

# 2015 Reach For The Peaks Basic Skills Competition

Announcement



April 18, 2015

To Be Held At:

**Peaks Ice Arena  
100 N Seven Peaks Blvd  
Provo, UT 84606**

**Entry Deadline: March 29, 2015**

Event Chairperson: Alicia Ballard E-mail: ali4mt86@gmail.com

*Sanctioned by:*



**Location:**

The Reach for the Peaks Basic Skills Competition will be held at the Peaks Ice Arena, located at 100 N Seven Peaks Blvd, Provo, UT 84606

**Facilities:**

The ice surface at the Peaks Ice Arena is 200 feet long and 100 feet wide, with slightly rounded corners and completely indoors.

**Events:**

The events offered at this competition are:

- Basic Elements Event
- Basic Program Event
- Free Skate Compulsory Event
- Free Skate Program Event
- Introductory Levels Compulsory Event
- Introductory Levels Free Skate Program Event
- Well Balanced Free Skate Program Event
- Test Track Free Skate Event
- Compulsory Moves
- Basic Pairs Program Event
- Adult Program Event
- Showcase Event

**Eligibility:**

Basic Skills Competitions may include events for skaters who have passed no higher than the preliminary free skating, preliminary dance or adult bronze free skating tests without applying for a U.S. Figure Skating sanction. However, an approval number is required from the appointed Basic Skills representative.

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills 1--8 skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For the Free skate 1--3, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine 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.

**Sanction:**

Reach for the Peaks is sanctioned by United States Figure Skating. The competition will be held in accordance with the rules of U.S. Figure Skating as shown in the 2014-2015 Rulebook, except as stated in this announcement.

## **Entries:**

The Peaks Figure Skating Club will be accepting entries online, utilizing EntryEeze. ***Pursuant to US Figure Skating Rule 3235, entry fees will be refunded only if the event is not held.***

***WE REQUIRE THAT ALL SKATERS USE ONLINE ENTRY via ENTRYEEZE***

To register, go directly to <http://comp.entryeeze.com/Home.aspx?cid=290> to enter the 2015 PFSC event. Before going online, you will need your US Figure Skating membership number, a valid email address, a credit card and your coach's email address.

## **Entry Fees:**

<b>Event:</b>	<b>First Event:</b>	<b>Additional Events:</b>
Snowplow Sam 1--3	\$35.00	\$15.00
Basic 1--3	\$35.00	\$15.00
Basic 4--8	\$45.00	\$30.00
Freeskate 1--Preliminary	\$50.00	\$35.00
Adult	\$50.00	\$35.00
Pairs	\$20.00/skater	\$15.00/skater

Online entries must be completed via EntryEeze no later than midnight, **Sunday March 29, 2015**. Late entries, if accepted, will be charged an additional \$20. All age requirements are effective as of the close of entries. A credit card processing fee of 3% is charged by Peaks FSC. These processing fees are **not refundable**, even if the event is cancelled or skater withdraws before close of entries. A refund of entry fees will be made for withdrawals made **prior** to March 29, 2015 (official close of entries), in accordance with US Figure Skating Rule 3235. **Credit Card Disputes:** The Peaks Figure Skating Club reserves the right to charge an additional fee of \$50.00, in addition to the entry fee to resolve any disputes to the credit card charge which will show up as PSFC.

***Skaters will not be allowed to compete until all payments are current. There is no charge for admission.***

## **REGISTRATION:**

A registration desk will be set up one hour prior to the first event. All entrants are required to register and be ready to skate *at least one hour prior* to their scheduled event.

