



The Genesee Figure Skating Club announces:

COMPETE USA

COMPETITION

Saturday & Sunday, February 22 & 23, 2020

Entry Application Deadline: January 31, 2020

Frank Ritter Memorial Arena

Located on the Rochester Institute of Technology
Campus

51 Lomb Memorial Drive
Rochester, NY 14623-5602

Sanctioned by US Figure Skating

MISSION STATEMENT:

The purpose of the competition is to promote a FUN, introductory, competitive experience for the beginning skater.

RULES

The competition will be conducted under the rules set forth by the 2019-2020 US Figure Skating “Compete USA Competition Manual.”

FACILITIES

The competition will be held at the Frank Ritter Memorial Arena, Size: 85’ x 185’ In the Locker rooms and Changing Areas, only athletes compete at the figure skating event are allowed. An exception may be allowed for an athlete age 11 years or younger to be accompanied by one parent of the same gender to assist the child immediately prior to and after the skating event (s). All Locker Rooms/Changing Areas will be monitored. If any concerns arise, immediately contact the Locker Room/Changing Area monitor. If there are concerns regarding this policy, an athlete should change prior to arrival at the competition. The use of any recording and photographic devices inside a Locker Room/Changing Area is strictly prohibited. Any violation of this policy is punishable under the US Figure Skating SafeSport policy and the US Figure Skating Rulebook.

ELIGIBILITY

SKATERS:

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either Learn-to-Skate USA and those who are full members of US Figure Skating. Members of other organizations are eligible to compete but must be registered with Learn-to-Skate USA or a member club. There will no more than six (6) skaters in any event and all six (6) will receive an award.

Test Requirements

Eligibility will be based on skill level as of the closing date of entries. **All Snowplow Sam and Basic 1-6 Skaters** must compete at highest level passed or one level higher and NO official US Figure Skating tests may have been passed, including Moves in the Field or individual dances.

For the **Pre-Free Skate, Free Skate 1-6, Excel, & Well Balanced**, eligibility will be based only upon highest free skate test level passed. Moves in the Field test level will not determine skater’s competitive level. Skaters may skate at highest level passed OR one level higher, BUT not both levels in the same event. Skaters may not compete at more than one level in the same type event

It is very important for the success of the competition that skaters be placed in the correct divisions. If, for whatever reason, the Local Organizing Committee (LOC) discovers that a skater has been placed in a category that is below his/her class level, the chair and referee will have the option of moving the skater into the proper division, even if this change must be done the day of the competition. This movement will ensure that every event is as fair as possible to all competitors. **It is an ethical violation for any coach to sandbag a competitor in an event.**

ELIGIBILITY (continued)

COACHES/INSTRUCTORS:

To be credentialed at a Compete USA event, individuals coaching are required to have:

- Learn to Skate Instructor membership OR US Figure Skating full membership
- SafeSport* training completed for coaches/instructors 18 years of old or older
- Background check successfully passed for coaches/instructors 18 years of old or older
- Learn to Skate Instructor Certification completed OR US Figure Skating compliant coach (for coaches under 18 years old)

*SafeSport training is available through www.usfsaonline.org for full members of US Figure Skating and through Learn to Skate USA portal for instructors. There is no charge for this training.

The Local Organizing Committee/Club will have a list of compliant coaches who are cleared for a credential at this competition. Coaches will need to check in at the event registration desk to receive a credential. If a coach is not on the list or cannot produce the necessary documents, s/he will not be granted a credential – no exceptions. **If a coach/instructor attempts to work at this event without proper credentials, s/he is in violation of US Figure Skating ethics and code of conduct rules and, as such, is subject to disciplinary action.**

ENTRY FEES

Applications must be completed ONLINE via secure online entry with credit card payment. Link can be found at www.geneseefsc.com and must be completed by 11:59 pm on Friday, January 31st, 2020. The fee for the first event is \$50, the second event is \$15, & \$10 for each additional event. Late entries will be accepted at the discretion of the Local Organizing Committee and are subject to a \$25 late fee. Team or group events are \$15 per team member, minimum of three (3) skaters and maximum of five (5) skaters per team. The team must be registered as its own entry, separate from individual events. Entry fees are per person in US dollars. The competition reserves the right to limit the size of any event, to cancel any event with two or fewer entrants with refund of entry fee and to combine male and female skaters if there are insufficient numbers to hold separate events.

REFUNDS

Entry refunds are only available if the competition is not held. No refunds will be issued for events scheduled at a time that the skater is unable to attend. There will NO medical refunds given.

REGISTRATION

The registration table will be open one (1) hour before the competition begins and will remain open for the duration of the competition. **Skaters will not be allowed to compete until they have registered. Please register at least one hour before your competition event time.**

MUSIC

Competitors are required to upload their music on Entryeeze when submitted their application. One (1) piece of competition program music (e.g., Free Skate, Showcase) per file is allowed. The uploaded file must be in **MP3 file format**; simply changing the file extension to “mp3” from another file format is not acceptable. All competitors and/or coaches should also bring copies of all competition music on CD to the event; no CD-RW discs will be accepted. The music for the interpretive events will be supplied by the Local Organizing Committee. **The deadline for online music submission is Friday, January 31st, 2020 at 11:59 pm.**

AWARDS

Every competitor will receive an award. Medals will be awarded to first, second and third places. All other participants will receive ribbons. All awards will be presented in the lobby approximately every hour throughout the competition.

