





Event 13, Skate the Gate Skills & Showcase October 8, 2023

2023 Michigan Compete with Us Series Competition Mission Statement

To give our skaters a chance to develop their Learn to Skate USA 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 Free skating and/or Compulsory/Element events in any of the Michigan Compete USA 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 4, 2023.

Series Point System

Program with Music [Free skate] 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^{st} Place - 6 points 2^{nd} Place - 5 points 3^{rd} Place - 4 points 4^{th} Place - 3 points 5^{th} Place - 2 points 6^{th} 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 [Free skate] events separately.

Medals will be awarded [1st-3rd Place] in each level as highlighted in each announcement. Beyond the Basic <u>will</u>

<u>NOT</u> be counted in the Program with Music [Free skate] and Elements/Compulsory Program Series for this 2023 season. Spins, Dance, Pairs, Theatre on Ice, Synchronized Teams, and Showcase Events <u>will NOT</u> be counted for this 2023 season. At the end of the 2023 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 Michigan Compete USA Series is sponsored equally by all the participating ice rinks and/or U.S. Figure Skating members clubs. Competition announcements will be available on 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.





15th Michigan Compete USA Series [formerly Basic Skills Series] - Hosted by the following:

	- Hosted by the following:	
Event 1 Onyx-Suburban B/S	Event 2 Mountain Town Classic	Event 3 Tuxedo Invitational
Challenge	March 11, 2023	March 25, 2023
February 4, 2023	Entry Deadline - February 25, 2023	Entry Deadline - March 11, 2023
Entry Deadline – January 19, 2023	The I.C.E. Arena	Slater Family Ice Arena
Suburban Ice Macomb	Mt Pleasant MI	Bowling Green, OH
Macomb, MI	Contact: Ginni Phillips	Contact: Merissa Rojas
Contact Jeanette Daskas	Phone: 989-560-3871	Phone: 419-345-0766
Phone: 248-917-9544	gpsk8r@gmail.com	billmerrojas@gmail.com
jendaskas@aol.com		<u></u>
Event 4 Arctic Basic Skills	Event 5 Iceland Spring Fling	Event 6 TAFS Basic Skills Comp
April 23, 2023	May 7, 2023	June 3, 2023
Entry Deadline – April 8, 2023	Entry Deadline – April 22, 2023	Entry Deadline – May 20, 2023
Arctic Edge Ice Arena	Flint Iceland Arena	Troy Sports Center
Canton, MI	Flint, MI	Troy MI
Contact Stephen Scanio	Contact Cristy Bosley	Contact: Lindsey Vincent
Phone: 248-635-4541	Phone: 810-814-1081	Phone: 248-709-2946
stephenscanio@hotmail.com	Chix44ever44@gmail.com	glinzlinz@yahoo.com
Event 7 Ann Arbor Skills/Showcase	Event 8 Summer Swizzle	Event 9 Skate the Shores
June 10, 2023	June 17, 2023	July 15, 2022
Entry Deadline - May 24, 2023	Entry Deadline - May 31, 2023	Entry Deadline - June 30, 2023
Ann Arbor Ice Cube	Farmington Hills Ice Arena	St Clair Shores Civic Arena
Ann Arbor MI	Farmington Hills, MI	St Clair Shores, MI
Contact: Craig Forsyth	Contact: Ilyssa Cimmino	Contact Lindsay O'Donoghue
Phone: 734-213-6768	Phone: 248-891-9153	Phone: 586-774-7530
Aafsc.officemanager@gmail.com	summerswizzle@fhfsc.org	odonoghuelindsay@gmail.com
Event 10 Summer Chill Basic Skills	Event 11 Skate the Zoo	Event 12 Skate the Lakeshore
August 5, 2023	July 29, 2023	August 19, 2023
Entry Deadline – July 22, 2023	Entry Deadline – July 15, 2023	Entry Deadline August 5, 2023
Novi Ice Arena	Wings West	Griff's Ice House West
Novi, MI	Kalamazoo MI	Holland MI
Contact: Laura Paredes	Contact Cheryl Pickett	Contact: Jacqueline Alimpich
lamarlau@hotmail.com	Phone: 616-901-6607	Phone: 517-518-1210
	cpickett@ghgkz.com	skatethelakeshore@gmail.com
Event 13 Skate the Gate	Event 14 Skate Midland	SERIES AWARDS
October 8, 2023	November 4, 2023	
Entry Deadline – September 25, 2023	Entry Deadline – October 18, 2023	CEREMONY
Southgate Civic Arena	Midland Civic Arena	AT THE MIDLAND
Southgate MI	Midland MI	
Contact: Jackie Timm	Contact Karen Boswell	COMPETITION
Phone: 734-771-7247	Phone: 989-751-6603	
ms.j.timm@gmail.com	Kboswell99@gmail.com	





