



Sunday, August 23, 2026 | Woodridge, Illinois

EVENT NAME

2026 Back to School Compete USA Challenge

COMPETITION DATES

Sunday, August 23, 2026

HOST PROGRAM

Seven Bridges Ice Arena

LOCATION

6690 IL 53, Woodridge, IL 60517

CONTACT NAME

Yevgeny Martynov, Skating Director

CONTACT INFO

yevgeny@sevenbridgesicearena.com | (630) 271 4400

REGISTRATION LINK

Online Bond registration: www.sevenbridgesicearena.com

**REGISTRATION
DEADLINE**

Saturday, August 8, 2026

RULES FOR COMPETE USA COMPETITIONS

3100 Rules for Compete USA Competitions

3110 Compete USA Competitions – Approvals

3111 Compete USA competitions may include events up to and including preliminary singles, adult bronze singles, and pre-bronze pattern dance 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.

3120 Compete USA Competitions – Officials

3121 For Compete USA competitions, a chief referee and chief scoring official are required. In addition, three judges not related to the competitors are required for each event. Officials may be any official certified by U.S. Figure Skating or Skate Canada or any other qualified eligible or ineligible person.

3122 For Compete USA competitions, the member club or other organization sponsoring and conducting the competition will approve all officials. All persons serving as officials must be current U.S. Figure Skating member and/or Learn to Skate USA® member, be at least 16 years of age and, if 18 years of age or older, pass a background check and complete SafeSport™ training.

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 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 U.S. Figure Skating 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 and adult bronze 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 cancelled.

3064 Skating Accommodations Memorandum (S.A.M.) for Nonqualifying Competitions

A singles skater with a documented physical disability, as defined by the Americans with Disabilities Act (ADA), may request exemption from certain technical rules or element requirements or expectations on the basis that such rule or requirement penalizes them in the assessment.

ELIGIBILITY RULES FOR PARTICIPANTS

It is very important to the success of the competition that skaters are placed in the correct divisions. 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.

Choosing a competitive level that is right for your skater: It is the responsibility of the instructor, coach, or skating director to place the skater at the correct competitive level. This decision should be based upon skill proficiency, athlete development, and fairness. Placing skaters at a level that challenges them appropriately while fostering their ongoing development is key to nurturing their growth.

ELIGIBILITY AND TEST REQUIREMENTS:

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 (including Aspire). 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.

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 skating skills or individual dances.

Special Olympics events are for skaters with intellectual disabilities. Skate United events are for skaters with physical disabilities. Skate United skaters have the option to compete in the standard track or Skate United track. Accommodations may be made upon request. Adaptive events are for skaters with any type of disability.

For synchronized skating eligibility and requirements refer to the synchronized skating page.

There will be no more than six competitors maximum in an event, and all six should receive an award.

ELIGIBILITY RULES FOR COACHES/INSTRUCTORS

When hosting a Compete USA competition, it is important that you verify the compliance of each coach/instructor who plans to coach onsite at the event.

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

- Learn to Skate USA instructor compliant

OR

- U.S. Figure Skating coach compliant

If a coach/instructor attempts to work at your event without the proper credentials, he or she is in violation of U.S. Figure Skating ethics and code of conduct rules and, as such, is subject to disciplinary action.

All officials and adult volunteers assisting Compete USA events must also be SafeSport Trained™.

Program Requirements

EVENTS OFFERED

This competition offers the Compete USA events listed below, sanctioned under the Learn to Skate USA Compete USA program. Full technical requirements for each level — jumps, spins, and sequences — are provided beginning on the following page and are drawn directly from the official 2025–26 Compete USA Competition Manual and the 2026 U.S. Figure Skating Aspire Program guide.