ACCIDENTS

Rochester Institute of Technology, the Frank Ritter Memorial Arena, and the Genesee Figure Skating Club, its officers, and representatives accept no liability for damage or injuries suffered by skaters, officials, spectators during this event.

SCHEDULE

The competition schedule will be posted on the Genesee Figure Skating Club’s website at www.geneseeffc.org as soon as possible after the close of entries. N.B.: **YOU MUST BE AT THE RINK AND READY TO SKATE AT LEAST ONE (1) HOUR BEFORE YOUR SCHEDULED TIME.** The referee will not hold up events waiting for skaters, coaches, or music. Being a non-qualifying competition, it is possible that events may run ahead or behind schedule.

INQUIRIES

Refer questions regarding this competition to GFSC President Stephanie Dillingham, LOC Chair, at milby35@hotmail.com or Referee E. Richie Van Vliet at emvanvliet@aol.com

SNOWPLOW SAM – BASIC 6 ELEMENTS

Two format options for the Elements Event:

1. Each skater will perform each element when directed by a judge/referee OR
 2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)
 Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.
- To be skated on 1/3 to 1/2 ice (determined by the LOC)
 - No music
 - Divide Snowplow Sam skaters by level (1-4), if registrations warrant
 - **All elements must be skated in the order listed.**

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 • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
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, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry • T-stop, right or left

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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 with music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

Level	Time	Skating rules/standards
Snowplow Sam	1:10 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	1:10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
Basic 5	1:10 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position • T-stop, right or left

PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max.	<ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • 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, one set each direction clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position - minimum 3 revolutions • Mazurka – right or left • Waltz jump
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • Backward outside three-turn, right and left • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Backward inside three-turn, right and left • Beginning back spin, optional entry and free-foot position - maximum 3 revolutions • Half Lutz • Salchow jump
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise • Advanced back spin with free foot in crossed leg position- minimum 3 revolutions • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum 3 revolutions • Euler (half loop jump) • Flip jump
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets both directions • Camel spin - minimum 3 revolutions • Waltz jump/loop jump combination • Lutz jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Forward power pulls, minimum 3 on each foot • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/Euler (half loop)/ Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving

PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC

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.
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.

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, one set each direction clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position- minimum 3 revolutions • Mazurka - right or left • Waltz jump • <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i>
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop jump • Half flip jump • <i>NOT ALLOWED – Waltz jump/toe loop combination</i>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Beginning back spin, optional entry and free-foot position, maximum 3 revolutions • Half Lutz • Salchow jump • <i>NOT ALLOWED – Waltz jump/toe loop and Salchow/toe loop combination</i>
Free Skate 3	1:40 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, minimum 3 revolutions • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination • <i>NOT ALLOWED – Waltz/loop combination</i>
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 3 revolutions • Euler (half loop jump) • Flip jump • <i>NOT ALLOWED – Waltz/loop and Waltz/Euler/Salchow combination</i>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets both directions • Camel spin – minimum 3 revolutions • Waltz/loop jump combination • Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Creative step sequence using a variety of three turns, Mohawks and toe steps, half-ice • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/ Euler (half loop)/Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving

EXCEL COMPULSORY

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

Level	Time	Skating rules/standards
Excel Beginner	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • One-foot upright spin - minimum 3 revolutions • Choreographic step sequence
Excel High Beginner	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Salchow/toe loop combination • Sit spin - minimum 3 revolutions • Choreographic step sequence
Excel Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Flip jump • Loop/loop jump combination • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Excel Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Flip/loop jump combination • Camel, sit combination spin – minimum 6 revolutions total • Choreographic step sequence

WELL BALANCED LEVELS COMPULSORY

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

Level	Time	Skating rules/standards
No Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (no Axel) • Spin with one change of position and no change of foot – minimum 6 revolutions total • Choreographic step sequence
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Axel jump • Jump combination: single/single (may include Axel) • Spin with one change of foot and one change of position – minimum 3 revolutions on each foot • Choreographic step sequence

EXCEL FREE SKATE

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same competition.
- Skaters will skate to the music of their choice.
- 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.