## **NOTICE:**

An official bulletin board maintained at the competition arena shall be considered as appropriate notice to all competitors. Please check the bulletin board for time changes. The Peaks Figure Skating Club also maintains a website [www.peaksfsc.org](http://www.peaksfsc.org). All information regarding this event will be posted at this site. A tentative schedule of events, groups and practice ice will be posted to the Peaks FSC official website within a reasonable period of time after the close of entries. ***Please note the referee may begin the competition events up to 30 minutes early.***

## **RULES:**

Two entries in a category will constitute a scheduled event to be skated. Skaters in events with only one entry will be advised shortly after the close of entries and given the options of skating up a level, if applicable, or skating an exhibition for full fee free or refund of their entry fee. If a skater wishes to skate an exhibition, they will have the option of receiving a judges' critique. If requesting a critique, they must respond to the registrar within 72 hours. Failing to do so, they will be deemed to have opted for a refund of their entry fee. Events may be combined or divided at the discretion of the referee. The referee, along with the chairperson, shall have the right to exclude any person whose behavior is unruly and/or un-sportsmanlike. The decisions of the referee on all matters will be final.

## **JUDGING:**

The Basic Skills Competition may use qualified skaters and/or instructors who are 16 years of age or older and/or persons who are trial judging for appointments. The competition chair may wish to enlist a referee who may assist in the selection of the additional judges and officials and to serve as liaison between the judges, accountants, and skaters. All events will be judged under the 6.0 system.

## **MUSIC:**

All competitors must provide their own music on CD's only. The CD must be clearly marked with the name, event and side to be played, with one program per CD. **No CD-RW CD's will be accepted.** Music is accepted one hour prior to the event. ***CD's are to be picked up promptly at the conclusion of each event at the registration desk. The committee is not responsible for music not collected. Competitors should bring at least one backup of their program music on CD as a contingency.***

## **COACH REGISTRATION:**

All coaches will have to comply with the US Figure Skating coach registration policy in order to be allowed to instruct and coach at this event. Coaches will need to check-in at the registration desk and show proof of your US Figure Skating Coach Registration Card and a photo ID. Coaches will receive a credential, to allow them to coach skaters during events or coach during practice sessions, to be worn during the events.

## **WARM -UP TIME:**

For all Basis Skills events, the warm-up time for free skating may be limited to twice the specified length of the program with a three-minute minimum.

**SCHEDULE:**

A schedule of events will be posted to the Peaks Figure Skating Club official web site, the official Club Bulletin Board, and the EntryEeze website within a reasonable time after the close of entries.

**LIABILITY:**

By entering this competition, all skaters have acknowledged their acceptance of the standard US Figure Skating assumption of risk and liability. Paper entries must include a signed assumption of liability form. On-line entries will include this option.

**ADMISSION:**

There will be no admission charged. All skaters are encouraged to invite family and friends.

**AWARDS:**

Awards will be given 5 minutes after the results for an event are posted. Medals will be given for the first through third places in each event. All other places will receive ribbons. A podium will be available for skaters of each event for personal or group use.

**VIDEOGRAPHY AND PHOTOGRAPHY:**

NO FLASH PHOTOGRAPHY is allowed in the rink area during competition. Flash photography is dangerous to the skaters! The competition committee reserves the right to remove anyone from the rink who ignores requests and warnings regarding the use of flash photography. Professional videotaping and photography are not available for the competition. Personal cameras and videotaping will be allowed

**DRESSING ROOMS:**

Dressing rooms are unsupervised. Please bring skate guards and do not leave valuables unattended. Neither the Peaks Ice Arena or Peaks Figure Skating Club will be responsible for missing valuables. Dressing rooms will be for coaches and skaters only. Parents wishing to do hair and makeup may do so in the lobby or restrooms.

