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**Sunday, March 10, 2024**

**6:00am – 2:00pm**

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**Basic Skills Competition**

**Registration Deadline**

**Sunday, February 25, 2024**

Sanctioned by



**Learn to Skate USA Competition Approval #**

## MISSION STATEMENT

The annual Compete USA Competition DREAMS BEGIN HERE sponsored by Scott Hamilton Skating Academy will be held at Ford Ice Center, 5264 Hickory Hollow Pkwy, Antioch, TN 37013 on Sunday, March 10, 2024. Compete USA is designed to promote a positive competition experience at the grassroots level and increased skating participation while generating enthusiasm. Compete USA competitions incorporate skills from Learn to Skate USA and U.S. Figure Skating into a competitive format that can be easily and successfully conducted by registered Learn to Skate USA programs and U.S. Figure Skating member clubs or interclubs.

## PRECAUTIONARY MEASURES AND RISK ASSESSMENTS

Our No. 1 priority is to keep our participants, guests, athletes, and staff healthy, while providing exceptional programming. To do this, we have taken many steps to keep everyone safe.

### Health, Safety and COVID-19 Measures:

- Limiting the number of participants in our building and in programs
- More time between programs to clean and get participants in and out of the facility.
- Dedicated cleaning crews in the facility while the building is open and deep cleaning and sanitizing the building every evening.
- Face coverings are no longer required, but recommended for athletes with health concerns

## ELIGIBILITY RULES FOR PARTICIPANTS

The annual Compete USA Competition DREAMS BEGIN HERE sponsored by Scott Hamilton Skating Academy will be held at Ford Ice Center, 5264 Hickory Hollow Pkwy, Antioch, TN 37013 on Sunday, March 10, 2024. The purpose of the competition is to promote a FUN, introductory, competitive experience for all participants.

### • Eligibility and Test Requirements:

- Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic 1-6 skaters must skate at highest level passed or one level higher, and NO official U.S. Figure Skating tests may have been passed, including moves in the field or individual dances.
- For the Pre-Free Skate, Free Skate 1-6, Excel, Well-Balanced, Adult and Adaptive levels, eligibility will be based only upon highest badge level or free skate test level passed. Skate United skaters have the option to compete in the standard track or Skate United badge levels; accommodations may be made upon request. Moves in the field test level will not determine a skater's competitive level. Skaters may skate at highest level passed OR one level higher but not both levels in the same event during the same competition. "For Synchronized Skating eligibility and requirements refer to the Synchronized Skating page."
- 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.

**ENTRIES AND FEES** - All entries must be received no later than Sunday, February 25, 2024 and are limited to the first 70 applications received. (If limitations on number of entries are needed) Late entries will be accepted only if the limit has not been reached, at the discretion of Ford Ice Center management. Entry fees are per person, U.S. dollars. The first event is \$45.00, and each additional event is \$25.00 NO refunds after closing date unless event is canceled by LOC. ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fee check made payable to FORD ICE CENTER. There will be a fee for returned checks.

**AWARDS** - Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, and third places. ALL other places will receive certificate of participation. ALL awards will be given at appropriate times throughout the competition.

**SCHEDULE OF EVENTS** - Will be posted on the official bulletin board no later than Wednesday, March 6, 2024. Information regarding groups and skating times will be emailed prior to the beginning of competition to each registered athlete, families, and coaches.

**PRACTICE ICE** - Practice ice will be available on Sunday, March 10, 2024, from 6:00am - 7:00. Pre-register to reserve your spot! A maximum of 20 skaters will be allowed on the ice during any one session. You may sign up for more than one session and is available on a first-come, first-served basis. Sessions are \$20 per session and are 20 minutes in length through Sunday, March 10th, after March 10th each session will be \$25 per 20 minute session.

**MUSIC** - The music for all free skating programs and showcase must be provided electronically by your skater and/or coach. Music should be clearly titled with the name of the skater, event entered and length of music (not skating time). All skaters should have a back-up copy of music on phone/electronic zip drive available rink side. After registration closes, all athletes will be emailed on next steps to upload music for events.

## 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
- SkateSafe 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)
- NOTE: If a coach/instructor attempts to work at your event without the proper credentials, he or she is in violation of U.S. Figure Skating ethics and code of conduct rules and, as such, is subject to disciplinary action.
- All officials and adult volunteers attending Compete USA events must also be SkateSafe compliant.

## *Rules for Compete USA Competitions*

- **3100** Rules for Compete USA Competitions
- **3110** Compete USA Competitions – Approvals
- **3111** Compete USA competitions may include events for skaters who have passed no higher than the preliminary free skate, pre-bronze pattern dance or adult bronze free skate tests without applying for a U.S. Figure Skating sanction. However, an approval number is required and may be obtained from the appointed Learn to Skate USA representatives. See also rule 3112
- **3112** When a Compete USA competition is held in conjunction with a sanctioned nonqualifying competition, approval as required by rule 3111 above must still be obtained.
- **3120** Compete USA Competitions – Officials
- **3121** For Compete USA competitions, three judges not related to the competitors are required for each event. Judges may be any official U.S. Figure Skating or Skate Canada judge or any other qualified eligible or ineligible person in skating who is a U.S. Figure Skating member and/or a Learn to Skate USA member.
- **3122** For Compete USA competitions, the member club or other organization sponsoring and conducting the competition shall approve all judges and officials. All persons serving as judges and officials shall be at least 16 years of age.
- **3130** Compete USA Competitions – Announcements
- **3131** For all Compete USA competitions, a copy of the announcement and an approval request shall be sent to the appointed Learn to Skate USA representative for approval and issuance of a Compete USA approval number 30 days prior to the release of the competition announcement to the public. The approval is to be publicly displayed during the competition
- **3132** Compete USA competitions will follow the event structure as outlined in the Compete USA Manual. Any registered Learn to Skate USA program may conduct a Compete USA competition.
- **3133** When Compete USA competitions are held on the home ice of a U.S. Figure Skating member club, the member club shall be designated as the sponsoring club.
- **3134** Compete USA competitions may be:
  - A. “In house” — the competition is available only to those skaters who are members of the club or program conducting the competition, or
  - B. “Open” — the competition is available to any registered Learn to Skate USA member or full U.S. Figure Skating member.
- **3055** Entries
- At nonqualifying competitions, if only one eligible competitor/team enters an event, the competitor/ team will be offered the option to skate an exhibition, compete in an equivalent event one level above or one level below (as qualified by test level) or, for pre-juvenile and lower singles events, compete in an equivalent event against skaters of the opposite gender.
  - A. If said competitor chooses to skate an exhibition, judges will award their marks according to the rules and the applicable judging system used, and the competitor/team will receive first place.
  - B. If said competitor chooses to compete in an equivalent event against skaters of the opposite gender, the skater will be entered accordingly.
  - C. If said competitor/team chooses not to skate, the entry fee will be refunded, and the event will be canceled
- **3064 - Skating Accommodations Memorandum (S.A.M.)**
  - A singles skater with a documented physical disability, as defined by the American’s with Disabilities Act (ADA), may request exception from certain technical rules or element requirements or expectations on the basis that such rule or requirement penalizes them in the assessment.

