Block Element</b> Forward and backward skating permitted Must cover full ice <u>May contain two features</u> Choice of:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pivoting</li> <li><input type="checkbox"/> Change of configuration</li> </ul>	<p><b>One Wheel Element</b> Forward and backward skating permitted <u>May contain one feature</u> Choice of:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Change of direction</li> <li><input type="checkbox"/> Change of configuration</li> <li><input type="checkbox"/> Travel</li> </ul>	<p><b>One Intersection Element</b> Must be two lines facing each other Forward skating through the point of intersection Choice of:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Upright two foot glide</li> <li><input type="checkbox"/> Upright one foot glide</li> <li><input type="checkbox"/> Forward lunge</li> </ul>
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**ASPIRE  
PRELIMINARY–  
2:10 MAX**

<p><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</p>	<p><b>One Circle Element</b> Forward and backward skating permitted <u>May contain one feature</u> Choice of:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Change of direction</li> <li><input type="checkbox"/> Change of configuration</li> <li><input type="checkbox"/> Travel</li> </ul>	<p><b>One Line Element</b> Must include forward and backward skating Must cover full ice <u>May contain one feature</u> Choice of:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Change of direction</li> <li><input type="checkbox"/> Change of configuration</li> <li><input type="checkbox"/> Pivoting</li> </ul>	<p><b>One Block Element</b> Forward and backward skating permitted Must cover full ice <u>May contain one feature</u> Choice of:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Change of configuration</li> <li><input type="checkbox"/> Pivoting</li> </ul>	<p><b>One Wheel Element</b> Backward skating only <u>May contain one feature</u> Choice of:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Change of direction</li> <li><input type="checkbox"/> Change of configuration</li> <li><input type="checkbox"/> Travel</li> </ul>	<p><b>One Intersection Element</b></p>
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## SOLO PATTERN DANCE

### General Event Parameters

- Levels are based upon the skaters' highest pattern dance test passed
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for his/her level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30–July 2), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the second quarter).
- Skaters will complete both dances at each level. Dances will be scheduled at the discretion of the chief referee for each competition and may be competed consecutively or with a break in-between pattern dance groupings.
- Skaters with physical disabilities may register for standard track or Skate United Track for events

<b>PRELIMINARY</b>		
<b>JANUARY 1–MARCH 31</b>	<b>APRIL 1–JUNE 30</b>	<b>JULY 1–SEPTEMBER 30</b>
1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues

<b>PRE-BRONZE</b>		
<b>JANUARY 1–MARCH 31</b>	<b>APRIL 1–JUNE 30</b>	<b>JULY 1–SEPTEMBER 30</b>
1. Swing Dance 2. Cha-Cha	1. Fiesta Tango 2. Swing Dance	1. Cha-Cha 2. Fiesta Tango

## 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.

<b>LEVEL</b>	<b>JUMPS/STOPS</b>	<b>SPINS/TURNS/GLIDES</b>	<b>SKATING SKILLS</b>
<b>SNOWPLOW SAM – BASIC 3</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Wiggles</li> <li><input type="checkbox"/> Two-foot swizzles forward or backward (4-8 in a row)</li> <li><input type="checkbox"/> Snowplow stop (one or both feet)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Curves</li> <li><input type="checkbox"/> 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><input type="checkbox"/> Side toe hop</li> <li><input type="checkbox"/> Bunny hop</li> <li><input type="checkbox"/> Ballet jump</li> <li><input type="checkbox"/> Mazurka-Waltz jump</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward inside pivot or two-foot spin (min. 3 revs.)</li> <li><input type="checkbox"/> 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><input type="checkbox"/> Single jump (no Axel)</li> <li><input type="checkbox"/> Jump combination</li> <li><input type="checkbox"/> jump sequence (no Axel allowed)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Solo spin (scratch spin, layback, camel or sit, min. 3 revs., no flying entry)</li> <li><input type="checkbox"/> Combo spin: one change of foot, change of position optional (min. 3 revs. on each foot)</li> </ul>	Spiral sequence (from Free Skate 2)