



Annual Figure Skating Competition

Thursday, September 15 - Saturday, September 17, 2016

Entries must be posted online by 11:59 p.m. on Monday, August 15

A cap of 275 competitors has been placed

A test session will be held on Sunday, September 18

www.entryeeze.com

Sponsored by: www.chfsc.com



Cottonwood Heights Recreation Center

7500 South 2700 East

Salt Lake City, UT 84121

Mary Ann Wilcox, Referee

Rebecca Oniki, Accountant

Anita Conrad, Technical Accountant

Sanctioned by:



Oktoberfest 2016 will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current Rulebook as well as any pertinent updates which have been posted on the U.S. Figure Skating web site.

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. Refer to the current rule book for non-U.S. Citizens.

ELIGIBILITY/TEST LEVEL:

Test level: Competition level is the highest freestyle test passed as of the entry deadline, in the discipline the skater is entering. Entrants may skate 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. All Learn to Skate USA competitors may not have passed any MIF or USFS freestyle test higher than the LTS level for which he/she is registering.

Age restrictions/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.

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 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://usfigureskating.org/> -> Programs -> Special Olympics/Therapeutic Skating. All Special Skater events shall be judged using the 6.0 system and will be skated to instrumental or vocal music.

COMPETITION EVENTS:

The Oktoberfest 2016 competition includes Learn to Skate USA, Test Track, Introductory Levels, Singles Well-Balanced Free Skate and Short Program, Adult Free Skate, Showcase, and Special Skater Events. Synchronized Skating Team Critiques will also be offered.

If you are interested in a Dance (coupled) exhibition or Theater on Ice (TOI) exhibition, please contact Pam Tiede at phTiede@yahoo.com prior to the close of entries.

The Free Skate event or Short Program/Free Skate events are designated as first event.

EVENTS	First event	As an additional event
Snowplow Sam-Basic 6, Pre-Free Skate, Free Skate 1-6	\$45.00	Not applicable
Basic Skills Showcase (Snowplow Sam-Basic 6, Pre-Free Skate, Free Skate 1-6, Beginner/High Beginner)	\$45.00	\$35.00
Introductory Levels, Test Track, Well Balanced Free Skate (No Test and Pre-Pre only)	\$55.00	Not applicable
Well Balanced Free Skate (Preliminary, Pre-Juv, Juv/Open Juv, Adult Gold, Adult Masters-Intermediate/Novice, Adult Masters-Junior/Senior)	\$70.00	Not applicable
Intermediate-Senior Singles (Short Program and Free Skate combined)	\$140.00	Not applicable

Adult Free Skate (Pre-Bronze thru Silver)	\$55.00	Not applicable
Special Skater	\$45.00	Not applicable
Showcase-Duets (Introductory Levels-Senior)	\$55.00	\$40.00
Showcase-Light Entertainment (No Test-Adult)	\$55.00	\$40.00
Showcase-Dramatic Entertainment (No Test-Adult)	\$55.00	\$40.00
Synchronized Skating Team Critique (All levels)	\$150.00	Not applicable

Competitors must be available to compete all day Thursday (Sept. 15), all day Friday (Sept. 16), and all day Saturday (Sept. 17).

COMPETITION ENTRIES:

Online registration will be available starting Monday, July 11 until 11:59 p.m. on Monday, August 15 via secured credit card transaction at 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 Entryeeze, LLC. **Online entry will close once the cap of 275 skaters has been reached or at 11: 59 p.m. on Monday, August 15, whichever comes first. IT IS IMPORTANT TO REGISTER EARLY THIS YEAR!**

One or more entries in a category will constitute an event. Groups may be divided or combined by age, sex, or randomly at the discretion of the Chief Referee. Entries after 11:59 p.m. on August 15 will be considered late, and will be accepted at the discretion of the Referee and Competition Chairperson, and subject to a \$20.00 late fee. Changes or additions to event entries after skating groupings are posted are not permitted unless deemed necessary by the Chief Referee. If the changes/additions are permitted by the Chief Referee, a \$20.00 event change fee will be collected by CHFSC.

