RMU Island Sports Center's
2023 Shamrock Skate
Compete USA Competition
SUNDAY, MARCH 26, 2023

Rules: This competition, hosted by the RMU Island Sports Center, will be conducted in accordance with the rules set forth in the ***2022-23 edition of the U.S. Figure Skating Rulebook (updated September 21, 2022)***. The competition is open all persons as defined by the eligibility rules and who are currently registered with U.S. Figure Skating. **Skaters must be current members (for the 2022-23 membership year) of U.S. Figure Skating, either through a member club, a registered Learn to Skate USA program or as an individual member.** Current membership will be verified by the competition registrar prior to the competition.

INDIVIDUAL/COUPLES EVENTS:

- Snowplow Sam- Basic 6: Elements & Program with Music
- Pre-Free Skate-Free Skate 1-6: Compulsory & Program with Music
- Excel Compulsory Moves & Excel Free Skate with Music
- Well Balanced Levels: Compulsory Moves & Free Skate with Music
- Jump & Spin Events: Beginner – Preliminary
- Individual Showcase Events: Dramatic & Light Entertainment:
  Basic 1- 6, Pre-Free Skate – FS 6, Beginner- Preliminary
- Couples Duet Showcase: Basic 1 - 6, Pre-Free Skate – FS 6, Beginner- Preliminary
  - *Couples Showcase: Both skaters must register individually and pay the appropriate event fees*

Skaters must skate at least at the **highest level passed by Friday, February 17, 2023**, but may skate up one level.

TEAM EVENTS

- Aspire Synchro Team Event: Aspire Snowplow Sam – Aspire Beginner
- Production Ensemble Team Event: (Theatre on Ice)

Age Restrictions: Skaters entering Snowplow Sam through Preliminary events will be divided by level & age should the number of entries warrant more than one group.

Entries: ***To minimize registration errors, the competition registration will be a TWO-STEP PROCESS.***
STEP 1: First go to www.rmu.edu/dash to start the registration process and to pay for competition events. RMU ISC has a new registration system, for skaters who have not set up and account in DASH, must do so to register for their events. Once you have a profile in the registration system, you may go to the Register area and click on the Shamrock Skate registration area. ***PLEASE BE SURE THE SKATERS NAME IS INDICATED IN THE REGISTRANT DROP DOWN. Be sure to register for ALL Events in which the skater is participating: 1st event, 2nd event, 3rd event, etc.*** See detailed registration procedure page at the end of this document.

STEP 2: Once the RMU ISC DASH registration is completed, skaters must go to www.sk8stuff.com to register for their individual competition details so that they will be scheduled for the competition: name, us fs number, level,events, rink, coach, etc. ***Sk8stuff is ONLY registration details for your skater's events. You DO NOT need to send additional forms or fees from sk8stuff.***

If skaters do not complete this TWO-STEP PROCESS, they will not be scheduled for their competition events.

Entry deadline is Friday, February 17, 2023

Late entries may be accepted at the discretion of the competition director and if space is available. ***If accepted, a late fee of $25 will be assessed.***

REGISTRATION MAY CLOSE EARLY! RMU Island Sport Center reserves the right to limit entries prior to the deadline by event based on entry date/timestamp, if estimated skating time exceeds available ice time. This may result in closing registration prior to the stated deadline.

Entry Fees:

Individual Entry Fee		Team/Ensemble Events
1st event: $65	**Each additional Event: $30**	**$70/Team/Ensemble + $14/skater**

Refund Policy: Entry fees *will not be refunded* after Friday, February 17, 2023, unless no competition exists or an event is canceled. There will be **no refunds** for medical withdrawals or any other reason. Payment of the fee will be required before the skater can participate in practice ice or events.

Scheduling of Events: A tentative schedule of events will be available at: http://isc.rmu.edu/figure-skating/shamrock
An email will be sent to all coaches and skaters based on email listed in DASH registration system.

Coaches: Coaches must be in compliance with Rules MR 5.12 and MR 5.13 in the current U.S. Figure Skating Rulebook or they will not be allowed at the venue. Coaches must be a current full member of U.S. Figure Skating. They must have completed the registration process through U.S. Figure Skating and paid the annual registration fee. If 18 years of age or older, they must have successfully passed the background screen. Coaches must have completed the appropriate CER courses depending on the highest level of skaters being coached. They must have submitted proof of current general liability insurance. For Basics Skills coaches ONLY, the coach must be 18 years and older and instructing in a Learn to Skate USA program. In addition, they must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor member.