PROGRAM W/ MUSIC EVENTS

- Snowplow Sam – Basic 6 Program w/ Music
- Aspire 1–4 Program w/ Music
- Excel Free Skate (Pre-Preliminary – Preliminary Plus)
- Championship Free Skate (Pre-Preliminary – Preliminary)

Note: *It is the responsibility of the instructor, coach, or skating director to place each skater at the correct competitive level. This decision should be based on skill proficiency, athlete development, and fairness — placing skaters at a level that challenges them appropriately while fostering their ongoing development.*

JUDGING & ENTRY FEES — PROGRAM W/ MUSIC EVENTS

Effective July 1, 2026, all events below are judged using the Component Judging System (CJS), which replaces the 6.0 system. Judges score each skater's Technical Elements, Composition/Presentation, and Skating Skills; the skater with the highest total score places first. Each skater may enter one event only. Entry fee is \$70.00 (see Additional Information for full fee policy).

COMPETE USA EVENT WITH MUSIC	JUDGING	EVENT PRICE
Snowplow Sam	CJS	\$70
Basic 1 Program w/ Music	CJS	\$70
Basic 2 Program w/ Music	CJS	\$70
Basic 3 Program w/ Music	CJS	\$70
Basic 4 Program w/ Music	CJS	\$70
Basic 5 Program w/ Music	CJS	\$70
Basic 6 Program w/ Music	CJS	\$70
Aspire 1 Program w/ Music	CJS	\$70
Aspire 2 Program w/ Music	CJS	\$70
Aspire 3 Program w/ Music	CJS	\$70
Aspire 4 Program w/ Music	CJS	\$70
Excel Pre-Preliminary	CJS	\$70
Excel Preliminary Plus	CJS	\$70
Championship Pre-Preliminary Free Program	CJS	\$70
Championship Preliminary Free Program	CJS	\$70

Full program requirements — including permitted jumps, spins, sequences, and clarifications — for every level listed above can be found beginning on the next page, or online at learntoskateusa.com/competeUSA.

Snowplow Sam – Basic 6 Free Skate Requirements

Source: 2026 Compete USA Competition Manual — Snowplow Sam / Basic 6 Free Skate. Skating order is optional; elements are not restricted in number of repetitions unless noted. To be skated on full ice with music. Skaters may use, but are not required to use, elements from previous (lower) levels. A 0.2 deduction is taken for each element performed from a higher level; bonus skills from the same level or below are allowed but not judged.

LEVEL	REQUIRED ELEMENTS
Snowplow Sam 1:10 max	– 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	– 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	– 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	– Beginning forward stroking showing correct use of blade – Forward half-swizzle pumps on a circle, either direction, 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	– Forward outside edge on a circle, either direction – Forward crossovers, both directions, 4–6 consecutive – Backward half-swizzle pumps on a circle, either direction, 4–6 consecutive – Backward one-foot glides (no variations), right and left – Beginning two-foot spin, maximum 4 revolutions
Basic 5 1:10 max	– Backward outside edge on a circle, either direction – Backward crossovers, both directions, 4–6 consecutive – Forward outside three-turn, right and left – Advanced two-foot spin, minimum 4 revolutions – Hockey stop
Basic 6 1:10 max	– Forward inside three-turn, right and left – C step, 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/entry position – T-stop, right or left

Aspire Free Skate Requirements

Source: 2026 U.S. Figure Skating Aspire Program Free Skate chart. Clarifications below apply to all Aspire levels unless noted otherwise.

LEVEL	JUMPS	SPINS	STEP SEQUENCE
Aspire 1 1:40 max	Max. 5 jump elements. Permitted: Waltz jump, ½ flip, ½ Lutz. Max. 1 jump sequence: Waltz jump/waltz jump, no turns or hops between.	Max. 2 spins (required): Two-foot spin; Forward one-foot spin (free foot optional).	Max. 1 Choreographic step sequence (ChSt), one-half of the ice.
Aspire 2 1:40 max	Max. 5 jump elements. Permitted: any Aspire 1 jump, single Salchow, single toe loop. Max. 2 jump combos, or 1 combo + 1 sequence. Combos: waltz/toe loop, Salchow/toe loop.	Max. 2 spins: any Aspire 1 spin, Back upright spin, Forward sit spin.	Max. 1 ChSt, one-half of the ice.
Aspire 3 1:40 max	Max. 5 jump elements. Permitted: any Aspire 1–2 jump, Euler (half-loop), single loop. Max. 2 jump combos, or 1 combo + 1 sequence.	Max. 2 spins (required): Forward upright spin to backward upright spin. Also: any Aspire 1–2 spin, Forward camel spin.	Max. 1 ChSt, one-half of the ice.
Aspire 4 1:40 max	Max. 5 jump elements. Permitted: any Aspire 1–3 jump, single flip, single Lutz. Max. 2 jump combos, or 1 combo + 1 sequence.	Max. 2 spins (required): Forward camel to forward sit spin combination. Also: any Aspire 1–3 spin.	Max. 1 ChSt, one-half of the ice.

