



Hosted by the Peaks Figure Skating Club  
February 4 – 7, 2016

Registration will open on Monday, November 30, 2015.

**Entry Deadline: 11:59pm MST, Monday, January 4, 2016.**

This deadline will not be extended. Registration will close at 300 Skaters.

[www.entryeeze.com](http://www.entryeeze.com)

Chief Referee: George S. Rossano  
Chief Accountant: Rebecca Oniki  
Competition Chair and Registrar: Shelly Gramajo

The Peaks Ice Arena  
100 N. Seven Peaks Blvd. – Provo, Utah

[www.peaksfsc.org](http://www.peaksfsc.org)



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The 2016 Intermountain Winter Classic will be conducted in accordance with the rules and regulations of the U.S. Figure Skating Association, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

### **Eligibility/Test Level:**

**Test Level:** Competition level is the highest test passed as of the entry deadline, in the discipline the skater is entering. Entrants may skate at one level **above** that for which they qualify, but **they may not skate down** in any event. Skaters who placed in the top four in final round of their last qualifying competition in their divisions **must move up one level**, except for novice and higher.

**Age Restriction/Requirements:** Skaters entering Juvenile Free Skate events (either Test Track or Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering Open Juvenile Free Skate events (either Test Track or Well Balanced Program), must be at least 14 years of age at the close of entries. Skaters entering beginner-pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

**Special Skater:** Events are open to any skater with a disability, including mental and physical challenges. Please note any special limitations of the skater, such as hearing or vision impairment, as well as any other physical challenges that would require special consideration (such as special equipment like walkers) and include this at the time of registration. All Special Skater events will be skated on full ice in accordance with Section E of the Special Olympics World Games Rules, which may be found at <http://usfsa.org/programs/specialolympics/therapeuticskating>. All Special Skaters events shall be judged using the 6.0 system and will be skated to instrumental or vocal music.

### **Entries:**

Online registration will be available starting Monday, November 30, 2015 through midnight, Monday, January 4, 2016 via secured credit card transaction at [www.entryeeze.com](http://www.entryeeze.com). An email will be sent to the skater's primary coach and home club when a skater's entry is processed to verify accuracy of entry. Your credit card statement will show a charge to Peaks FSC. Online entry will close once the cap of 300 skaters has been reached or on midnight Monday, January 4, 2016 whichever comes first. There will be no extension of the deadline. It is important to register early!

One or more entries in a category will constitute an event. Groups may be divided or combined by age, gender, or randomly at the discretion of the Chief Referee. Entries after midnight on January 4, 2016 will be considered late, and will be accepted only at the discretion of the Referee and Competition Chairperson, and subject to a \$20.00 late fee. Change or additions to event entries after skating groupings are posted are not permitted unless deemed necessary by the Chief Referee. If the change/additions are permitted by the Chief Referee, a \$20.00 event change fee will be collected by Peaks Figure Skating Club.

### **Refund Policy:**

Entry fees will not be refunded after midnight on January 4, 2015 unless no competition exists or is cancelled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be assessed a \$20.00 fee. Payment of the fee will be required in cash or with a money order before the skater is allowed to participate in events.

**Facilities:**

**The Peaks Ice Arena  
100 N. Seven Peaks Blvd.  
Provo, Utah, 84604**

The Peaks Ice Arena has two Olympic sized rinks with an enclosed ice surface of 100' by 200' with slightly rounded corners. Dressing rooms will be available to skaters. Dressing rooms are unsupervised. Please bring skate guards and do not leave valuables unattended. Neither the Peaks Ice Arena nor the Peaks Figure Skating Club will be held responsible for missing valuables.

**Music:**

All competitors must provide their own music on CD (no CD-RWs, DVD-R or mini discs allowed). Each CD must be clearly labeled with the skater's name, event, side to be played, and length of program. There must be only one track recorded on the CD, with no more than a 5-second lead in. Please bring a second copy of the CD and have it available at rink side in case a backup is needed. Music must be turned in at the registration desk one (1) hour prior to the event to be skated and picked up following the event. Peaks Figure Skating Club is not responsible for any music not picked up by the end of the competition.

**Liability:**

U.S. Figure Skating, Peaks Figure Skating Club and the Peaks Ice Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

**Judging System:**

The 6.0 system of judging will be used for all events. IJS critiques by a technical specialist and judge will be available on sign up for Juvenile, Open Juvenile, Intermediate through Senior Short Program and Freeskate events. Skaters wishing an IJS Critique must complete a Planned Program Content Sheet (PPCS) by midnight on January 16, 2016 (no extensions). This form is found in the Entryeze registration system.

**Registration Desk:**

The registration desk will be open one hour before the first event and run through the last event of the day. The registration desk will be located in the lobby of the rink. PLEASE REGISTER PROMPTLY UPON ARRIVAL.

There is no charge to watch the competition events.

**Practice Ice:**

Skaters may reserve practice ice while registering online on Entryeze. After the schedule is posted, you will be able to select the practice session on which you would like to skate. If space is remaining after reserved sessions are selected, we will open up practice ice registrations through Entryeze for additional sessions. Any remaining sessions will be offered at the registration desk on a first come, first serve basis. Practice ice will begin on Thursday, January 29. Practice ice sessions will be 30 minutes in length. There will be no props permitted on practice ice at any time. Music will be played on the Thursday practice ice sessions on the South Rink only. Music will be played by random draw and with a maximum of once per session. We cannot guarantee that all skaters' music will be played. Please have a separate CD for practice ice.