The competition committee will check the list of compliant coaches that is published online by U.S Figure Skating. A coach who is not on the list of compliant coaches will not be allowed to be in the coaching area during the competition.

Assumption of Liability: Per rule 1600 in the current U.S Figure Skating Rulebook, U.S. Figure Skating, the RMU Island Sports Center and organizers of this competition undertake no responsibility for damages or injuries suffered by the competitors. As a condition of and in consideration of the acceptance of their entries or participation in this competition, the competitor and his/her parents(s) agree to assume all risks of injury and loss of property resulting from, caused by or connected with, the conduct of management of this competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the RMU Island Sports Center and their employees, and their entries shall be accepted only on such condition.

Facilities: RMU Island Sports Center will use the Olympic Arena for the competition events. The rink's telephone number is 412.397.4454

Registration: The Shamrock Skate competition registration desk will be located at the entrance of RMU Island Sports Center Café Area. The registration desk will open at 7:00 AM. Competitors must check in at the Registration Desk upon arrival.

MUSIC: The skaters competition music must be uploaded to Entryeeze for Shamrock Skate no later than March 10, 2023. *Directions for music upload will follow once the competition schedule has been posted.*

Skater's official competition music must be uploaded on Entryeeze by March 2, 2023. All skaters should have a backup CD readily available (rink-side) during the event. CDs are the only acceptable form of back up media. Cassettes, phones, thumb-drives, or Mp3 players will not be accepted. Each CD must have only ONE (1) track on it. In the case of more than one program, two (2) separate disks must be used. Any disc with more than one (1) track will NOT be considered an acceptable form of back up. Due to compatibility and reliability reasons music may NOT be submitted on re-recordable "CD-RW" discs.

Computation of Results: The 6.0 Majority closed system of judging will be used in all events.

Events/Awards: All events will be final rounds. Medals will be awarded for 1st, 2nd, and 3rd place. Ribbons will be awarded for 4th, 5th & 6th places. The skater is responsible for picking up award(s) during awards ceremonies. Awards will not be mailed to the skater. Awards will be distributed immediately following the posting of results. Skaters should report to the awards podium to receive their event award.

Videography and Photos: Those interested in videotaping or taking photographs are required to do so from the bleachers. No individual will be allowed at rink side for these purposes. Absolutely no flash photography is permitted during the warm- ups or competition events.

Notices: Official notices and skating orders will be posted at the ice entrance for the competition events & in the program booklet. Skaters should arrive at the facility a minimum of one hour before their scheduled skate time and should check in with the ice monitor twenty minutes prior to their events***. If the events are running ahead of schedule, the competition will keep moving forward with events.*** Skaters who do not arrive at least an hour prior to their scheduled warm-ups/events will not be provided refunds or credits if they miss their events due to the schedule running early.

Questions: Contact Beth Sutton @ Sutton@rmu.edu or 412.397.4469

REGISTRATION - NEW PROCESS!! PLEASE NOTE

Go to the RMU ISC registration system to register your skater: www.rmu.edu/dash

Go to the registration tab and click the link, then look for the Shamrock Skate registration block and click to be taken the registration page.

To minimize registration errors, the competition registration will be a TWO-STEP PROCESS.

STEP 1: Go to the registration area of the DASH system and locate the SHAMROCK SKATE logo block and click on it. It will take you to the page listing registration choices. Click on EVENT REGISTRATION, BE SURE TO CHOOSE THE SKATER'S NAME IN THE "Who are you registering" drop-down.

Then choose: Shamrock Skate 1st Event Registration ($65) - fill out all the fields for the skater's event registration as listed, then click on "confirm registration."

If you would like to add additional events, click on "add another registration" choose the subsequent events: Shamrock Skate 2nd Event, 3rd, 4th, depending on the number of additional events in which the skater will participate. Confirm all event registrations and go to the check-out area to pay for your skater's events**.**

NOTE: For skater's participating in couples showcase, both partners must register for the showcase event and pay the appropriate fees based on the number of events in which he/she is participating in.