## Snowplow Sam – Basic 6 Elements

Each skater will perform each element when directed by judge/referee

- Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)  
Judge/referee directed example: all skaters perform first element before moving on to the next and so on.
- To be skated on 1/2 ice (determined by the LOC)
- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- All elements must be skated in the order listed.
- Skaters with physical disabilities may register for standard track or Skate United Track for events

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 CW OR CCW 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 CW or CCW 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>

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

LEVEL	TIME	SKATING RULES/STANDARDS
<b>SNOWPLOW SAM</b>	<b>1:10 max</b>	<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>
<b>BASIC 1</b>	<b>1:10 max</b>	<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>
<b>BASIC 2</b>	<b>1:10 max</b>	<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>
<b>BASIC 3</b>	<b>1:10 max</b>	<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>
<b>BASIC 4</b>	<b>1:10 max</b>	<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>
<b>BASIC 5</b>	<b>1:10 max</b>	<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>
<b>BASIC 6</b>	<b>1:10 max</b>	<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>

## Aspire Compulsory

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

- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- A 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	COMPULSORY ELEMENTS
Aspire 1	1:15 max	<ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• ½ Flip</li> <li>• One-foot upright spin</li> <li>• Choreographic step sequence</li> </ul>
Aspire 2	1:15 max	<ul style="list-style-type: none"> <li>• Single Salchow</li> <li>• Single Toe Loop</li> <li>• Sit spin</li> <li>• Choreographic step sequence</li> </ul>
Aspire 3	1:15 max	<ul style="list-style-type: none"> <li>• Single Loop</li> <li>• Salchow/Toe loop jump combination</li> <li>• Forward upright spin to back upright spin</li> <li>• Choreographic step sequence</li> </ul>
Aspire 4	1:15 max	<ul style="list-style-type: none"> <li>• Single Loop</li> <li>• Salchow/Toe loop jump combination</li> <li>• Forward upright spin to back upright spin</li> <li>• Choreographic step sequence</li> </ul>



## 2024 Aspire Program Requirements

LEVEL	JUMPS	SPINS	STEP SEQUENCE
<b>Aspire 1 Free Skate 1:40 max</b>	<p>Maximum 5 jump elements (Permitted jumps)</p> <ul style="list-style-type: none"> <li>Waltz Jump</li> <li>1/2 Flip</li> <li>1/2 Lutz</li> </ul> <p>Max 1 Jump Sequence (Permitted sequence)</p> <ul style="list-style-type: none"> <li>Waltz jump/waltz jump with no turns or hops in between</li> </ul>	<p>Maximum 2 spins (Permitted spins)</p> <ul style="list-style-type: none"> <li>Two-foot spin</li> <li>Forward one foot spin (free foot optional)</li> </ul>	<p>Maximum 1 Sequence</p> <ul style="list-style-type: none"> <li>Choreographic Step Sequence (ChSt)</li> <li>One 1/2 of the ice</li> </ul>
<b>Aspire 2 Free Skate 1:40 Max</b>	<p>Maximum 5 jump elements (Permitted jumps)</p> <ul style="list-style-type: none"> <li>Any jump from Aspire 1</li> <li>Single Salchow</li> <li>Single Toe Loop</li> </ul> <p>Max 2 Jump combinations, or 1 jump combination and 1 Sequence (Permitted combinations)</p> <ul style="list-style-type: none"> <li>Waltz Jump/Toe loop</li> <li>Salchow/Toe loop</li> </ul> <p>Permitted jump sequence</p> <ul style="list-style-type: none"> <li>Waltz jump/waltz jump with no turns or hops in between</li> </ul>	<p>Maximum 2 spins (Permitted spins)</p> <ul style="list-style-type: none"> <li>Any spin from Aspire 1</li> <li>Back upright spin</li> <li>Sit Spin</li> </ul>	<p>Maximum 1 Sequence</p> <ul style="list-style-type: none"> <li>Choreographic Step Sequence (ChSt)</li> <li>One 1/2 of the ice</li> </ul>
<b>Aspire 3 Free Skate 1:40 Max</b>	<p>Maximum 5 jump elements (Permitted jumps)</p> <ul style="list-style-type: none"> <li>Any jump from Aspire 1 and 2</li> <li>Euler (half-loop)</li> <li>Single Loop</li> </ul> <p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</p>	<p>Maximum 2 spins (Required spins)</p> <ul style="list-style-type: none"> <li>Forward upright spin to back upright spin</li> </ul> <p>Permitted spins</p> <ul style="list-style-type: none"> <li>Any spin from Aspire 1 and 2</li> <li>Camel Spin</li> </ul>	<p>Maximum 1 Sequence</p> <ul style="list-style-type: none"> <li>Choreographic Step Sequence (ChSt)</li> <li>One 1/2 of the ice</li> </ul>
<b>Aspire 4 Free Skate 1:40 Max</b>	<p>Maximum 5 jump elements (Permitted jumps)</p> <ul style="list-style-type: none"> <li>Any jump from Aspire 1, 2, and 3</li> <li>Single Flip</li> <li>Single Lutz</li> </ul> <p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</p>	<p>Maximum 2 spins (Required spins)</p> <ul style="list-style-type: none"> <li>Forward Camel to sit spin combination</li> </ul> <p>Permitted spins</p> <ul style="list-style-type: none"> <li>Any spin from Aspire 1, 2, and 3</li> </ul>	<p>Maximum 1 Sequence</p> <ul style="list-style-type: none"> <li>Choreographic Step Sequence (ChSt)</li> <li>One 1/2 of the ice</li> </ul>