**Pre-Event Ice:**

We will be offering Pre-Event ice. Pre-Event ice is guaranteed to occur on the same day and within 4 hours of your registered event. Pre-Event ice will be 20 minutes in length and will occur on the NHL rink during competition hours. If a Pre-Event session is selected you will be assigned your spot by the local organizing committee (LOC) to the appropriate session matching the competition event for which you are registered. There will be no music or props permitted.

**Practice/Pre-Event Ice Pricing:**

	With Registration	After Registration	On-Site
Practice Ice – 30 minutes	\$15	\$18	\$20
Pre-Event Ice – 20 minutes	\$12	\$15	\$18

Peaks Figure Skating Club reserves the right to cancel any session due to low participation. No refunds will be issued for skaters who do not appear for their reserved practice ice or pre-event ice session(s).

**Videotaping and Photography:**

Professional videotaping and action photography will be available for purchase. Awards photos are optional – a podium will be available for personal or group photographs. Skaters may also purchase individual still and action photos. No flash photography is allowed in the rink area at any time during competition. Flash photography is dangerous to the skaters. The competition committee reserves the right to remove any person from the rink who ignores requests and warnings regarding the use of flash photography.

There will be no personal videotaping of other competitors during the competition. Videotaping of practice ice or warm up periods where multiple skaters are on the ice is not allowed.

**Awards:**

Awards will be presented immediately following the posting of the results for each event. They will be provided to all 1st through 4th place finishers in each event and will be presented as a group. Intermediate-Senior Short Program and Free Skate are individual events.

**Official Notices:**

Notices regarding any changes during the competition will be posted at the registration desk. It is the responsibility of each competitor, parent, and/or coach to check at the registration desk for any schedule changes and/or additional information. Skaters are requested to arrive 60 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted online at [www.entryeeze.com](http://www.entryeeze.com) as soon as it is available. All skaters should confirm their event time at the registration desk. The referee may begin any competition event up to 30 minutes early.

**Information Regarding Coaches:**

U.S. Figure Skating Rule MR 5.11 Coach Registration

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

**If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge all coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without proper registration is an ethics violation which is reported to U.S. Figure Skating and PSA.**

For more information regarding Coach Compliance, please refer to:

<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

**Contact Information:**

Competition Chair/Registrar/Entryeeze: Shelly Gramajo 801-787-9576 shelly.gramajo@gmail.com

Chief Referee: George S. Rossano ggrossano@earthlink.net

**Please no phone calls after 9:00 p.m. MST. Email is preferred.**

**Accommodations:**

A block of rooms has been arranged with the Provo Marriott at a special rate of \$89/night (+ tax). Space is limited, so register early.

Attendees wishing to stay at the Marriott should call Marriott Reservations at 1 (800) 228-9290 or (801) 377-4700 on or before **Thursday, January 14, 2016** to make their room reservations. Guests should identify themselves as part of the **Intermountain Winter Classic Room Block** group staying at the Provo Marriott Hotel & Conference Center, located at 101 West 100 North, Provo, UT 84601.

**Competition Events:**

The 2016 Intermountain Winter Classic competition includes Basic Skills, Test Track, Introductory Levels, Singles Well Balanced Free Skate and Short Program, Adult Free Skate, Showcase, Jump, Spin and Special Skater Events. The Free Skate event or Short Program events are designated as first event.

EVENTS	First event	As an additional event
Snowplow Sam-Basic 8, Free Skate 1-6	\$40.00	\$30.00
Basic Skills Showcase (Snowplow Sam-Basic 8, Free Skate 1-6)	\$40.00	\$30.00
Introductory Levels, Test Track, Well Balanced Free Skate (Pre-Preliminary, Preliminary & Pre-Juvenile Only)	\$45.00	\$35.00
Well Balanced Free Skate (Juvenile/Open Juvenile)	\$45.00	\$35.00
Intermediate-Senior Singles (Short Program)	\$45.00	Not applicable
Intermediate-Senior Singles (Free Skate)	\$45.00	Not applicable
IJS Critique for Juvenile, Open Juvenile, Intermediate-Senior Short Program and Freeskate Events ( <i>skaters may register for more than 1 critique if registering for more than 1 event</i> )	Not Applicable	\$15/event PPCS due 1/16/2015! <b>No refunds for missed deadline.</b>
Adult Free Skate	\$45.00	\$35.00
Special Skater	\$40.00	\$30.00
Showcase-Light Entertainment (Introductory Levels-Senior and Adult) – Props Allowed	\$45.00	\$35.00
Showcase-Dramatic Entertainment (Introductory Levels-Senior and Adult) – Props Allowed	\$45.00	\$35.00
Showcase-Duets (Introductory Levels-Senior and Adult)	\$45.00	\$35.00
Jumps (Introductory Levels-Senior)	\$45.00	\$35.00
Spins (Introductory Levels-Senior)	\$45.00	\$35.00

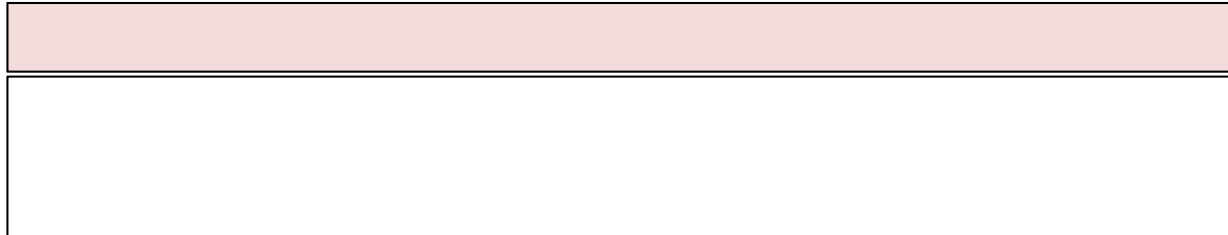
***Competitors must be available to compete all day Thursday (2/4), Friday (2/5), Saturday (2/6), and Sunday (2/7); depending on final scheduling.***

**SINGLES FREE SKATING EVENTS**

See current rulebook or click [here](#) for current rules and requirements.