Clarifications

- Jumps (all levels): maximum 2 of any same jump. Euler is not permitted in Aspire 1 or 2.
- Jump sequence (Aspire 3–4): consists of two or three jumps in which the second and/or third jump is a waltz jump with a direct step from the landing curve.
- Jump combinations (Aspire 3–4): limited to two jumps, except one combination or sequence may include three jumps.
- Spins (all levels): minimum 3 revolutions, no flying entry, a spin may not be repeated, basic positions only (no variations).
- Spins (Aspire 3–4): one spin must be the required spin; the second spin must be a spin in one position.
- Step sequence (all levels): jumps may be included; moves in the field, spiral sequences, arabesques, spread eagles, Ina Bauers, and split jumps are allowed but not counted as elements.

Excel Free Skate Requirements

Source: 2026 Compete USA Competition Manual — Excel Free Skate. Skaters may not enter both a Championship free skate event and an Excel free skate event at the same competition, and may compete up to one level above their highest singles test passed.

LEVEL	JUMPS	SPINS	SEQUENCE
Excel Pre-Preliminary 1:40 max	Max. 5 jump elements. All single jumps allowed except the Axel (no single Axel, double, or higher jumps). Max. 2 of any same jump. Max. 2 jump combos, or 1 combo + 1 sequence (may include 3 jumps).	Max. 2 spins, Level 1. One spin must be a single position, no change of foot, min. 3 revolutions, no flying entry. Second spin: single-position or combination spin. Spins must be of a different character.	Max. 1 Choreographic Sequence (pChSq), must be clearly visible.
Excel Preliminary Plus 2:00 ± 10 sec	Max. 5 jump elements. All single jumps allowed, including single Axel (no double or higher). Axel and other singles may repeat once (max. 2 of any same jump). Max. 2 jump combos, or 1 combo + 1 sequence (may include 3 jumps).	Max. 2 spins, Level 1 (required). One spin combination with/without change of foot, min. 6 revolutions. One spin, single position only, no change of foot, min. 3 revolutions.	Max. 1 Choreographic Sequence (pChSq), must be clearly visible.

Championship Free Skate Requirements

Source: 2025–26 Compete USA Competition Manual — Championship Free Skate (Pre-Preliminary & Preliminary). This event was formerly listed as “Well Balanced” free skate; it is now designated Championship Free Skate under the current Compete USA manual.

LEVEL	JUMPS	SPINS	SEQUENCES
Championship Pre-Preliminary 1:40 max	Max. 5 jump elements. All single jumps allowed, including single Axel (no double, triple, or quad). Jumps may repeat once as solo or in combo/sequence. Max. 2 jump combos, or 1 combo + 1 sequence (may include 3 jumps). Waltz jump counts as the Axel-type jump in a sequence.	Max. 2 spins, Level 1 (max). Different codes, min. 3 revolutions, may change feet, no flying entry. One spin must be single-position (required); one spin may change positions.	Max. 1 choreographic sequence (pChSq): at least 2 different movements, pattern not restricted but must be clearly visible. Listed jumps/spins not permitted.
Championship Preliminary 2:00 ± 10 sec	Max. 5 jump elements; 1 must be an Axel-type jump or waltz jump (required). All singles allowed, including Axel. Up to two different doubles allowed (Salchow, toe loop, loop only — no double flip, Lutz, Axel, triple, or quad). Max. 2 jump combos, or 1 combo + 1 sequence (may include 3 jumps, max. 2 doubles + 1 single).	Max. 2 spins, Level 2 (max). Different codes, min. 3 revolutions, may change feet, no flying entry. One spin must be single-position (required); one spin may change positions.	Max. 1 choreographic sequence (pChSq): at least 2 different movements, pattern not restricted but must be clearly visible. Listed jumps/spins not permitted.

