



RMU Island Sports Center's
2024 Shamrock Skate
Compete USA Competition
SUNDAY, MARCH 24, 2024
Entry Deadline: Wednesday, February 21, 2024

Rules: The Shamrock Skate, hosted by the RMU Island Sports Center, will be conducted in accordance with the rules set forth in the *2023-24 edition of the U.S. Figure Skating Rulebook & Compete USA guidelines as updated December 2023*. The competition is open all persons as defined by the eligibility rules and who are currently registered with U.S. Figure Skating. **Skaters must be current members (for the 2023-24 membership year) of U.S. Figure Skating, either through a member club, a registered Learn to Skate USA program or as an individual member.** Current membership will be verified by the competition registrar prior to the competition.

Coaches: Please be reminded of the LTS USA/Compete USA changes from Free Skate events to Aspire Events. In addition, be sure to follow the rules and event element guidelines for January 1, 2024 – June 1, 2024. Updates can be found here: <https://learntoskateusa.com/CompeteUSA>

INDIVIDUAL EVENTS & LEVELS:

- **Snowplow Sam- Basic 6:** Elements & Program with Music
- **Aspire Free Skate 1-4:** Compulsory & Program with Music, Jumps & Spin Events (Aspire Low & High)
- **Excel Levels:** Excel Pre-Preliminary & Preliminary Compulsory Moves & Free Skate with Music*
 - **To reduce redundancy and to create a clearer pipeline, Excel Beginner and Excel High Beginner have been folded into the Aspire Program pipeline. Excel Beginner most closely matches Aspire 2. Excel High Beginner most closely matches Aspire 3.*
- **Well Balanced Levels:** No Test, Pre-Preliminary & Preliminary Compulsory Moves & Program with Music
- **Jump & Spin Challenge Events:** Aspire Low, Aspire High, No Test, Pre-Preliminary & Preliminary (open to Excel & Well-Balanced Skaters)

Skaters must skate at least at the highest level passed by Wednesday, February 21, 2024, but may skate up one level but not both.

Showcase Events: Individual/Couples/Trios

Showcase 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. Performance categories and 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. **Snowplow events are limited to Lyrical Pop and Character Performance. Please see Compete USA Showcase guidelines for performance categories.**

- **Individual Showcase Events:**
 - Levels: Snowplow Sam 1-4*, Basic 1-6*, Aspire 1-4*, No Test, Pre-Preliminary, Preliminary
 - *Snowplow Sam, Basic Skills & Aspire showcase events are not divided by skill level each individual level.
- **Duets/Trios Showcase:** Combined Levels depending on entries: *All skaters in a duet or trio showcase must register individually and pay the appropriate event fees*
- **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.
- **Synchro Team Event:** Aspire Synchro Team Event: Aspire 1-4

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

REGISTRATION PROCESS (Two-Step)

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

Follow this helpful worksheet prior to registering on line, or just follow the steps as listed below to be sure you have completed all of the steps for registration.

Please be sure to consult your coach if you have any questions with the details which are required, as listed below.

Step 1 – Gather all of the necessary registration information:

Read announcement and determine level and events to enter after consulting with your primary coach.

Note the details which will be required for registration process.

- Name of Athlete
- Highest Skating Level Passed
- Name of Primary Coach
- Name of Secondary Coach, if applicable
- Program/Club Name
- First Event Level and Name (must select if only event)
- Additional Events & Levels, as needed
- Practice Ice Registration will be available after the schedule is posted

Gather all the additional information needed to register

- LTSUSA membership # and/or U.S. Figure Skating membership #
- Primary Coach U.S. Figure Skating #
- Primary Coach contact information
- Primary Contact Information for Athlete:
Email Address:
Phone number:

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

Copy registration site link for events here: www.sk8stuff.com Under Upcoming Events: Click “Shamrock Skate”

Register your athlete for all events, filling out the required details on the Sk8stuff registration form

NOTE: Sk8stuff does not collect payment, only registration details for scheduling your skater for Shamrock Skate.

You do not need to send the paper in as listed, this is only for competitions that use Sk8stuff for payments.

Continue to Step 3 to complete payment

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

- Login to your DASH account at RMU Island Sports Center: www.rmu.edu/dash
Skaters who are new to RMU ISC, will need to create a registration profile in our DASH registration system.
- Go to the Registration Page and locate the Shamrock Skate logo and click on the link.
- Be sure to have the ATHLETE’S NAME listed in the drop down for “**WHO ARE YOU REGISTERING?**”
- Add to cart the all of the events for which the athlete will participate in Shamrock Skate, be sure that you have listed all of the events as they have been listed in Sk8stuff.com
 - First Event \$65 | (Choose “first event”)
 - Additional Events \$35/ea | (click on “add another registration” for each additional event)
 - Showcase Duet/Trios: Each skater must pay the appropriate fee (1st event or additional event) for their showcase with a partner(s)
 - Ensemble Team Events: \$70 per team and \$15 per skater fee

Practice Ice Sessions will be available, but skaters may wait until schedule is released to purchase practice ice.