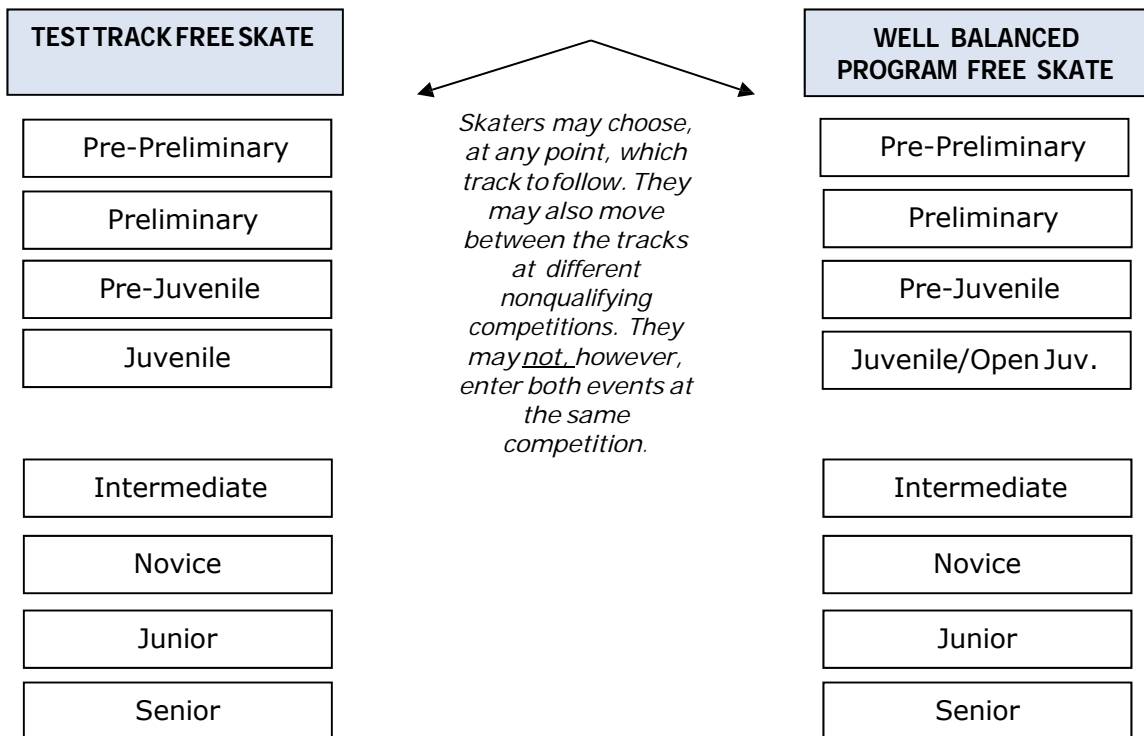
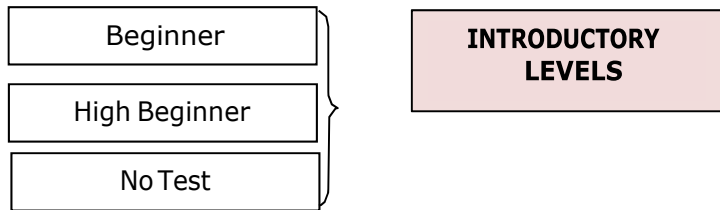
**ILLUSTRATION OF THE PROGRESSION THROUGH THE LEVELS OF U.S FIGURE SKATING**

*Singles athletes generally begin with the U.S Figure Skating Basic Skills program, then progress to the "introductory levels," and finally choose whether to follow the Test Track or Well Balanced program category. Athletes may choose to move between Test Track and Well Balanced program at any point.*



*Once skaters have completed the levels within the Basic Skills curriculum, they advance to the "introductory levels," which are an introduction to competitive figure skating.*

*When skaters have competed at the introductory level, and begin the official U.S. Figure Skating test structure, they may then choose whether to enter the "Test Track Free Skate" or "Well Balanced Free Skate" program. Test requirements for both categories are the same, it is completely the choice of the athlete which track to follow.*



*Skaters may choose, at any point, which track to follow. They may also move between the tracks at different nonqualifying competitions. They may not, however, enter both events at the same competition.*

## U.S. Figure Skating Nonqualifying Competitions

### EVENT: BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

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. Vocal music is allowed.

- To be skated on full ice
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level

Level	Time	Skating rules/standards
Snowplow Sam 1-3	1:10 max.	<ol style="list-style-type: none"> <li>1. March followed by a two-foot glide and dip</li> <li>2. Forward two-foot swizzles, 2-3 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles, 2-6 in a row</li> </ol>
Basic 1	1:10 max.	<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>
Basic 2	1:10 max.	<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>
Basic 3	1:10 max.	<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>
Basic 4	1:10 max.	<ol style="list-style-type: none"> <li>1. Standstill forward outside three-turn, right and left</li> <li>2. Forward crossovers, 4-6 consecutive both directions</li> <li>3. Backward stroking, 4-6 strokes</li> <li>4. Backward snowplow stop, right or left</li> </ol>
Basic 5	1:10 max.	<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>
Basic 6	1:10 max.	<ol style="list-style-type: none"> <li>1. Standstill forward inside three-turn, right and left</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line, right or left</li> <li>4. Lunge, right or left</li> <li>5. T-stop, right or left</li> </ol>
Basic 7	1:10 max.	<ol style="list-style-type: none"> <li>1. Standstill forward inside open Mohawk, right to left and left to right</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>
Basic 8	1:10 max.	<ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three-turns, right and left</li> <li>2. Waltz jump (from at standstill)</li> <li>3. Mazurka, either direction</li> <li>4. 1 Combination move, clockwise <u>or</u> counter clockwise – two forward crossovers into a forward inside 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>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Free Skate 1-6 Program Event

