

Michigan High School Series

Lakeland		11:00 AM Saturday, December 14, 2024		7	1	2	3	4	5	6	7	8
Event #	Time	Event	# Skaters	Allow this time	Tamara Moores	Melissa Garland	Ellen Siu	Val Terry	Hannah Vertin	Karen Wolanchuk		
	Begin	End	D3-1									
	11:00 AM	11:45 AM	Practice Ice									
	11:45 AM	12:00 PM	Resurface									
1	12:00 PM	12:09 PM	5	9	R	2	3	4	5	6		
2	12:09 PM	12:33 PM	5	24	R	2	3	4	5	6		
3	12:33 PM	12:43 PM	5	11	R	2	3	4	5	6		
	12:43 PM	12:53 PM	Break - NO RESURFACE									
4	12:53 PM	1:02 PM	5	9	R	2	3	4	5	6		
5	1:02 PM	1:26 PM	5	24	R	2	3	4	5	6		
6	1:26 PM	1:37 PM	5	11	R	2	3	4	5	6		
	1:37 PM	1:47 PM	Break - NO RESURFACE									
7	1:47 PM	1:57 PM	6	10	R	2	3	4	5	6		
8	1:57 PM	2:25 PM	6	28	R	2	3	4	5	6		
9	2:25 PM	2:37 PM	6	12	R	2	3	4	5	6		
Competition Ends												

Hosted by: **Lakes Area**

Sanction: 35684

At this competition, for each level (A, B, C) all skaters that will actually skate at that level in any of the 3 disciplines may be at rinkside. No skaters not participating in that level are allowed at rinkside.

When the teams enter the ice at the start of each new LEVEL (ie events 1, 4, 7) there is a 2 minute stroking-only warmup for all participating skaters.

Then each element gets a 30-second warmup for all skaters participating in that element followed by skating of the elements. Competition moves directly from Jumps to Moves, to Spins with no additional warmups

Skating order proceeds "down one team" at each element

Format will be re-evaluated after first round of competitions.

NOTE A B C Starting Orders differ

		A	B	C	
Ann Arbor United	ABC 1				1
Capital Area	ABC 2				2
Hartland United	ABC 3				3
Howell United	BC 4	X			4
Lakes Area	ABC 5				5
Washtenaw Edge	AC		X		
These DO NOT REPRESENT STARTING ORDER					

Each team is permitted ONE reskated element per level, per competition.

2024-2025 MICHIGAN HIGH SCHOOL FIGURE SKATING TEAM COMPETITION SERIES

Team Events

Level A/High

This level includes all elements from 2025 USFS High level, and adds a MIHS-defined 4th element in each discipline

Jumps	Skating Skills	Spins
1 Single or double Axel	1 Sustained edge step (Gold SS #1)	1 Flying Spin (variations permitted, NO change of foot, min 5 revs)
2 Combination jump (double/double OR triple/double)	2 Twizzle sequence (max 3 twizzles, change of direction REQUIRED, change of foot REQUIRED, optional free foot psn, no more than 3 steps between twizzles)	2 Camel spin w/EITHER difficult entry OR difficult exit (NO fly, change of foot optional, variations permitted, min 5 revs)
3 Double or Triple flip or Lutz immediately preceded by connecting steps	3 Choreographic sequence (at least 2 different movements REQUIRED, pattern not restricted, see Rule 6105)	3 Combo spin (chg of foot REQUIRED, change of direction permitted, fly permitted, all 3 basic positions REQUIRED, min 2 revs per position, min 8 revs total)
4 Double loop or Salchow	4 Forward Loops (Silver SS #4)	4 Upright Front to Back spin (min 8 revs total)

Level B/Intermediate (skaters may not have passed higher than Silver Singles skate test)

This level includes all elements from 2025 USFS Intermediate level, and adds a MIHS-defined 4th element in each discipline

Jumps	Skating Skills	Spins
1 Double jump	1 Inside Slide Chasse pattern (PreSilv SS #5)	1 Layback spin (variations permitted, min 5 revs)
2 Jump sequence consisting of 2 or 3 jumps, with single Axel as 2 nd or 3 rd jump (no triples)	2 Short edge element (NO change of position, NO change of edge, max 7 second hold, see Rule 8375 for acceptable elements)	2 Flying spin (any position, no change of foot, variations permitted, min 5 revs)
3 Split jump	3 Circular choreographic step sequence	3 Combo spin (at least 1 change of position, change of foot optional, may fly, min 5 revs)
4 Single Axel	4 8-Step Mohawk sequence (Bronze SS #3)	4 Camel spin (no change of position or foot, no fly, min 5 revs)

Level C/Low (skaters may not have passed higher than PreBronze Singles skate test)

This level combines the elements for 2025 USFS Beginner and Low levels, and adds a MIHS-defined 4th element in each discipline

Jumps	Skating Skills	Spins
1 Half flip jump OR Single flip jump	1 One foot glide (right or left) OR Waltz Eight (PrePrelim SS #4)	1 Two-foot spin (min 3 revs) OR Forward upright spin (optional free foot position, min 3 revs)
2 Bunny hop OR Waltz jump / Euler / Salchow combo	2 Forward lunge (right or left) OR Forward shoot the duck (right or left)	2 Beginning back upright spin (min 3 revs) OR Sit spin (variations allowed, min 3 revs)
3 Waltz jump / Toe loop combo OR 3 leap sequence (can consist of falling leaf, mazurka, ballet jump, side toe hop, stag jump, split jump, Euler)	3 Choreographic step sequence (1/2 ice length) OR Straight line choreographic step sequence (full ice)	3 Forward upright spin (min 3 revs) OR Combo spin, at least one change of position (no fly, no change of foot, min 6 revs total)
4 Single toe loop OR Single Loop	4 Forward left and right spirals (PrePlelim SS #3) OR Consecutive Outside and Inside Spirals (Prelim SS #2)	4 Sit spin (min 3 revs) OR Back upright spin (min 3 revs)

ALL LEVELS: Spins for all levels are to be held in the basic position for the required revolutions. Features will be given value only if the required revolutions are accomplished. Combination spins must be held for required revolutions as stated.

At DISTRICT EVENTS, teams will have the option to use one retry per LEVEL; at STATES no retries will be permitted. If a competitor performs an element higher than that listed, that element will receive no credit (for example, if the element specified is a single Salchow and the competitor performs a double Salchow, no credit is given for the element)

MIHS District Elements Clarifications

Clarifications 1	<p>The test level requirements for the team events are based on SINGLES level only. The skater's Skating Skills level does not impact the level for Team events. This is in accordance with USFS guidelines. Athletes may “skate up” but they may not compete on a team at a lower level than the highest Singles (freeskating) test they have passed.</p>
Clarifications 6	<p>Short Edge Element (level B Skating Skills #2): this is defined by USFS Rule #8375 as follows: A short edge element is a movement where the skater must hold a continuous sustained edge (one lobe) in any selected position. A short edge element must be held for at least three seconds but not more than seven seconds. Turns are not permitted except on the entry or exit of the element. The primary focus is on the quality of edge, and the secondary focus is on the position attained. Some examples include but are not limited to:</p> <ul style="list-style-type: none">a. One foot glide in attitude positionb. Shoot the duckc. Spirals in varied positionsd. Crouch with one leg extendede. Spiral with full split while holding bootf. Spread eagleg. Ina Bauerh. Hydroblade movements <p>The High School element descriptions further adds: "(NO change of position, NO change of edge, max 7 second hold)"</p>