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

Entry deadline is Wednesday, February 21, 2024

Late entries may be accepted at the discretion of the competition director and if space is available.

If accepted, a late fee of \$25 will be assessed.

Refund Policy: Entry fees will not be refunded after Wednesday, February 21, 2024, unless no competition exists or an event is canceled. There will be no refunds for medical withdrawals or any other reason. Payment of the fee will be required before the skater can participate in practice ice or events.

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

MUSIC

Music Uploads will be sent to <https://forms.gle/ctUMx9b9VrVuMR8c9> when the site opens to accept music for Shamrock Skate.

Details for uploads will be sent when the site is open.

For the music upload process, please follow:

- **MUSIC Please input your skater's name**
- **All music should be in MP3 format. If you have a wave or MP4, please convert your file to MP3**
- **Please name files with your skater's name as it appears on registration: FirstLastLevel.mp3 (example: LizzieSmithAspire1FS.mp3)**
- **You should receive a confirmation email from Google Forms after submitting. So long as you don't get an error when you hit submit, you're good to go!**
- **If you have any issues with your music upload, please contact Hanna at hfussman@fmbankarena.com**

Competitors must also have available a backup copy of their competition music on a cell phone and it must be immediately available rink side whenever the skater competes. If the phone does not have the standard round headset connector, an appropriate adapter, such as an Apple Lightning connector or Samsung USB-C adapter is required to be attached. The phone should be presented to the music person with the file ready to play, phone in airplane mode and volume turned to maximum.

Scheduling of Events: a few weeks following the close of entries, a tentative schedule of events will be available at:

<http://isc.rmu.edu/figure-skating/shamrock>

An email will be sent to all coaches and skaters based on email listed in DASH registration system.

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

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

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

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

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

Computation of Results: The 6.0 Majority closed system of judging will be used in all events. All results will be posted in a live streaming at Sk8stuff. Details for link will be sent at time of competition and QR Code links will be posted at the registration table.

Events/Awards: All events will be final rounds. Medals will be awarded for 1st, 2nd, and 3rd places. Ribbons will be awarded for 4th, 5th & 6th places. Awards will be available at the Skater Registration Table following the posting of the results on Sk8stuff. The skater is responsible for picking up award(s) following his/her events. Awards will not be mailed to the skater. Skaters may pick up their awards at any time prior to leaving Shamrock Skate.

Videography and Photos: Those interested in videotaping or taking photographs are required to do so from the bleachers. No individual will be allowed at rink side for these purposes. Absolutely no flash photography is permitted during the warm-ups or competition events. As per US Figure Skating rules, you may only video your skater and are not permitted to video tape other competitors.

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



MISSION STATEMENT:

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

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

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

ELIGIBILITY RULES FOR PARTICIPANTS

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

Eligibility and Test Requirements:

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

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

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

ELIGIBILITY RULES FOR COACHES/INSTRUCTORS

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

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

All Event Requirements Can Be Found Here: <https://learntoskateusa.com/CompeteUSA>

Be sure to follow the details for January 1, 2024 – June 30, 2024

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

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

2024 Aspire Program Requirements

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

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

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

PRE-PRELIMINARY – 1:40 MAX		
JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps, including single Axel allowed <ul style="list-style-type: none"> ◦ No double, triple or quadruple jumps allowed ◦ Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels) ◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ◦ Jump sequence is any listed jump immediately followed by an Axel type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs 	Max 1 Sequence <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ◦ Must use one-half the ice surface. ◦ Moves in the field and spiral sequences are allowed but will not be counted as elements. ◦ Jumps may be included in the step sequence. If IJS is uses, then pChSq

PRELIMINARY – 2:00 +/- 10 SECONDS		
JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including single Axel allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double Toe loop and double Loop) <ul style="list-style-type: none"> ◦ Double flip, double lutz, double axel, triple and quadruple jumps not allowed. ◦ 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 ◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded. • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ◦ 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. ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must e of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs. 	Max 1 Sequence <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ◦ Choreographic step sequence full ice. ◦ Moves in the field and spiral sequences are allowed but will not be counted as elements. ◦ Jumps may be included in the step sequence. If IJS is uses, then pChSq

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		
<i>Learn to Skate USA membership OR full U.S. Figure Skating membership required</i>		
JUMPS	SPINS	STEP SEQUENCES
Maximum 5 jump elements: <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> ◦ No single Axels, double, or higher jumps allowed ◦ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ◦ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps ◦ 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 	Maximum 2 spins: <ul style="list-style-type: none"> • One spin must be in a single position with no change of foot* <ul style="list-style-type: none"> ◦ No flying entry ◦ Minimum 3 revs • One spin may be either a single position spin w/no change of foot or a combination spin with or without change of foot • Spins must be of a different character Max Level 1	Maximum 1 Sequence: <ul style="list-style-type: none"> • Choreographic step sequence (pChSq) <ul style="list-style-type: none"> ◦ Must be clearly visible