## 2024 Aspire Program Clarifications

### Jumps:

#### All Levels

- Maximum 2 of any same jump Aspire 1 and 2
- Euler is not permitted

#### Jump Sequence:

##### Aspire 3 and 4

- A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump

#### Jump Combinations:

##### Aspire 3 and 4

- Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps

### Spins:

#### All Levels

- Minimum 3 revolutions
- No flying entry
- A Spin may not be repeated
- Basic positions only

#### Aspire 3 and 4

- One spin must be the required spin
- Second spin must be a spin in one position

### Step Sequence:

#### All Levels

- Jumps may be included in the step sequence
- Moves in the field and spiral sequences are allowed but will not be counted as elements

## Excel Compulsory

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

- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- Skaters may have the option to skate one level higher in compulsories than free skate program
- Skaters with physical disabilities may register for standard track or Skate United Track for events

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 revs</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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## Well-Balanced Levels 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
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
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 <b>not</b> 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>



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

### Excel Pre-Preliminary – 1:40 MAX

*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"> <li>• All single jumps allowed, except for the Axel <ul style="list-style-type: none"> <li>◦ No single Axels, double, or higher jumps allowed</li> <li>◦ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence</li> </ul> </li> <li>• Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <li>◦ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</li> <li>◦ A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump</li> </ul> </li> </ul>	<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* <ul style="list-style-type: none"> <li>◦ No flying entry</li> <li>◦ Minimum 3 revs</li> </ul> </li> <li>• One spin may be either a single position spin w/no change of foot or a combination spin with or without change of foot</li> <li>• Spins must be of a different character</li> </ul> <p>Max Level 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence (pChSq) <ul style="list-style-type: none"> <li>◦ Must be clearly visible</li> </ul> </li> </ul>

### Excel Preliminary— 2:00 +/- 10 sec

*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"> <li>• All single jumps allowed, except for the Axel <ul style="list-style-type: none"> <li>◦ No single Axels, double, or higher jumps allowed</li> <li>◦ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence</li> </ul> </li> <li>• Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <li>◦ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</li> <li>◦ A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump</li> </ul> </li> </ul>	<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* <ul style="list-style-type: none"> <li>◦ No flying entry</li> <li>◦ Minimum 3 revolutions</li> </ul> </li> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>◦ Minimum 6 revolutions</li> <li>◦ No Flying Entry</li> </ul> </li> </ul> <p>Max Level 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence (pChSq) <ul style="list-style-type: none"> <li>◦ Must be clearly visible</li> </ul> </li> </ul>

**\*Denotes required element**

# 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.
- Skaters with physical disabilities may register for standard track or Skate United Track for events
- Step sequence clarification: Implementation date December 1, 2023: pChSq (confirmed or no value)

### 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 must be of a different character</li> <li>• One spin MUST be a spin in one position</li> <li>• One spin may change positions</li> <li>• Spins may change feet</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs</li> </ul>	<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 uses, then pChSq</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 must be of a different character</li> <li>• One spin MUST be a spin in one position</li> <li>• One spin may change positions</li> <li>• Spins may change feet</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs</li> </ul>	<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 uses, then pChSq</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 3 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 must be of a different character</li> <li>• One spin MUST be a spin in one position</li> <li>• One spin may change positions</li> <li>• Spins may change feet</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul>	<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 uses, then pChSq</p>

# 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
- 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, CW and CCW
- 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, CW and CCW
- 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, CW and CCW
- 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 1-6 Beginner-Bronze Compulsory

## GENERAL EVENT PARAMETERS:

- The skating order of the elements is optional, elements may only be attempted once
- To be skated on 1/2 ice in simple program format with limited connecting steps
- A 0.2 deduction will be taken for each element missing, repeated or from a higher level

### ADULT 1 | 1:30 MAX

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

### ADULT 6 | 1:30 MAX

- 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 onefoot spin (min 2 revs on 1 foot)

### ADULT 2 | 1:30 MAX

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

### ADULT BEGINNER | 1:30 MAX

- Mazurka
- Waltz Jump
- Forward beginning 1 foot spin from back crossovers, min 2 revs
- Forward moving inside open mohawk (R & L), heel to instep
- Alternating R and L forward outside and inside edges, across the width of the ice (one outside edge, R and L, one inside edge R and L)

### ADULT 3 | 1:30 MAX

- Forward stroking using the blade properly
- Forward 1/2 swizzle pumps on circle, 6-8 in a row CW and CCW
- Forward chasses on circle, CW and CCW
- Backward skating to a long two-foot glide
- Backward snowplow stop, right and left

### ADULT HIGH BEGINNER | 1:30 MAX

- Waltz jump
- 1/2 flip
- Forward upright spin - min 2 revs
- Forward outside 3-turn, right and left
- Alternating R and L backward outside and inside edges across the width of the ice (one outside edge, R and L, one inside edge R and L)

