



20th Annual Spring Splash May 20, 2023

This competition is endorsed by US Figure Skating.

The annual Basic Skills Competition sponsored by the Richmond Skating Stars will be held at the Richmond Ice Zone on Saturday, May 20, 2023.

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA program and those who are full members of U.S. Figure Skating. To be eligible, skaters 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 Learn to Skate USA or a member club. There will be no more than five competitors maximum in an event and five will 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 Skills 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, Freeskate 1-6, Excel levels and Well Balanced 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.

ENTRIES AND FEES -All entries must be postmarked no later than **April 22, 2023**. Late entries will be accepted only if the limit has not been reached, at the discretion of the organizers. Entry fees are per person, U.S. dollars. ***The first event is \$60 and each additional event is \$30.*** NO refunds after closing date unless event is canceled.

*****All entries will be online on Entryeze*****

AWARDS – Everyone will receive an award. All events will be final rounds. Medals will be awarded to first through fifth place.

SCHEDULE OF EVENTS – Will be posted on www.richmondskating.com at least one week prior to the event.

MUSIC - The music for all free skating programs and showcase must be provided on CDs by the skater. CDs should be clearly marked with the name of the skater, event entered and length of music (not skating time). Competition music is to be turned in at the time of registration. Time duration is always +/- 10 seconds (unless specified).

Directions:

Directions are also available on our web site: www.richmondskating.com

From the North - Interstate 95 south to exit 79. Follow 195 south to Powhite Parkway. Follow Powhite Parkway to the Midlothian Turnpike exit. Take Midlothian Turnpike west about 4 miles to Johnston Willis Drive. Turn left between the Jeep and Ford car dealerships and the Ice Zone will be on your right.

From the South - Interstate 95 north to Chippenham Parkway 150 North. Follow Chippenham to Midlothian Turnpike west. Take Midlothian Turnpike west about 6 miles to Johnston Willis Drive. Turn left between the Jeep and Ford car dealerships and the Ice Zone will be on your right.

From the East - Interstate 64 west to 95 South. 95 South to the Downtown Expressway. Follow the Downtown expressway to the Powhite Parkway 76 South. Follow Powhite Parkway to the Midlothian Turnpike exit. Take Midlothian Turnpike west about 4 miles to Johnston Willis Drive. Turn left between the Jeep and Ford car dealerships and the Ice Zone will be on your right.

From the West - Follow Rte 60 east through the village of Midlothian towards Richmond. After passing Chesterfield Town Center Mall turn right on Johnston Willis Drive, between the Jeep and Ford car dealerships and the Ice Zone will be on your right.

Hotels:

Hampton Inn: (804) 897-2800
800 Research Road Richmond, VA 23236

Sheraton Park South: (804) 323-1144
9901 Midlothian Turnpike Richmond, VA 23235

DoubleTree by Hilton (804) 379-3800
1021 Koger Center Blvd Richmond, VA 23235

Questions? Contact Gaby Corcoran, Competition Director: (804) 378-7465 x104 gaby@richmondicezone.com

SNOWPLOW SAM – BASIC 6 ELEMENTS

Two format options for the Elements Event:

- Skater will perform one element at a time in the **order listed below** (no excessive connecting steps or choreography) before moving on to the next skater.
- To be skated on ½ ice
- No music
- Snowplow Sam skaters may be divided by level (1-4), if registrations warrant
- **All elements must be skated in the order listed.**

| Level | Time | Skating rules/standards |
|--------------|-----------|---|
| Snowplow Sam | 1:00 max. | <ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row |
| Basic 1 | 1:00 max. | <ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row |
| Basic 2 | 1:00 max. | <ul style="list-style-type: none"> • 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 | 1:00 max. | <ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ 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. | <ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ 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. | <ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop |
| Basic 6 | 1:00 max. | <ul style="list-style-type: none"> • 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 held position and entry • 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.
- Snowplow Sam skaters may be divided by level (1-4), if registrations warrant

| Level | Time | Skating rules/standards |
|--------------|-----------|---|
| Snowplow Sam | 1:10 max. | <ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row |
| Basic 1 | 1:10 max. | <ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row |
| Basic 2 | 1:10 max. | <ul style="list-style-type: none"> • 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. | <ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ 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. | <ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ 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. | <ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop |
| Basic 6 | 1:10 max. | <ul style="list-style-type: none"> • 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 entry and free leg position • T-stop, right or left |

PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum

| Level | Time | Skating rules/standards |
|----------------|-----------|--|
| Pre-Free Skate | 1:15 max. | <ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise <ul style="list-style-type: none"> • One-foot upright spin, optional entry and free-foot position - minimum 3 revolutions • Mazurka • Waltz jump |
| Free Skate 1 | 1:15 max. | <ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • Backward outside three-turns, 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. | <ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Backward inside three-turns, right and left • Beginning back spin- maximum 3 revolutions, optional entry and free foot position • Half Lutz • Salchow jump |
| Free Skate 3 | 1:15 max. | <ul style="list-style-type: none"> • 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. | <ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum 3 revolutions • Half loop jump • Flip jump |
| Free Skate 5 | 1:15 max. | <ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum 3 revolutions • Waltz jump-loop jump combination • Lutz jump |
| Free Skate 6 | 1:15 max. | <ul style="list-style-type: none"> • Forward power pulls, minimum 3 on each foot • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump, half loop (Euler), Salchow jump combination • Beginning Axel jump – minimum requirement is a clear attempt either stationary |

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.
- Time 1:40 max.

| LEVEL | TIME | SKATING RULES/STANDARDS |
|----------------|----------|---|
| PRE-FREE SKATE | 1:40 max | <ul style="list-style-type: none"> • 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 • <i>NOT ALLOWED – Waltz jump-side toe hop-waltz jump</i> |
| FREE SKATE 1 | 1:40 max | <ul style="list-style-type: none"> • 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 • <i>NOT ALLOWED – Waltz jump-toe loop jump combination</i> |
| FREE SKATE 2 | 1:40 max | <ul style="list-style-type: none"> • 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 • <i>NOT ALLOWED – Waltz jump-toe loop or Salchow-toe loop jump combination</i> |
| FREE SKATE 3 | 1:40 max | <ul style="list-style-type: none"> • 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 • <i>NOT ALLOWED – Waltz-loop jump combination</i> |
| FREE SKATE 4 | 1:40 max | <ul style="list-style-type: none"> • Forward power 3s, 2-3 consecutive sets, right or left • Sit spin, minimum 3 revolutions • Half loop jump • Flip jump • <i>NOT ALLOWED – Waltz-loop or Waltz-Euler-Salchow jump combination</i> |
| FREE SKATE 5 | 1:40 max | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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 Compulsories

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- **Time: 1:15 maximum**

| LEVEL | TIME | SKATING RULES/STANDARDS |
|-----------------------|----------|---|
| EXCEL BEGINNER | 1:15 max | <ul style="list-style-type: none"> • Waltz Jump • Salchow jump • One-foot upright spin, minimum 3 revolutions • Choreographic step sequence |
| EXCEL HIGH BEGINNER | 1:15 max | <ul style="list-style-type: none"> • Loop jump • Salchow-toe loop jump combination • Sit spin, minimum 3 revolutions • Choreographic step sequence |
| EXCEL PRE-PRELIMINARY | 1:15 max | <ul style="list-style-type: none"> • Flip jump • Loop-loop jump combination • Camel spin, minimum 3 revolutions • Choreographic step sequence |
| EXCEL PRELIMINARY | 1:15 max | <ul style="list-style-type: none"> • Lutz jump • Flip-loop jump combination • Camel-sit combination spin, minimum 6 revolutions total • 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. Vocal music is permitted at all level
- 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: <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Waltz jump/toe loop and/or • Salchow/toe loop Sequence permitted <ul style="list-style-type: none"> • Waltz jump/ waltz jump (no turns or hops in between)Maximum 2 of any same jump | Maximum 2 spins: <ul style="list-style-type: none"> • Two upright spins • No change of foot • No flying entry Minimum 3 revolutions Max Level: Base | Maximum 1 Sequence: <ul style="list-style-type: none"> • Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> 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 |
|---|--|---|
| <p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: toe loop, Salchow, Euler (halfloop), loop • Flip, Lutz, and Axel NOT permitted <p>Maximum 2 jump combinations or sequences. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump <p>Maximum 2 of any same jump</p> | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 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 <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"> • Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> 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 |
|---|--|---|
| <p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • 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 <p>Maximum 2 jump combinations or jump sequences</p> <ul style="list-style-type: none"> • Jump combinations limited to 2 jumps. One 3-jump combination is allowed • Jump sequence is any listed jump immediately followed by a waltz jump | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 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 <p>Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p> | <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> 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 |
|--|---|---|
| <p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • 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 <p>Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump | <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 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 <p>Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p> | <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> 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 |
| <p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Only single jumps allowed except single Axel <ul style="list-style-type: none"> ◦ No single Axels ◦ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ◦ Jump sequence is any listed jump immediately followed by a waltz jump | <p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <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"> • Step sequence <ul style="list-style-type: none"> ◦ Must use one-half the ice surface ◦ Moves in the field and spiral sequences are allowed but will not be counted as elements ◦ Jumps may be included in the step sequence <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"> • All single jumps, including single Axel, allowed <ul style="list-style-type: none"> ◦ No double, triple or quadruple jumps allowed ◦ Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels) ◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump | <p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <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"> • Step sequence <ul style="list-style-type: none"> ◦ Must use one-half the ice surface ◦ Moves in the field and spiral sequences are allowed but will not be counted as elements ◦ Jumps may be included in the step sequence <p>If IJS is used, then ChSt</p> |

