



# FLAG CITY OPEN 2024

Findlay Silver Blades FSC  
The Cube in the Flag City Sports Complex

[www.findlaysilverblades.com](http://www.findlaysilverblades.com)

SATURDAY, NOVEMBER 16<sup>th</sup>

**Registration Deadline: Saturday, October 26<sup>th</sup>**



The 2<sup>nd</sup> annual Flag City Open, sponsored by the Findlay Silver Blades FSC will be held at The Cube in the Flag City Sports Complex on November 16<sup>th</sup>, 2024. The ice surface measures 200 x 85 feet. This is a United States Figure Skating approved Compete USA Competition. The approvals will be posted on the official competition bulletin board. Questions regarding this competition should be directed to Christina Wronkowicz at [findlaysilverbladesmembership@gmail.com](mailto:findlaysilverbladesmembership@gmail.com) or 419-360-2755. Email communications are preferred.

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

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

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

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

**REGISTRATION** - for all events can be found at [www.sk8stuff.com](http://www.sk8stuff.com) and the entry deadline is October 26<sup>th</sup>, 2024. All registrants will receive a competition t-shirt as part of their entry fee.

- Individual Entries: The first event is \$70; all additional events are \$20. Late entries will be accepted at the discretion of the LOC and are subject to a \$20 late fee. Entry fees are per person, U.S. dollars.

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

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

**SCHEDULE OF EVENTS** – A Schedule will be posted on the internet at the Figure Skater’s Website – [www.sk8stuff.com](http://www.sk8stuff.com)

**MUSIC** - Music for competitors in events with music must be submitted no later than Saturday, October 26, 2024. Music must be in the .mp3 format. The music upload link for the Flag City Open is on [www.sk8stuff.com](http://www.sk8stuff.com) or you can use the QR code here. Competitors in events with music must have a CD or a digital recording at the rink in case of technical difficulties



**PRACTICE ICE** - Practice ice may be available if time allows in 20 minutes sessions. Details will be provided either online or via email prior to the competition date.

## SNOWPLOW SAM – BASIC 6 ELEMENTS

Format: Each skater will perform each element when directed by a judge/referee. Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all the required elements before moving on to the next skater.

- To be skate on 1/3 to 1/2 ice (determined by the LOC)
- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

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

LEVEL	TIME	SKATING RULES/STANDARDS
<b>SNOWPLOW SAM</b>	1:10 max	<input type="checkbox"/> March followed by a two-foot glide and dip <input type="checkbox"/> Forward swizzles, 2-3 in a row <input type="checkbox"/> Forward snowplow stop <input type="checkbox"/> Backward wiggles, 2-6 in a row
<b>BASIC 1</b>	1:10 max	<input type="checkbox"/> Forward two-foot glide and dip <input type="checkbox"/> Forward swizzles, 6-8 in a row <input type="checkbox"/> Beginning snowplow stop on one or two feet <input type="checkbox"/> Backward wiggles, 6-8 in a row
<b>BASIC 2</b>	1:10 max	<input type="checkbox"/> Forward one-foot glide (no variations), either foot <input type="checkbox"/> Scooter pushes, right and left foot, 2-3 each foot <input type="checkbox"/> Moving snowplow stop <input type="checkbox"/> Two-foot turn in place, forward to backward <input type="checkbox"/> Backward swizzles, 6-8 in a row
<b>BASIC 3</b>	1:10 max	<input type="checkbox"/> Beginning forward stroking showing correct use of blade <input type="checkbox"/> Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive <input type="checkbox"/> Forward slalom <input type="checkbox"/> Moving forward to backward two-foot turn on a circle <input type="checkbox"/> Beginning backward one-foot glide, either foot
<b>BASIC 4</b>	1:10 max	<input type="checkbox"/> Forward outside edge on a circle, clockwise or counterclockwise <input type="checkbox"/> Forward crossovers, clockwise and counterclockwise, 4-6 consecutive <input type="checkbox"/> Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive <input type="checkbox"/> Backward one-foot glides (no variations), right and left <input type="checkbox"/> Beginning two-foot spin, maximum 4 revolutions
<b>BASIC 5</b>	1:10 max	<input type="checkbox"/> Backward outside edge on a circle, clockwise or counterclockwise <input type="checkbox"/> Backward crossovers, clockwise and counterclockwise, 4-6 consecutive <input type="checkbox"/> Forward outside three-turn, right and left <input type="checkbox"/> Advanced two-foot spin, minimum 4 revolutions <input type="checkbox"/> Hockey stop
<b>BASIC 6</b>	1:10 max	<input type="checkbox"/> Forward inside three-turn, right and left <input type="checkbox"/> Mohawk, right to left and left to right <input type="checkbox"/> Bunny hop <input type="checkbox"/> Basic forward spiral on a straight line (no variations), right or left <input type="checkbox"/> Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position <input type="checkbox"/> T-stop, right or left