Coach Gift Card Raffle

DESCRIPTION OF RAFFLE Southgate Figure Skating Club, the sponsor of this raffle, is once again, offering the coaches of the 2023 Skate the Gate Skills & Showcase the opportunity to become eligible for a drawing of a gift card.

HOW TO ENTER The raffle is open to all listed coaches in the 2023 Skate the Gate Skills & Showcase. There is no fee to enter, but coaches must properly check-in at the registration table and complete a raffle ticket in order to enter the raffle. The registration table will have a list of all eligible coaches, blank raffle tickets, as well as a name tag that must be collected and worn at all times

RAFFLE DRAWING The winner will be drawn following the last competition event on Sunday, October 8th.

WINNER NOTIFICATION Winner does not need to be present to win. The winner will be contacted by phone and/or e-mail within 48 hours of the drawing. Winner will be asked to reply with their mailing address to receive the raffle prize. If the winner does not respond within ten days of raffle drawing, a new winner will be selected and notified.







Skate the Gate Skills & Showcase-Compete USA Event Southgate FSC Southgate Civic Arena

 ◆ 14700 Reaume Pkwy
 ◆ Southgate, MI 48195 (734) 258-3035

Sunday, October 8, 2023 Entry Deadline is September 23, 2023

The Skate the Gate Skills & Showcase, sponsored by the Southgate Figure Skating Club will be held at the Southgate Civic Arena on Sunday, October 8, 2023. 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 Compete USA 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 Compete USA Program/Club or any other Compete USA 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 September 23, 2023. 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. Credit Card payment option will be posted on www.sk8stuff.com or you may email idegroat717@gmail.com for the payment link or you can pay by check.

Entry forms must be filled out LEGIBLY and completely and mailed with a check made payable to SFSBC to: Southgate FSC c/o Jackie Timm

14700 Reaume Pkwy 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 one 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

Music - The music for all free skating programs with music will be supplied by skater and will be uploaded to a link provided 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.



Events listed on this page are eligible for Michigan Compete with Us 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	TIME	SKATING RULES/STANDARDS
SNOWPLOW SAM	1:00 max	 March followed by a two-foot glide and dip Forward swizzles, 2-3 in a row Forward snowplow stop Backward wiggles, 2-6 in a row
BASIC 1	1:00 max	 Forward two-foot glide and dip Forward swizzles, 6-8 in a row Beginning snowplow stop on one or two feet Backward wiggles, 6-8 in a row
BASIC 2	1:00 max	 Forward one-foot glide (no variations), either foot Scooter pushes, 2-3 each foot Moving snowplow stop Two-foot turn in place, forward to backward Backward swizzles, 6-8 in a row
BASIC 3	1:00 max	 Beginning forward stroking showing correct use of blade Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive Forward slalom Moving forward to backward two-foot turn on a circle Beginning backward one-foot glide, either foot
BASIC 4	1:00 max	 Forward outside edge on a circle, clockwise or counterclockwise Forward crossovers, clockwise and counterclockwise, 4-6 consecutive Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive Backward one-foot glides (no variations), right and left Beginning two-foot spin, maximum 4 revolutions
BASIC 5	1:00 max	 Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, clockwise and counterclockwise, 4-6 consecutive Forward outside three-turn, right and left Advanced two-foot spin, minimum 4 revolutions Hockey stop
BASIC 6	1:00 max	 Forward inside three-turn, right and left Mohawk, right to left and left to right Bunny hop Basic forward spiral on a straight line (no variations), right or left Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position T-stop, right or left