# Basic Elements Events

**Format:** Each skater will perform one element at a time in the order listed below (no excessive connecting steps).

1. To be skated on 1/3 to 1/2 ice.
2. No music
3. **All elements must be skated in the order listed.**

<p><b><u>Snowplow Sam 1</u></b></p> <ol style="list-style-type: none"> <li>1. March in place</li> <li>2. March forward (8-10 steps)</li> <li>3. March then 2- foot glide</li> <li>4. Dip in place</li> </ol>	<p><b><u>Snowplow Sam 2</u></b></p> <ol style="list-style-type: none"> <li>1. March followed by long 2-foot glide</li> <li>2. Dip while moving</li> <li>3. Backward wiggles (min. 6 in a row)</li> <li>4. Rocking horse (min. 2 in a row)</li> <li>5. Forward 2- foot swizzles (2-3 in a row)</li> <li>6. 2-foot hop in place (optional)</li> </ol>	<p><b><u>Snowplow Sam 3</u></b></p> <ol style="list-style-type: none"> <li>1. Forward skating (8-10 steps)</li> <li>2. Forward 1-foot glide (R and L)</li> <li>3. Forward swizzles (4-6 in a row)</li> <li>4. Backward swizzles (4-6 in a row)</li> <li>5. Forward snowplow stop with skid</li> <li>6. Curves (min. 4 in a row)</li> </ol>
<p><b><u>Basic 1</u></b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide and dip</li> <li>2. Forward two foot swizzles 6-8 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles, 6-8 in a row</li> </ol>	<p><b><u>Basic 2</u></b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Forward alternating ½ swizzle pumps, in a straight line, 2-3 each foot</li> <li>3. Moving snowplow stop</li> <li>4. Two foot turn in place- forward to backward</li> <li>5. Backward two foot swizzles, 6 - 8 in a row</li> </ol>	<p><b><u>Basic 3</u></b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>3. Forward slalom</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin – minimum three revolutions</li> </ol>
<p><b><u>Basic 4</u></b></p> <ol style="list-style-type: none"> <li>1. Standstill forward outside three-turn, R &amp; L</li> <li>2. Forward outside edge on a circle, clockwise or counter clockwise.</li> <li>3. Forward crossovers 4-6 consecutive, both directions</li> <li>4. Backward stroking, 4-6 strokes</li> <li>5. Backward snowplow stop, R or L</li> </ol>	<p><b><u>Basic 5</u></b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle, clockwise or counterclockwise.</li> <li>2. Backward crossovers 4-6 consecutive, both directions</li> <li>3. Basic one foot spin, free leg held to side of spinning leg - minimum three revolutions</li> <li>4. Side toe hop -either direction</li> <li>5. Hockey stop</li> </ol>	<p><b><u>Basic 6</u></b></p> <ol style="list-style-type: none"> <li>1. Standstill forward inside three-turn, R &amp; L</li> <li>2. Bunny Hop</li> <li>3. Forward arabesque spiral on a straight line, R or L</li> <li>4. Lunge, R or L</li> <li>5. T-stop, R or L</li> </ol>

<p><b><u>Basic 7</u></b></p> <ol style="list-style-type: none"> <li>1. Standstill forward inside open Mohawk (R to L and L to R)</li> <li>2. Ballet Jump, either direction</li> <li>3. Back crossovers to a back outside edge landing position, clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>	<p><b><u>Basic 8</u></b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three-turns, R &amp; L</li> <li>2. Waltz jump (from a standstill)</li> <li>3. Mazurka - either direction</li> <li>4. Combination move, clockwise <u>or</u> counter clockwise-two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge.</li> <li>5. Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position -minimum three revolutions</li> </ol>	
---	--	--

## Basic Program Events

**Format:** The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program. **Vocal music is allowed.**

1. To be skated on full ice.
2. The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
3. A .2 deduction will be taken for each element performed from a higher level
4. Time 1:00+/-10sec

