



## Event 12, Skate the Lakeshore August 19, 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 [Freeskate] and Compulsory/Element events in each of the Series Competitions will be eligible for accumulating points. Each event will have a maximum of 6 skaters. Scoring for the final award will be as follows:

1<sup>st</sup> Place - 6 points

2<sup>nd</sup> Place - 5 points

3<sup>rd</sup> Place - 4 points

4<sup>th</sup> Place - 3 points

5<sup>th</sup> Place - 2 points

6<sup>th</sup> Place - 1 point

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

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

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

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

Medals will be awarded [1-3 Place] in each level as highlighted in each announcement. Beyond the Basic **will NOT** be counted in the Program with Music [Freeskate] and Elements/Compulsory Program Series for this 2023 season. Spins, Dance, Pairs, Theatre on Ice, Synchronized Teams, and Showcase Events **will NOT** 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](http://www.sk8stuff.com). Each competition will have its own entry forms and specific rules. Please make sure to read the entire announcement for each competition.

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# 15<sup>th</sup> Michigan Compete USA Series [formerly Basic Skills Series]

**– Hosted by the following:**

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

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Skate the Lakeshore – Compete USA Competition  
Lake Effect Figure Skating Club  
Griff's Icehouse West ♦ 4444 Holland Ave □ Holland MI 49424  
lakeeffectfigureskating.org, 517.518.1210  
Event Date: **August 19, 2023**  
Registration Due: **August 5, 2023**

Skate the Lakeshore, sponsored by the Lake Effect Figure Skating Club will be held at Griff's Icehouse West on August 19, 2023. The ice surface measures 200x85 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 Jacqueline Alimpich, at skatethelakeshore@gmail.com or 517.518.1210. Email communications are preferred.

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

**Eligibility** - The Competition is open to ALL skaters who are current eligible [ER 100] members of either the Basic Skills Program and/or full members of US Figure Skating. To be eligible skater must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/Club or any other Basic Skills Program/Club. Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic 1-6 skaters must skate at highest level passed or one level higher. NO official US Figure Skating tests may have been passed including MIF or individual dances. For the Pre-Free Skate, Excel, Well Balanced, and Adult levels eligibility will be based only upon highest free skate test level passed. Moves in the Field test level will not determine skater's competitive level. Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition

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

**Entry Fees** – The first event is \$50, the second event is \$20 and each additional event after that is \$10. All entries must be postmarked no later than **August 5, 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.

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

**Jacqueline Alimpich**  
**735 Diamond Ave NE**  
**Grand Rapids MI 49503**

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

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

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

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

**Music** - The music for all free skating programs with music will be supplied by skater should be provided on CD. The CD is to be turned into 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 \$8 at the door.

**Events listed on this page are eligible for Michigan Compete with Us Series Points**



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

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

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

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

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

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

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

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

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

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**EXCEL COMPULSORY**

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

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

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# EXCEL FREE SKATE

General event parameters:

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

<b>EXCEL BEGINNER – 1:40 MAX</b>		
<p>Maximum 4 jump elements:</p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front)</li> <li>• Single rotation jumps: Salchow, toe loop only</li> <li>• Eulers (half loops) are not allowed</li> <li>• Maximum 2 jump combinations or sequences. Combination jumps permitted</li> <li>• Waltz jump/toe loop and/or loop Sequence permitted</li> </ul> <p>Waltz jump/ waltz jump (no turns or hops in between) Maximum 2 of any same jump</p>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• Two upright spins</li> <li>• No change of foot</li> </ul> <p>No flying entry Minimum 3 revolutions Max Level: Base</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> <li>◦ Must use one-half of the ice surface</li> <li>◦ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> </ul> </li> </ul> <p>Jumps may be included in the step sequence</p>
<b>EXCEL HIGH BEGINNER - 1:40 MAX</b>		
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front)</li> <li>• Single rotation jumps: toe loop, Salchow, Euler (half loop), loop</li> <li>• Flip, Lutz, and Axel NOT permitted</li> </ul> <p>Maximum 2 jump combinations or sequences. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> <p>Maximum 2 of any same jump</p>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• Both spins must be in a single position</li> <li>• No change of foot</li> <li>• No flying entry</li> <li>• Permitted forward spins: upright, sit, camel</li> <li>• Permitted back spins: upright</li> </ul> <p>Minimum 3 revolutions Max Level: Base</p> <p>Both spins may be of the same character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> <li>◦ Must use one-half of the ice surface</li> <li>◦ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> </ul> </li> </ul> <p>Jumps may be included in the step sequence</p>

**Excel Beginner and Excel High Beginner Free Skate are eligible for Michigan Compete with Us Series Points**



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**EXCEL PRE-PRELIMINARY – 1:40 MAX**