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





Events listed on this page are eligible for Michigan Compete with Us 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.	 Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise One-foot upright spin, optional entry and free foot position, minimum 3 revolutions Mazurka – right or left Waltz jump

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.	 Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise One-foot upright spin, optional entry and free, foot position, minimum 3 revolutions Mazurka, right or left Waltz jump NOT ALLOWED – Waltz jump-side toe hop-waltz jump 	





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.

	Excel Beginner/High Beginner Compulsory Events are eligible for		
	I	Michigan Compete with Us Series Points	
Level	Time	Skating rules/standards	
		Waltz jump	
Excel	1:15	Salchow jump	
Beginner	max.	 One-foot upright spin - minimum 3 revolutions 	
		Choreographic step sequence	
		Loop jump	
Excel High	1:15	Salchow/toe loop combination	
Beginner	max.	Sit spin - minimum 3 revolutions	
		Choreographic step sequence	
Ex	cel Pre-Pr	eliminary/Preliminary Compulsory Events are NOT eligible for	
		Michigan Compete with Us Series Points	
Level	Level Time • Skating rules/standards		
		Flip jump	
Excel Pre-	1:15	 Loop/loop jump combination 	
Preliminary	max.	Camel spin – minimum 3 revolutions	
		Choreographic step sequence	
		Lutz jump	
Excel	1:15	Flip/loop jump combination	
Preliminary	max.	 Camel, sit combination spin – minimum 6 revolutions total 	
		Choreographic step sequence	





EXCEL FREE SKATE

General event parameters:

- Skaters may <u>not</u> 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 Compete with Us Series Points

EXCEL BEGINNER - 1:40 MAX

Maximum 4 jump elements:

- Jumps with no more than one-half rotation (front to back or back to front)
- · Single rotation jumps: Salchow, toe loop only
- · Eulers (half loops) are not allowed
- Maximum 2 jump combinations or sequences. Combination jumps permitted
- Waltz jump/toe loop and/or
- · Salchow/toe

loop Sequence permitted

Waltz jump/ waltz jump (no turns or hops in between) Maximum 2 of any same jump

Maximum 2 spins:

- Two upright spins
- No change of foot No flying entry Minimum 3 revolutions Max Level: Base

Maximum 1 Sequence:

- Choreographic step sequence* (ChSt)
 - o Must use one-half of the ice surface
 - Moves in the field and spiral sequences are allowed but will not be counted as elements

Jumps may be included in the step sequence

EXCEL HIGH BEGINNER - 1:40 MAX

Maximum 5 jump elements:

- Jumps with no more than one-half rotation (front to back or back to front)
- Single rotation jumps: toe loop, Salchow, Euler (half loop), loop
- Flip, Lutz, and Axel NOT permitted Maximum 2 jump combinations or sequences. One 3-jump combination is allowed
- Jump sequence is any listed jump immediately followed by a waltz jump Maximum 2 of any same jump

Maximum 2 spins:

- Both spins must be in a single position
- No change of foot
- No flying entry
- Permitted forward spins: upright, sit, camel
- Permitted back spins: upright

Minimum 3 revolutions Max Level: Base

Both spins may be of the same character

Maximum 1 Sequence:

- Choreographic step sequence* (ChSt)
 - o Must use one-half of the ice surface
 - o Moves in the field and spiral sequences are allowed but will not be counted as elements