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

- To be skated on full ice
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

Level	Time	Skating rules / standards
Free Skate 1	1:40 max.	<ol style="list-style-type: none"> <li>1. Advanced forward stroking, 4-6 consecutive</li> <li>2. One-foot upright scratch spin from backward crossovers, minimum three revolutions</li> <li>3. Waltz jump from backward crossovers</li> <li>4. Half flip jump</li> </ol>
Free Skate 2	1:40 max.	<ol style="list-style-type: none"> <li>1. Forward outside spiral, right or left</li> <li>2. Beginning back spin – entry optional, minimum two revolutions</li> <li>3. Waltz jump, side toe hop, waltz jump sequence</li> <li>4. Toe loop jump</li> </ol>
Free Skate 3	1:40 max.	<ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Back spin, minimum three revolutions</li> <li>3. Salchow jump</li> <li>4. Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ol>
Free Skate 4	1:40 max.	<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>
Free Skate 5	1:40 max.	<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>
Free Skate 6	1:40 max.	<ol style="list-style-type: none"> <li>1. Camel, sit spin combination, minimum of four revolutions total</li> <li>2. Split jump or stag jump</li> <li>3. Waltz jump, ½ loop, Salchow jump sequence</li> <li>4. Lutz jump</li> </ol>

## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Introductory Levels Free Skate Program - Beginner, High Beginner and No Test Levels

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 1:40 Maximum	<p><i>Max. 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).</li> <li>• Max. 2 jump sequences</li> <li>• Max. 2 of any same jump</li> </ul>	<p><i>Max. 2 spins:</i></p> <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 1:40 Maximum	<p><i>Max. 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 half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>	<p><i>Max. 2 spins:</i></p> <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 1:40 Maximum	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Single jumps, with the exception of the single Axel, are allowed</li> <li>• Maximum of 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted</li> <li>• Jump sequences limited to a maximum of 3 single jumps (half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination)</li> <li>• No single Axels, double jumps or triple jumps</li> </ul>	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a fly</li> <li>• Minimum 3 revs.</li> </ul> <p>Spins must be of a different character (For definition see rule 4103E)</p>	<ul style="list-style-type: none"> <li>• Step sequence*</li> <li>• Must use one-half the ice surface</li> <li>• Moves in the field and spiral sequences are permitted but will not be counted as elements.</li> <li>• Jumps may be included in the step sequence</li> </ul>	

## U.S. Figure Skating Nonqualifying Competitions

### EVENT: 2015-16 Test Track Free Skate – Introductory through Senior levels

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 description.
  - 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
Beginner 1:40 maximum	<i>Max. 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 of any same jump</li> </ul>	<i>Max. 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 1:40 maximum	<i>Max. 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>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>	<i>Max. 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
Pre-Preliminary 1:40 maximum	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. 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 pre-preliminary free skate test

Level	Jumps	Spins	Step Sequences	Qualifications
Preliminary 1:40 maximum	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Jumps with not more than one rotation (no Axels).</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One spin in one position; no change of foot, no flying entry. (Min. 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
Pre-Juvenile 2:00 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Jumps with not more than one rotation (no Axels).</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One spin in one position, no change of foot (Min. 3 revolutions)</li> <li>One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly.</li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test
Juvenile 2:15 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps, including Axel, are permitted.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <li>One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot)</li> <li><i>Only solo spin may fly</i></li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test
Intermediate 2:30 +/- 10 sec.	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow and double toe loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>One must be a flying spin (min 5 revolutions),</li> <li>One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot).</li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test

Level	Jumps	Spins	Step Sequences	Qualifications
<p>Novice</p> <p>Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop and double loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> <li>One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot)</li> <li>The other spins are the option of the skater (min 6 revolutions per foot)</li> <li><i>All spins may fly</i></li> </ul>	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 &amp; 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>
<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop, double loop and double flip</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> <li>One spin in one position (Min. 6 revolutions)</li> <li>One flying spin (Min. 6 revolutions)</li> <li>One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5 revolutions per foot)</li> </ul>	<p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>
<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Must include at least four different double jumps, one must be a double Lutz.</li> <li>Triple jumps are not permitted</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> <li>One spin in one position (Min. 6 revolutions)</li> <li>One flying spin (Min. 6 revolutions)</li> <li>One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot)</li> </ul>	<p><i>Men:</i> Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p><i>Ladies:</i> One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 &amp; 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

## U.S. Figure Skating Nonqualifying Competitions

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### EVENT: Well Balanced Free Skate – Introductory through Senior levels

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted for pre-preliminary – intermediate.
- 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.
- Either IJS or the 6.0 judging system may be used for this event.
- All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on [www.usfigureskating.org](http://www.usfigureskating.org) , under "Technical Information," then "Singles/Pairs"

### SINGLES SHORT PROGRAM

The short program events listed below will be skated. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

- A. Intermediate short program – Rule 4230
- B. Novice short program – Rule 4220
- C. Junior short program – Rule 4210
- D. Senior short program – Rule 4200

### EVENT: SPECIAL SKATER EVENTS

Categories will be created as needed, depending on entrants. Groups may be combined at the referee's discretion.