<p>Excel Beginner</p> <p>1:40 Max.</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 4 jump elements:</p> <p>Jumps with no more than one-half rotation (front to back or back to front)</p> <p>Single rotation jumps: Salchow, toe loop only</p> <p>Eulers (half loops) are not allowed.</p> <p>Maximum 2 jump combinations or sequences. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump <p>Maximum 2 of any same jump</p>	<p>Maximum 2 spins:</p> <p>Two upright spins</p> <p>No change of foot</p> <p>No flying entry</p> <p>Minimum 3 revolutions</p> <p>Max Level: Base</p>	<p>Maximum 1 Sequence:</p> <p>Choreographic Step</p> <p>Sequence* (ChSt)</p> <p>Must use one-half of the ice surface</p> <p>Moves in the field and spiral sequences are allowed but will not be counted as elements</p> <p>Jumps may be included in the step sequence</p>
<p>Excel High Beginner</p> <p>1:40 Max.</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <p>Jumps with no more than one-half rotation (front to back or back to front)</p> <p>Single rotation jumps: toe loop, Salchow, Euler (half loop), loop</p> <p>Flip, Lutz, & Axel NOT permitted</p> <p>Maximum 2 jump combinations or sequences. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump <p>Maximum 2 of any same jump</p>	<p>Maximum 2 spins:</p> <p>Both spins must be in a single position</p> <p><u>No change of foot</u></p> <p>No flying entry</p> <p>Permitted forward spins: upright, sit, camel</p> <p>Permitted back spins: upright</p> <p>Minimum 3 revolutions</p> <p>Max Level: Base</p>	<p>Maximum 1 Sequence:</p> <p>Choreographic Step Sequence* (ChSt)</p> <p>Must use one-half of the ice surface</p> <p>Moves in the field and spiral sequences are allowed but will not be counted as elements</p> <p>Jumps may be included in the step sequence</p>

<p>Excel Pre-Preliminary</p> <p>1:40 Max.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Pre-preliminary free skate test</p> <p>*means required element</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <p>All single jumps allowed, except for the Axel</p> <p>No single Axels, double, or higher jumps allowed</p> <p>Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</p> <p>Maximum 2 jump combinations or jump sequences</p> <p>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins:</p> <p>One spin must be in a single position <u>with no change of foot*</u></p> <p>One spin may change feet or position, <u>but not both</u></p> <p>No flying entry</p> <p>Minimum 3 revolutions</p> <p>Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <p>Choreographic Step Sequence* (ChSt)</p> <p>Must use one-half of the ice surface</p> <p>Moves in the field and spiral sequences are allowed but will not be counted as elements</p> <p>Jumps may be included in the step sequence</p>
<p>Excel Preliminary</p> <p>1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <p>All single jumps allowed, except for the Axel</p> <p>No single Axels, double, or higher jumps allowed</p> <p>Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</p> <p>Maximum 2 jump combinations or jump sequences</p> <p>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins:</p> <p><u>One spin must be a camel or layback spin with no change of foot and no change of position*</u></p> <p>One spin may change feet and/or position</p> <p>No flying entry</p> <p>Minimum 3 revolutions</p> <p>Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <p>Choreographic Step Sequence* (ChSt)</p> <p>Must use one-half of the ice surface</p> <p>Moves in the field and spiral sequences are allowed but will not be counted as elements</p> <p>Jumps may be included in the step sequence</p>

<p>Excel Preliminary Plus</p> <p>1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <p>All single jumps allowed, including single Axel</p> <p>No double, or higher jumps allowed</p> <p>Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)</p> <p>Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</p> <p>Maximum 2 jump combinations or jump sequences</p> <p>All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)</p> <p>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 2 spins:</p> <p>One spin must be in a single position*</p> <p><u>No change of foot</u></p> <p><u>No flying entry</u></p> <p>One spin may change feet and/or position</p> <p>No flying entry</p> <p>Minimum 3 revolutions</p> <p>Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <p>Choreographic Step Sequence* (ChSt)</p> <p>Must use one-half of the ice surface</p> <p>Moves in the field and spiral sequences are allowed but will not be counted as elements</p> <p>Jumps may be included in the step sequence</p>
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WELL BALANCED FREE SKATE PROGRAM

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and an Excel Free Skate event at the same competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up one level higher.

Level/Time	Jumps	Spins	Step Sequences
No Test 1:40 Max.	Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps allowed except for the single Axel <ul style="list-style-type: none"> ○ No single Axels, double, triple or quadruple jumps allowed ○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ○ Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump) 	Max 2 Spins <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 6103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence
Pre-Preliminary 1:40 Max.	Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> ○ No double, triple or quadruple jumps allowed ○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (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 jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ○ Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 6103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence
Preliminary 1:30 +/- 10 sec. Max.	Max 5 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • 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"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps 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 a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed ○ Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 6103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence

ADULT 1-6, BEGINNER-BRONZE COMPULSORY

- The skating order of the elements is optional. Element may only be attempted once.
- To be skated in simple program format with limited connecting steps, ½ ice.
- A 0.2 deduction will be taken for each element MISSING, REPEATED or from a higher level