REFUND POLICY: Entry fees will not be refunded after 11:59 p.m. on Monday, August 15 unless no competition exists or is canceled. 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:

Cottonwood Heights Recreation Center

7500 South 2700 East

Salt Lake City, Utah 84121

(801) 943-3190

www.cottonwoodheights.com

The arena is approximately 10 miles southeast of downtown Salt Lake City. The enclosed ice surface is 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 Cottonwood Heights FSC nor the Cottonwood Heights Recreation Center will be responsible for missing valuables. There is no charge to watch the competition events.

MUSIC:

Competition music for all events that require music must be submitted electronically via the online registration system by the music deadline of September 1, 2016 at 11:59 p.m. After you have paid for your events, the system will prompt you to

upload your music for each event that requires music. If your music is not available at that time, you can log out of your account and return later to upload your music by going to the "competition" tab and then selecting "my music". Your music must meet certain criteria as listed below. If you have questions about what format you have, please contact your coach.

Music criteria:

1. File Format: MP3 (the online system will automatically check this)
2. Bit Rate: 192 kbps or higher (this will be checked by the music chairperson and you may be requested to upload a corrected file)
3. Sample Rate: 44,100kHz (this will be checked by the music chairperson and you may be requested to upload a corrected file)
4. Leaders and trailers (silence or "dead space" before and after the actual start and end of the program music) may not exceed two (2) seconds.

LIABILITY: U.S. Figure Skating, Cottonwood Heights Figure Skating Club and Cottonwood Heights Recreation Center 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 IJS system of judging will be used for all Intermediate, Novice, Junior, and Senior Short Program and Free Skate events as well as the Well-Balanced Preliminary, Pre-Juvenile, Juvenile/Open Juvenile, Adult Gold and Adult Masters (Intermediate-Senior) Free Skate events. **Skaters in IJS events must complete a Planned Program Content Sheet (PPCS) by 11:59 p.m. on September 1, 2016 to avoid a \$10.00 late fee.** This form is found in the Entryeze registration system.

The 6.0 System will be used to judge all other events.

Each skater in IJS events will receive one copy of their protocol for free. The skater is responsible to make additional copies if needed.

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.

PRACTICE ICE: Pre-reserve your practice ice (20 minutes per session) when you register online! Skaters will be able to pick their own practice ice sessions online but you MUST indicate the number of sessions you want online when you register and you MUST pay for each session when you register online. Skaters may sign up for up to two (2) sessions per event entered. You will receive an email with a PIN number giving you access to your practice ice records and selection of your sessions.

Practice ice will be \$10.00 if you pre-order the sessions. We will allow additional practice ice sales online for \$15.00 per session after the schedule has been posted and the pre-registered sessions have been selected. The walk-on rate will be \$20.00 per session (check/cash only) if space allows. **NO REFUNDS will be issued for those who do not appear or are late for their reserved session. Practice ice sessions are non-transferrable. Music will not be played at any practice ice session.**

VIDEOTAPING AND PHOTOGRAPHY: An attempt will be made to provide professional videotaping and action photography available for purchase. The purchase of awards photos is encouraged. **No personal flash photography** is allowed in the rink area during competition. Flash photography is dangerous to the skaters! The competition committee reserves the right to remove anyone from the rink who ignores requests and warnings regarding the use of flash photography.

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 - 4th place finishers in each event and will be presented as a group. All remaining skaters in each event will receive a participation award. Skaters participating in the Synchronized Skating Team Critique will receive a participation award. An attempt will be made to provide a professional engraver to personalize awards for a small fee.