**2015-16 Singles Short Program Requirements** – This chart has been updated with changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2015. Junior and senior events are subject to change by the ISU.

<b>INTERMEDIATE LADIES/MEN</b> 2:00 max.	<b>Single or Double Axel</b>	<b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel or the triple jump used in the combination	<b>Jump Combination</b> Single/Double, Double/Triple, or Triple/Triple May not repeat Axel jump or solo jump performed	<b>Spin</b> Only one position No change of foot May start with a fly Min. 5 revs.	<b>Spin Combination</b> With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 5 revs. each foot	<b>Choreographic Step Sequence</b> Fully utilizing the ice surface
<b>NOVICE LADIES</b> 2:30 max.	<b>Single or Double Axel</b>	<b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	<b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed	<b>Layback or Sideways Leaning Spin</b> No change of foot No flying entry Min. 6 revs.	<b>Spin Combination</b> With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 5 revs. each foot	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>NOVICE MEN</b> 2:30 max.	<b>Single or Double Axel</b>	<b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	<b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	<b>Camel or Sit Spin</b> With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot	<b>Spin Combination</b> With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 5 revs. each foot	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>JUNIOR LADIES</b> 2:50 max.	<b>Double Axel</b>	<b>Double or Triple Flip</b> Immediately preceded by connecting steps or other free skating movements	<b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	<b>Flying Sit Spin</b> Sit position must be attained in the air. Min. 8 revs.	<b>Spin Combination</b> With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>JUNIOR MEN</b> 2:50 max.	<b>Double or Triple Axel</b>	<b>Double or Triple Flip</b> Immediately preceded by connecting steps or other free skating movements	<b>Jump Combination</b> Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	<b>Flying Sit Spin</b> Sit position must be attained in the air. Min. 8 revs.	<b>Spin Combination</b> With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>SENIOR LADIES</b> 2:50 max.	<b>Double or Triple Axel</b>	<b>Any Triple Jump</b> Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo	<b>Jump Combination</b> Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	<b>Flying Spin</b> Landing position different than layback/sideways leaning spin Min. 8 revs.	<b>Spin Combination</b> With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>SENIOR MEN</b> 2:50 max.	<b>Double or Triple Axel</b>	<b>Any Triple or Quadruple Jump</b> Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo	<b>Jump Combination</b> Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed	<b>Flying Spin</b> Landing position different than spin in 1 position Min. 8 revs.	<b>Spin Combination</b> With only 1 change of foot and min. 1 change of position Min. 2 different basic positions with at least 2 revs. each No flying entry Min. 6 revs. each foot	<b>Leveled Step Sequence</b> Fully utilizing the ice surface

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>NO TEST</b></p> <p><u>1:40 maximum</u></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>All single jumps allowed except for the single Axel                             <ul style="list-style-type: none"> <li>No single Axels, double, triple or quadruple jumps allowed</li> <li>Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted.</li> <li>Jump sequences limited to a maximum of 3 single jumps</li> <li>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination.</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p><b>PRE- PRELIMINARY</b></p> <p><u>1:40 maximum</u></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>All single jumps, including the single Axel, allowed                             <ul style="list-style-type: none"> <li>No double, triple or quadruple jumps allowed</li> <li>Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted.</li> <li>Jump sequences limited to a maximum of 3 single jumps</li> <li>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p><b>PRELIMINARY</b></p> <p><u>1:30 +/- 10 sec</u></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel or a waltz jump-type jump*</li> <li>All single jumps, including the 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"> <li>Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted</li> <li>Jump sequences limited to a maximum of 3 single or double jumps.</li> <li>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p><b>PRE-JUVENILE</b></p> <p><u>2:00 +/- 10 sec</u></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single and double jumps allowed except for the double Axel                             <ul style="list-style-type: none"> <li>No triple or quadruple jumps allowed</li> <li>An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps, in jump sequences or in jump combinations</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</li> <li>Jump sequences limited to a maximum of 3 single or double jumps</li> <li>Half-loop is considered a listed jump with the value of a single jump when used in a sequence or combination</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot*                             <ul style="list-style-type: none"> <li>May start with a flying entry</li> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position*                             <ul style="list-style-type: none"> <li>No change of foot</li> <li>May start with a flying entry</li> <li>Min 4 revs</li> </ul> </li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> <li>Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>