Level	Time	Elements
Adult 1	1:30 Max.	<ul style="list-style-type: none"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:30 Max.	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3	1:30 Max.	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Forward chasses on a circle, clockwise and counterclockwise • Backward skating to a long two-foot glide • Backward snowplow stop, Right and Left
Adult 4	1:30 Max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Hockey stop, both directions • Backward one-foot glides, right and left
Adult 5	1:30 Max.	<ul style="list-style-type: none"> • Backward outside edge and backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin (min 2 revs)
Adult 6	1:30 Max.	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)
Adult Beginner	1:30 Max.	<ul style="list-style-type: none"> • Mazurka • Waltz jump • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open Mohawk (right and left) – heel to instep • Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult High Beginner	1:30 Max.	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • Forward upright spin – minimum 3 revolutions • Backward outside three- turn, right and left • Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult Pre-Bronze	1:30 Max.	<ul style="list-style-type: none"> • Single toe loop jump • Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence • Forward upright spin - minimum 3 revolutions • Two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • Forward spiral (any edge)
Adult Bronze		<ul style="list-style-type: none"> • Single Salchow jump • Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination and 3 jumps in a sequence • Solo spin with no change of foot (min. 3 revolutions) • Backward inside three-turn, right and left • Spiral sequence (Minimum 2 spirals)- must change edge or foot

ADULT 1-6 FREE SKATE WITH MUSIC

General event parameters:

- The skating order of the required elements is optional.
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.
- 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 (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

Level	Time	Elements
Adult 1	1:40 Max	<ul style="list-style-type: none">• Forward Marching• Forward two-foot glide• Forward swizzle (4-6 in a row)• Forward snowplow stop – two feet or one foot
Adult 2	1:40 Max	<ul style="list-style-type: none">• Forward skating across the width of the ice• Forward one-foot glides• Forward slalom• Backward skating• Backward swizzles, 4-6 in a row
Adult 3	1:40 Max	<ul style="list-style-type: none">• Forward stroking using the blade properly• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise• Backward skating to a long two-foot glide• Forward chasses on a circle, clockwise and counterclockwise• Backward snowplow stop, Right and Left
Adult 4	1:40 Max	<ul style="list-style-type: none">• Forward outside edge on a circle, right and left• Forward inside edge on a circle, right and left• Forward crossovers, clockwise and counterclockwise• Backward one-foot glides, right and left• Hockey stop, both directions
Adult 5	1:40 Max	<ul style="list-style-type: none">• Backward outside edge on a circle, right and left• Backward inside edge on a circle, right and left• Backward crossovers, clockwise and counterclockwise• Forward outside three-turn, right and left• Beginning two-foot spin
Adult 6	1:40 Max	<ul style="list-style-type: none">• Forward stroking with crossover end patterns• Backward stroking with crossover end patterns• Forward inside three-turn, right and left• T-stop• Lunge• Two-foot spin into one-foot spin (min 2 revs on 1 foot)

ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC

General event parameters:

- Skaters will skate to the music of their choice and vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description. Revolutions must be in position.

Level and Time	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	<p>Max. 4 jump elements</p> <p>Jumps limited to bunny hop, mazurka, ballet and Waltz jump</p> <p>Max 1 combination or sequence consisting of only the allowed listed jumps</p> <p>Max. 2 of any same jump</p>	<p>Max. 2 spins</p> <p>Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)</p>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1</p>
Adult High Beginner 1:40 Maximum	<p>Max 4 jump elements:</p> <p>Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow</p> <p>Max 1 combination or sequence consisting of only the allowed listed jumps</p> <p>Max. 2 of any same type jump.</p>	<p>Max 2 spins:</p> <p>Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</p>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed any U.S. Figure Skating Free Skate tests</p>
Adult Pre-Bronze 1:40 Maximum	<p>Max 4 Jump Elements:</p> <p>Max 2 combinations or sequences</p> <p>1 jump combination may contain 3 jumps, and the other may contain only 2 jumps</p> <p>Jump sequence is any listed jump immediately followed by an Axel-type jump</p> <p>Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</p> <p>Only single and half-revolution jumps are permitted</p> <p>No single Lutz, single Axel, double or triple jumps are permitted</p>	<p>Max 2 Spins:</p> <p>Max Level 1</p> <p>Spins must be of different character (for definition, see U.S. Figure Skating rule 6103 E)</p> <p>Min 3 revs</p> <p>Spins with a flying entry are not permitted</p>	<p>Connecting steps throughout the program are required</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate</p>
Adult Bronze 1:50 maximum	<p>Max 4 Jump Elements:</p> <p>Max 2 combinations or sequences</p> <p>1 combination may contain 3 jumps, and the other may contain only 2 jumps</p> <p>Jump sequence is any listed jump immediately followed by an Axel-type jump</p> <p>Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</p>	<p>Max 2 Spins:</p> <p>Max Level 1</p> <p>Spins must be of different character (for definition, see U.S. Figure Skating rule 6103 (E))</p> <p>Min 3 revs total if no change of foot</p> <p>Min 3 revs each foot if</p>	<p>Max 1 Sequence:</p> <p>1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate</p>

	<p>All single jumps are permitted (except single Axel)</p> <p>No single Axel, double or triple jumps are permitted</p>	<p>change of foot</p> <p>Min 2 revs in each position</p> <p>No flying spins are permitted</p>	<p>transitions and marked as such.</p>	
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HOCKEY EVENTS – HOCKEY 1-4 ELEMENTS AND SKILLS CHALLENGE

Invite the Hockey 1-4 participants plus members of the local hockey association by creating fun and challenging skills competition. Ages should be divided by 8 & under, 10 & under, 12 & under, 14 & under, 16 & under, 18 & under, and adult. These age groups may be combined based upon number of entries.