OFFICIAL NOTICES: An official bulletin board will be maintained at the registration desk. It is the responsibility of each competitor, parent, and/or coach to check the bulletin board frequently 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 <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:

To coach at a U.S. Figure Skating competition, a professional coach or choreographer must be:

- Declared by a skater in the registration process with the club
- Listed as Coaches Education Requirement (CER) Category A or B (Category C for Basic Skills events) compliant for the current season
- Current with Coach Registration (requires annual fee and background check)
- A current member in good standing with U.S. Figure Skating
- A current member in good standing with the PSA
- A coaches' requirements chart can be found here:
<http://www.usfigureskating.org/Content/Coaches%20Requirement%20Chart.pdf>.

The local organizing committee/club will have a list of 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. Coaches who are NOT on the list will need to show proof of membership in BOTH U.S. Figure Skating and the PSA, a Coaches Registration card, proof of Category A or B (C for Basic Skills) compliance in CER, and a photo I.D. at check in. **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 during warm-up.**

CONTACT INFO:

Competition Chairperson: Pam Tiede 801-598-3371 phtiede@yahoo.com

Competition Co-Chairperson: Judith DeBry 801-998-8135 judithdebrychfsc@gmail.com

Entryeeze/Registrar: Kelly Boardman-Fowler 801-633-8681 boardmanfowler@comcast.net

Chief Referee: Mary Ann Wilcox 801-597-5597 wilcoxmh@aol.com

Please-no phone calls after 9 P.M. MST. Email is preferred.

COMPETITION SOUVENIRS: Flowers and other souvenir items will be available for purchase during the competition. **However, fresh flowers and/or any other items may not be thrown on the ice.** CHFSC assumes no liability for vendors. CHFSC does not endorse any product and/or service.

HOTEL ACCOMODATIONS:

Hyatt Place-Salt Lake City/Cottonwood

3090 East 6200 South

Holladay, UT 84121

Call 1-800-993-4751 for discounted rate until Monday, September 5

Crystal Inn and Suites

818 E. Winchester Street

Murray, UT 84107 1-888-685-9300

U.S. FIGURE SKATING NONQUALIFYING COMPETITION EVENTS

EVENT: BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 6

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.

- 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	1:00 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Forward snowplow stop • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Backward one-foot glide, either foot • Two-foot spin - minimum three revolutions
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Standstill forward outside three-turn, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Backward stroking, 4-6 strokes • Backward snowplow stop, right or left
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions • Side toe hop, either direction • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Standstill forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Lunge, right or left • T-stop, right or left

EVENT: PRE-FREE SKATE/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 steps and transitions should be demonstrated throughout the program.

- 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 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka (Right and Left) • Waltz jump
Free Skate 1	1:40 max	<ul style="list-style-type: none"> • Advanced forward stroking, 4-6 consecutive • One-foot upright scratch spin from backward crossovers - minimum three revolutions • Waltz jump from backward crossovers • Half flip jump
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • Forward outside spiral, right or left • Beginning back spin, entry optional - minimum two revolutions • Waltz jump, side toe hop, Waltz jump sequence • Toe loop jump
Free Skate 3	1:40 max	<ul style="list-style-type: none"> • Forward crossovers in a figure 8 • Back spin - minimum three revolutions • Salchow jump • Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Loop jump • Waltz jump-loop jump combination
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> • Camel spin - minimum three revolutions • Forward upright spin to back upright spin - minimum three revolutions each foot • Loop-loop jump combination • Flip jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Camel, sit spin combination - minimum of four revolutions total • Split jump or stag jump • Waltz jump, ½ loop, Salchow jump sequence • Lutz jump

EVENT: INTRODUCTORY LEVELS FREE SKATE

General event parameters:

- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- 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.
- 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 max	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	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 max	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	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

EVENT: TEST TRACK FREE SKATE

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 at all levels.
- 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.
- Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
- 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
Pre-Preliminary 1:40 max	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	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