Jumps may be included in the step sequence





EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR MICHIGAN COMPETE WITH US SERIES POINTS

EXCEL PRE-PRELIMINARY – 1:40 MAX

<u>Must not</u> have passed higher than U.S. Figure Skating pre- preliminary free skate test *means required element

Learn to Skate USA membership OR full U.S. Figure Skating membership required

Maximum 5 jump elements:

- Only single jumps allowed
- No single Axels
- Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded

Maximum 2 jump combinations or jump sequences

 Jump combinations limited to 2 jumps. One 3-jump combination is allowed

Jump sequence is any listed jump immediately followed by a waltz jump

Maximum 2 spins:

- One spin must be in a single position with no change of foot*
- One spin may change feet or position, but not both
- No flying entry Minimum 3 revolutions Spins must be of a different character

Max Level: 1

Maximum 1 Sequence:

- Choreographic step sequence* (ChSt)
 - Must use onehalf of the ice surface
 - Moves in the field and spiral sequences are allowed but will not be counted as elements

Jumps may be included in the step sequence

EXCEL PRELIMINARY - 2:00 +/- 10 SECONDS

<u>Must not</u> have passed higher than U.S. Figure Skating pre- preliminary free skate test *means required element

Learn to Skate USA membership OR full U.S. Figure Skating membership required

Maximum 5 jump elements:

- Only single jumps allowed
- No single Axels
- Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded

Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump

Maximum 2 spins:

- One spin must be a camel or layback spin with no change of foot and no change of position*
- One spin may change feet and/ or position
- No flying entry Minimum 3 revolutions Spins must be of a different character
- Max Level: 1

Maximum 1 Sequence:

- Choreographic step sequence* (ChSt)
 - o Full ice
 - o Moves in the field and spiral sequences are allowed but will not be counted as elements

Jumps may be included in the step sequence





EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR MICHIGAN COMPETE WITH US SERIES POINTS

EXCEL PRELIMINARY PLUS - 2:00 +/- 10 SECONDS

<u>Must not</u> have passed higher than U.S. Figure Skating pre- preliminary free skate test *means required element

Full U.S. Figure Skating membership required

Maximum 5 jump elements:

- All single jumps allowed, including single Axel
- No double or higher jumps allowed
- Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)
- Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded

Maximum 2 jump combinations or jump sequences

All single jumps, including the single Axel, are allowed as part of a jump combination or sequence (no double jumps)

Jump combinations limited to 2 jumps. One 3-jump combination is allowed

Jump sequence is any listed jump immediately

followed by an Axel-type jump.

Maximum 2 spins:

- One spin must be in a single position*
- No change of foot
- No flying entry
- One spin may change feet and/or position
- No flying entry Minimum 3 revolutions Spins must be of a different character

Max Level: 1

Maximum 1 Sequence:

- Choreographic step sequence* (ChSt)
 - o Full ice
 - o Moves in the field and spiral sequences are allowed but will not be counted as elements

Jumps may be included in the step sequence





EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR MICHIGAN COMPETE WITH US SERIES POINTS

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	 Loop jump Jump combination to include a toe loop (may not use a loop or Axel) Upright spin with change of foot, minimum 3 revolutions on each foot Choreographic step sequence
PRE- PRELIMINARY	1:15 max	 Lutz jump Single jump-single jump (no Axel) combination Spin with one change of position and no change of foot, minimum 6 revolutions total Choreographic step sequence
PRELIMINARY	1:15 max	 Axel jump Single jump-single jump (may <u>not</u> include Axel) combination Spin combination with one change of foot, minimum 3 revolutions on each foot Choreographic step sequence





<u>EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR MICHIGAN COMPETE WITH US SERIES POINTS</u> WELL BALANCED FREE SKATE PROGRAM

- 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.
- Skaters with physical disabilities may register for standard track or Skate United Track for events

