
Central Carolina Skating Classic

Twentieth Annual Competition

May 18-20, 2018

(Offering IJS, Competitive and Test Track)



Sponsored by
Central Carolina Skating Club, Inc.

Sanctioned by
United States Figure Skating



The Central Carolina Skating Classic 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 website.

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

ELIGIBILITY/TEST LEVEL:

Test level: Competition level is the highest test passed as of the entry deadline, in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

Age restrictions/requirements: Skaters entering juvenile free skate events (Well Balanced Program) must be under 13 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 13 years of age at the close of entries.

Skaters entering beginner–pre-juvenile events will be divided as closely as possible by age, should the number of entries warrant more than one group.

ENTRIES: Method of entries will be online via EntryEeze, which can be accessed through the Club’s web site at www.centralcarolinasc.com or by directly visiting the event page at <http://comp.entryeeze.com/Home.aspx?cid=373>. Entry deadline will be 11:59pm, Sunday, April 8 2017. Entry fees will be paid online at the EntryEeze portal. Late entries may be accepted at the discretion of the Competition Committee and will require a late fee of \$30.

1st IJS event: \$130*
any additional IJS event: \$80

1st non IJS event: \$95*
Non-IJS event: \$45
Third/subsequent non-IJS events: \$30

1st Basic Skills event: \$55* additional
any additional Basic Skills event: \$25

Please review your choice of events closely. Any change of event due to your error will result in a \$25 fee per each event changed.

***Price includes one digital copy of skater’s program; additional digital copies will be available to purchase.**

REFUND POLICY: Entry fees will not be refunded after entry deadline unless no competition exists or the event 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 issued a \$30 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available by email through EntryEeze.

FACILITIES: The competition will be held at Orange County SportsPlex, 101 Meadowlands Drive, Hillsborough, NC 27278, (919)644-0339. The facility is off I-85 at Exit 165. After exiting, follow the signs to the Sports Center. The ice rink is 85’ x 200’ with rounded corners and hockey barrier. The facility has a snack bar and figure skating supplies will be available for sale. The facility does not allow any food or drink to be brought inside. Dressing rooms are available.

MUSIC: The official competition music must be uploaded in MP3 format via the EntryEeze portal by the music upload deadline provided in the EntryEeze portal. A duplicate CD should be readily available. Any music CD used for competition may be picked up at the registration table following each event. Every reasonable care will be taken, but the Central Carolina Skating Club cannot be responsible for CDs left at the end of the competition.

*This event is a standard U.S. Figure Skating Nonqualifying Competition
LG/7-9-17*

Please have separate CDs for practice and competition.

LIABILITY: U.S. Figure Skating, Central Carolina Skating Club, and Orange County SportsPlex 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.

GOVERNING RULES:

All competition events will be governed by the USFSA 2018-19 rules.

JUDGING SYSTEM:

The International Judging System (IJS) will be used for the following events:

-*Well Balanced Program Free Skate events, Pre-Juvenile-Senior (including Open Juvenile)*

-*Short Program events, Juvenile-Senior*

-*Adult Gold and Adult Masters*

*Video review will be available for the technical panels (except for Pre-Juvenile).

All competitors skating in these events need to submit the planned program content form online. This form is found in the Member's Only section at www.usfigureskating.org. The deadline to submit the form is May 2, 2018.

The 6.0 Majority Judging System will be used for:

-*Well Balanced Program Free Skate events, Pre-Preliminary – Preliminary*

-*Introductory Free Skate events (No-Test)*

-*Basic Skills events*

-*All Test Track events*

-*All specialty singles events (spins, jumps, compulsory moves, showcase, etc.)*

CRITIQUES: It is CCSC's intention to offer complimentary critiques at the 2018 CCSC Classic for IJS events Juvenile-Open Juvenile through Senior only. However, there may be circumstances that will not allow critiques to occur. If offered, critiques will be complimentary and open only to skaters and coaches. Video critiques will not be available.

ON-SITE REGISTRATION: Registration will begin on one-half hour prior to the first practice ice session of each day beginning on Friday, May 18, 2018 and end at the last event of each day. The registration table will be located in the lobby of the Orange County SportsPlex. Please register promptly upon arrival.

LOCKER ROOMS AND CHANGING AREAS: All locker rooms for this event will be following the Locker Rooms and Changing Area policy included in the SafeSport Handbook.