Hockey 1-4 Elements: Each skater will perform each element when directed by a judge or referee. The following elements have been chosen for the skaters to perform. Format choice: All skaters perform first element before moving on to the next and so on **OR** each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice
- **All elements must be skated in the order listed**
- Time: 1:00 or less

Hockey 1 <ul style="list-style-type: none">• Proper basic hockey stance, forward and backward• March forward across the ice, 8-10 steps• Two-foot glides and dips from forward marching• Forward swizzles / double C-cuts (4-6 in a row)• Stationary Snowplow Stop	Hockey 3 <ul style="list-style-type: none">• Forward C-cuts (1/2 swizzle pumps) on a circle, both directions• Forward outside edges on half circles, alternating feet on the axis• Forward inside edges on half circles, alternating feet on the axis• Backward C-Cuts on a circle, both directions• Backward snowplow stops, one foot and two feet V-stop
Hockey 2 <ul style="list-style-type: none">• Forward strides using 45 degree V-Push, focus on good recovery and alternating arm drive• Forward C-cuts: single leg and alternating feet in a straight line• Backward hustle or march, then glide on two feet• Backward swizzles / double C-cuts (4 – 6)• Two-foot moving Snowplow stop	Hockey 4 <ul style="list-style-type: none">• Quick starts using forward V-Start• Backward one-foot glide, right and left• Forward crossovers on a circle, clockwise and counterclockwise• Backward crossovers on a circle, clockwise and counterclockwise• Hockey stops (to right and left, with speed)

Hockey Skills Challenge: Have skaters complete each of the five following skills competitions. Set up each station according to the descriptions below. Skaters earn points upon placement in each station (First place - 5 points, second place - 4 points, third place - 3 points, fourth place - 2 points, fifth place - 1 point). Highest combined total wins.

1. Shooting: Using a “shooter tutor,” give each skater 10 pucks to shoot into the five holes. Alternate each shot into the different holes in the tutor. Most number of hits wins.
2. Fastest Skater: Starting at the center red line, have skaters complete one lap around all of the dots and behind the nets. Set up cones on each red dot to outline to course. 2-4 skaters can race at a time at different sides of the red line. Use stop watch. Fastest skater wins.
3. Stick Handling: Place two rows of staggered cones down the length of ice. Have skaters stick handle through the cones down one length and back again. Shortest time wins. A missed cone is a 5-second penalty.
4. Agility: Set up an obstacle course with cones for forward and backward skating, turns and stops. Fastest skater wins.
5. Passing: Set up stationary targets (i.e. cones, bucket, mini-net) 25 feet away from starting line. Give each skater 10 pucks to try to hit each target. Highest number of hits wins.

THEATRE ON ICE

Theatre On Ice events may be offered at Compete USA competitions for all levels. Compete USA programs are Choreographic Exercises intended to introduce skaters to choreographic processes, themes, and movements, as well as to begin to develop a movement vocabulary that skaters can utilize throughout their skating career.

While intended to model a traditional Choreographic Exercise, skaters are not required to wear black; teams may wear any color, as long as the team is uniform and matching.

Detailed information, including requirements, program lengths, and elements, is available on the [Theatre On Ice webpage](#); for additional information, please refer to the [2019-2020 Theatre On Ice Guidelines](#).

SHOWCASE EVENTS

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Costuming and make-up for showcase programs should enhance the feeling created by the performance and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. A 0.1 deduction will be taken. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for each ten 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 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 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.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on www.usfigureskating.org.

Showcase categories may include:

- Levels can be subdivided or combined, if necessary, depending on entry numbers and event set up to ensure performances are contested as per [the guidelines](#).
- Dramatic entertainment: Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.
- Light entertainment: Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

SHOWCASE EVENTS

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner/ Adult 1-6/ Adult Beginner/Adult High Beginner	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 or free dance tests.	Time: 1:30 max.
No Test	No prescribed or restricted elements.	Must not have passed Pre-Preliminary Free Skate or any Free Dance tests.	Time: 1:30 max.
Pre-Preliminary	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary May not have passed any free dance test.	Time: 1:30 max.
Adult Pre-Bronze	No prescribed or restricted elements.	Must have passed no higher than Adult Pre-Bronze free skate test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.
Preliminary/ Adult Bronze	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze Free Skate or Free Dance test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.

INTERPRETIVE

Competition Format

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

Levels: Levels should be broken by ability with ages divided appropriately.

Judging Rules: Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

Time: Music Duration: Pre-Free Skate – Free Skate 6: 1:00 Max

Beginner - Preliminary: 1:00 Max

Coaching: There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.