*Must not 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*

<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Only single jumps allowed</li> <li>• No single Axels</li> <li>• Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> <p>Maximum 2 jump combinations or jump sequences</p> <ul style="list-style-type: none"> <li>• Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> </ul> <p>Jump sequence is any listed jump immediately followed by a waltz jump</p>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• One spin must be in a single position with no change of foot*</li> <li>• One spin may change feet or position, but not both</li> <li>• No flying entry Minimum 3 revolutions Spins must be of a different character</li> </ul> <p align="center">Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> <li>◦ Must use one-half of the ice surface</li> <li>◦ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> </ul> </li> </ul> <p>Jumps may be included in the step sequence</p>
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**EXCEL PRELIMINARY – 2:00 +/- 10 SECONDS**

*Must not have passed higher than U.S. Figure Skating preliminary free skate test*

*\*means required element*

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

<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Only single jumps allowed</li> <li>• No single Axels</li> <li>• Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> <p>Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <p>Jump sequence is any listed jump immediately followed by a waltz jump</p>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• One spin must be a camel or layback spin with no change of foot and no change of position*</li> <li>• One spin may change feet and/ or position</li> <li>• No flying entry Minimum 3 revolutions Spins must be of a different character</li> </ul> <ul style="list-style-type: none"> <li>• Max Level: 1</li> </ul>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> <li>◦ Full ice</li> <li>◦ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> </ul> </li> </ul> <p>Jumps may be included in the step sequence</p>
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## **EXCEL PRELIMINARY PLUS – 2:00 +/- 10 SECONDS**

*Must not have passed higher than U.S. Figure Skating 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

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**WELL BALANCED COMPULSORY**

Format: To be skated on half-ice

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

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



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**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
<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>• Only single jumps allowed except single Axel                             <ul style="list-style-type: none"> <li>◦ No single Axels</li> <li>◦ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>◦ Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> </ul>	<p>Max 2 Spins</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> <li>• Step sequence                             <ul style="list-style-type: none"> <li>◦ Must use one-half the ice surface</li> <li>◦ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>◦ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then ChSt</p>

**PRE-PRELIMINARY — 1:40 MAX**

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

**PRELIMINARY — 2:00 +/- 10 SECONDS**

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

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

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

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

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**ADULT 1-6 FREE SKATE WITH MUSIC**

General event parameters:

- The skating order of the required elements is optional.
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.
- To be skated on full ice
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

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

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

General event parameters:

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

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

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

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

### Badge 1

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

### Badge 2

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

### Badge 3

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

### Badge 4

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

### Badge 5

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

### Badge 6

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

### Badge 7

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

### Badge 8

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

### Badge 9

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

### Badge 10

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

### Badge 11

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

### Badge 12

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

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

**POINTS**

**Showcase Events**

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

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

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

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

<i>LEVEL</i>	<i>ELEMENTS</i>	<i>QUALIFICATIONS</i>	<i>LENGTH</i>
BASIC 1-6	Elements only from Basic 1-6 curriculum	Must not have passed any higher than Basic 6 level	Time: 1:00 max
PRE-FREE SKATE – FREE SKATE 6/ BEGINNER/HIGH BEGINNER/ADULT 1-6/ ADULT BEGINNER/ADULT HIGH BEGINNER	3 jump maximum. Half-rotation jumps only, plus the following full rotation jumps: Salchow and toe loop	May not have passed any official U.S. Figure Skating free skate or free dance tests	Time: 1:20 max
NO TEST	No prescribed or restricted elements	Must not have passed pre-preliminary free skate or any free dance tests	Time: 1:20 max
PRE-PRELIMINARY	No prescribed or restricted elements	Must have passed no higher than U.S. Figure Skating pre-preliminary or any free dance test	Time: 1:20 max
PRELIMINARY /	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating preliminary free skate or adult bronze free skate or free dance test; see National Showcase guidelines for more specific information regarding adults	Time: 1:30 max
ADULT PRE-BRONZE	No prescribed or restricted elements	Must have passed no higher than adult pre-bronze free skate test; see National Showcase guidelines for more specific information regarding adults	Time: 1:40 max

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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.

**PRELIMINARY**

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

**PRE-BRONZE**

<i>JANUARY 1–MARCH 31</i>	<i>APRIL 1–JUNE 30</i>	<i>JULY 1–SEPTEMBER 30</i>	<i>OCTOBER 1–DECEMBER 31</i>
1. Swing Dance 2. Cha-Cha	1. Fiesta Tango 2. Swing Dance	1. Cha-Cha 2. Fiesta Tango	1. Swing Dance 2. Cha-Cha

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**SKATE THE LAKESHORE, EVENT #12**  
**Entry Form [PLEASE PRINT CLEARLY]**