## 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.

LEVEL	TIME	SKATING RULES/STANDARDS
<b>ASPIRE 1</b>	1:15 max	<ul style="list-style-type: none"> <li><input type="checkbox"/> Waltz Jump</li> <li><input type="checkbox"/> ½ Flip</li> <li><input type="checkbox"/> One- foot upright spin</li> <li><input type="checkbox"/> Choreographic step sequence</li> </ul>
<b>ASPIRE 2</b>	1:15 max	<ul style="list-style-type: none"> <li><input type="checkbox"/> Single Salchow</li> <li><input type="checkbox"/> Single Toe-Loop</li> <li><input type="checkbox"/> Sit Spin</li> <li><input type="checkbox"/> Choreographic step sequence</li> </ul>
<b>ASPIRE 3</b>	1:15 max	<ul style="list-style-type: none"> <li><input type="checkbox"/> Single loop</li> <li><input type="checkbox"/> Salchow/Toe Loop jump combination</li> <li><input type="checkbox"/> Forward upright spin to back upright spin</li> <li><input type="checkbox"/> Choreographic step sequence</li> </ul>
<b>ASPIRE 4</b>	1:15 max	<ul style="list-style-type: none"> <li><input type="checkbox"/> Single Flip</li> <li><input type="checkbox"/> Waltz Jump – Euler- Salchow combination</li> <li><input type="checkbox"/> Camel -Sit combination</li> <li><input type="checkbox"/> Choreographic step sequence</li> </ul>

## EXCEL COMPULSORY

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

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

LEVEL	TIME	SKATING RULES/STANDARDS
<b>EXCEL PRE- PRELIMINARY</b>	1:15 max	<ul style="list-style-type: none"> <li><input type="checkbox"/> Flip jump</li> <li><input type="checkbox"/> Loop-loop jump combination</li> <li><input type="checkbox"/> Camel Spin, minimum 3 revolutions</li> <li><input type="checkbox"/> Choreographic step sequence</li> </ul>
<b>EXCEL PRELIMINARY</b>	1:15 max	<ul style="list-style-type: none"> <li><input type="checkbox"/> Lutz jump</li> <li><input type="checkbox"/> Flip-loop jump combination</li> <li><input type="checkbox"/> Camel-sit combination spin, minimum 6 revolutions total</li> <li><input type="checkbox"/> Choreographic step sequence</li> </ul>

## WELL-BALANCED LEVELS 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 0.2 deduction will be taken for each element performed from a higher level
- Skaters may have the option to skate one level higher in compulsories than free skate program*

LEVEL	TIME	SKATING RULES/STANDARDS
<b>PRE- PRELIMINARY</b>	1:15 max	<ul style="list-style-type: none"> <li><input type="checkbox"/> Lutz jump</li> <li><input type="checkbox"/> Single jump-single jump (no Axel) combination</li> <li><input type="checkbox"/> Spin with one change of position and no change of foot, minimum 6 revolutions total</li> <li><input type="checkbox"/> Choreographic step sequence</li> </ul>
<b>PRELIMINARY</b>	1:15 max	<ul style="list-style-type: none"> <li><input type="checkbox"/> Axel jump</li> <li><input type="checkbox"/> Single jump-single jump (may include Axel) combination</li> <li><input type="checkbox"/> Spin combination with one change of foot, minimum 3 revolutions on each foot</li> <li><input type="checkbox"/> Choreographic step sequence</li> </ul>