<p><b><u>Snowplow Sam 1</u></b></p> <ol style="list-style-type: none"> <li>1. March in place</li> <li>2. March forward (8-10 steps)</li> <li>3. March then 2- foot glide</li> <li>4. Dip in place</li> </ol>	<p><b><u>Snowplow Sam 2</u></b></p> <ol style="list-style-type: none"> <li>1. March followed by long 2-foot glide</li> <li>2. Dip while moving</li> <li>3. Backward wiggles(min. 6 in a row)</li> <li>4. Rocking horse (min. 2 in a row)</li> <li>5. Forward 2- foot swizzles (2-3 in a row)</li> <li>6. 2-foot hop in place (optional)</li> </ol>	<p><b><u>Snowplow Sam 3</u></b></p> <ol style="list-style-type: none"> <li>1. Forward skating (8-10 steps)</li> <li>2. Forward 1-foot glide(R and L)</li> <li>3. Forward swizzles (4-6 in a row)</li> <li>4. Backward swizzles (4-6 in a row)</li> <li>5. Forward snowplow stop with skid</li> <li>6. Curves(min. 4 in a row)</li> </ol>
--	--	--

<p><b><u>Basic 1</u></b></p> <ol style="list-style-type: none"> <li>1.Forward two foot glide and dip</li> <li>2.Forward two foot swizzles 6-8 in a row</li> <li>3.Forward snowplow stop</li> <li>4.Backward wiggles, 6-8 in a row</li> </ol>	<p><b><u>Basic 2</u></b></p> <ol style="list-style-type: none"> <li>1.Forward one foot glide - either foot</li> <li>2.Forward alternating ½ swizzle pumps, in a straight line, 2-3 each foot</li> <li>3.Moving snowplow stop</li> <li>4.Two foot turn in place- forward to backward</li> <li>5.Backward two foot swizzles, 6 - 8 in a row</li> </ol>	<p><b><u>Basic 3</u></b></p> <ol style="list-style-type: none"> <li>1.Forward stroking</li> <li>2.Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>3.Forward slalom</li> <li>4.Backward one foot glide - either foot</li> <li>5.Two foot spin – minimum three revolutions</li> </ol>
<p><b><u>Basic 4</u></b></p> <ol style="list-style-type: none"> <li>1.Standstill forward outside three-turn, R &amp; L</li> <li>2.Forward crossovers 4-6 consecutive, both directions</li> <li>3.Backward stroking, 4-6 strokes</li> <li>4. Backward snowplow stop, R or L</li> </ol>	<p><b><u>Basic 5</u></b></p> <ol style="list-style-type: none"> <li>1.Backward crossovers 4-6 consecutive, both directions</li> <li>2.Basic one foot spin, free leg held to side of spinning leg - minimum three revolutions</li> <li>3.Side toe hop -either direction</li> <li>4.Hockey stop</li> </ol>	<p><b><u>Basic 6</u></b></p> <ol style="list-style-type: none"> <li>1.Standstill forward inside three-turn, R &amp; L</li> <li>2.Bunny Hop</li> <li>3.Forward arabesque spiral on a straight line, R or L</li> <li>4.Lunge, R or L</li> <li>5.T-stop, R or L</li> </ol>
<p><b><u>Basic 7</u></b></p> <ol style="list-style-type: none"> <li>1.Standstill forward inside open Mohawk (R to L and L to R)</li> <li>2.Ballet Jump, either direction</li> <li>3.Back crossovers to a back outside edge landing position, clockwise and counter clockwise</li> <li>4.Forward inside pivot</li> </ol>	<p><b><u>Basic 8</u></b></p> <ol style="list-style-type: none"> <li>1.Moving forward outside or forward inside three-turns, R &amp; L</li> <li>2.Waltz jump</li> <li>3.Mazurka - either direction</li> <li>4.Combination move, clockwise <u>or</u> counter clockwise-two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge.</li> <li>5.Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position -minimum three revolutions</li> </ol>	

## Free Skate 1-6 Compulsory Event

**Format:** The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program. **Vocal music is allowed.**

1. To be skated on 1/2 ice.
2. No music is allowed
3. The skater must demonstrate the required elements and may use any additional elements from previous levels.
4. A 0.2 deduction will be taken for each element performed from a higher level.
5. Time 1:15 or less