PRACTICE ICE: Practice Ice will be paid for on EntryEeze at the time of submitting your entry. You may link to EntryEeze at the Club's website: www.centralcarolinasc.com or by directly visiting the event page at <http://comp.entryeeze.com/Home.aspx?cid=373>. EntryEeze will notify you when you may select your practice time(s) once the weekend schedule has been finalized. The final schedule will be posted at the Orange County SportsPlex and on www.centralcarolinasc.com as soon as possible after close of entries. Practice ice sessions will be 20 minutes in length, \$14 each. No refunds will be given for practice ice and sessions will not be transferable to another skater.

VIDEOGRAPHY: Looking Glass Productions will provide official videography services.

AWARDS: Medals will be awarded to the 1st, 2nd, 3rd and 4th place winners in each event. If the number of entrants requires multiple groups, medals will be awarded to each group. All events are considered completed after the initial round. No final rounds will be held.

The Maxine Hayes Freeland Memorial Award is presented to the Juvenile Girls Champion in honor of Mrs. Freeland and her contributions and support to young skaters. For more information about this award and past
This event is a standard U.S. Figure Skating Nonqualifying Competition
LG/7-9-17

recipients, please visit the CCSC Club website at www.centralcarolinasc.com.

OFFICIAL NOTICES: An official bulletin board will be maintained at the Orange County SportsPlex rink area. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

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

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

For Learn to Skate USA ONLY coaches - Any person, 18 and older, instructing a Learn to Skate USA Program must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor.

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

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

For more information regarding Coach Compliance, please refer to:

<http://usfsa.org/story?id=84159>

CONTACT INFO: If you have questions, please contact the LOC (Local Organizing Committee Chair), Heather Amistadi, at heatheramistadi@gmail.com, and you will receive an email reply.

SECTION 2: Events Offered

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 non-qualifying 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, and also skate a second Free Skate event up to one level higher.
- All relevant and appropriate IJS rules will be used in events Juvenile through Senior and Adult Gold and Adult Masters. 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."

CATEGORY	REQUIREMENTS	TIME
Pre-Preliminary	See Rule 4270	1:40 maximum
Preliminary	See Rule 4260	1:40 maximum
Pre-Juvenile	See Rule 4250	2:00 +/- 10 sec
Juvenile/Open Juvenile Free Skate	See Rule 4240	2:20 +/- 10 sec
Intermediate Free Skate	See Rule 4230	2:40 +/-10 sec
Novice Free Skate	See Rule 4220	Ladies: 3:00 +/- 10 sec Men: 3:30 +/- 10 sec
Junior Free Skate	See Rule 4210	Ladies: 3:30 +/- 10 sec Men: 4:00 +/- 10 sec
Senior Free Skate	See Rule 4200	Ladies: 4:00 +/- 10 sec Men: 4:30 +/- 10 sec
Adult Pre-Bronze Free Skate	See Rule 4600	1:40 maximum
Adult Bronze Free Skate	See Rule 4590	1:50 maximum
Adult Silver Free Skate	See Rule 4580	2:10 maximum
Adult Gold Free Skate	See Rule 4570	2:40 maximum
Adult Masters Intermediate-Novice	See Rule 4540	3:10 maximum
Adult Masters Junior-Senior	See Rule 4510	3:30 maximum

Introductory Levels Free Skate Program – Beginner, High Beginner, and No Test Levels

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 Maximum	<p>Max. 5 jump elements:</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>Max. 2 spins:</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 Learn to Skate USA free skating badge tests
High Beginner 1:40 Maximum	<p>Max. 5 jump elements:</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>Max. 2 spins:</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 Learn to Skate USA free skating badge tests
No Test 1:40 Maximum	<p><i>Max. 5 jump elements:</i></p> <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 is not exceeded • Maximum of 2 jump combinations or 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 permitted • Jump sequences limited to a maximum of 3 single jumps 	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Minimum 3 revs. <p>These spins must be of a different character (For definition see rule 4103E)</p>	<p>Step sequence*</p> <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 	Skaters may not have passed any U.S. Figure Skating standard free skate tests