<p>Preliminary</p> <p>1:40 max</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>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</p>
<p>Pre-Juvenile</p> <p>2:00 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	<p>One step sequence fully utilizing ice surface</p>	<p>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</p>
<p>Juvenile (under 14 years)</p> <p>Open Juvenile (14 years or older)</p> <p>2:15 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps, including Axel, are permitted. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One solo spin in one position, no change of foot (Min. 4 revolutions). • 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) • <i>Only solo spin may fly</i> 	<p>One step sequence fully utilizing ice surface</p>	<p>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</p>
<p>Intermediate</p> <p>2:30 +/- 10 sec.</p>	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow and double toe loop. • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One must be a flying spin (min 5 revolutions), • 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). 	<p>One step sequence fully utilizing ice surface</p>	<p>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</p>
<p>Novice</p> <p>Ladies: 3:00 +/- 10 sec.</p> <p>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"> • Any single jumps. • Double jumps permitted: double Salchow, double toe loop and double loop. • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> • 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) • The other spins are the option of the skater (min 6 revolutions per foot) • <i>All spins may fly</i> 	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 & 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.</p> <p>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"> • Any single jumps. • Double jumps permitted: double Salchow, double toe loop, double loop and double flip • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> • One spin in one position (Min. 6 revolutions) • One flying spin (Min. 6 revolutions) • One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<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.</p> <p>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"> • Any single jumps. • Must include at least four different double jumps, one must be a double Lutz. • Triple jumps are not permitted • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> • One spin in one position (Min. 6 revolutions) • One flying spin (Min. 6 revolutions) • One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<p><i>Men:</i></p> <p>Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface.</p> <p>(See rule 4105 for remarks)</p> <p><i>Ladies:</i></p> <p>One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

EVENT: WELL BALANCED PROGRAM FREE SKATE

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 all levels.
- 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, under "Technical Information," then "Singles/Pairs"

Level	Time	Jumps	Spins	Step Sequences
No Test	1:40 max	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> • Single jumps, with the exception of the single Axel, are allowed • No single Axels, double jumps or triple jumps • Maximum of 2 jump combinations or sequences • Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted • Jump sequences limited to a maximum of 3 single jumps <p>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</p>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a fly • Minimum 3 revs. <p>Spins must be of a different character (For definition see rule 4103E)</p>	<p>Step sequence must use one-half the ice surface</p> <p>Moves in the field and spiral sequences are permitted but will not be counted as elements.</p> <p>Jumps may be included in the step sequence</p>
Pre-Preliminary	1:40 max	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps, including single Axel, allowed • No double, triple or quadruple jumps allowed • Axel may be repeated once as a solo jump, as part of a jump combination or jump sequence. (maximum of 2 single Axels) • Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max. 2 jump combinations or sequences • Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 3 jumps is permitted. • Jump sequences limited to a maximum of 3 single jumps ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position. • Spins may start with a fly. • Minimum of 3 revolutions <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>
Preliminary	1:40 max	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel or Waltz-jump type jump • All single jumps, including single Axel, allowed. Only 2 different jumps may be attempted (limited to double Salchow, double toe loop and double loop) • Double flip, double Lutz, double Axel, triple or quadruple jumps are not allowed • An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of jump combinations or jump sequences • Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or sequences <p>Continues on next page...</p>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position. • Spins may start with a fly. • Minimum of 3 revolutions <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>