<p><b><u>Freeskate 1</u></b></p> <ol style="list-style-type: none"> <li>1. Advanced forward stroking 4-6 strokes</li> <li>2. Backward outside three-turns, right and left.</li> <li>3. One-foot upright scratch spin from back crossovers- minimum three revolutions</li> <li>4. Waltz jump from back crossovers</li> <li>5. Half flip jump</li> </ol>	<p><b><u>Freeskate 2</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside spiral R or L</li> <li>2. Waltz three's, right or left, 2-3 sets</li> <li>3. Beginning back spin, entry optional – minimum two revolutions</li> <li>4. Waltz jump, side toe hop, waltz jump sequence</li> <li>5. Toe loop</li> </ol>	<p><b><u>Freeskate 3</u></b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Backward inside three-turns, right and left</li> <li>3. Back spin- minimum three revolutions</li> <li>3. Salchow</li> <li>4. Waltz jump/Toe loop or Salchow/toe loop combination</li> </ol>
<p><b><u>Freeskate 4</u></b></p> <ol style="list-style-type: none"> <li>1. Forward power 3's, 2-3 consecutive sets, right or left</li> <li>2. Sit spin - minimum three revolutions</li> <li>3. Loop jump</li> <li>4. Waltz jump-loop jump combination</li> </ol>	<p><b><u>Freeskate 5</u></b></p> <ol style="list-style-type: none"> <li>1. Camel spin - minimum three revolutions</li> <li>2. Forward upright spin to back upright spin - minimum three revolutions each foot</li> <li>3. Loop-loop jump combination</li> <li>4. Flip jump</li> </ol>	<p><b><u>Freeskate 6</u></b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence- one set alternation pattern (refer to Basic Skills Curriculum Free Skate 6)</li> <li>2. Camel, sit spin combination - minimum of four revolutions total</li> <li>3. Split jump or stag jump</li> <li>4. Waltz jump, ½ loop, Salchow jump sequence</li> <li>5. Lutz jump</li> </ol>

## Free Skate 1-6 Program Events

**Format:** The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program. **Vocal music is allowed.**

6. To be skated on full ice.
7. The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
8. A .2 deduction will be taken for each element performed from a higher level
9. Time 1:30+/-10sec

<p><b><u>Freestyle 1</u></b></p> <p>1. Advanced forward stroking 4-6 strokes  2. One-foot upright scratch spin from back crossovers- minimum three revolutions  3. Waltz jump from back crossovers  4. Half flip jump</p>	<p><b><u>Freestyle 2</u></b></p> <p>1. Forward outside spiral R or L  2. Beginning back spin  3. Waltz jump, side toe hop, waltz jump  4. Toe loop</p>	<p><b><u>Freestyle 3</u></b></p> <p>1. Forward crossovers in a figure 8  2. Back spin- minimum three revolutions  3. Salchow  4. Waltz jump/Toe loop or Salchow/toe loop</p>
<p><b><u>Freestyle 4</u></b></p> <p>1. Forward power 3's, 2-3 consecutive sets, right or left  2. Sit spin - minimum three revolutions  3. Loop jump  4. Waltz jump-loop jump combination</p>	<p><b><u>Freestyle 5</u></b></p> <p>1. Camel spin - minimum three revolutions  2. Forward upright spin to back upright spin - minimum three revolutions each foot  3. Loop-loop jump combination  4. Flip jump</p>	<p><b><u>Freestyle 6</u></b></p> <p>1. Camel, sit spin combination - minimum of four revolutions total  2. Split jump or stag jump  3. Waltz jump, ½ loop, Salchow jump sequence  4. Lutz jump</p>

## Introductory Levels Compulsory Event

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

1. To be skated on ½ ice.
2. No music is allowed.
3. The skater must demonstrate the required elements and may use any additional elements from previous levels.
4. A 0.2 deduction will be taken for each element performed from a higher level.
5. *Skaters may have the option to skate one level higher in compulsories than their free skate program.*