SPINS CHALLENGE

General event parameters:

- 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. Only required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	Upright one-foot spin (3) Upright back spin (3) Sit spin (3)
High Beginner	1:30 max.	Upright one-foot spin (4) Upright spin with change of foot (3 each foot) Sit spin (3)
No Test	1:30 max.	Upright spin with change of foot (3 each foot) Sit spin (3) Camel spin (3)
Pre – Preliminary	1:30 max.	Spin with one change of position and no change of foot (6) Backward sit spin (3) Camel spin (4)
Preliminary	1:30 max.	Spin with one change of foot and one change of position (min. 3 each foot) Change sit spin (min 3. each foot) One position spin – skater's choice (upright, sit or camel) (4)
Adult Beginner	1:30 max.	Pivot Upright two-foot spin (2)
Adult Pre-Bronze	1:30 max.	Upright one-foot spin (3) Upright two-foot spin (3)
Adult Bronze	1:30 max.	Upright one-foot spin (3) Solo spin with no change of foot (3) – must be different from the upright spin – may not fly

JUMPS CHALLENGE

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on ½ ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	Waltz jump (from backward crossovers) ½ flip or ½ Lutz Single Salchow
High Beginner	1:15 max.	Waltz jump (from backward crossovers) Single Salchow Jump combination – Waltz jump-toe loop
No Test	1:15 max.	Single toe loop Single loop Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	Single toe loop Single flip Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	Single flip Single Lutz Jump combination – Any single jump + single loop (may be Axel)
Adult Beginner	1:15 max.	Mazurka or ballet jump Waltz jump
Adult Pre-Bronze	1:15 max.	Toe loop jump ½ flip, ½ Lutz or ½ loop
Adult Bronze	1:15 max.	Salchow Toe loop Any single jump plus a toe loop combination (no Axels allowed)

SOLO PATTERN DANCE

General event parameters:

- Levels are based upon the skaters' highest pattern dance test passed.
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
- The number of patterns is indicated.
- Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances.

Level				
Preliminary	1. Dutch Waltz (2) 2. Canasta Tango (2)			
Pre-Bronze	1. Swing Dance (2) 2. Cha-Cha (2)			

Level	Qualifications	Selected Dances for the Season (Number of sequences to be danced in parenthesis)			
Adult Preliminary	No higher than one pre-bronze dance test <i>(partnered, solo, standard, adult/adult 21+ or adult 50+/masters)</i>	Dutch Waltz (2) Rhythm Blues (2)			
Adult Pre-Bronze	The complete preliminary dance test and no higher than one bronze dance test <i>(partnered, solo, standard, adult/adult 21+ or adult 50+/masters)</i>	Canasta Tango (2) Cha Cha (2)			

TEAM COMPULSORY

Format: The designated skater from each team will perform their chosen element in sequence on full ice, with no music, and will follow this format:

1. Minimum of three skaters on a team; each skater will do at least one required element.
2. When the event is called, all skaters will take the ice for a two (2) minute STROKING ONLY warm-up.
3. This will be followed by a one (1) minute individual warm-up for the elements.
4. Teams will be directed to find a “base” for their team along the boards on the ice where they will stay for the remainder of the event.
5. The announcer, referee or judge-in-charge will call the first element (e.g. jump or stop) to be performed.
6. The team member performing the element will step forward and execute the skill, with the element first being performed by the skater on team one, then team two, then team three and so on
7. Once all the teams have had their skaters complete the element, the next element will be called.
8. Judging is done with one mark for each element (skater) for total team points.
9. Repeat #4-7 above as this will be done in sequence until all the elements at each level are completed.

Level	Jumps / Stops	Spins / Turns / Glides	Spiral or Step Sequences
Snowplow Sam – Basic 3, Hockey 1-4	-Wiggles, two-foot swizzles forward or backward, (4-8 in a row) -Snowplow stop (one or both feet) or hockey stop (with skid)	-Curves, glide turns, or hockey turns (right and left, forward) -March then glide on two feet or forward one-foot glide on left and right foot (one-time skater’s height, forward)	Forward ½ swizzle pumps or forward c-cuts on a circle (right and left, 6-8 consecutive)
Basic 4-Basic 6	-Side-toe hop, bunny hop, ballet jump, mazurka -Waltz jump	-Forward inside pivot or two-foot spin (min. 3 revs.) -One-foot upright spin, optional entry & free foot position (min. 3 revs.)	Moving forward to backward two-foot turns on a circle, clockwise and counterclockwise (from Basic 3)
Pre-Free Skate and Free Skate 1-6 levels	-Single jump (no Axel) -Jump combination or jump sequence (no Axel allowed)	-Solo spin (scratch spin, layback, camel or sit, min. 3 revs, no flying entry) -Combo Spin: One change of foot, change of position optional (min. 3 revs. on each foot)	Spiral Sequence (from Free Skate 2)
Adult 1-6	-Forward Snowplow stop -Lunge	-Forward swizzles – 4-6 in a row -Backward one-foot glide, right and left	-Forward chasses on a circle – clockwise and counterclockwise
Adult Beginner/Adult High Beginner	-Bunny hop -Waltz jump	-Beginning one-foot spin from backward crossovers -Backward inside three turn, right and left	Alternating right and left forward outside edges across width of the rink
Adult Pre-Bronze/Adult Bronze	-1/2 Flip -Salchow jump	-Forward upright spin -Backward upright spin	Two forward crossovers into a forward inside Mohawk, step down and cross behind, one backward crossover and step to a forward inside edge, clockwise and counterclockwise