### ADULT 4 | 1:30 MAX

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

### ADULT PRE BRONZE | 1:30 MAX

- Single toe loop
- Jump Combination or sequence consisting of 1/2 rev jumps (1/2 flip, 1/2 lutz, 1/2 loop, waltz, toe loop, or salchow - max of 2 jumps in combo or 3 jumps in sequence)
- Two forward crossovers into a forward inside mohawk step down, cross behind, step into one backward crossover and step to a forward inside edge, CW and CCW
- Forward Spiral (any edge)

### ADULT 5 | 1:30 MAX

- Backward outside edge and backward inside edge on circle, R & L
- Backward crossovers, CW and CCW
- Forward outside three turn, right and left
- Beginning two-foot spin (min 2 revs)

### ADULT BRONZE | 1:30 MAX

- Single Salchow
- Jump combo or sequence consisting of 1/2 rev jumps and/or full rev jumps (no Lutz or Axel). Max 2 jumps in combo or 3 jumps in seq.
- Solo spin in one position with no change of foot (min 3 revs)
- Forward inside three turn, right and left
- Spiral sequence (minimum 2 spirals)

# Adult Beginner - Bronze Free Skate Program with Music

## GENERAL EVENT PARAMETERS:

- Skaters will skate to the music of their choice; 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"> <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 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"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, 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 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• 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 a waltz jump</li> </ul> </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 (half flip and half lutz 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 4103E)</li> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> <li>• 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</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 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences               <ul style="list-style-type: none"> <li>◦ 1 combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>◦ Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </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: <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</li> <li>• 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.</li> </ul>	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

# 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
- Minimum number of revolutions are noted in parentheses
- **UNLESS STATED, SPINS MAY NOT CHANGE FEET**
- Max Spin Level
- Aspire Low/Aspire High | Base
- No Test/Pre-preliminary | Level 1
- Preliminary | Level 2
- Spins may not fly
- Skaters with physical disabilities may register for standard track or Skate United Track for events

### ASPIRE LOW— 1:30

#### ELEMENTS

- Upright one-foot spin (3)
- Upright back spin (3)
- Sit spin (3)

### 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)

### ASPIRE HIGH — 1:30 MAX

#### ELEMENTS

- Upright one-foot spin (4)
- Upright spin with change of foot (3 each foot)
- Sit spin (3)

### ADULT BEGINNER — 1:30 MAX

#### ELEMENTS

- Pivot, forward or backward
- Upright two-foot spin (2)

### NO TEST — 1:30 MAX

#### ELEMENTS

- Upright spin with change of foot (3 each foot)
- Sit spin (3)
- Camel spin (3)

### ADULT PRE-BRONZE — 1:30 MAX

#### ELEMENTS

- Upright one-foot spin (3)
- Upright two-foot spin (3)

### PRE-PRELIMINARY — 1:30 MAX

#### ELEMENTS

- Spin combo without change of foot - all 3 basic positions required (3 revs)
- Backward sit spin (3)
- Camel spin (4)

### ADULT BRONZE — 1:30 MAX

#### ELEMENTS

- Upright one-foot spin (3 revs.)
- Solo spin (3 revs.), must be different from the upright spin (sit, camel or layback)

# Jumps Challenge

## GENERAL EVENT PARAMETERS:

- Each jump may be attempted twice; the best attempt will be counted
- To be skated on half-ice
- Skaters with physical disabilities may register for standard track or Skate United Track for events

### ASPIRE LOW – 1:15 MAX

#### ELEMENTS

- Waltz jump (from backward crossovers)
- Half flip or half Lutz
- Single Salchow

### PRELIMINARY – 1:15 MAX

#### ELEMENTS

- Single flip
- Single Lutz
- Jump combination: Any single jump + single loop (may be Axel)

### ASPIRE HIGH – 1:15 MAX

#### ELEMENTS

- Waltz jump (from backward crossovers)
- Single Salchow
- Jump combination: waltz jump-toe loop

### ADULT BEGINNER – 1:15 MAX

#### ELEMENTS

- Mazurka or ballet jump
- Waltz jump

### NO TEST – 1:15 MAX

#### ELEMENTS

- Single Salchow
- Single loop
- Jump combination: Any two half or single revolution jumps (no Axel)

### ADULT PRE-BRONZE – 1:15 MAX

#### ELEMENTS

- Single Toe loop jump
- Half flip, half Lutz or half loop

### PRE-PRELIMINARY – 1:15 MAX

#### ELEMENTS

- Single toe loop
- Single flip
- Jump combination: Any two half or single revolution jumps (no Axel)

### ADULT BRONZE – 1:15 MAX

#### ELEMENTS

- Single Salchow
- Single Toe loop
- Any single jump plus a toe loop combination (no Axels allowed)



# Solo Pattern Dance

## GENERAL EVENT PARAMETERS:

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

### PRELIMINARY

JANUARY 1–MARCH 31	APRIL 1–JUNE 30	JULY 1–SEPTEMBER 30	OCTOBER 1–DECEMBER 31
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

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

### ADULT PRELIMINARY

**Qualifications:** No higher than one pre-bronze dance test (partnered, solo, standard, adult/adult 21+ or adult 50+/masters)

#### SELECTED DANCES FOR THE SEASON (NUMBER OF SEQUENCES TO BE DANCED IN PARENTHESES)

Dutch Waltz (2)  
Canasta Tango (2)

### ADULT PRE-BRONZE

**Qualification:** The complete preliminary dance test and no higher than one bronze dance test (partnered, solo, standard, adult/adult 21+ or adult 50+/masters)

#### SELECTED DANCES FOR THE SEASON (NUMBER OF SEQUENCES TO BE DANCED IN PARENTHESES)

Rhythm Blues (2)  
Swing Dance (2)

## Hockey Events - Hockey 1-4 Elements and Skills Challenge

Invite the Hockey 1-4 participants plus members of the local hockey association by creating fun and challenging skills competition. Ages should be divided by 8 and under, 10 and under, 12 and under, 14 and under, 16 and under, 18 and under and adult. These age groups may be combined based upon number of entries.