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• ½ jump of choice</li> <li>• Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional)</li> <li>• Forward or backward spiral</li> </ul>
High Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Toe loop jump</li> <li>• Salchow jump</li> <li>• Forward scratch spin – minimum three revolutions</li> <li>• Forward or backward spiral</li> </ul>

No Test	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Solo spin – sit or camp spin – minimum three revolutions</li> <li>• Spiral sequence, must include a forward and backward spiral.</li> </ul> <p>Additional spirals and balance moves may be included</p>
---------	-----------	--

## Introductory Levels Free Skate Program Events

### General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
2. 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.
3. Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:30+/- 10 sec.	<i>Maximum 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front)</li> <li>• Max. 2 jump sequences</li> <li>• Max. 2 jump of any same jump</li> </ul>	<i>Maximum 2 spins:</i> <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests.
High Beginner 1:30+/- 10 sec.	<i>Maximum 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop).</li> <li>• Single rotation jumps: Salchow and toe loop only</li> <li>• Maximum of 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<i>Maximum 2 spins:</i> <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests.

No Test  1:30+/- 10 sec.	<i>Maximum 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Up to 2 may be jump combos or sequences</li> <li>• Jump combos are limited to 2 jumps</li> <li>• Jump sequences are limited to 3 single jumps (half-loop is not considered a single jump at this level)</li> <li>• No Axels or double jumps are permitted</li> </ul>	<i>Maximum 2 spins:</i> <ul style="list-style-type: none"> <li>• Spins must be of different character</li> <li>• Each spin must have a minimum of 3 revolutions</li> <li>• Spins may change feet, position and start with a fly</li> </ul>	One step sequence that utilizes ½ of the ice surface	
--------------------------------	---	--	--	--

## Well-Balanced Program Free Skate Event

### General event parameters:

1. Skaters may NOT enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted for pre-preliminary – intermediate.
3. 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.
4. Either IJS or the 6.0 judging system may be used for this event.

Level	Time	Jumps	Spins	Step Sequences
Pre-Preliminary	1:40 Max.  Vocal music permitted	<i>Maximum 5 jump elements:</i> <ol style="list-style-type: none"> <li>a) Any single jumps, including Axel, allowed.</li> <li>b) Max. 2 jump combinations or sequences</li> <li>c) Jump combinations are limited to 2 jumps.</li> <li>d) Number of jumps in a jump sequence is limited to a maximum of 3 single jumps (1/2 loop is not considered a single jump.)</li> <li>e) Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Maximum of 2 Axels</li> <li>f) Double or triple jumps are not allowed</li> </ol>	<i>Maximum of 2 spins:</i> <ol style="list-style-type: none"> <li>a) Spins must be of a different nature.</li> <li>b) Spins may change feet and/or position</li> <li>c) Spins may start with a fly.</li> <li>d) Minimum of 3 revolutions</li> </ol>	One step sequenced that must use ½ of the ice surface.

Preliminary	1:40 Max.  Vocal music permitted	<i>Maximum of 5 jump elements:</i> a) One must be an Axel or Waltz-jump b) Maximum 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in a jump sequence is limited to a maximum of 3 single jumps (1/2 loop is not considered a single jump.) e) Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop f) Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of a jump combinations or jump sequences. g) Maximum of 2 Axels or any double jump h) Double flips, double Lutzes, double Axels or triple jumps are not allowed.	<i>Maximum of 2 spins:</i> a) Spins must be of a different nature. b) Spins may change feet and/or position. c) Spins may start with a fly. d) Minimum of 3 revolutions	One step sequenced that must use ½ of the ice surface.
-------------	--	--	---	--

## Test Track Free Skate Event

### General event parameters:

1. Skaters may NOT enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. 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.
4. Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
5. The following deductions will be taken:
  - 0.1 from each mark for each technical element included that is not permitted in the event descriptions.
  - 0.2 from the technical mark for each extra element included.
  - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:30+/- 10 sec.	<p><i>Maximum 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including halfloop)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 jump of any same type jump</li> </ul>	<p><i>Maximum 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills prepreliminary free skate test.
Preliminary 1:30+/- 10 sec.	<p><i>Maximum 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels)</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	<p><i>Maximum 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test, but may not have passed tests higher than the preliminary free skate test.