SYNCHRONIZED SKATING- SNOWPLOW SAM SYNCHRO, SYNCHRO SKILLS 1-3, PRELIMINARY

The emphasis of the Learn to Skate USA synchronized skating competition is on mastering the Synchro Skills of synchronized skating:

- Unison of body alignment and learning to guide with the head.
- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Learning how to transition within elements with ease and clarity.
- Incorporating skills from Basic 1-6, Pre-Free Skate and Free Skate 1-2 to strengthen skating skills.
- Learning skills that will be the foundation for higher levels.
- Demonstrate ability to recognize and skate to the tempo of the music.

In order to safely practice and compete at the various levels, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level at which they are skating (see program requirements).

Eligibility Rules: All skaters on the team must either be full U.S. Figure Skating members or members of the Learn to Skate USA program. All Learn to Skate USA Synchronized Skating teams must be registered with U.S. Figure Skating and have a team number.

In order for the team to be eligible for Snowplow Sam Synchro or Synchro Skills 1-3 events, no skaters on the team may have passed higher than a preliminary test (moves in the field, freestyle or dance). The skater's test level is as of the competition entry deadline.

No skater may compete on multiple Learn to Skate USA synchronized skating teams.

Age/Number of Skaters: Varies based on the level. The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1. If the majority of the team is younger than the listed age, consider skating "up" to the level that best meets the skaters' skill levels.

Each Synchro Skills team may have between 8-16 skaters. A Snowplow Sam Synchro team may have between 5-12 skaters. Teams may have a maximum of four alternates listed on their roster, in addition to the maximum number permitted on the ice for their respective level.

Costume Rules: Learn to Skate USA synchronized skating teams should follow **Rule 9022 Clothing and Equipment** (U.S. Figure Skating Rulebook) when selecting their clothing for competition.

SYNCHRONIZED SKATING SNOWPLOW SAM, SYNCHRO SKILLS 1-3 PRELIMINARY

Required elements – Each level has specific required elements that must be completed:

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
SNOWPLOW SAM SYNCHRO 5-12 skaters, majority under 7 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward inside or outside edge 1 foot glide and/or 2 foot glide. May have backwards skating.	One line, skated forward, which must cover half ice to full ice.	One block, skated forward, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, skated forward, in any shape.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
SYNCHRO SKILLS 1 8-16 skaters, majority under 9 years old Maximum 2 minutes 10 seconds	One circle, which must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and may include forward and/or backward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel of the team's choice with backward pumps.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
SYNCHRO SKILLS 2 8-16 skaters, majority under 12 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward 3-turn and must contain a backward inside and/or backward outside edge glide.	One line, which must cover full ice and may include forward and/or backward skating.	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the team's choice with backward pumps and/or chasses.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
SYNCHRO SKILLS 3 8-16 skaters, majority at least 12 years old Maximum 2 minutes 10 seconds Minimum of two different hand holds	One circle, which must contain a mohawk and must contain a backward inside and/or backward outside edge glide.	Line element, which includes a change of configuration (1 line to 2 lines or 2 lines to 1 line), and must cover full ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 different configurations.	Wheel element of the team's choice with backward pumps, chasses, and/or crossovers.	One intersection.
PRELIMINARY 8-16 skaters who are under age 12, majority under age 10 2:00 +/- 10 seconds Minimum of two different hand holds	One intersection element	One traveling element – Circle OR one traveling element – Wheel Teams may not repeat the same shape used in the rotating element Any recognizable travel is required	One pivoting element – Block Any recognizable pivoting is required	One linear element- Line	One rotating element- Wheel OR one rotating element – Circle Teams may not repeat the same shape used in the Traveling Element Features are optional

Restrictions in Snowplow Sam Synchro and Synchro Skills 1:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Lines may not pivot.
- Snowplow Sam Synchro teams: backwards skating is allowed, but not required, in the circle and is not permitted in any other elements or transitions.
- Teams may not do steps higher than Basic 6.

Restrictions in Synchro Skills 2:

- Additional elements are not allowed (the team must do only their required elements).
- Wheels may not travel, change rotational direction or change configuration.
- Circles may not change rotational direction or change configuration. Traveling is allowed, but not required.
- Lines may not pivot.
- Synchro Skills 2 teams may not do steps higher than Free Skate 2, with the exception of split jumps, stag jumps and split falling leaf jumps.

Restrictions in all levels: All of the synchronized skating “illegal elements” found in Rule 9160 of the U.S. Figure Skating Rulebook.

Please reference <http://usfsa.org/programs?id=84096&menu=synchronized> for most up-to-date Learn to Skate USA Synchronized Skating rules.

SPECIAL OLYMPICS BADGE 1-12

Competition hosts can use the skills listed below to create either an elements event or program event for Special Olympics competitors. If doing a program, music can be used and will be 1:10 max.