TEST TRACK FREE SKATE—Introductory through Senior Levels

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
4. Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
5. The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 maximum	<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>Maximum of 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 any U.S. Figure Skating free skate tests
High Beginner 1:40 maximum	<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>Maximum of 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 any U.S. Figure Skating free skate tests
Pre-Preliminary 1:40 maximum	<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 1:30 +/- 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, 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 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 2:20 +/- 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 2:40 +/- 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>

Level	Jumps	Spins	Step Sequences	Qualifications
<p>Novice</p> <p>Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> 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. 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. 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> Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p><i>Ladies:</i> One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

Adult Singles Free Skate Requirements

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<p>CHAMPIONSHIP MASTERS JUNIOR-SENIOR & MASTERS JUNIOR-SENIOR</p> <p>3:40 maximum * means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* Max 3 combinations or sequences 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps Number of jumps in sequence is unlimited, but only the 2 highest-value jumps in a jump sequence will be counted No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence <ul style="list-style-type: none"> If both executions (of the same Axel or multi-rotation jump) are as solo jumps, the second of these jumps will receive 70% of its original base value 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 5 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) 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>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE & MASTERS INTERMEDIATE-NOVICE</p> <p>3:10 maximum * means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* Max 3 combinations or sequences 1 jump combination/sequence may contain 3 jumps; the remaining jump combinations/sequences are limited to 2 jumps Only 1 jump combination or sequence may include 2 double jumps Each jump may be repeated only once, and only as part of a combination or sequence <ul style="list-style-type: none"> If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop Double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 5 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) 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>CHAMPIONSHIP ADULT GOLD & ADULT GOLD</p> <p>2:40 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> Max 3 combinations or sequences 1 jump combination/sequence may contain 3 jumps; the remaining jump combinations/sequences are limited to 2 jumps Each jump combination or sequence may include only 1 double jump Each jump may be repeated only once, and only as part of a combination or sequence <ul style="list-style-type: none"> If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value All single jumps, including the single Axel, and the following double jumps are permitted: double toe loop, double Salchow. Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 4 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) 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.

*This event is a standard U.S. Figure Skating Nonqualifying Competition
LG/7-9-17*

2017-18	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<p align="center">CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</p> <p align="center">2:10 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences • 1 combination/sequence may contain 3 jumps, and the other may contain only 2 jumps • Additional jump sequences which contain non-listed jumps of not more than 1 revolution performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps, including single Axel, are permitted • No double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • <u>1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</u> • 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 align="center">ADULT BRONZE</p> <p align="center">1:50 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences; • 1 combination/sequence may contain 3 jumps, and the other may contain only 2 jumps • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • <u>1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</u> • 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 align="center">ADULT PRE BRONZE</p> <p align="center">1:40 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences • 1 jump combination/sequence may contain 3 jumps, and the other may contain only 2 jumps. • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are permitted • No single Lutz, single Axel or double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Min 3 revs • Spins with a flying entry are not permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Connecting steps throughout the program are required

SINGLES SHORT PROGRAM: JUVENILE THROUGH SENIOR

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.

CATEGORY	REQUIREMENTS	TIME
Juvenile Short	See Technical Notification 194	2:10 maximum
Intermediate Short	See Rule 4230	2:10 maximum
Novice Short	See Rule 4220	2:30 maximum
Junior Short	See Rule 4210	2:40 +/-10 sec
Senior Short	See Rule 4200	2:40 +/-10 sec

COMPULSORY MOVES

INTRODUCTORY 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 is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- 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 their free skate program.*

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ul style="list-style-type: none"> • Waltz jump • ½ jump of choice • Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional) • Forward or backward spiral
High Beginner	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • Forward scratch spin - minimum three revolutions • Forward or backward spiral
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) • Solo spin - sit or camel spin - minimum three revolutions • Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.

COMPULSORY MOVES—PRE-PRELIMINARY THROUGH SENIOR LEVELS

General event parameters:

1. Pre-Preliminary – Juvenile: Elements skated on ½ ice
2. Intermediate – Senior: Elements skated on full-ice
3. The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
4. A 0.2 deduction will be taken for each element performed from a higher level.
5. Music is not allowed.
6. Skaters may compete at their test level or one level higher.