## Compulsory Moves

### General event parameters:

1. Elements skated on ½ ice.
2. Elements may be performed only once.
3. Music is not allowed.

Level	Time	Skating rules/standards
Pre-Preliminary	1:10 max.	<ul style="list-style-type: none"> <li>• Single jump</li> <li>• Jump combination: single/single (no Axel)</li> <li>• Sit spin or camel spin – minimum three revolution</li> <li>• Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ul>
Preliminary	1:00 max.	<ul style="list-style-type: none"> <li>• Single Lutz</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Back upright spin- minimum three revolutions</li> <li>• Forward inside spiral</li> </ul>

## Basic Pairs Program Event

**Format:** The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program. **Vocal music is allowed.**

1. To be skated on full ice.
2. The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
3. A deduction will be taken for each element performed from a higher level
4. Time 1:00+/-10sec

### Pairs 1

1. Hold and position – basic hand-to-hand hold with a side-by-side position
2. Advanced forward stroking side-by-side, both directions
3. Advanced forward stroking side-by-side, both directions with a handhold
4. Advanced forward crossovers in a figure 8 with a hand-to-hand hold, both directions
5. Bunny hops side-by-side

### Pairs 2

1. Hold and position – basic Waltz hold and position
2. Advanced backward crossovers to back outside edge, side by side, both directions
3. Advanced backward crossovers to back outside edge, side by side, both directions with a handhold
4. Advanced backward crossovers in a figure 8 with a hand-to-hand hold, both directions

5. Waltz jumps side by side – from 2-3 backward crossovers

### **Pairs 3**

1. Hold and position – Kilian and reverse Kilian hold and position
2. Continuous forward progressive chasse sequence, clockwise and counterclockwise
3. Spirals:
  - a. One skater forward/one skater backward hand-to-hand hold
  - b. Skaters in Kilian position
4. Circling pairs spin
5. Two-foot spin, side by side
6. Half flip jumps, side by side

### **Pairs 4**

1. Hold and position – open dance lift position with armpit grip
2. Five-step Mohawk sequence
3. Scratch spins (upright spin) side by side from backward crossovers, minimum of three revolutions
4. Toe loops, side by side
5. Waltz spin
6. Waltz lift

### **Pairs 5**

1. Hold and position – waist lift position, one partner behind the other, and lift position, with hand-to-hand grip
2. Pull spiral – male on back outside edge (back outside pivot option); Female in spiral outside or inside. Once hand to one hand hold.
3. Back scratch spin, side by side
4. Flip jumps, side by side
5. Upright spin in Kilian position
6. Loop lift (waist lift position, one partner behind the other)



### **Pairs 6**

1. Pull spiral – Male on back outside edge (back outside pivot optionsl); Female in backward spiral outside. One hand to one hand hold.
2. Sit spins side by side from backward crossovers, minimum of three revolutuions
3. Loop jumps, side by side
4. Camel spin in Kilian position
5. Lutz lift

## Adult Free Skate Program Events

### **Adult Basic Skills Levels:**

- Use elements from the Basic Skills Adult 1-6 curriculum

### **Adult Bronze Free Skate:**

- Must have passed no higher than the Adult Bronze Free Skating Test. Time: 1:40 max. Refer to Rulebook #3801 for requirements.

## SHOWCASE EVENTS

Duration: 1:30 or less - may divide into age and level categories

1. Theme of skater's choice or designated by the organization
2. May have music with words
3. Judging to emphasize interpretation of music rather than technical skills
4. Costumes that complement music

May use hand props or any items that