### HOCKEY 1-4 ELEMENTS:

Each skater will perform each element when directed by a judge or referee. The following elements have been chosen for the skaters to perform. Format choice: All skaters perform first element before moving on to the next and so on **OR** each skater performs all the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice
- **All elements must be skated in the order listed**
- Time: 1:00 or less

#### HOCKEY 1

- Proper basic hockey stance, forward and backward
- March forward across the ice, 8-10 steps
- Two-foot glides and dips from forward marching
- Forward swizzles/double C-cuts (4-6 in a row)
- Stationary snowplow stop

#### HOCKEY 2

- Forward strides using 45-degree V-push, focus on good recovery and alternating arm drive
- Forward C-cuts: single leg and alternating feet in a straight line
- Backward hustle or march, then glide on two feet
- Backward swizzles/double C-cuts (4-6)
- Two-foot moving snowplow stop

#### HOCKEY 3

- Forward C-cuts (half-swizzle pumps) on a circle, both directions
- Forward outside edges on half-circles, alternating feet on the axis
- Forward inside edges on half-circles, alternating feet on the axis
- Backward C-cuts on a circle, both directions
- Backward snowplow stops: one- and two-foot V-stop

#### HOCKEY 4

- Quick starts using forward V-start
- Backward one-foot glide, right and left
- Forward crossovers on a circle, clockwise and counter-clockwise
- Backward crossovers on a circle, clockwise and counter-clockwise
- Hockey stops (to right and left, with speed)

### HOCKEY SKILLS CHALLENGE:

Have skaters complete each of the five following skills competitions. Set up each station according to the descriptions below. Skaters earn points upon placement in each station (First place - 5 points, second place - 4 points, third place - 3 points, fourth place - 2 points, fifth place - 1 point). Highest combined total wins.

1. **Shooting:** Using a "shooter tutor," give each skater 10 pucks to shoot into the five holes. Alternate each shot into the different holes in the tutor. Most number of hits wins.
2. **Fastest Skater:** Starting at the center red line, have skaters complete one lap around all of the dots and behind the nets. Set up cones on each red dot to outline to course. Two to four skaters can race at a time at different sides of the red line. Use stopwatch. Fastest skater wins.
3. **Stick Handling:** Place two rows of staggered cones down the length of ice. Have skaters stick handle through the cones down one length and back again. Shortest time wins. A missed cone is a five-second penalty.
4. **Agility:** Set up an obstacle course with cones for forward and backward skating, turns and stops. Fastest skater wins.
5. **Passing:** Set up stationary targets (i.e. cones, bucket, mini net) 25 feet away from starting line. Give each skater 10 pucks to try to hit each target. Highest number of hits wins.

## 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 with physical disabilities may register for standard track or Skate United track. Skaters with intellectual disabilities may register for Special Olympics events. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher.

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

**Performances will be judged from an entertainment standpoint for theatrical qualities.** Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to 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

*\* For specific guidelines regarding the conduct of showcase competitions, refer to the nonqualifying showcase guidelines posted on [usfigureskating.org](http://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. Example combined events: Character Performance and Comedic Impressions.
- **Emotional (formerly Dramatic) Performance:** Programs should portray a story, expressing conflict, resolution and/or depth of emotion. Skater should provoke an emotional response with the audience - through related skating movements, gestures and choreographic processes. The entire spectrum of emotions should be considered when selecting the theme (e.g. love, loss, longing, fulfillment, happiness, melancholy, sadness, etc.).
  - Lip synching is not permitted.
  - Props and Scenery are permitted.
  - No Technical Limitations.
- **Character Performance:** Skaters will impersonate a character, original or adapted, on the ice. Performances as a character from a movie, musical, book, original idea, original adaptation are all welcome here.
  - Lip synching is required
  - Props and Scenery are permitted
  - No Technical Limitations
- **Comedic Impressions:** A humorous performance intentionally designed to achieve continuous/multiple chuckles, laughs, or audible rises from viewers. Performance is projected outward towards audience and entertaining through skating movements, gestures and physical actions deemed comedic.
  - Lip synching is permitted
  - Props and Scenery are permitted
  - No Technical Limitations
- **Lyrical Pop:** Perform to your favorite song containing lyrics, without lip-synching.
  - Lip synching is not permitted
  - Props and Scenery are not permitted
  - No Technical Limitations
- **Duets/Trios:** Theatrical/artistic performances by 2 to 3 skaters.
- **Mini production ensembles:** Mini production ensembles: Theatrical performances by three to seven competitors. 2:00 maxi-mum length.
- **Production ensembles:** Production ensembles: Theatrical performances by eight to 30 skaters. 2:30 maximum length.
  - NOTE: Skaters may only enter one duet, one mini production, and one production ensemble.

## Showcase Events

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
<b>SNOWPLOW 1-4 BASIC 1-6</b>	Elements only from Basic 1-6 curriculum	Must not have passed any higher than Basic 6 level	Time: 1:00 max
<b>ASPIRE 1-4   ADULT 1-6   ADULT BEGINNER   ADULT HIGH BEGINNER</b>	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
<b>NO TEST</b>	No prescribed or restricted elements	Must not have passed pre-preliminary free skate or any free dance tests	Time: 1:20 max
<b>PRE-PRELIMINARY</b>	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
<b>PRELIMINARY</b>	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
<b>ADULT PRE-BRONZE</b>	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

## Interpretive

### COMPETITION FORMAT:

- The LOC will pre-select and edit musical choices appropriate for these events.
- During the warm-up, skaters will hear the selection of music twice.
- Following the warm-up, all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena.
  - The first skater will hear the music one more time and then perform a program to the music.
  - As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music.
  - The listening skater will not be allowed to view the performing skater.

### ADDITIONAL DETAILS

- **Levels:** Levels should be broken by ability with ages divided appropriately
- **Judging Rules:** Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression. Spins and jumps performed must be appropriate to competition level.
- **Time:** Music Duration for all levels: Up to 1:30 max
- **Coaching:** There is to be no instruction allowed during this event from coaches, parents or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.