## ASPIRE FREESKATE

Level	Jumps	Spins	Step Sequence
<b>ASPIRE 1 1:40 Max</b>	<p>Maximum 5 Jump Elements: <i>Permitted Jumps:</i></p> <ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• ½ Flip</li> <li>• ½ Lutz</li> </ul> <p>Max 1 Jump Sequence <i>Permitted Sequence:</i></p> <ul style="list-style-type: none"> <li>• <i>Waltz jump/waltz jump with no turns or hops in between</i></li> </ul>	<p><b>Maximum 2 Spins:</b> <i>Required Spins:</i></p> <ul style="list-style-type: none"> <li>• Two foot spin</li> <li>• Forward one foot spin (free foot optional)</li> </ul>	<p><b>Maximum 1 Sequence:</b> <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> <li>• <i>one half of the ice</i></li> </ul>
<b>ASPIRE 2 1:40 Max</b>	<p><b>Maximum 5 Jump Elements:</b> <i>Permitted Jumps:</i></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><b>Max 2 Jump Combinations or 1 Jump combination and 1 jump sequence</b> <i>Permitted Combinations:</i></p> <ul style="list-style-type: none"> <li>• <i>Waltz jump/toe loop</i></li> <li>• <i>Salchow/toe loop</i></li> </ul> <p><i>Permitted jump sequence:</i></p> <ul style="list-style-type: none"> <li>• <i>Waltz jump/waltz jump with no turns or hops in between</i></li> </ul>	<p><b>Maximum 2 Spins:</b> <i>Permitted Spins:</i></p> <ul style="list-style-type: none"> <li>• Any spin from Aspire 1</li> <li>• Back Upright Spin</li> <li>• Forward Sit Spin</li> </ul>	<p><b>Maximum 1 Sequence:</b> <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> <li>• <i>one half of the ice</i></li> </ul>

<b>ASPIRE 3</b> <b>1:40 Max</b>	<b>Maximum 5 Jump Elements:</b> <i>Permitted Jumps:</i> <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> <b>Max 2 Jump Combinations or 1 Jump combination and 1 jump sequence</b>	<b>Maximum 2 Spins:</b> <i>Required Spin:</i> <ul style="list-style-type: none"> <li>Forward upright spin to back upright spin</li> </ul> <i>Permitted Spins:</i> <ul style="list-style-type: none"> <li>Any spin from Aspire 1 and 2</li> <li>Forward Camel Spin</li> </ul>	<b>Maximum 1 Sequence:</b> <i>Choreographic Step Sequence (ChSt)</i> <ul style="list-style-type: none"> <li>one half of the ice</li> </ul>
<b>ASPIRE 4</b> <b>1:40 Max</b>	<b>Maximum 5 Jump Elements:</b> <i>Permitted Jumps:</i> <ul style="list-style-type: none"> <li>Any jump from Aspire 1, 2 or 3</li> <li>Single Flip</li> <li>Single Lutz</li> </ul> <b>Max 2 Jump Combinations or 1 Jump combination and 1 jump sequence</b>	<b>Maximum 2 Spins:</b> <i>Required Spin:</i> <ul style="list-style-type: none"> <li>Forward Camel spin to forward sit spin combination</li> </ul> <i>Permitted Spins:</i> <ul style="list-style-type: none"> <li>Any Spin from Aspire 1, 2 and 3</li> </ul>	<b>Maximum 1 Sequence:</b> <i>Choreographic Step Sequence (ChSt)</i> <ul style="list-style-type: none"> <li>one half of the ice</li> </ul>

### Aspire Freeskate Clarifications

**Jumps:**

*All Levels*

- Maximum of 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, Spiral Sequences, Arabesques, Spread Eagles, Ina Bauers, Split Jumps, Etc. are allowed but will not be counted as elements.