NO TEST — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements Only single jumps allowed except single Axel No No single Axels Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequence is any listed jump immediately followed by a waltz jump	Max 2 Spins Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))	Max 1 Sequence • Step sequence • Must use one-half the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence If IJS is used, then ChSt

PRE-PRELIMINARY — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements All single jumps, including single Axel, allowed No double, triple or quadruple jumps allowed Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels) Number of single jumps is not limited provided the maximum	Max 2 Spins • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs.	Max 1 Sequence • Step sequence o Must use one-half the ice surface o Moves in the field and
number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump	These spins must be of a different character (For definition see U.S. Figure Skating rule 6103	spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence If IJS is used, then ChSt

PRELIMINARY — 2:00 +/- 10 SECONDS

JUMPS	SPINS	STEP SEQUENCES
 Max 5 Jump Elements 1 must be an Axel-type jump or a waltz jump* All single jumps, including single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) 0 Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed 0 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 0 Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences 0 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 0 Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule	Max 1 Sequence Step sequence o Choreographic step sequence full ice Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence If IJS is used, then ChSt
	6103 (E))	





<u>EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR</u> <u>MICHIGAN COMPETE WITH US SERIES POINTS</u>

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
Level	
Adult 1	
Time:	
1:30 Max.	Forward swizzle (4-6 in a row) Forward swizzle (4-6 in a row)
1.50 Wax.	Forward snowplow stop – two feet or one foot
٥ ما، الم ٥	Forward skating across the width of the ice
Adult 2	Forward one-foot glides
Time: 1:30 Max.	Forward slalom
1.30 IVIAX.	Backward skating
	Backward swizzles, 4-6 in a row
A -111-O	Forward stroking using the blade properly
Adult 3.	Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise
Time: 1:30 Max.	Forward chasses on a circle, clockwise and counterclockwise
1.30 Max.	Backward skating to a long two-foot glide
	Backward snowplow stop, Right and Left
	Forward outside edge on a circle, right and left
Adult 4	Forward inside edge on a circle, right and left
Time:	Forward crossovers, clockwise and counterclockwise
1:30 Max.	Hockey stop, both directions
	Backward one-foot glides, right and left
A -111-E	Backward outside edge and backward inside edge on a circle, right and left
Adult 5	Backward crossovers, clockwise and counterclockwise
Time: 1:30 Max.	Forward outside three-turn, right and left
1.50 Max.	Beginning two-foot spin (min 2 revs)
	 Forward stroking with crossover end patterns – <u>utilizing only ½ sheet of ice surface</u>
Adult 6	 Backward stroking with crossover end patterns – <u>utilizing only ½ sheet of ice surface</u>
Time:	Forward inside three-turn, right and left
1:30 Max.	T-stop
	• Lunge
	Two-foot spin into one-foot spin (min 2 revs on 1 foot)
A -111	Waltz Jump
Adult	Mazurka
Beginner Time:	Forward beginning one-foot spin from backward crossovers (min 2 revs)
1:30 Max.	Forward moving inside open Mohawk (right and left) – heel to instep
1.50 Wax.	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)
Adult High	Waltz Jump 1/ Film
Beginner	• ½ Flip
Time:	 Forward upright spin – minimum 3 revolutions Backward outside three- turn, right and left
1:30 Max.	, ,
1100 1110011	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)
	edge, right and left) Single Toe loop jump
Adult Pre-	 Single roe loop jump Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow – maximum of
Bronze	2 jumps in combination and 3 jumps in a sequence
Time:	Forward upright spin - minimum 3 revolutions
1:30 Max.	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
	Forward spiral (any edge)
	Single Salchow jump
Adult	• Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in
Bronze	combination and 3 jumps in a sequence
Time:	Solo spin with no change of foot (min. 3 revolutions)
1:30 Max.	Backward inside three-turn, right and left
	Spiral sequence (Minimum 2 spirals)- must change edge or foot





