

# 2024-2025 MICHIGAN HIGH SCHOOL FIGURE SKATING STATE CHAMPIONSHIPS

## Individual Events

Music: **See following page**

### Eligibility:

Skaters may not skate below their US Figure Skating test level as of November 1, 2024, but may skate up one level higher (ISI level equivalency on page one). Skaters may compete in a maximum of 2 individual events, which may be any combination of Excel, Solo Dance, and Artistic events.

Long Program	Time	Rules
Aspire 1	1:40 max.	USFS Aspire Program Requirements chart (as current Mar 2025)
Aspire 2	1:40 max.	USFS Aspire Program Requirements chart (as current Mar 2025)
Aspire 3	1:40 max.	USFS Aspire Program Requirements chart (as current Mar 2025)
Aspire 4	1:40 max.	USFS Aspire Program Requirements chart (as current Mar 2025)
Excel Pre-Preliminary	1:40 max.	USFS Excel Program Requirements chart (as current Mar 2025)
Excel Preliminary	2:00 +/- 10 sec	USFS Excel Program Requirements chart (as current Mar 2025)
Excel Preliminary Plus	2:00 +/- 10 sec	USFS Excel Program Requirements chart (as current Mar 2025)
Excel Pre-Juvenile Plus	2:00 +/- 10 sec	USFS Excel Program Requirements chart (as current Mar 2025)
Excel Juvenile	2:30 +/- 10 sec	USFS Excel Program Requirements chart (as current Mar 2025)
Excel Juvenile Plus	2:30 +/- 10 sec	USFS Excel Program Requirements chart (as current Mar 2025)
Excel Intermediate	3:00 +/- 10 sec	USFS Excel Program Requirements chart (as current Mar 2025)
Excel Intermediate Plus	3:00 +/- 10 sec	USFS Excel Program Requirements chart (as current Mar 2025)
Excel Novice	3:30 +/- 10 sec	USFS Excel Program Requirements chart (as current Mar 2025)
Excel Junior	3:30 +/- 10 sec	USFS Excel Program Requirements chart (as current Mar 2025)
Excel Senior	4:00 +/- 10 sec	USFS Excel Program Requirements chart (as current Mar 2025)

Excel chart available at: <https://www.usfigureskating.org/competition-program-requirements> Boys and girls events will be combined at PreJuvenile and below if there are fewer than 2 of either gender entered (Rule 3013C). Any event with fewer than 2 skaters will be cancelled.

**SOLO DANCE EVENT** *If a skater has passed the first Dance at a level, they must skate at that level or one level higher. All pattern dances will use "Solo Series Dance Steps" for all competitors; all skaters will be using the same steps. Any event with fewer than 2 skaters will be cancelled.*

Level	Dance	Rules	Level	Dance	Rules
Preliminary	Rhythm Blues	3 patterns	Silver	American Waltz	2 patterns
Pre-Bronze	Fiesta Tango	3 patterns	Pre-Gold	Kilian	4 patterns
Bronze	Ten Fox	3 patterns	Gold	Westminster Waltz	2 patterns
Pre-Silver	Willow Waltz	2 patterns			

### ARTISTIC SHOWCASE EVENT

*Programs are to be skated to music and should be designed to entertain and/or emotionally move the audience. Costumes are encouraged. NO PROPS are permitted in these events. Programs at Levels A, B, C may include 1 two-jump combo or sequence; Level D may include 2 two-jump combos or sequences; These rules match USFS rules for High School Skating 2024-2025 season, and are judged according to the standards therein. Any event with fewer than 2 skaters will be cancelled*

Event	Freestyle Level	Time	Rules (see note above re combos / sequences)
Level A Artistic Solo	Aspire through PrePreliminary test level	1:40 max	3 jumps of choice; 1 spin of choice; 1 choreographic step sequence (covering at least half the ice)
Level B Artistic Solo	Preliminary & PreBronze test levels	2:00 max	3 jumps of choice; 1 spin of choice; 1 choreographic step sequence (full ice coverage)
Level C Artistic Solo	Bronze – Silver singles test levels	2:10 max	3 jumps of choice; 2 spins of choice; 1 choreographic step sequence (full ice coverage)
Level D Artistic Solo	PreGold & Gold singles test levels	2:40 max	3 jumps of choice; 2 spins of choice; 1 choreographic step sequence (full ice coverage)

USFS Rules documents available at: <https://www.usfigureskating.org/competition-program-requirements>