		<ul style="list-style-type: none"> • Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted. • Jump sequences limited to a maximum of 3 single or double jumps ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination 		
Pre-Juvenile	2:00 +/- 10 sec.	<p>Maximum of 5 jump elements:</p> <ol style="list-style-type: none"> One must be an Axel or waltz –jump. Max. 2 jump combinations or sequences Jump combinations limited to 2 jumps except that skaters may perform one 3-jump combination with a maximum of two double jumps. Number of jumps in jump sequence is limited to a max. of 3 single or double jumps. (½ loop is considered a single jump at this level.) Number of different double jumps is not limited. Axel and no more than 3 different double jumps may be repeated as individual jumps, as part of jump combination or jump sequence. Maximum of 2 Axels or any double jump No double Axels or triple jumps 	<p>Maximum of 2 spins:</p> <ol style="list-style-type: none"> 1 spin combination; with or without change of foot*, may fly. 1 spin with only 1 position*, may fly, no change of foot Min. 4 revolutions.; 6 revolutions for combo Spins must be of a different nature 	One step sequence fully utilizing ice surface.
Juvenile (under 14 years) Open Juvenile (14 years or older)	2:15 +/- 10 sec.	<p>Maximum of 5 jump elements:</p> <ol style="list-style-type: none"> One must be an Axel-type jump* Max. 2 jump combinations or sequences Jump combinations limited to 2 jumps except that skaters may perform one 3-jump combination. Number of jumps in jump sequence is not limited No more than 3 double jumps may be repeated (1 each), but only as part of combination or sequence. Max 2 of same double jump. No triple jumps 	<p>Maximum of 2 spins:</p> <ol style="list-style-type: none"> 1 spin combination; with/without change of foot* 1 spin with only 1 position; no change of foot* Both spins may start with a fly Min. 5 revolutions; 8 revolutions. for combination Min. 2 revolutions in position Spins must be of a different nature 	One choreographic step sequence fully utilizing ice surface.
Intermediate	2:30 +/- 10 sec.	<p>Maximum of 6 jump elements:</p> <ol style="list-style-type: none"> 1 must be an Axel-type jump* Max 3 jump combinations (combos) or sequences Jump combinations limited to 2 jumps, but one 3-jump combo is permitted Number of jumps in jump sequence is not limited No more than two jumps with 2-1/2 or 3 revolutions may be repeated. Double or triple jump repeated must be in combo or sequence. Max. 2 of the same double or triple. 	<p>Maximum of 2 spins:</p> <ol style="list-style-type: none"> 1 spin combination; w/without change of foot* 1 spin with only 1 position; no change of foot* Both spins may start with a fly Min. 5 revolutions; 8 revolutions. for combo Min. 2 revolutions. in position Spins must be of a different nature 	One choreographic step sequence fully utilizing ice surface.

Novice Ladies	3:00 +/- 10 sec.	<p>Maximum of 6 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump* b) Max. 3 jump combinations (combos) or sequences c) Jump combinations limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) One double Axel and two different triple jumps may be repeated. f) If double Axel or triple jumps repeated, must be in combo or sequence. g) No more than two of the same type of double or triple may be attempted. 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 spins must be of a different nature b) 1 flying entry with no change of foot or position* c) 1 spin combination; w/without change of foot* d) 3rd spin is option of skater e) Min. 6 revolutions; 10 revolutions. for combo f) Min. 2 revolutions. in position g) Spins may change feet and start with a fly, except h) For the flying spin with no change of foot or position. 	<p>One leveled step sequence</p> <p>Fully utilizing the ice surface</p>
Novice Men	3:30 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump* b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) One double Axel and two different triple jumps may be repeated. f) If double Axel or triple jumps repeated, must be in combo or sequence. g) No more than two of the same type of double or triple may be attempted. 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 spins must be of a different nature b) 1 flying entry with no change of foot or position* c) 1 spin combination; with or without change of foot* d) 3rd spin is option of skater e) Min. 6 revolutions; 10 revolutions for combo f) Min. 2 revolutions in position g) Spins may change feet and start with a fly, except for the flying spin with no change of foot or position. 	<p>One leveled step sequence</p> <p>Fully utilizing the ice surface.</p>
Junior Ladies	3:30 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or f) sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revs. for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	<p>One leveled step sequence</p> <p>Fully utilizing the ice surface.</p>
Junior Men	4:00 +/- 10 sec.	<p>Maximum of 8 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or f) sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revs. for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	<p>One leveled step sequence</p> <p>Fully utilizing the ice surface.</p>

Senior Ladies	4:00 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or f) Sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revolutions for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	<p>One leveled step sequence</p> <p>One choreographic sequence</p> <p>Fully utilizing the ice surface</p>
Senior Men	4:30 +/- 10 sec.	<p>Maximum of 8 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or f) Sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revolutions for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	<p>One leveled step sequence</p> <p>One choreographic sequence</p> <p>Fully utilizing the ice surface</p>