<u>EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR</u> MICHIGAN COMPETE WITH US SERIES POINTS

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
		Forward Marching
Adult 1	1:40	Forward two-foot glide
	Max	Forward swizzle (4-6 in a row)
		 Forward snowplow stop – two feet or one foot
		Forward skating across the width of the ice
Adult 2	1:40	Forward one-foot glides
	Max	Forward slalom
		Backward skating
		Backward swizzles, 4-6 in a row
		Forward stroking using the blade properly
Adult 3	1:40	 Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and
	Max	counterclockwise
		Backward skating to a long two-foot glide
		 Forward chasses on a circle, clockwise and counterclockwise
		Backward snowplow stop, Right and Left
		Forward outside edge on a circle, right and left
Adult 4	1:40	Forward inside edge on a circle, right and left
	Max	Forward crossovers, clockwise and counterclockwise
		Backward one-foot glides, right and left
		Hockey stop, both directions
A I I =	4.40	Backward outside edge on a circle, right and left
Adult 5	1:40	Backward inside edge on a circle, right and left
	Max	Backward crossovers, clockwise and counterclockwise
		Forward outside three-turn, right and left
		Beginning two-foot spin
		Forward stroking with crossover end patterns
Adult 6	1:40	Backward stroking with crossover end patterns
	Max	Forward inside three-turn, right and left
		• T-stop
		• Lunge
		Two-foot spin into one-foot spin (min 2 revs on 1 foot)





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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 Jumps limited to bunny hop, mazurka, ballet and Waltz jump Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same jump	Max. 2 spins Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)	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: • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ loop, ½ flip, ½ Lutz, toe loop, salchow • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump.	Max 2 spins: Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)	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 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) Only single and half-revolution jumps are permitted No single Lutz, single Axel, double or triple jumps are permitted	Max 2 Spins: Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)	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: Max 2 combinations or sequences [Jump sequence is any listed jump immediately followed by an Axeltype jump]; 1 combination/sequence may consist of three jumps, and the other may have only two jumps Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except single Axel) No single Axel, double or triple jumps are permitted	Max 2 Spins: Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position No flying spins are permitted	Max 1 Sequence: 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transi- tions and marked as	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate





SPECIAL OLYMPICS EVENTS ARE ELIGIBLE FOR MICHIGAN COMPETE WITH US SERIES POINTS

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
- 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
- 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





<u>EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR MICHIGAN COMPETE WITH US SERIES</u> POINTS

Showcase Events

Showcase events are open to skaters in the Basic, Free Skate, limited beginner, preliminary and adult bronze levels. Groups willbe 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 sup- port the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious loss of control will re- duce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice. The 6.0 judging system will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

For more information refer to the Compete USA Competition Manual [2022-2023] page 21.

LEVEL	ELEMENTS	QUALIFICATIONS	LENGTH
BASIC 1-6	Elements only from Basic 1-6 curriculum	Must not have passed any higher than Basic 6level	Time: 1:00max
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: 1:20max
NO TEST	No prescribed or restricted elements	Must not have passed pre-preliminary free skateor any free dance tests	Time: 1:20max
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: 1:20max
PRELIMINARY /	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating preliminary free skate or adult bronzefree skate or free dance test; see National Showcase guidelines for more specific information regarding adults	Time: 1:30max
ADULT PRE-BRONZE	No prescribed or restricted elements	Must have passed no higher than adult pre- bronze free skate test; see National Showcaseguidelines for more specific information regarding adults	Time: 1:40max





<u>EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR MICHIGAN COMPETE WITH US SERIES</u> <u>POINTS</u>

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 competi-tion and may be competed consecutively or with a break in-between pattern dance groupings.