Badge 1 A) Stand unassisted for five seconds B) Sit on ice or fall and stand up unassisted C) Knee dip standing still unassisted D) March forward ten steps assisted	Badge 7 A) Backward stroking across the rink B) Gliding backward to forward two-foot turn C) T-stop left or right D) Forward two foot turn on a circle: left and right
Badge 2 1) March forward ten steps unassisted 2) Swizzles, standing still: three repetitions 3) Backward wiggle or march assisted 4) Two foot glide forward for distance of at least length of body	Badge 8 A) Five consecutive forward crossovers: left and right B) Forward outside edge: left and right C) Five consecutive backward $\frac{1}{2}$ swizzles on a circle: left and right D) Two-foot spin
Badge 3 A) Backward wiggle or march B) Five forward swizzles covering at least ten feet C) Forward skating across the rink D) Forward gliding dip covering at least length of body: left and right	Badge 9 A) Forward outside 3 turn: left and right B) Forward inside edge: left and right C) Forward lunge or shoot the duck at any depth D) Bunny hop
Badge 4 A) Backward two-foot glide covering at least length of body B) Two foot jump in place C) One foot snowplow stop: left and right D) Forward one foot glide covering at least length of body: left and right	Badge 10 A) Forward inside three-turn: left and right B) Five consecutive backward crossovers: left and right C) Hockey stop D) Forward spiral three times length of body
Badge 5 A) Forward stroking across rink B) Five backward swizzles covering at least ten feet C) Forward two-foot curves left and right across rink D) Two-foot turn front to back, on the spot	Badge 11 A) Consecutive forward outside edges: minimum of two on each foot B) Consecutive forward inside edges: minimum of two on each foot C) Forward inside Mohawk: left and right D) Consecutive backward outside edges: minimum of two on each foot E) Consecutive backward inside edges: minimum of two on each foot
Badge 6 A) Gliding forward to backward two-foot turn B) Five consecutive forward one-foot swizzles on circle: left and right C) Backward one foot glide length of body: left and right D) Forward pivot	Badge 12 A) Waltz jump B) One foot spin: minimum of three revolutions Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise C) Combination of three moves chosen from badges 9-12

THERAPEUTIC SKATING 2-12

Competition hosts can use the skills listed below to create either a elements or program event for Therapeutic competitors. If doing a program, music can be used and will be 1:10 max.

<u>Therapeutic 2</u> A) Stand on ice B) Review falling and standing up C) March forward 4-5 steps D) Dip/moderate knee bend in place E) Forward two-foot glide from 3 marches	<u>Therapeutic 8</u> A) Forward outside edge on a circle – R & L (3 counts each) B) Forward inside edge on a circle – R & L (3 counts each) C) Forward crossovers – clockwise and counterclockwise D) Backward one-foot glide – R & L (4-5 counts each) E) Beginning two-foot spin – up to 2 revolutions
<u>Therapeutic 3</u> A) Forward two-foot glide from 5 marches B) Forward swizzles – 3 in a row C) Backward wiggle or walk – 3 in a row D) Beginning snowplow stop – one or two feet	<u>Therapeutic 9</u> A) Backward outside edge on a circle – R & L (3 counts each) B) Backward inside edge on a circle – R & L (3 counts each) C) Introductory forward outside 3-turn – R & L D) Backward crossovers – clockwise and counterclockwise
<u>Therapeutic 4</u> A) Scooter pushes – R & L, 3-4 each foot B) Forward one-foot glides – R & L C) Backward wiggles into backward two-foot glide – 3 counts D) Rocking horse – repeat twice	<u>Therapeutic 10</u> A) Forward outside 3-turn – R & L B) Backward alternating ½ swizzle pumps C) Side toe hop/Side stepping – R & L D) Two-foot spin – 2-3 revolutions E) Hockey stop – both directions
<u>Therapeutic 5</u> A) Backward swizzles – 3 in a row B) Two-foot turn, forward to backwards in place – clockwise and counterclockwise C) Curves D) Moving snowplow stop – one or two feet	<u>Therapeutic 11</u> A) Introductory forward inside 3-turn – R & L B) Moving two-foot turn, backward to forward, on a circle clockwise and counterclockwise C) Forward power stroking D) Two-foot to one-foot spin
<u>Therapeutic 6</u> A) Backward skating into backward two-foot glide – 5 counts B) Beginning forward stroking C) Forward ½ swizzle pumps on a circle – 3-4 consecutive, clockwise and counterclockwise D) Moving two-foot turn, forward to backward on a circle – clockwise and counterclockwise	<u>Therapeutic 12</u> A) Forward inside 3-turn – R & L B) Bunny hop, lunge, or shoot the duck – skater's choice, R or L C) Forward spiral or forward extension on a straight line – R or L D) One-foot spin – 2 or more revolutions E) T-stop – R or L
<u>Therapeutic 7</u> A) Forward slalom B) Beginning backward one-foot glide, R&L (2 counts each) C) Backward ½ swizzle pumps on a circle – 3-4 consecutive, clockwise and counterclockwise D) Forward pivot – clockwise or counterclockwise E) Backward snowplow stop – R or L	