EVENT: 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

GENERAL SHOWCASE EVENT PARAMETERS

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Vocal music is permitted. Performances will be judged from an entertainment standpoint, for theatrical and artistic qualities. Technical skating skills and difficulty will not be rewarded as such; 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 the score. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Elements evaluated will include reflection of the musicality as it pertains to the concept of the program, projection, energy, timing, acting, skating skills that relate to the music, use of props and scenery, interaction (Duets only). Note: Prolonged pauses to express lyrics are discouraged. One mark using the 6.0 judging system will be given by each judge for each performance. No technical skating mark will be used.

Costumes:

1. Costuming and make-up for Showcase skating programs should enhance the feeling created by the performance, and reflect the meaning of the story or theme.
2. Costumes rules for free skate do not apply for Showcase skating. Ornaments and hair accessories must be secure.
3. No bobby-pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. 0.1 deduction will be taken.

Scenery/Props: 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. If scenery/props are used, they must be placed and removed by the competitors or duet competitors within one minute on and off. The Competition Committee and/or Chief Referee may deny the use of any prop.

Mandatory Deductions:

- There will be a 0.2 deduction for each 5 seconds in excess of the maximum performance time.
- There will be a 0.2 deduction for each 5 seconds in excess of the maximum prop placement
- There will be a 0.2 deduction for marring the ice for succeeding skaters
- There will be a 0.2 deduction for prohibited elements in restricted events
- There will be a 0.2 deduction for use of prohibited props

Note: There is no deduction for skating less than the allowed time.

Showcase groups will be divided by number of entries and ages if possible.

EVENT: BASIC SKILLS SHOWCASE

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Snowplow Sam-Basic 6 Note: these levels do not qualify for National Showcase	Elements only from Snowplow Sam-Basic 6 curriculum	May not have passed any higher than Basic 6 level.	Time 1:00 Max
Pre-Free Skate/Free Skate 1-6/Beginner/High Beginner Note: these levels do not qualify for National Showcase	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

EVENT: SHOWCASE EVENT – LIGHT ENTERTAINMENT

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:

- 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.
- 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, under “Programs” on the National Showcase page.

Singles	Level	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
	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 (max age 20)	1:40 max
	Pre Juvenile	Pre-Juvenile Free Skate or 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	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-Bronze Dance	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 Complete Gold Dance		2:40 max
	Senior	Senior Free Skate or Complete Gold Dance			2:40 max

EVENT: SHOWCASE EVENT-LIGHT ENTERTAINMENT (ADULT)

Adult Pre-Bronze	3 jump maximum. No axels or double jumps permitted.	Must have passed no higher than US Figure Skating Adult Pre-Bronze Free Skate Test	21 and older	1:30 max
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

EVENT: SHOWCASE EVENT-DRAMATIC ENTERTAINMENT

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:

- 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.
- 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, under "Programs" on the National Showcase page.

Singles	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
	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 (max age 20)	1:40 max
	Pre Juvenile	Pre-Juvenile Free Skate or 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	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-Bronze Dance	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 Complete Gold Dance		2:40 max
	Senior	Senior Free Skate or Complete Gold Dance			2:40 max

EVENT: SHOWCASE EVENT-DRAMATIC ENTERTAINMENT (ADULT)

Adult Pre-Bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than US Figure Skating Adult Pre-Bronze Free Skate Test	21 and older	1:30 max
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

EVENT: SHOWCASE EVENT - DUETS

Format:

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

General event parameters:

- 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.
- 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, 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
Duets must compete at the highest test level of the two skaters	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 (max age 20)	1:40 max
	Pre Juvenile	Pre-Juvenile Free Skate or 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	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-Bronze Dance	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 Complete Gold Dance	No age restriction	2:40 max
	Senior	Senior Free Skate or Complete Gold Dance		No age restriction	2:40 max