PRELIMINARY

JANUARY 1-MARCH 31	APRIL 1–JUNE 30	JULY 1-SEPTEMBER 30	OCTOBER 1-DECEMBER 31
Dutch Waltz Canasta Tango	 Rhythm Blues Dutch Waltz 	Canasta Tango Rhythm Blues	1.Rhythm Blues 2. Dutch Waltz

PRE-BRONZE

JANUARY 1-MARCH 31	APRIL 1-JUNE 30	JULY 1-SEPTEMBER 30	OCTOBER 1-DECEMBER 31
 Swing Dance Cha-Cha 	1 Fiesta Tango 2 Swing Dance		 Swing Dance Cha-Cha





Skate the Gate Skills & Showcase- Event 13

Entry Form [PLEASE PRINT CLEARLY]

Name		Age	Birth Date
	Last	First	
E-Mail Addre	ess		
Address	0.0	City	
State	Zip	_Area Code/Phone #	
Home Club _		Member #	Highest Level Passed
Male	_Female	_Name <mark> of P</mark> aren <mark>t/Gu</mark> ardian _	
¢E0	for First Frant, 600	Sor Coond Event, \$40 fe	v Cook Additional Event

\$50 f	or First Event; \$20	for Second Event;	\$10 for Each Addition	al Event
Basic	Compulsory	SPEC.OLYMPICS	Adult	Adult Prog w/Music
Compulsory			Compulsory	
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*	Free Skate	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
Basic Prog w/Music	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	Ba <mark>dge 12*</mark>		
Basic 3*				SOLO DANCE
Basic 4*	Well-Balanced Comp	SHOWC	ASE EVENTS	Preliminary
Basic 5*	No Test	B <mark>asic 1-6</mark>	Preliminary	Pre-Bronze
Basic 6*	Pre-Preliminary	Pr <mark>e Free</mark> Skate	Adult 1-6	
	Preli <mark>minary</mark>	B <mark>eginner</mark>	Adult Beginner	
	1	High Beginner	Adult High Beg	
	Well-Balanced FS	No Test	Adult PreBronze	
	No Test	Pre-Preliminary		
	Pre-Preliminary			
	Preliminary			

Events listed above with an * after them will be eligible for Michigan Compete with US Series Points

Entry Fees are not refundable after the entry deadline unless an event is cancelled.

If you are not a U.S. Figure Skating member add \$20 to fee / enter through our Basic Skills Program

First Event	<u>\$</u>	ENTRIES MUST BE POST MARKED BY 9/23/23
Additional Event	\$	Mail form and fees to: Southgate FSC c/o J Timm
Additional Event	\$	14700 Reaume Pkwy, Southgate, MI, 48195
Additional Event	\$	Make check or money order payable to SFSBC
Join USF/S	\$	Credit Card payment option will be posted
TOTAL:	<u>\$</u>	on www.sk8stuff.com or you may email idegroat717@gmail.com for the payment link.

COMPETE
USA
APPROVED BY LEADIN TO SKATE USA



<u>Ce</u>	rtification of Competitor Competitor Name:
1.	The competitor is eligible to enter the events checked. It is agreed that the competitor and family hold the City of Southgate/Southgate FSC 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 & Showcase/Compete USA Series, I understand that the Skate the Gate Skills & Showcase / Compete USA 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 & Showcase / Compete USA 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 & Showcase / Compete USA 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 and by signing below, I am agreeing to the terms and conditions. Parent/Guardian Signature Date
	Club Officer/Program Director
	TitleDate
	COMPETITOR SIGNATUREDate
Rec	ach Signature: Print Name: Please print clearly gistered on U.S.Figure Skating Coaches Registry for the current season? Yes □ # but are not registered, go to www.usfigureskating.org, click on the Coaches Registration button and follow instruction for registration. COACHES WILL BE REQUIRED TO CHECK IN AT REGISTRATION AT EACH EVENT
Pho	one E-mail Address: Please print clearly
	KLIST [please be sure the following is included]: Entry form with U.S. F/S NumberClub Officer/Program Director Signature
C	heck payable to SFSBC or CC payment Events to be entered checked properly