## 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

<p style="text-align: center;"><b>EXCEL PRE- PRELIMINARY</b></p> <p style="text-align: center;"><b>1:40 MAX</b></p> <p style="text-align: center;"><b>Must not have passed higher than U.S. Figure Skating Pre-preliminary free skate test</b></p> <p style="text-align: center;"><b>Learn to Skate USA membership OR Full U.S. Figure Skating membership required</b></p> <p style="text-align: center;">(*) Required Element</p>	<p><b>Maximum 5 jump elements:</b></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 jump or part of jump combinations/sequence</li> </ul> </li> <li>• Maximum of 2 jump combinations or 1 jump combination and one 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 waltz jump</li> </ul> </li> </ul>	<p><b>Maximum 2 Spins:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 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 revolutions</li> </ul> </li> <li><input type="checkbox"/> One spin may be either a single position spin with no change of foot or a combination spin with or without a change of feet. <ul style="list-style-type: none"> <li>▪ No flying entry</li> </ul> </li> <li><input type="checkbox"/> Spins must be of a different character</li> </ul> <p style="text-align: center;"><i>Max Level: 1</i></p>	<p><b>Maximum 1 Sequence:</b></p> <p>Choreographic sequence (*) (pChSq)</p> <p>* Must be clearly visible</p>
<p style="text-align: center;"><b>EXCEL PRELIMINARY</b></p> <p style="text-align: center;"><b>2:00 +/- 10 sec.</b></p> <p style="text-align: center;"><b>Must not have passed higher than U.S. Figure Skating preliminary free skate test</b></p> <p style="text-align: center;"><b>Full U.S. Figure Skating membership required</b></p> <p style="text-align: center;">(*) Required Element</p>	<p><b>Maximum 5 jump elements:</b></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> </ul> </li> <li>• Maximum of two of any of the same jump may be as a solo jump or part of a jump combination/sequence.</li> <li>• Maximum of 2 jump combinations or 1 jump combination and one 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 waltz jump</li> </ul> </li> </ul>	<p><b>Maximum 2 Spins:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> One spin must be a camel or layback spin with no change of foot and no change in position (*) <ul style="list-style-type: none"> <li>▪ No Flying entry</li> <li>▪ Minimum of 3 revolutions</li> </ul> </li> <li><input type="checkbox"/> 1 spin may combination with or without change of foot* <ul style="list-style-type: none"> <li>▪ No flying entry</li> <li>▪ Minimum of 6 revolutions</li> </ul> </li> </ul> <p style="text-align: center;"><i>Max Level: 1</i></p>	<p><b>Maximum 1 Sequence:</b></p> <p>Choreographic sequence (*) (pChSq)</p> <p>* Must be clearly visible</p>



<p><b>EXCEL PRELIMINARY PLUS</b></p> <p><b>2:00 +/- 10 sec.</b></p> <p><b>Must not have passed higher than U.S. Figure Skating preliminary free skate test</b></p> <p><b>Full U.S. Figure Skating membership required</b></p> <p><b>(*) Required Element</b></p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, including single Axel</li> <li>• No double or higher jumps allowed</li> <li>• Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)</li> <li>• Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>• Jump combinations limited to 2 jumps except that one combination or one sequence may include 3 jumps.</li> <li>• Jump A jump sequence consists of two or three jumps in which the second and/or the third jump is an axel type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>□ One spin combination with or without change of foot. must be in a single position* <ul style="list-style-type: none"> <li>▪ minimum of 6 revolutions</li> <li>▪ no flying entry</li> </ul> </li> <li>□ One spin with only 1 position* <ul style="list-style-type: none"> <li>▪ no change of foot</li> <li>▪ no flying entry</li> <li>▪ minimum of 3 revolutions</li> </ul> </li> </ul> <p style="text-align: center;"><i>Max Level: 1</i></p>	<p><b>Maximum 1 Sequence:</b> Choreographic sequence (*) (pChSq) * Must be clearly visible</p>
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## 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.