# Theatre On Ice

- In order to safely practice and compete at the various levels, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level at which they are skating. (See program requirements.) Props, scenery and theatrical makeup are not allowed.
- Eligibility Rules: All skaters on the team must either be full U.S. Figure Skating members or members of Learn to Skate USA. It is strongly suggested that teams register with U.S. Figure Skating, but this is not required.
- Members of other organizations are eligible to compete, but must be registered with a Learn to Skate USA program or as full members of U.S. Figure Skating.
- In order for the team to be eligible for this event, no skaters on the team may have passed higher than the Pre- Preliminary Skating Skills or Adult Pre- Bronze test in any discipline.
- Age/Number of Skaters: Skaters may not have reached 18 years of age as of September 1 of the current skating season. Teams should be comprised of 8-16 skaters.
- Program Duration: Teams will skate a program to music of their choice (vocals are allowed) 1 ½ min. +/- 10 sec. There are no restrictions or requirements on music choice
- Costume Requirements: Costumes must be the same for all skaters (skating dresses or pants). On a team including males and females, the males may wear pants which coordinate with the female dresses. Gloves, boot covers and head embellishments are not allowed.
- Judging Notes: The main emphasis of each level is mastering the Learn to Skate USA of Theatre On Ice and showing control in the skating skills from the badge levels required. The focus is not difficulty, but the performance and expression of the three required elements.
- When possible, judges should be selected from those who have participated in a U.S. Figure Skating or PSA seminar where Theatre On Ice has been discussed, or have some familiarity with the discipline of Theatre On Ice

## THEATRE ON ICE EVENTS

- Format: The competitive programs shall create a story based on the theme while demonstrating the
- choreographic process and gesture or movement.
- Programs should contain skating skills from the Learn to Skate USA program levels listed.
- Elements from higher levels are not allowed.
- Elements from lower levels are encouraged.
- Coaches should refer to the U.S. Figure Skating Learn to Skate USA Instructors Manual for further details on the elements.
- Props, scenery and theatrical makeup are not allowed.
- Costume requirements can be found on page 26 of the Compete USA Manual.

Please refer to the Learn to Skate USA Instructors Manual for more detailed information on Theatre on Ice 1-4.

LEVEL	PROGRAM LENGTH	TEST  TEAM SIZE AND AGE REQUIREMENTS
<b>TOI/CE 1</b>	<b>1:30 +/- 10 secs</b>	<ul style="list-style-type: none"> <li>• <b>Theme Street Art</b></li> <li>• <b>Choreographic Process: Contrast</b></li> <li>• <b>Gesture: Release</b></li> <li>• <b>Skaters should demonstrate elements from Learn to Skate USA Basic 1-4.</b></li> <li>• <b>Elements from higher levels are not allowed</b></li> </ul>
<b>TOI/CE 2</b>	<b>1:30 +/- 10 secs</b>	<ul style="list-style-type: none"> <li>• <b>Theme Street Art</b></li> <li>• <b>Choreographic Process: Contrast</b></li> <li>• <b>Gesture: Release</b></li> <li>• <b>Skaters should demonstrate elements from Learn to Skate USA Basic 5 -6</b></li> <li>• <b>Elements from higher levels are not allowed</b></li> </ul>
<b>TOI/CE 3</b>	<b>1:30 +/- 10 secs</b>	<ul style="list-style-type: none"> <li>• <b>Theme Street Art</b></li> <li>• <b>Choreographic Process: Contrast</b></li> <li>• <b>Gesture: Release</b></li> <li>• <b>Skaters should demonstrate elements from Learn to Skate USA Pre-Free Skate - Free Skate 3.</b></li> <li>• <b>Elements from higher levels are not allowed</b></li> </ul>
<b>TOI/CE 4</b>	<b>1:30 +/- 10 secs</b>	<ul style="list-style-type: none"> <li>• <b>Theme Street Art</b></li> <li>• <b>Choreographic Process: Contrast</b></li> <li>• <b>Gesture: Release</b></li> <li>• <b>Skaters should demonstrate elements from Learn to Skate USA Free Skate 4 - 6.</b></li> <li>• <b>Elements from higher levels are not allowed</b></li> </ul>

# Special Olympics

## 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

- Stand unassisted for five seconds
- Sit on ice or fall and stand up unassisted
- Knee dip standing still unassisted
- March forward 10 steps assisted

### BADGE 2

- March forward ten steps unassisted
- Swizzles, standing still — three repetitions
- Backward wiggles or march assisted
- Two-foot glide forward for distance of at least length of body

### BADGE 3

- Backward wiggles or march
- Five forward swizzles covering at least 10 feet
- Forward skating across the rink
- Forward gliding dip covering at least length of body (R and L)

### BADGE 4

- Backward two-foot glide covering at least length of body
- Two-foot jump in place
- One-foot snowplow stop (R and L)
- Forward one-foot glide covering at least length of body: (R and L)

### BADGE 5

- Forward stroking across rink
- Five backward swizzles covering at least 10 feet
- Forward two-foot curves left and right across rink
- Two-foot turn front to back, in place

### BADGE 6

- Gliding forward to backward two-foot turn
- Five consecutive forward half-swizzles on circle (R and L)
- Backward one-foot glide length of body (R and L)
- Forward pivot

### BADGE 7

- A) Backward stroking across the rink
- B) Gliding backward to forward two-foot turn
- C) T-stop (R and L)
- D) Forward two-foot turn on a circle (R and L)

### BADGE 8

- Five consecutive forward crossovers (R and L)
- Forward outside edge (R and L)
- Five consecutive backward half-swizzles on a circle (R and L)
- Two-foot spin

### BADGE 9

- Forward outside three-turn (R and L)
- Forward inside edge (R and L)
- Forward lunge or shoot the duck at any depth
- Bunny hop

### BADGE 10

- Forward inside three-turn (R and L)
- Five consecutive backward crossovers (R and L)
- Hockey stop
- Forward spiral three times length of body

### BADGE 11

- Consecutive forward outside edges — minimum of two on each foot
- Consecutive forward inside edges — minimum of two on each foot
- Forward inside mohawk (R and L)
- Consecutive backward outside edges — minimum of two on each foot
- Consecutive backward inside edges — minimum of two on each foot

### BADGE 12

- Waltz jump
- One foot spin, minimum of three revolutions
- Forward crossover, inside mohawk, backward crossover, step forward — step sequence should be repeated clockwise and counter clockwise
- Combination of three moves chosen from badges 9-12

# Adaptive Skating

Competition hosts can use the skills listed below to create either an elements program event or program event for skaters choosing to compete under the Adaptive Skating umbrella. Skaters with intellectual and/or physical disabilities may register to compete in Adaptive events.