Excel Preliminary— 2:00 +/- 10 sec		
<i>Learn to Skate USA membership OR full U.S. Figure Skating membership required</i>		
JUMPS	SPINS	STEP SEQUENCES
Maximum 5 jump elements: <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> ◦ No single Axels, double, or higher jumps allowed ◦ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ◦ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps ◦ 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 	Maximum 2 spins: <ul style="list-style-type: none"> • One spin must be a camel or layback spin with no change of foot and no change of position* <ul style="list-style-type: none"> ◦ No flying entry ◦ Minimum 3 revolutions • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ◦ Minimum 6 revolutions ◦ No Flying Entry Max Level 1	Maximum 1 Sequence: <ul style="list-style-type: none"> • Choreographic step sequence (pChSq) <ul style="list-style-type: none"> ◦ Must be clearly visible

***Denotes required element**

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"> • Waltz Jump • ½ Flip • One-foot upright spin • Choreographic step sequence
Aspire 2	1:15 max	<ul style="list-style-type: none"> • Single Salchow • Single Toe Loop • Sit spin • Choreographic step sequence
Aspire 3	1:15 max	<ul style="list-style-type: none"> • Single Loop • Salchow/Toe loop jump combination • Forward upright spin to back upright spin • Choreographic step sequence
Aspire 4	1:15 max	<ul style="list-style-type: none"> • Single Loop • Salchow/Toe loop jump combination • Forward upright spin to back upright spin • Choreographic step sequence

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

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

Spin Challenge

GENERAL EVENT PARAMETERS:

- Spins may be skated in any order
- Connecting steps are allowed but will not be taken into consideration when scoring
- Spins may not be repeated; only required elements may be included
- All events are skated on half-ice
- 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

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)

NO TEST – 1:30 MAX

ELEMENTS

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

PRE-PRELIMINARY – 1:30 MAX

ELEMENTS

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

Jumps Challenge

GENERAL EVENT PARAMETERS:

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

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

NO TEST – 1:15 MAX

ELEMENTS

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

PRE-PRELIMINARY – 1:15 MAX

ELEMENTS

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

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.*

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
SNOWPLOW 1-4 BASIC 1-6	Elements only from Basic 1-6 curriculum	Must not have passed any higher than Basic 6 level	Time: 1:00 max
ASPIRE 1-4	3 jump maximum. Half-rotation jumps only, plus the following full rotation jumps: Salchow and toe loop	May not have passed any official U.S. Figure Skating free skate or free dance tests	Time: 1:20 max
NO TEST	No prescribed or restricted elements	Must not have passed pre-preliminary free skate or any free dance tests	Time: 1:20 max
PRE-PRELIMINARY	No prescribed or restricted elements	Must have passed no higher than U.S. Figure Skating pre-preliminary or any free dance test	Time: 1:20 max
PRELIMINARY	No prescribed or restricted elements	Must have passed no higher than U.S. Figure Skating preliminary free skate or adult bronze free skate or free dance test; see National Showcase guidelines for more specific information regarding adults	Time: 1:30 max

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>ASPIRE 2</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>One Circle Element</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>One Line Element</p> <p>Forward and backward skating permitted Change of axis and change of configuration not permitted</p>	<p>One Block Element</p> <p>Forward and backward skating permitted Change of configuration and pivoting not permitted</p>	<p>One Wheel Element</p> <p>Forward and backward skating permitted Change of rotational direction, change of configuration, and travel not permitted</p>	<p>One Intersection Element</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>Additional Items for Aspire 2</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>ASPIRE 3</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>One Circle Element</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>One Line Element</p> <p>Forward and backward skating permitted May contain any of the below features* Choice of: Change of axis Change of configuration</p>	<p>One Block Element</p> <p>Forward and backward skating permitted May contain any of the below features* Choice of: Change of Configuration Pivoting</p>	<p>One Wheel Element</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>One Intersection Element</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>Additional Items for Aspire 3</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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ASPIRE 4 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	One Circle Element Forward and backward skating permitted Must contain at least one of the below features** Choice of: Change of rotational direction Change of configuration Travel	One Line Element Forward and backward skating permitted Must contain at least one of the below features** Choice of: Change of axis Change of configuration	One Block Element Forward and backward skating permitted Must contain at least one of the below features** Choice of: Change of Configuration Pivoting	One Wheel Element Backward skating only Must contain at least one of the below features** Choice of: Change of rotational direction Change of configuration Travel	One Intersection Element 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 Items for Aspire 4 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.
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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 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.