Name \_\_\_\_\_ Age \_\_\_\_\_ **Birth Date** \_\_\_\_\_

\_\_\_\_\_ Last \_\_\_\_\_ First \_\_\_\_\_

**E-Mail Address** \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Area Code/Phone # \_\_\_\_\_

**Home Club** \_\_\_\_\_ **Member #** \_\_\_\_\_ **Highest Level Passed** \_\_\_\_\_

**\$50 for First Event; \$20 for Second Event; \$10 for Each Additional Event**

Basic Compulsory	Compulsory	Well-Balanced Compulsory	Special Olympics	Adult Compulsory	Showcase Events
Snowplow Sam*	Pre Free Skate*	No Test	Badge 1*	Adult 1	Basic 1-6
Basic 1*	Free Skate 1	Pre-Preliminary	Badge 2*	Adult 2	Pre Free Skate
Basic 2*	Free Skate 2	Preliminary	Badge 3*	Adult 3	Beginner
Basic 3*	Free Skate 3		Badge 4*	Adult 4	High Beginner
Basic 4*	Free Skate 4	<b>Well-Balanced Free Skate</b>	Badge 5*	Adult 5	No Test
Basic 5*	Free Skate 5	No Test	Badge 6*	Adult 6	Pre-Preliminary
Basic 6*	Free Skate 6	Pre-Preliminary	Badge 7*	Adult Beginner	Preliminary
	Excel Beginner*	Preliminary	Badge 8*	Adult High Beg	Adult 1-6
<b>Basic Program w/Music</b>	Excel High Beg*		Badge 9*	Adult Pre-Bronze	Adult Beginner
Snowplow Sam*	Excel Pre-Prelim	<b>Solo Dance</b>	Badge 10*	Adult Bronze	Adult High Beg
Basic 1*	Excel Preliminary	Preliminary	Badge 11*		Adult PreBronze
Basic 2*		Pre-Bronze	Badge 12*	<b>Adult Program w/Music</b>	
Basic 3*	<b>Free Skate</b>			Adult 1	
Basic 4*	Pre Free Skate*			Adult 2	
Basic 5*	Free Skate 1			Adult 3	
Basic 6*	Free Skate 2			Adult 4	
	Free Skate 3			Adult 5	
	Free Skate 4			Adult 6	
	Free Skate 5			Adult Beginner	
	Free Skate 6			Adult High Beg	
	Excel Beginner*			Adult Pre-Bronze	
	Excel High Beg*			Adult Bronze	
	Excel Pre-Prelim				
	Excel Preliminary				
	Excel Prelim Plus				

Male \_\_\_\_\_ Female \_\_\_\_\_ Name of Parent/Guardian \_\_\_\_\_

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 \$15 to fee / enter through our Basic Skills Program

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First Event \$ \_\_\_\_\_  
Additional Event \$ \_\_\_\_\_  
Additional Event \$ \_\_\_\_\_  
Additional Event \$ \_\_\_\_\_  
Join USF/S \$ \_\_\_\_\_  
**TOTAL:** \$ \_\_\_\_\_

**ENTRIES MUST BE POSTMARKED BY AUGUST 5, 2023**

Mail form and fees to: [Jacqueline Alimpich](#)

[735 Diamond Ave NE, Grand Rapids MI 49503](#)

Make check or money order payable **to LEFSC**

INTERESTED IN PAYING BY CREDIT CARD?

CONTACT: [Jacqueline at skatethelakeshore@gmail.com](mailto:Jacqueline at skatethelakeshore@gmail.com)



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**Certification of Competitor**

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

1. The competitor is eligible to enter the events checked. It is agreed that the competitor and family hold the **Lake Effect Figure Skating Club and Griff's Icehouse West** 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 Lakeshore/Basic Skills Series**, I understand that the **Skate the Lakeshore/Basic Skills Series**, or its agents, may take photographs, video and/or film of my, my minor's and/or my family's involvement, participation, viewing or interaction at **Skate the Lakeshore/Basic Skills Series** scheduled ice time, activities, classes or events. I hereby authorize the taking and use of such photographs, video, film or likeness of myself, my minor child (or children), and/or my family in all forms and media and in all manners, including composite or other representations, for any lawful and legitimate **Skate the Lakeshore /Basic Skills Series** purpose, including dissemination and distribution of the same; and further waive any right to approve or object to any finished, modified or derivative product or media
3. I have read the Concussion Awareness Information located on [www.sk8stuff.com](http://www.sk8stuff.com) and by signing below, I am agreeing to the terms and conditions.

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

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

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

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

Coach Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_

Please print clearly

Registered on U.S. Figure Skating Coaches Registry for the current season? Yes  No  # \_\_\_\_\_  
If you are not registered, go to [www.usfigureskating.org](http://www.usfigureskating.org), click on the Coaches Registration button and follow the instruction for registration.

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

Phone \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Please print clearly

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

\_\_\_\_ Entry form with U.S. F/S Number

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

\_\_\_\_ Check payable to **LEFSC**

\_\_\_\_ Events to be entered checked properly



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**HAPPY AD ADVERTISING FORM**

[Put an encouraging note to your skater or entire club in our program]

**Ad sizes available:** Ads are available in business card size only however you may purchase more than one ad to make a larger tribute to your skater.

\_\_\_\_\_ # of Business Card ads X \$5 = \$\_\_\_\_\_

Please include payment with your copy

Contact Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Insert Ad copy here or attach camera-ready artwork to this form.