**If doing a program, music can be used and will be 1:10 max.**

## ADAPTIVE 2

- Stand on ice
- Review falling and standing up
- March forward 4-5 steps
- Dip/moderate knee bend in place
- Forward two-foot glide from 3 marches

## ADAPTIVE 3

- Forward two-foot glide from 5 marches
- Forward swizzles, 3 in a row
- Backward wiggle or walk, 3 in a row
- Beginning snowplow stop on one or two feet

## ADAPTIVE 4

- Scooter pushes, 3-4 each foot (R and L)
- Forward one-foot glides (R and L)
- Backward wiggles into backward two-foot glide, 3 counts
- Rocking horse, repeat twice

## ADAPTIVE 5

- Backward swizzles, 3 in a row
- Two-foot turn, forward to backward in place, clockwise and counterclockwise
- Curves
- Moving snowplow stop on one or two feet

## ADAPTIVE 6

- Backward skating into backward two-foot glide, 5 counts
- Beginning forward stroking
- Forward half-swizzle pumps on a circle, 3-4 consecutive, clockwise and counterclockwise
- Moving two-foot turn, forward to backward on a circle, clockwise and counterclockwise

## ADAPTIVE 7

- Forward slalom
- Beginning backward one-foot glide, 2 counts each (R and L)
- Backward half-swizzle pumps on a circle, 3-4 consecutive, clockwise and counterclockwise
- Forward pivot, clockwise or counterclockwise
- Backward snowplow stop (R or L)

## ADAPTIVE 8

- Forward outside edge on a circle, 3 counts each (R and L)
- Forward inside edge on a circle, 3 counts each (R and L)
- Forward crossovers, clockwise and counterclockwise
- Backward one-foot glide, 4-5 counts each (R and L)
- Beginning two-foot spin, up to 2 revolutions

## ADAPTIVE 9

- Backward outside edge on a circle, 3 counts each (R and L)
- Backward inside edge on a circle, 3 counts each (R and L)
- Introductory forward outside three-turn (R and L)
- Backward crossovers, clockwise and counterclockwise

## ADAPTIVE 10

- Forward outside three-turn (R and L)
- Backward alternating half-swizzle pumps
- Side toe hop/side stepping (R and L)
- Two-foot spin, 2-3 revolutions
- Hockey stop, both directions

## ADAPTIVE 11

- Introductory forward inside three-turn (R and L)
- Moving two-foot turn, backward to forward, on a circle, clockwise and counterclockwise
- Forward power stroking
- Two-foot to one-foot spin

## ADAPTIVE 12

- Forward inside three-turn (R and L)
- Bunny hop, lunge or shoot the duck – skater's choice (R or L)
- Forward spiral or forward extension on a straight line (R or L)
- One-foot spin, 2 or more revolutions
- T-stop (R or L)



## LEARN TO SKATE USA - ASPIRE SYNCHRO

The Compete USA competition program is for Learn to Skate USA 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 division in which they are competing (see program requirements).

### Basic Requirements for Elements

Block	Wheel	Circle
Must have a minimum of 3 lines	Must have at least 3 skaters in each spoke	Must have a minimum of 4 skaters

ASPIRE 1	One Circle Element	One Line Element	One Block Element	One Wheel Element	One Intersection Element	Additional Items for Aspire 1
2:10 max 5 Elements 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 Change of rotational direction, change of configuration, and travel not permitted	Forward skating only Change of axis and change of configuration not permitted	Forward skating only Change of configuration and pivoting not permitted	Forward skating only Change of rotational direction, change of configuration, and travel not permitted	Must be two lines facing each other Forward skating through the point of intersection Choice of: Upright two foot glide Upright one foot glide	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 mazurka, half flip, waltz jump, etc.

<p><b>ASPIRE 2</b></p> <p>2:10 max 5 Elements Required Holds None Any type of holds permitted 5-20 skaters 16 years of age and younger</p>	<p><b>One Circle Element</b></p> <p>Forward and backward skating permitted Must contain a forward glide on an inside or outside edge on one foot Change of rotational direction, change of configuration, and travel not permitted</p>	<p><b>One Line Element</b></p> <p>Forward and backward skating permitted  Change of axis and change of configuration not permitted</p>	<p><b>One Block Element</b></p> <p>Forward and backward skating permitted  Change of configuration and pivoting not permitted</p>	<p><b>One Wheel Element</b></p> <p>Forward and backward skating permitted  Change of rotational direction, change of configuration, and travel not permitted</p>	<p><b>One Intersection Element</b></p> <p>Must be two lines facing each other Forward skating through the point of intersection Choice of: Upright two foot glide Upright one foot glide</p>	<p><b>Additional Items for Aspire 2</b></p> <p>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 mazurka, half flip, waltz jump, etc..</p>
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<p><b>ASPIRE 3</b></p> <p>2:10 max 5 Elements Required Holds 2 different holds shown by the whole team for any length of time Any type of holds permitted 5-20 skaters 17 years of age and younger</p>	<p><b>One Circle Element</b></p> <p>Forward and backward skating permitted Must contain a backward glide on an inside or outside edge on one foot May contain any of the below features* Choice of: Change of rotational direction Change of configuration Travel</p>	<p><b>One Line Element</b></p> <p>Forward and backward skating permitted  May contain any of the below features* Choice of: Change of axis Change of configuration</p>	<p><b>One Block Element</b></p> <p>Forward and backward skating permitted  May contain any of the below features* Choice of: Change of Configuration Pivoting</p>	<p><b>One Wheel Element</b></p> <p>Forward and backward skating permitted  May contain any of the below features* Choice of: Change of rotational direction Change of configuration Travel</p>	<p><b>One Intersection Element</b></p> <p>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</p>	<p><b>Additional Items for Aspire 3</b></p> <p>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented. *Teams may attempt any number of the listed features. However, teams may also elect to not attempt any of the listed features.</p>
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<b>ASPIRE 4</b>	<b>One Circle Element</b>	<b>One Line Element</b>	<b>One Block Element</b>	<b>One Wheel Element</b>	<b>One Intersection Element</b>	<b>Additional Items for Aspire 4</b>
2:10 max 5 Elements 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 at least one of the below features** Choice of: Change of rotational direction Change of configuration Travel	Forward and backward skating permitted Must contain at least one of the below features** Choice of: Change of axis Change of configuration	Forward and backward skating permitted Must contain at least one of the below features** Choice of: Change of Configuration Pivoting	Backward skating only Must contain at least one of the below features** Choice of: Change of rotational 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. **Teams must attempt at least one of the listed features. However, teams may include more than one of the listed features.