LEVEL/TIME	JUMPS	SPINS	STEP SEQUENCES
<b>PRE- PRELIMINARY</b>  <b>1:40 max</b>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed</li> <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> <li>• Maximum 2 jump combinations or jump sequences</li> <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 (waltz jump)</li> </ul>	<p><b>Maximum 2 Spins - Max Level 1</b></p> <p>Spins must have different codes</p> <p>Minimum 3 revolutions Spins may change feet Spins may start with a flying entry</p> <ul style="list-style-type: none"> <li>• One spin <b>MUST</b> be a spin in ONE position</li> <li>• One spin <b>MAY</b> change positions If two one-position spins are performed, they must be executed in different basic positions.</li> </ul>	<p><b>Maximum 1 Choreographic Sequence(pChSq)</b></p> <ul style="list-style-type: none"> <li>• Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc)</li> <li>• Steps and turns may be used to link the movements together.</li> <li>• The pattern is <b>NOT</b> restricted, but the sequence <b>MUST</b> be clearly visible.</li> <li>• Listed elements (jumps and spins) are not permitted in the pChSq</li> </ul>
<b>PRELIMINARY</b>  <b>2:00 +/- 10 sec. max</b>	<p><b>Maximum 5 jump elements:</b></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)</li> <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> <li>• Maximum 2 jump combinations or jump sequences</li> <li>• Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps is allowed and 1 single jump is allowed</li> <li>• Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul>	<p><b>Maximum 2 Spins - Max Level 2</b></p> <p>Spins must have different codes</p> <p>Minimum 3 revolutions Spins may change feet Spins may start with a flying entry</p> <ul style="list-style-type: none"> <li>• One spin <b>MUST</b> be a spin in ONE position</li> <li>• One spin <b>MAY</b> change positions If two one-position spins are performed, they must be executed in different basic positions.</li> </ul>	<p><b>Maximum 1 Choreographic Sequence(pChSq)</b></p> <ul style="list-style-type: none"> <li>• Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc)</li> <li>• Steps and turns may be used to link the movements together.</li> <li>• The pattern is <b>NOT</b> restricted, but the sequence <b>MUST</b> be clearly visible.</li> <li>• <b>Listed elements (jumps and spins) are not permitted in the pChSq</b></li> </ul>

## SPECIAL OLYMPICS - ELEMENTS

Format: Each skater will perform each element when directed by a judge/referee. Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all the required elements before moving on to the next skater.

- To be skated on 1/2 ice
- No music

LEVEL	ELEMENTS
<b>BADGE 1</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Stand unassisted for five seconds</li> <li><input type="checkbox"/> Sit on ice or fall and stand up unassisted</li> <li><input type="checkbox"/> Knee dip standing still unassisted</li> <li><input type="checkbox"/> March forward 10 steps assisted</li> </ul>
<b>BADGE 2</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> March forward ten steps unassisted</li> <li><input type="checkbox"/> Swizzles, standing still — three repetitions</li> <li><input type="checkbox"/> Backward wiggles or march assisted</li> <li><input type="checkbox"/> Two-foot glide forward for distance of at least length of body</li> </ul>
<b>BADGE 3</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Backward wiggles or march</li> <li><input type="checkbox"/> Five forward swizzles covering at least 10 feet</li> <li><input type="checkbox"/> Forward skating across the rink</li> <li><input type="checkbox"/> Forward gliding dip covering at least length of body (R and L)</li> </ul>
<b>BADGE 4</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Backward two-foot glide covering at least length of body</li> <li><input type="checkbox"/> Two-foot jump in place</li> <li><input type="checkbox"/> One-foot snowplow stop (R and L)</li> <li><input type="checkbox"/> Forward one-foot glide covering at least length of body: (R and L)</li> </ul>
<b>BADGE 5</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward stroking across rink</li> <li><input type="checkbox"/> Five backward swizzles covering at least 10 feet</li> <li><input type="checkbox"/> Forward two-foot curves left and right across rink</li> <li><input type="checkbox"/> Two-foot turn front to back, in place</li> </ul>
<b>BADGE 6</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Gliding forward to backward two-foot turn</li> <li><input type="checkbox"/> Five consecutive forward half-swizzles on circle (R and L)</li> <li><input type="checkbox"/> Backward one-foot glide length of body (R and L)</li> <li><input type="checkbox"/> Forward pivot</li> </ul>
<b>BADGE 7</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Backward stroking across the rink</li> <li><input type="checkbox"/> Gliding backward to forward two-foot turn</li> <li><input type="checkbox"/> T-stop (R and L)</li> <li><input type="checkbox"/> Forward two-foot turn on a circle (R and L)</li> </ul>
<b>BADGE 8</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Five consecutive forward crossovers (R and L)</li> <li><input type="checkbox"/> Forward outside edge (R and L)</li> <li><input type="checkbox"/> Five consecutive backward half-swizzles on a circle (R and L)</li> <li><input type="checkbox"/> Two-foot spin</li> </ul>
<b>BADGE 9</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward outside three-turn (R and L)</li> <li><input type="checkbox"/> Forward inside edge (R and L)</li> <li><input type="checkbox"/> Forward lunge or shoot the duck at any depth</li> <li><input type="checkbox"/> Bunny hop</li> </ul>
<b>BADGE 10</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward inside three-turn (R and L)</li> <li><input type="checkbox"/> Five consecutive backward crossovers (R and L)</li> <li><input type="checkbox"/> Hockey stop</li> <li><input type="checkbox"/> Forward spiral three times length of body</li> </ul>