STEP 2: Once the skater's registration has been completed in the RMU ISC DASH Registration System, you must go to the sk8stuff website, to confirm the skater's event entry, so that he/she is added to the competition scheduler.
We realize this is double entry of the skater's details from DASH, but it is the best way to ensure event accuracy in the scheduler area.

Go to: http://evt.sk8stuff.com/lister_event_detail.asp?id=5272

If skaters do not complete this TWO-STEP PROCESS, they will not be scheduled for their competition events.
Entry deadline is Friday, February 17, 2023

Practice Ice will be available for purchase in the DASH system when the schedule is posted.

Please be sure your skater and coach are aware of the new Compete USA rules which took effect September 21, 2022.

Music will be uploaded through Entryeeze. **Once the schedule is posted and you receive the music upload details, skaters will need to upload their music**. You will use your same account to upload music and Entryeeze will send you a PIN for the Shamrock Skate.
Do not create a new account.

(MUSIC UPLOAD WILL HAPPEN ONCE THE SCHEDULE IS FINALIZED FOR THE SKATERS AND NOT BEFORE)

If you have any questions or concerns please reach out to me: sutton@rmu.edu

ADDITIONAL INFORMATION:
Area Hotels:

Fairfield Inn & Suites by Marriott Pittsburgh-Neville Island
5850 Grand Avenue, Pittsburgh, PA 15225
(412) 264.4722

Double Tree Hotel in Moon Township
8402 University Blvd, Moon, PA 15108
(412) 329-1400

MISSION STATEMENT:
We promote a FUN, introductory, competitive experience for all participants.

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

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

ELIGIBILITY RULES FOR PARTICIPANTS

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

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

For the **Pre-Free Skate, Free Skate 1-6, excel and well-balanced** eligibility will be based only upon highest badge level or free skate test level passed. Moves in the field test level will not determine a skater's competitive level. Skaters may skate at highest level passed OR one level higher but not both levels in the same event during the same competition.

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

ELIGIBILITY RULES FOR COACHES/INSTRUCTORS

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

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

Snowplow Sam - Basic 6 Elements

THERE ARE TWO FORMAT OPTIONS FOR THE ELEMENTS EVENT:

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)
3. **Judge/referee will directed event: All skaters perform first element before moving on to the next and so on**
   - To be skated on 1/2 ice
   - No music
   - ***All elements must be skated in the order listed.***

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

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

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

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.
- **Skater will choose side to perform 1/2 ice compulsory**

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
FREE SKATE 1	**1:15 max**	• Forward stroking, 4-6 consecutive powerful strokes • Backward outside three-turn, right and left • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions • Toe loop • Half flip jump
FREE SKATE 2	**1:15 max**	• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Backward inside three-turn, right and left • Beginning back spin, optional entry and free-foot position, maximum 3 revolutions • Half Lutz • Salchow jump
FREE SKATE 3	**1:15 max**	• Alternating mohawk/crossover sequence, right to left and left to right • Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise • Advanced back spin with free foot in crossed leg position, minimum 3 revolutions • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination
FREE SKATE 4	**1:15 max**	• Forward power 3s, 2-3 consecutive sets, right or left • Sit spin, minimum 3 revolutions • Half loop jump • Flip jump
FREE SKATE 5	**1:15 max**	• Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions • Camel spin, minimum 3 revolutions • Waltz jump-loop jump combination • Lutz jump
FREE SKATE 6	**1:15 max**	• Forward power pulls, minimum 3 on each foot • Camel, sit spin combination, minimum of 4 revolutions total • Waltz jump-Euler (half loop)-Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving

Pre-Free Skate - Free Skate 1-6 Program with Music

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

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

LEVEL	TIME	SKATING RULES/STANDARDS
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*
FREE SKATE 1	**1:40 max**	• Forward stroking, 4-6 consecutive powerful strokes • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions • Toe loop jump • Half flip jump • *NOT ALLOWED - Waltz jump-toe loop jump combination*
FREE SKATE 2	**1:40 max**	• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Beginning back spin, optional entry and free foot position, maximum 2 revolutions • Half Lutz • Salchow jump • *NOT ALLOWED - Waltz jump-toe loop or Salchow-toe loop jump combination*
FREE SKATE 3	**1:40 max**	• Alternating mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, minimum 3 revolutions • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination • *NOT ALLOWED - Waltz-loop jump combination*
FREE SKATE 4	**1:40 max**	• Forward power 3s, 2-3 consecutive sets, right or left • Sit spin, minimum 3 revolutions • Half loop jump • Flip jump • *NOT ALLOWED - Waltz-loop or Waltz-Euler-Salchow jump combination*
FREE SKATE 5	**1:40 max**	• Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions • Camel spin, minimum 3 revolutions • Waltz-loop jump combination • Lutz jump
FREE SKATE 6	**1:40 max**	• Creative step sequence using a variety of three turns, mohawks and toe steps, half-ice • Camel-sit spin combination spin, minimum of 4 revolutions total • Waltz jump-Euler (half loop)-Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving

Excel Compulsory

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

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

LEVEL	*TIME*	*SKATING RULES/STANDARDS*
EXCEL BEGINNER	**1:15 max**	• Waltz Jump • Salchow jump • One-foot upright spin, minimum 3 revolutions • Choreographic step sequence
EXCEL HIGH BEGINNER	**1:15 max**	• Loop jump • Salchow-toe loop jump combination • Sit spin, minimum 3 revolutions • Choreographic step sequence
EXCEL PRE-PRELIMINARY	**1:15 max**	• Flip jump • Loop-loop jump combination • Camel spin, minimum 3 revolutions • Choreographic step sequence
EXCEL PRELIMINARY	**1:15 max**	• Lutz jump • Flip-loop jump combination • Camel-sit combination spin, minimum 6 revolutions total • Choreographic step sequence

Well-Balanced Levels Compulsory

FORMAT: ***To be skated on half-ice, of skater's choice***

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

LEVEL	*TIME*	*SKATING RULES/STANDARDS*
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 **not** include Axel) combination • Spin with one change of foot and one change of position, minimum 3 revolutions on each foot • Choreographic step sequence

Excel Free Skate

GENERAL EVENT PARAMETERS:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up to one level higher

EXCEL BEGINNER — 1:30 +/- 10 SECONDS		
Learn to Skate USA membership OR full U.S. Figure Skating membership required		
JUMPS	***SPINS***	***STEP SEQUENCES***
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 o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence

EXCEL HIGH BEGINNER — 1:30 +/- 10 SECONDS		
Learn to Skate USA membership OR full U.S. Figure Skating membership required		
JUMPS	***SPINS***	***STEP SEQUENCES***
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 o Jumps may be included in the step sequence

EXCEL PRE-PRELIMINARY — 1:30 +/- 10 SECONDS

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

JUMPS	SPINS	STEP SEQUENCES
Maximum 5 jump elements: • All single jumps allowed, except for the Axel • No single Axels, double or higher jumps allowed • 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) 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 o Jumps may be included in the step sequence

EXCEL PRELIMINARY — 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

JUMPS	SPINS	STEP SEQUENCES
Maximum 5 jump elements: • All single jumps allowed, except for the Axel • No single Axels, double or higher jumps allowed • 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 o Jumps may be included in the step sequence

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

JUMPS	SPINS	STEP SEQUENCES
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 o Jumps may be included in the step sequence

Well-Balanced Free Skate Program

GENERAL EVENT PARAMETERS:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up one level higher.

NO TEST — 1:40 MAX

JUMPS	*SPINS*	*STEP SEQUENCES*
Max 5 Jump Elements • All single jumps allowed except single Axel o No single Axels, double, triple or quadruple jumps allowed o 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 o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed o Jump sequence is any listed jump immediately followed by an Axel-type jump (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 o Must use one-half the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence

PRE-PRELIMINARY — 1:40 MAX

JUMPS	*SPINS*	*STEP SEQUENCES*
Max 5 Jump Elements • All single jumps, including single Axel, allowed o No double, triple or quadruple jumps allowed o Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels) o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed o 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 6103 (E))	Max 1 Sequence • Step sequence o Must use one-half the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence

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) o Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed o 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 o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences o 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 o 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 6103 (E))	Max 1 Sequence • Step sequence o Choreographic step sequence full ice o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence

Spin Challenge

GENERAL EVENT PARAMETERS:

- Spins may be skated in any order
- Connecting steps are allowed but will not be taken into consideration when scoring
- Spins may not be repeated; only required elements may be included
- All events are skated on half-ice, of skaters choice
- Minimum number of revolutions are noted in parentheses

BEGINNER — 1:30 MAX
ELEMENTS
• Upright one-foot spin (3) • Upright back spin (3) • Sit spin (3)