2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>JUVENILE and OPEN JUVENILE</b> <b>2:15 +/- 10 sec</b> *means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single and double jumps, including the double Axel, allowed                             <ul style="list-style-type: none"> <li>No triple or quadruple jumps allowed</li> <li>No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence</li> <li>No double jump can be repeated more than once</li> </ul> </li> <li>Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps <u>except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump</u></li> <li>Half loop is considered a listed jump with the value of a single jump when used in a sequence or combination</li> <li>Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>Min 8 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 spin with only 1 position; no change of foot*                             <ul style="list-style-type: none"> <li>Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>One choreographic step sequence*                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>INTERMEDIATE</b> <b>2:30 +/- 10 sec</b> *means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump</li> <li>All single, double and triple jumps allowed                             <ul style="list-style-type: none"> <li>No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</li> <li>If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence</li> <li>No double or triple jump can be repeated more than once</li> </ul> </li> <li>Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Combinations are limited to 2 jumps</li> <li>One 3-jump combination is permitted</li> <li>Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>Min 8 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 spin with only 1 position; no change of foot*                             <ul style="list-style-type: none"> <li>Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>One choreographic step sequence*                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>NOVICE LADIES</b> <b>3:00 +/- 10 sec</b> *means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single, double and triple jumps are allowed                             <ul style="list-style-type: none"> <li>No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence.</li> <li>There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice</li> </ul> </li> <li>Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Combinations limited to 2 jumps</li> <li>One 3-jump combination is permitted</li> <li>Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 flying spin with no change of foot or position*                             <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>One leveled step sequence*                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>NOVICE MEN</b> <b>3:30 +/- 10 sec</b> *means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single, double and triple jumps are allowed                             <ul style="list-style-type: none"> <li>No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence.</li> <li>There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice</li> </ul> </li> <li>Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Combinations limited to 2 jumps</li> <li>One 3-jump combination is permitted</li> <li>Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 flying spin with no change of foot or position*                             <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>One leveled step sequence*                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>JUNIOR LADIES</b> <b>3:30 +/- 10 sec</b> *means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions                             <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice                                     <ul style="list-style-type: none"> <li>▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with a flying entry*                             <ul style="list-style-type: none"> <li>○ Min 6 revs</li> <li>○ 1 spin with only 1 position*</li> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence*                             <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>JUNIOR MEN</b> <b>4:00 +/- 10 sec</b> *means element is required</p>	<p><b>Max 8 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions                             <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice                                     <ul style="list-style-type: none"> <li>▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with a flying entry*                             <ul style="list-style-type: none"> <li>○ Min 6 revs</li> <li>○ 1 spin with only 1 position*</li> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence*                             <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>SENIOR LADIES</b> <b>4:00 +/- 10 sec</b> *means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions                             <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice                                     <ul style="list-style-type: none"> <li>▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with a flying entry*                             <ul style="list-style-type: none"> <li>○ Min 6 revs</li> <li>○ 1 spin with only 1 position*</li> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 2 Sequences</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence*                             <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> <li>• One choreographic sequence*                             <ul style="list-style-type: none"> <li>○ Must be clearly visible</li> </ul> </li> </ul>
<p><b>SENIOR MEN</b> <b>4:30 +/- 10 sec</b> *means element is required</p>	<p><b>Max 8 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions                             <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice                                     <ul style="list-style-type: none"> <li>▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with a flying entry*                             <ul style="list-style-type: none"> <li>○ Min 6 revs</li> <li>○ 1 spin with only 1 position*</li> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 2 Sequences</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence*                             <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> <li>• One choreographic sequence*                             <ul style="list-style-type: none"> <li>○ Must be clearly visible</li> </ul> </li> </ul>

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<p><b>CHAMPIONSHIP MASTERS JUNIOR-SENIOR &amp; MASTERS JUNIOR-SENIOR</b></p> <p><b>3:40 maximum</b> * means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Min 1*, max 3 combinations or sequences</li> <li>• 1 jump combination may contain three jumps; the remaining jump combinations are limited to two jumps</li> <li>• Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted</li> <li>• No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 5 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals.)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>
<p><b>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE &amp; MASTERS INTERMEDIATE-NOVICE</b></p> <p><b>3:10 maximum</b> * means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Min 1*, max 3 combinations or sequences</li> <li>• 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps</li> <li>• May perform only one double-double combination or sequence</li> <li>• Each jump may be repeated only once, and only as part of combination or sequence</li> <li>• All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop</li> <li>• Only one double-double jump combination or sequence is permitted</li> <li>• Double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 5 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals.)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>
<p><b>CHAMPIONSHIP ADULT GOLD &amp; ADULT GOLD</b></p> <p><b>2:40 maximum</b> * means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Min 1*, max 3 combinations or sequences</li> <li>• 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps</li> <li>• Each jump may be repeated only once, and only as part of combination or sequence</li> <li>• All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow.</li> <li>• No double-double jump combinations or sequences are permitted</li> <li>• Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 4 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals.)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>

2015-16	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<p><b>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</b></p> <p><b>2:10 maximum</b> * means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Min 1*, max 2 combinations or sequences</li> <li>• 1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>• Additional jump sequences which contain non-listed jumps of not more than one revolution performed as part of connecting footwork preceding single jumps are permitted</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted, including an Axel-type jump.</li> <li>• No double or triple jumps are permitted</li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Sequence</b></p> <p>To be chosen from:</p> <ul style="list-style-type: none"> <li>• Step sequence</li> <li>• or</li> <li>• Spiral sequence (any pattern)</li> </ul> <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
<p><b>ADULT BRONZE</b></p> <p><b>1:50 maximum</b> * means element is required</p>	<p><b>Max 4 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Min 1*, max 2 combinations or sequences;</li> <li>• 1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except Axel)</li> <li>• No Axel, double or triple jumps are permitted</li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	<p><b>Max 1 Sequence</b></p> <p>To be chosen from:</p> <ul style="list-style-type: none"> <li>• Step sequence</li> <li>• or</li> <li>• Spiral sequence (any pattern)</li> </ul> <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
<p><b>ADULT PRE BRONZE</b></p> <p><b>1:40 maximum</b> * means element is required</p>	<p><b>Max 4 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included</li> <li>• 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps.</li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are allowed</li> <li>• No Lutz, Axel or double jumps are allowed</li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> </ul>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Connecting steps throughout the program are required</li> </ul>

## U.S. Figure Skating Nonqualifying Competitions

### SHOWCASE EVENTS

Format: Showcase groups will be divided by number of entries and ages if possible. Vocal music is permitted and 6.0 judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Showcase categories may include:

- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.