Additional Information

REGISTRATIONS & FEES

- All registrations must be completed online through the Bond registration system at Seven Bridges Ice Arena.
- Entry fee is \$70.00 per skater. Each skater may enter one event only.
- Entries must be received by Saturday, August 9, 2026, to avoid a late fee.
- Late entries may be accepted with a \$25.00 late fee.

SCHEDULE OF EVENTS

- Group assignments and skating order times will be emailed and posted on the website approximately one week before the competition.

ON-SITE REGISTRATION

- The registration desk will be located in the main lobby of Seven Bridges Ice Arena.
- All skaters must check in at least 45 minutes prior to their event.

MUSIC SUBMISSION

- All music must be submitted by emailing an MP3 file directly to Yevgeny Martynov at yevgeny@sevenbridgesicearena.com.
- Please include the skater's name, competing level, and coach name in the email.
- This is the only accepted method; CDs or USB drives will not be accepted for primary submission.

JUDGING & AWARDS

- All events will be judged using the Component Judging System (CJS), effective July 1, 2026, evaluating Technical Elements, Composition/Presentation, and Skating Skills.
- Medals will be awarded to all placements, 1st through 6th, presented off-ice immediately following the event and posting of results.

DRESS & EQUIPMENT

- Skaters are responsible for their own competition attire.

COACH ELIGIBILITY

- Coaches must be Learn to Skate USA instructor compliant or U.S. Figure Skating coach compliant.
- All officials and adult volunteers must be SafeSport trained.
- Coaches will be required to check in at registration with a government-issued ID to receive a credential.
- Non-credentialed coaches will not be allowed in the designated coaching area rink-side.
- For more information, see U.S. Figure Skating Coach Compliance.

PROGRAM REQUIREMENTS

- For full details on competition requirements by level, visit usfigureskating.org/competition-program-requirements.

LIABILITY

- Seven Bridges Ice Arena is not responsible for injury or damage sustained by any participant in this competition.



Seven Bridges Ice Arena

Seven Bridges Ice Arena in Woodridge, Illinois is a year-round training and competition facility offering programs for skaters of every age and level, from first steps on the ice through competitive and pre-professional development.

LEARN TO SKATE USA

Group and semi-private classes for beginners through pre-competitive skaters, following the official Learn to Skate USA curriculum (Snowplow Sam through Basic 6).

ASPIRE PROGRAM

U.S. Figure Skating's Aspire 1–4 pathway, bridging Learn to Skate USA and full competitive free skate training.

EXCEL PROGRAM

Compete USA's Excel track (Pre-Preliminary – Preliminary Plus), offering a structured, single-jump progression for developing free skaters.

CHAMPIONSHIP TRACK

Championship free skate training for skaters progressing through Pre-Preliminary, Preliminary, and beyond within the U.S. Figure Skating well-balanced program structure.

THEATRE ON ICE

Home of Creative Ice Theatre, a competitive Theatre on Ice program affiliated with Great Lakes Figure Skating Club, offering ensemble performance training and competitive team placements.

PRIVATE LESSONS

One-on-one instruction available across all disciplines and levels with our professional coaching staff, by appointment.

CAMPS

Seasonal and summer skill-development camps.

PROFESSIONAL COACHING STAFF

A team of experienced, credentialed coaches supporting athletes across Learn to Skate USA, Aspire, Excel, Championship, and Theatre on Ice pathways.

PRO SHOP

On-site SK8 Sports pro shop offering skate fitting, sharpening, and equipment for figure skaters.

Contact Information

FACILITY: Seven Bridges Ice Arena

ADDRESS: 6690 IL-53, Woodridge, IL 60517

SKATING DIRECTOR: Yevgeny Martynov

EMAIL: yevgeny@sevenbridgesicearena.com

WEBSITE: www.sevenbridgesicearena.com