EVENT: ADULT FREE SKATE

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 at all levels.
- * means element is required
- 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.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.
- 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	Time	Jumps	Spins	Step Sequences
MASTERS JUNIOR & MASTERS SENIOR	3:40 max	Max. 7 <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Min. 1*, max. 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted • Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted • No Axels and multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence 	Max. 3 <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 5 revolutions total if no change of foot • Min. 4 revolutions each foot if change of foot • Min. 2 revolutions in position 	Max 1 <ul style="list-style-type: none"> • Choreographic step sequence Must fully utilize the ice surface 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.
MASTERS INTERMEDIATE & MASTERS NOVICE	3:10 max	Max. 6 <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Min. 1*, max. 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop • Only one double-double jump combination or sequence is permitted • Double flip, double Lutz, double Axel and triple jumps are not permitted 	Max. 3 <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 5 revolutions total if no change of foot • Min. 4 revolutions each foot if change of foot • Min. 2 revolutions in position 	Max. 1 <ul style="list-style-type: none"> • Choreographic step sequence Must fully utilize the ice surface 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.

ADULT GOLD	2:40 max	<p style="text-align: right;">Max. 5</p> <ul style="list-style-type: none"> • Min. 1*, max. 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow. • No double-double jump combinations or sequences are permitted • Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	<p style="text-align: right;">Max. 3</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 4 revolutions total if no change of foot • Min. 4 revolutions each foot if change of foot • Min. 2 revolutions in position 	<p style="text-align: right;">Max. 1</p> <ul style="list-style-type: none"> • Choreographic step sequence <p>Must fully utilize the 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>
ADULT SILVER	2:10 max	<p style="text-align: right;">Max. 5</p> <ul style="list-style-type: none"> • Min. 1*, max. 2 combinations or sequences • One combination/sequence may consist of three jumps, and <u>the other</u> may have only two jumps • Additional jump sequences which contain non-listed jumps of not more than one revolution (i.e. mazurkas, half-loops, etc.) performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps are permitted, including an Axel-type jump. • No double or triple jumps are permitted. 	<p style="text-align: right;">Max. 2</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 3 revolutions total if no change of foot • Min. 3 revolutions each foot if change of foot • Min. 2 revolutions in position 	<p style="text-align: right;">Max. 1</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence or spiral sequence (any pattern) <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>
ADULT BRONZE	1:50 max	<p style="text-align: right;">Max. 4</p> <ul style="list-style-type: none"> • Min. 1*, max. 2 combinations or sequences; • One combination/sequence may consist of three jumps, and the other may have only two jumps • Each jump may be repeated only once, and only as part of combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except Axel) • No Axel, double or triple jumps are permitted 	<p style="text-align: right;">Max. 2</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 3 revolutions total if no change of foot • Min. 3 revolutions each foot if change of foot • Min. 2 revolutions in position • No flying spins are permitted 	<p style="text-align: right;">Max. 1</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence or spiral sequence (any pattern) <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>

ADULT PRE BRONZE	1:40 max	<p style="text-align: right;">Max. 4</p> <ul style="list-style-type: none"> • Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included • One jump combination/sequence may consist of three jumps, and the other may have only two jumps. • Each jump may be repeated only once and only as part of combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are allowed • No Lutz, Axel or double jumps are allowed 	<p style="text-align: right;">Max. 2</p> <ul style="list-style-type: none"> • Min. 3 revolutions • No flying spins are permitted 	<p style="text-align: right;">Max. 1</p> <ul style="list-style-type: none"> • Connecting steps throughout the program are required
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SYNCHRONIZED SKATING TEAM CRITIQUE

The Synchronized Skating Team performance should contain the following five elements in any order: one block element, one circle element, one intersection element, one line element and one wheel element. Other elements may be incorporated. Creative innovations and variations are permitted. Features and additional features are optional. Refer to rules 7020-7025 regarding costume guidelines. Duration 2:00 minutes +/- 10 seconds.