General event parameters:

Show costumes are permitted, as long as they do not touch or drag on the ice. **For safety reasons, the following props are not permitted: mirrors or glass, propulsion devices, trampolines, smoke, fire, liquids, live animals, feathers, bubble machines or any substance that may harm the ice surface and/or skaters. Live people props may walk on skates, but must remain in a fixed position during the performance.** Props and scenery must be placed and removed by unaided singles and duet competitors within one minute. A 0.2 deduction will be assessed by the referee against each judges' mark for each five 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 and artistic qualities. Technical skating skills and difficulty will not be rewarded; 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 losses 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.

Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

### EVENTS AND LEVELS

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00 Max
Free skate 1-6/ Limited beginner/ Beginner/Adult 1-4	3 jump maximum, ½ 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 tests.	Time: 1:30 Max
No-test/ Pre-preliminary/ Adult pre-bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating pre-preliminary or adult pre-bronze free skate test.	Time: 1:30 Max
Preliminary/ Adult bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating preliminary free skate or adult bronze test.	Time: 1:40 Max



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Showcase Events – Dramatic Entertainment Events

#### Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.
- Props and scenery are permitted

#### General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline
3. Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

### Dramatic Entertainment Levels:

	Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
Singles	Beginner, High Beginner, No Test*  Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary*  Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR 2 Preliminary Dances	No minimum age	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate OR 2 Preliminary Dances	Juvenile Free Skate OR Complete Pre-Bronze Dance	No minimum age <b>(max age 20)</b>	1:40 max
	Juvenile	Juvenile Free Skate OR Complete Pre-Bronze Dance	Intermediate Free Skate OR Complete Bronze Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate OR Complete Pre-Bronze Dance	Intermediate Free Skate OR Complete Bronze Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate OR Complete Bronze Dance	Novice Free Skate OR One Silver Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate OR	Novice Free Skate OR One Silver Dance	18-20	2:10 max

Novice	Novice Free Skate OR One Silver Dance	Junior Free Skate OR Two Pre-Gold Dances	No age restriction	2:10 max
Junior	Junior Free Skate OR Two Pre-Gold Dances	Senior Free Skate OR Completed Gold Dance		2:40 max
Senior	Senior Free Skate OR Complete Gold Dance			2:40 max
<b>Event</b>	<b>Must meet requirements for*</b>	<b>Must not have passed</b>	<b>Age</b>	<b>Time</b>
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre- Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

\*The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart.



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Showcase Events – Light Entertainment Events

#### Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Props and Scenery are permitted

#### General event parameters:

4. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
5. The determination of level will be based upon test requirement at the entry deadline
6. Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

### Light Entertainment Levels

	Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
Singles	Beginner, High Beginner, No Test*	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Note: these levels do not qualify for National Showcase				
	Pre-Preliminary*	-	Preliminary Free Skate	No Age restriction	1:30 max
	Note: this level does not qualify for National Showcase				
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age <b>(max age 20)</b>	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age <b>(max age 20)</b>	1:40 max
	Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:10 max	
Young Adult	Juvenile Free Skate Complete Preliminary Dance	Novice Free Skate Any Gold Dance	18-20	2:10 max	



Novice	Novice Free Skate One Silver Dance	Junior Free Skate Any Gold	No age restriction	2:10 max
Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed		2:40 max
Senior	Senior Free Skate Complete Gold Dance			2:40 max
<b>Event</b>	<b>Must meet requirements for*</b>	<b>Must not have passed</b>	<b>Age</b>	<b>Time</b>
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre- Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre- Gold Dance Test		21 and older	1:40 max

\*The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart.



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Showcase Events – Duet Events

Format:

- Duets are theatrical or artistic performances by any competitors.
- Props and scenery ARE permitted.

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline

Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under “Programs” on the National Showcase page.

	Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
<b>Duets (Duets must compete at the highest test level of the two skaters)</b>	Beginner, High Beginner, No Test*	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Note: these levels do not qualify for National Showcase	-			
	Pre-Preliminary*	-	Preliminary Free Skate	No Age restriction	1:30 max
	Note: this level does not qualify for National Showcase	-			
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR 2 Preliminary Dances	No minimum age <b>(max age 20)</b>	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate OR 2 Preliminary Dances	Juvenile Free Skate OR Complete Pre-Bronze Dance	No minimum age <b>(max age 20)</b>	1:40 max
	Juvenile	Juvenile Free Skate OR Complete Pre-Bronze Dance	Intermediate Free Skate OR Complete Bronze Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate OR Complete Pre-Bronze Dance	Intermediate Free Skate OR Complete Bronze Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Complete Bronze Dance	Novice Free Skate OR One Silver Dance	17 and under	2:10 max	
Young Adult	Juvenile Free Skate OR Complete Pre-	Novice Free Skate OR One Silver Dance	18-20	2:10 max	

		Bronze Dance			
	Novice	Novice Free Skate OR One Silver Dance	Junior Free Skate OR Two Pre-Gold Dances	No age restriction	2:10 max
	Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed Gold Dance	No age restriction	2:40 max
	Senior	Senior Free Skate OR Complete Gold Dance		No age restriction	2:40 max
	<b>Event</b>	Must meet requirements for*	Must not have passed	<b>Age</b>	<b>Time</b>
	Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre- Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
	Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
	Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
	Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