<b>BADGE 11</b>	<input type="checkbox"/> Consecutive forward outside edges — minimum of two on each foot <input type="checkbox"/> Consecutive forward inside edges — minimum of two on each foot <input type="checkbox"/> Forward inside mohawk (R and L) <input type="checkbox"/> Consecutive backward outside edges — minimum of two on each foot <input type="checkbox"/> Consecutive backward inside edges — minimum of two on each foot
<b>BADGE 12</b>	<input type="checkbox"/> Waltz jump <input type="checkbox"/> One foot spin, minimum of three revolutions <input type="checkbox"/> Forward crossover, inside mohawk, backward crossover, step forward — step sequence should be repeated clockwise and counterclockwise <input type="checkbox"/> Combination of three moves chosen from badges 9-12

## SPINS 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
- Spins may not fly
- Max Spin Level
  - \* Aspire – Base
  - \* Pre-pre – Level 1
  - \* Preliminary – Level 2

LEVEL	TIME	SKATING RULES/STANDARDS
<b>ASPIRE LOW</b>	1:30 max	<input type="checkbox"/> Upright one-foot spin (3) <input type="checkbox"/> Upright back spin (3) <input type="checkbox"/> Sit spin (3)
<b>ASPIRE HIGH</b>	1:30 max	<input type="checkbox"/> Upright one-foot spin (4) <input type="checkbox"/> Upright spin with change of foot (3 each foot) <input type="checkbox"/> Sit spin (3)
<b>PRE-PRELIMINARY</b>	1:30 max	<input type="checkbox"/> Spin combo -all 3 basic positions required (3 revs.) <input type="checkbox"/> Backward sit spin (3) <input type="checkbox"/> Camel spin (4)
<b>PRELIMINARY</b>	1:30 max	<input type="checkbox"/> Spin combo with change of foot – all 3 basic positions required (3 revs) <input type="checkbox"/> Sit spin with change of foot (min 3. each foot) <input type="checkbox"/> One position spin, skater’s choice (upright, sit or camel) (4)

## JUMPS CHALLENGE

General event parameters:

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

LEVEL	TIME	SKATING RULES/STANDARDS
<b>ASPIRE LOW</b>	1:15 max	<input type="checkbox"/> Waltz jump (from backward crossovers) <input type="checkbox"/> Half flip or half Lutz <input type="checkbox"/> Single Salchow
<b>ASPIRE HIGH</b>	1:15 max	<input type="checkbox"/> Waltz jump (from backward crossovers) <input type="checkbox"/> Single Salchow <input type="checkbox"/> Jump combination: waltz jump-toe loop
<b>PRE-PRELIMINARY</b>	1:15 max	<input type="checkbox"/> Single toe loop <input type="checkbox"/> Single flip <input type="checkbox"/> Jump combination: Any two half or single revolution jumps (no Axel)
<b>PRELIMINARY</b>	1:15 max	<input type="checkbox"/> Single flip <input type="checkbox"/> Single Lutz <input type="checkbox"/> Jump combination: Any single jump + single loop (may be Axel)

## 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. For this competition the dances by level are listed below.
- Skaters will complete both dances at each level. Dances may be competed consecutively or with a break in between pattern dance groupings

<b>PRELIMINARY DANCE</b>	<ul style="list-style-type: none"> <li>• Rhythm Blues</li> <li>• Dutch Waltz</li> </ul>
<b>PRE-BRONZE DANCE</b>	<ul style="list-style-type: none"> <li>• Swing Dance</li> <li>• Cha-Cha</li> </ul>