HIGH BEGINNER — 1:30 MAX
ELEMENTS
• Upright one-foot spin (4) • Upright spin with change of foot (3 each foot) • Sit spin (3)

NO TEST — 1:30 MAX
ELEMENTS
• Upright spin with change of foot (3 each foot) • Sit spin (3) • Camel spin (3)

PRE-PRELIMINARY — 1:30 MAX
ELEMENTS
• Camel / Sit (6) • Backward sit spin (3) • Camel spin (4)

PRELIMINARY — 1:30 MAX
ELEMENTS
• Spin with one change of foot and one change of position (min. 3 each foot) • Sit spin with change of foot (min 3. each foot) • One position spin, skater's choice (upright, sit or camel) (4)

Jumps Challenge

GENERAL EVENT PARAMETERS:

- Each jump may be attempted twice; the best attempt will be counted
- To be skated on half-ice of skaters choice

BEGINNER — 1:15 MAX
ELEMENTS
• Waltz jump (from backward crossovers) • Half flip or half Lutz • Single Salchow

HIGH BEGINNER — 1:15 MAX
ELEMENTS
• Waltz jump (from backward crossovers) • Single Salchow • Jump combination: waltz jump-toe loop

NO TEST — 1:15 MAX
ELEMENTS
• Single Salchow • Single loop • Jump combination: Any two half or single revolution jumps (no Axel)

PRE-PRELIMINARY — 1:15 MAX
ELEMENTS
• Single toe loop • Single flip • Jump combination: Any two half or single revolution jumps (no Axel)

PRELIMINARY — 1:15 MAX
ELEMENTS
• Single flip • Single Lutz • Jump combination: Any single jump + single loop (may be Axel)

Theatre on Ice

Please see details below for Production Ensembles for TOI teams who wish to enter Shamrock Skate.

Showcase Events

Showcase events are open to skaters in the Basic, Free Skate, limited beginner, preliminary levels. Groups will be divided by number of entries and ages, if possible. Skaters must enter at the same level as their free skate even. If a free skate event is not being entered, skaters must enterat 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 more than the time allowed for the performance, for handling props and scenery and for scenery assistance.

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

** For specific guidelines regarding the conduct of showcase competitions, refer to the nonqualifying showcase guidelines posted on usfigureskating.org.*

Showcase categories may include:

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

Showcase Events

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
BASIC 1-6	Elements only from Basic 1-6 curriculum	Must not have passed any higher than Basic 6 level	Time: 1:00 max
PRE-FREE SKATE – FREE SKATE 6/ BEGINNER/HIGH BEGINNER	3 jump maximum. Half-rotation jumps only, plus the following full rotation jumps: Salchow and toe loop	May not have passed any official U.S. Figure Skating free skate or free dance tests	Time: 1:30 max
NO TEST	No prescribed or restricted elements	Must not have passed pre-preliminary free skate or any free dance tests	Time: 1:30 max
PRE-PRELIMINARY	No prescribed or restricted elements	Must have passed no higher than U.S. Figure Skating pre-preliminary or any free dance test	Time: 1:30 max
PRODUCTION ENSEMBLE (Theatre on Ice)	No prescribed or restricted elements	OPEN LEVELS FOR ALL SKATERS	Time: 4:30 max

Aspire Synchro

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

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

SNOWPLOW SAM SYNCHRO — 2:10 MAX

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

ASPIRE BEGINNER — 2:10 MAX

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

ASPIRE PRE-PRELIMINARY — 2:10 MAX

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

ASPIRE PRELIMINARY — 2:10 MAX

5 Elements	One Circle Element	One Line Element	One Block Element	One Wheel Element	One Intersection Element	Additional Items for Aspire Preliminary
Number of Required Holds: 2 different holds shown by the whole team for any length of time Any type of holds permitted 5-20 skaters 17 years of age and younger	Forward and backward skating permitted Must contain one feature Choice of: • Change of direction • Change of configuration • Travel	Must include forward and backward skating Must cover full ice Must contain one feature Choice of: • Change of direction • Change of configuration • Pivoting	Forward and backward skating permitted Must cover full ice Must contain one feature Choice of: • Change of configuration • Pivoting	Backward skating only Must contain one feature Choice of: • Change of direction • Change of configuration • Travel		Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.