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.

ADULT 1 — 1:40 MAX

ELEMENTS

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop - two feet or one foot

ADULT 4 — 1:40 MAX

ELEMENTS

- Forward outside edge on a circle, right and left
- Forward inside edge on a circle, right and left
- Forward crossovers, clockwise and counterclockwise
- Backward one-foot glides, right and left
- Hockey stop, both directions

ADULT 2 — 1:40 MAX

ELEMENTS

- Forward skating across the width of the ice
- Forward one-foot glides
- Forward slalom
- Backward skating
- Backward swizzles, 4-6 in a row

ADULT 5 — 1:40 MAX

ELEMENTS

- Backward outside edge on a circle, right and left
- Backward inside edge on a circle, right and left
- Backward crossovers, clockwise and counterclockwise
- Forward outside three-turn, right and left
- Beginning two-foot spin

ADULT 3 — 1:40 MAX

ELEMENTS

- Forward stroking using the blade properly
- Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise
- Backward skating to a long two-foot glide
- Forward chasses on a circle, clockwise and counterclockwise
- Backward snowplow stop, Right and Left

ADULT 6 — 1:40 MAX

ELEMENTS

- Forward stroking with crossover end patterns
- Backward stroking with crossover end patterns
- Forward inside three-turn, right and left
- T-stop
- Lunge
- Two-foot spin into one-foot spin (min 2 revs on 1 foot)

ADULT INTRODUCTORY – BRONZE FREE SKATE PROGRAM

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.

ADULT BEGINNER — 1:40 MAX

| JUMPS | SPINS | STEP SEQUENCES | QUALIFICATIONS |
|--|--|--|--|
| Max 4 Jump Elements <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet and waltz jump • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same jump | Max 2 Spins <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program | Skaters may not have passed any U.S. Figure Skating Free Skate tests |

ADULT HIGH BEGINNER — 1:40 MAX

| JUMPS | SPINS | STEP SEQUENCES | QUALIFICATIONS |
|---|---|--|--|
| Max 4 Jump Elements: <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump. | Max 2 Spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program | Skaters may not have passed any U.S. Figure Skating Free Skate tests |

ADULT PRE-BRONZE — 1:40 MAX

| JUMPS | SPINS | STEP SEQUENCES | QUALIFICATIONS |
|---|--|--|--|
| Max 4 Jump Elements: <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ◦ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are permitted (<u>half flip and half lutz are permitted</u>) • No single Lutz, single Axel, double or triple jumps are permitted | Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E) • Min 3 revs • Spins with a flying entry are not permitted • A two-foot spin is permitted as one of the spins at this level and is of a different character than a one-foot spin | 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 MAX

| JUMPS | SPINS | STEP SEQUENCES | QUALIFICATIONS |
|---|--|--|--|
| Max 4 Jump Elements: <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ◦ 1 combination may contain 3 jumps, and the other may contain only 2 jumps ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted | Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103(E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted | Max 1 Sequence: <ul style="list-style-type: none"> • 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 such. | Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate |

SHOWCASE EVENTS

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge's mark for each five 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 losses 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.

6.0 Judging 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 www.usfigureskating.org.

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
 - Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
 - Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
 - Duets: Theatrical/artistic performances by any two competitors.
 - Mini production ensembles: Theatrical performances by three to seven competitors.
 - Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles.
- NOTE: Skaters may enter only one each duet, mini production or production event.

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