Level	Time	Skating rules/standards
Pre-Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Toe Loop jump 2. Jump combination: single/single (no Axel) 3. Sit spin or camel spin - minimum three revolutions 4. Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single/single (may include Axel) 3. Back upright spin - minimum three revolutions 4. Forward inside spiral
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single jump (may include Axel) 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – circular
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Flying spin, minimum five revolutions 4. Step sequence – straight line
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Jump combination: double/single or double/double 3. Flying spin - minimum five revolutions 4. Step sequence – straight line
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line

COMPULSORY MOVES--ADULT 1-6 AND INTRODUCTORY

General event parameters:

- The skating order of the elements is optional.
- Element may only be attempted once
- To be skated in program format with limited connecting steps
- To be skated on 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 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 (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"> • Bunny hop or mazurka • 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 edges across the width of the ice • Alternating right and left forward inside edges across the width of the ice • Backward moving outside 3-turn right and left
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • Alternating right and left backward outside edges across the width of the ice • Alternating right and left backward inside edges across the width of the ice • Backward moving inside 3-turn right and left

COMPULSORY MOVES--ADULT

General event parameters:

1. Pre-Bronze to Silver: Elements skated on ½ ice
2. Gold/Masters: Elements skated on full-ice
3. Elements may be performed only once
4. Music is not allowed
5. Minimum number of revolutions is noted in parentheses

Level	Time	Elements
Adult Pre-Bronze	1:30 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 • Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in a combination and 3 jumps in a sequence • Forward upright spin (Min. 3 revolutions) • Forward spiral (any edge)
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> • Single Salchow • Waltz jump – toe loop combination jump • Backward Upright Spin – entry optional (Min. 3 revolutions) • Spiral sequence (Min. 2 spirals)
Adult Silver	1:30 MAX	<ul style="list-style-type: none"> • Single loop • Single/single jump combination • Sit spin (Min. 3 revolutions) • Straight line step sequence
Adult Gold	1:30 MAX	<ul style="list-style-type: none"> • Single Lutz or Axel • Single/single or single/double jump combination • Camel spin (Min. 4 revolutions) • Straight line step sequence
Masters Intermediate/Novice	1:30 MAX	<ul style="list-style-type: none"> • Axel, double Salchow, double toe loop or double loop • Jump combination (double/double, single/double or double/single) that may include double Salchow, double toe loop or double loop and any single jump including Axel • Solo spin of skater's choice (Min. 6 revolutions) • Straight line step sequence
Masters Junior/Senior	1:30 MAX	<ul style="list-style-type: none"> • Choice of any double jump • Jump combination that may include any double jump • Solo spin of skater's choice (Min. 8 revolutions) • Straight line step sequence

PATTERN DANCE (SOLO)

General event parameters:

1. Levels are based upon the skaters' highest pattern dance test passed.
2. A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
3. The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for their level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30th – July 2nd), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2nd quarter).
4. 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 groupings.

Level	Pattern Dance
Preliminary	1. Rhythm Blues 2. Dutch Waltz
Pre-bronze	1. Fiesta Tango 2. Swing
Bronze	1. Ten Fox 2. Hickory Hoedown
Pre-silver	1. Foxtrot 2. Fourteenstep
Silver	1. Rocker Foxtrot 2. American Waltz
Pre-gold	1. Paso Doble 2. Starlight Waltz
Gold	1. Westminster Waltz 2. Quickstep

FREE DANCE (ADULT--SOLO)