*\*The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart*



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Spins Challenge

#### General event parameters:

1. Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. On required elements may be included.
2. All events are skated on ½ ice.
3. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
High Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
No-Test	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright back scratch spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Forward scratch to back scratch spin (3)</li> <li>2. Combination spin with no of foot (4)</li> <li>3. Sit spin (3)</li> </ol>
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> <li>1. Camel spin (3)</li> <li>2. Combination spin – camel to sit spin; no change of foot (6)</li> <li>3. Forward to backward scratch spin (3 per foot)</li> </ol>
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> <li>1. Sit spin (4)</li> <li>2. Combination spin – change of foot; optional change of position (4 per foot)</li> <li>3. Girls – layback spin (4); Boys – camel spin (4)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying camel spin (5)</li> <li>2. Sit spin to backward sit spin (4 per foot)</li> <li>3. Combination spin – change of foot &amp; change of position (4 per foot)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Choice of camel, sit or layback spin (6)</li> <li>2. Camel spin to backward camel spin (4 per foot in position)</li> <li>3. Combination spin – change of foot &amp; two changes of position (2 per position &amp; 5 per foot)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying sit spin or flying reverse sit spin (6)</li> <li>2. Ladies – layback spin (6); men – cross-foot spin (6)</li> <li>3. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying spin of choice (6)</li> <li>2. Solo spin of choice (6) – may not fly</li> <li>3. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Adult Spins Challenge

#### General event parameters:

1. Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. On required elements may be included.
2. All events are skated on ½ ice.
3. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Adult Beginner	1:15	<ol style="list-style-type: none"> <li>1. Pivot</li> <li>2. Two-foot upright spin (2)</li> </ol>
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> <li>1. One-foot upright spin (3)</li> <li>2. Two-foot upright spin (3)</li> </ol>
Adult Bronze	1:15	<ol style="list-style-type: none"> <li>1. One-foot upright spin (4)</li> <li>2. One-foot back spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Adult Silver	1:30	<ol style="list-style-type: none"> <li>1. Camel spin (3)</li> <li>2. Layback, sideways leaning or sit spin (4)</li> <li>3. Combination spin with at least one change of position, no change of foot (3 in each position)</li> </ol>
Adult Gold	1:30	<ol style="list-style-type: none"> <li>1. Solo spin, no change of foot (4)</li> <li>2. Second solo spin, different from the first; change of foot optional (4)</li> <li>3. Combination spin with only one change of foot and at least one change of position (4 each foot)</li> </ol>
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> <li>1. Solo spin of skater's choice (Min. 6 revolutions)</li> <li>2. Second solo spin, different from the first; change of foot optional (4) May have a flying entry</li> <li>3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot)</li> </ol>
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> <li>1. Solo spin of skater's choice (Min. 8 revolutions)</li> <li>2. Solo spin with a flying entry</li> <li>3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot). May have a flying entry</li> </ol>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Jumps Challenge

General event parameters:

4. Each jump may be attempted twice; the best attempt will be counted.
5. Pre-juvenile and lower will be skated  $\frac{1}{2}$  ice; Juvenile – senior will be skated on full ice
6. Jumps with an "\*" must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. <math>\frac{1}{2}</math> flip or <math>\frac{1}{2}</math> Lutz</li> <li>3. Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. Single Salchow</li> <li>3. Jump combination – waltz jump-toe loop</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single loop</li> <li>3. Jump combination – Any two <math>\frac{1}{2}</math> or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>4. Single toe loop</li> <li>5. Single flip</li> <li>6. Jump combination – Any two <math>\frac{1}{2}</math> or single revolution jumps (no Axel)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>4. Single flip</li> <li>5. Single Lutz</li> <li>6. Jump combination – Any single jump + single loop (may be Axel)</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>4. Single Axel</li> <li>5. Single or double jump</li> <li>6. Jump combination – single/single (no Axel)</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>4. Single Axel</li> <li>5. Double Salchow</li> <li>6. Jump combination – single/single or double/single (no Axel)</li> </ol>
Intermediate	1:15 max.	<ol style="list-style-type: none"> <li>4. Single Axel</li> <li>5. Double loop*</li> <li>6. Jump combination – double/single (no Axel)</li> </ol>
Novice	1:15 max.	<ol style="list-style-type: none"> <li>4. Double loop</li> <li>5. Double flip*</li> <li>6. Jump combination – double/double (may be double Axel)</li> </ol>
Junior	1:15 max.	<ol style="list-style-type: none"> <li>4. Choice of double or triple jump</li> <li>5. Double or triple flip*</li> <li>6. Jump combination – double/double (may be double Axel)</li> </ol>
Senior	1:15 max.	<ol style="list-style-type: none"> <li>4. Choice of double or triple jump</li> <li>5. Double or triple Lutz*</li> <li>6. Jump combination – double/double or triple/double (may be double Axel)</li> </ol>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Adult Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Adult silver and lower will be skated  $\frac{1}{2}$  ice; adult gold – masters junior/senior will be skated on full ice
3. Jumps with an "\*" must be preceded with connecting steps (intermediate – senior)

Level	Time	Elements
Adult Beginner	1:00	<ol style="list-style-type: none"> <li>1. Bunny Hop</li> <li>2. Mazurka or ballet jump</li> </ol>
Adult Pre-Bronze	1:00	<ol style="list-style-type: none"> <li>1. Waltz or toe loop jump</li> <li>2. <math>\frac{1}{2}</math> flip, <math>\frac{1}{2}</math> Lutz or <math>\frac{1}{2}</math> loop</li> </ol>
Adult Bronze	1:00	<ol style="list-style-type: none"> <li>1. Single Salchow</li> <li>2. Single toe loop</li> <li>3. Any single jump + single toe loop combination (No Axels allowed)</li> </ol>
Adult Silver	1:15	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single loop</li> <li>3. Single/single combination (Axel is permitted)</li> </ol>
Adult Gold	1:15	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Single Lutz</li> <li>3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)</li> </ol>
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> <li>1. Axel</li> <li>2. Double Salchow , double toe loop or double loop</li> <li>3. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel</li> </ol>
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> <li>1. Double loop or double flip</li> <li>2. Double Lutz</li> <li>3. Jump combination that may include any double jump</li> </ol>