#### **Eligibility Rules:**

- All skaters on the team must be either full U.S. Figure Skating members, Aspire members or members of the Learn to Skate USA program. All Aspire synchronized skating teams must be registered with U.S. Figure Skating and have a team number.
- Skaters competing in the Aspire 1 through Aspire 3 divisions may have passed the preliminary skating skills, freestyle and/or dance\* test, but no higher.
- Skaters competing in the Aspire 4 division may have passed the pre-bronze skating skills, freestyle and/or dance\* test, but no higher.
- The skater's test level is as of October 1, 2023.
- No skater may compete on multiple Aspire synchronized skating teams and/or cross skate to any of the U.S. Figure Skating competitive divisions.
- Skaters may pass two of the three required dance tests for the pre-bronze level and still be eligible to compete in Aspire 1-Aspire 3. Skaters may pass two of three required dance tests for the bronze level and still be eligible to compete in Aspire 4

#### **Age/Number of Skaters:**

- The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1st.
- Each team must have between 5-20 skaters. Teams may have a maximum of 4 alternates listed on their roster, in addition to the maximum number permitted on the ice for their respective divisions

#### **Costume Rules/Illegal Elements:**

- Aspire synchronized skating teams should follow the costume rules outlined in the rulebook
- Illegal elements outlined in the rulebook apply to all Aspire Synchronized divisions.

#### **Compliance for Instructors/Coaches:**

- To be credentialed as a coach at a Compete USA event, individuals coaching a synchronized skating team are required to have:
- Learn to Skate USA instructor membership OR U.S. Figure Skating full membership.
- SafeSport™ Training completed (for coaches 18 years of age and older) SafeSport™ Training is available through [www.usfsaonline.org](http://www.usfsaonline.org) for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training.
- Background check successfully passed (for coaches 18 years of age and older).
- Learn to Skate USA Instructor Certification completed (for coaches under 18 years of age).
- If you have questions about compliance, the U.S. Center for SafeSport™, or U.S. Figure Skating's SkateSafe® Program, contact [skatesafe@usfigurekating.org](mailto:skatesafe@usfigurekating.org).

# REGISTRATION PROCESS

- Complete LTS USA Competition worksheet prior to registering online
- Get with your coach and fill in the below form below with the Level of event, the name of event
- No paper registrations will be accepted

## Step 1 - Do your homework first!

- Read announcement and determine level and events to enter
- Write down level determined here after consulting with your primary coach. Fill in the below form below with the Level of event, the name of event. **NOTE** No paper registrations will be accepted
  - Name of Athlete \_\_\_\_\_
  - Highest Level Passed \_\_\_\_\_
  - Name of Primary Coach \_\_\_\_\_
  - Program/Club Name \_\_\_\_\_
  - First Event Level and Name (must select if only event) \_\_\_\_\_
  - Second Event Level and Name \_\_\_\_\_
  - Third Event Level and Name \_\_\_\_\_
  - Amount of Practice Ice Sessions to reserve (circle the amount): 1 session | 2 sessions | 3 sessions
- Gather all the below information needed to register
  - LTSUSA membership # and/or U.S. Figure Skating membership # \_\_\_\_\_
  - Primary Coach U.S. Figure Skating # \_\_\_\_\_
  - Primary Coach contact information
    - Email Address: \_\_\_\_\_
    - Phone number: \_\_\_\_\_

## Step 2 - Register for all events and practice ice online at Sk8stuff.com

- Copy registration site link for events here: [Sk8stuff.com](https://www.sk8stuff.com)
- Under upcoming events, click on Dreams Begin Here
- Click "Register Online"
- Register your athlete for all events and practice sessions
  - **NOTE:** This site does not collect payment, only registration.
    - Continue to Step 3 to complete payment

## Step 3 - Payment of all registered events and practice ice sessions

- Login to your account at Ford Ice Center | Dash Account
- Add to cart the following items if applicable
  - Dreams Begin Here | First Event \$45 | (must select if ONLY event)
  - Dreams Begin Here | Second Event \$25 | (select as additional item to cart for 2nd event entered)
  - Dreams Begin Here | Third Event \$25 | (select as additional item to cart for 3rd event entered)
  - Dreams Begin Here | Practice Ice Session \$20 | #1 (select if one 20 min session is desired)
  - Dreams Begin Here | Practice Ice Session \$20 | #2 (select to purchase additional 20 min session)
  - Dreams Begin Here | Practice Ice Session \$20 | #3 (select to purchase additional 20 min session)

**Congratulations! You are all set!**