2017-18	EDGE ELEMENTS	SPIN	STEP SEQUENCES	TWIZZLES	DANCE STOPS
<p>ADULT GOLD SOLO FREE DANCE</p> <p>2:50 +/- 10 seconds</p>	<p>Max 4</p> <p>2 different combination edge elements (12 sec max)</p> <p>2 different short edge elements (6 sec max)</p> <p>Each edge must be held for a minimum of 3 seconds.</p> <p>Edge elements must have different positions</p>	<p>Max 1</p> <p>Choreographic dance spin* – min 3 revs on 1 foot</p> <p>May change feet</p> <p>Flying spins not permitted</p>	<p>Max 2</p> <p>2 different step sequences, 1 from Group A and 1 from Group B</p> <p>Group A – Straight line (midline or diagonal)</p> <p>Group B – Curved (circular or serpentine)</p> <p>Must use full ice surface</p> <p>Should include a variety of steps and turns and must include brackets, counters, rockers, choctaws and twizzles</p> <p>Not Permitted: Stops, pattern regressions, loops, jumps of more than ½ revolution, dance spins and pirouettes</p>	<p>Max 2</p> <p>Twizzle Series A - Must have a different entry edge and different direction for the 2 twizzles. Minimum of 2 revolutions is required on each twizzle. No more than 3 steps are allowed between twizzles. Twizzles must be different than those used in Twizzle Series B.</p> <p>Twizzle Series B - Must have 2 twizzles. Minimum of 2 revolutions is required on each twizzle. No more than 1 step is allowed between twizzles. Twizzles must be different than those used in Twizzle Series A.</p>	<p>Max 2</p> <p>2 full stops to express the character of the music, not to exceed five seconds.</p> <p>The stops must come at least 10 seconds after the start of the program and at least 10 seconds before the end of the program.</p>
<p>ADULT SILVER SOLO FREE DANCE</p> <p>2:10 +/- 10 seconds</p>	<p>Max 2</p> <p>1 combination edge element (12 sec max)</p> <p>AND</p> <p>1 short edge element (6 sec max)</p> <p>Each edge must be held for a minimum of 3 seconds.</p> <p>Edge elements must have different positions</p>	<p>Max 1</p> <p>Choreographic dance spin* – min 3 revs on 1 foot</p> <p>May change feet</p> <p>Flying spins not permitted</p>	<p>Max 1</p> <p>Midline, circular, or diagonal step sequence</p> <p>Must use full ice surface</p> <p>Should include a variety of steps and turns and must include three-turns, mohawks, brackets and counters.</p> <p>Not Permitted: Stops, pattern regressions, loops, jumps of more than ½ revolution, dance spins and pirouettes</p>	<p>Max 1</p> <p>Twizzle series - min 2 revs each twizzle</p> <p>No more than 3 steps between twizzles</p>	<p>Max 1</p> <p>Full stop to express the character of the music, not to exceed five seconds.</p> <p>The stop must come at least 10 seconds after the start of the program and at least 10 seconds before the end of the program.</p>
<p>ADULT BRONZE SOLO FREE DANCE</p> <p>1:40 +/- 10 seconds</p>	<p>Max 1</p> <p>1 short edge element (6 sec max)</p> <p>Edge must be held for a minimum of 3 seconds</p>	<p>Max 1</p> <p>Choreographic dance spin* – min 3 revs on 1 foot</p> <p>Spin combinations and flying spins not permitted.</p>	<p>Max 1</p> <p>Midline, circular, or diagonal step sequence</p> <p>Must use full ice surface</p> <p>Should include a variety of steps and turns and must include three-turns and mohawks.</p> <p>Not Permitted: Stops, pattern regressions, loops, jumps of more than ½ revolution, dance spins and pirouettes</p>	<p>Max 1</p> <p>Twizzle - min 1 rev</p>	<p>Max 1</p> <p>Full stop to express the character of the music, not to exceed five seconds.</p> <p>The stop must come at least 10 seconds after the start of the program and at least 10 seconds before the end of the program.</p>

*Choreographic Dance Spin – a dance spin on 1 foot in a position that enhances the music and choreography. This element is judged on how the spin relates to the music and the quality of the spin. Variations in position will only be rewarded if they enhance the character of the music.

This event is a standard U.S. Figure Skating Nonqualifying Competition
 LG/7-9-17

PATTERN DANCE (PARTNERED)

Novice	ARGENTINE TANGO QUICKSTEP
Intermediate	TANGO FOURTEENSTEP
Juvenile	FOXTROT CHA CHA
Pre-Juvenile	DUTCH WALTZ RHYTHM BLUES
Championship Adult	KILIAN WESTMINSTER WALTZ
Adult Gold	PASO DOBLE WESTMINSTER WALTZ
Adult Pre-Gold	ROCKER FOXTROT KILIAN
Masters Open	WESTMINSTER WALTZ RHUMBA
Adult Silver	EUROPEAN WALTZ FOURTEENSTEP
Adult Pre-Silver	WILLOW WALTZ HICKORY HOEDOWN
Adult Bronze	CHA CHA TEN-FOX
Adult Pre-Bronze	DUTCH WALTZ RHYTHM BLUES
Adult Centennial	FOURTEENSTEP AMERICAN WALTZ
Adult Gold <i>Solo Dance</i>	KILIAN WESTMINSTER WALTZ
Adult Pre-Gold <i>Solo Dance</i>	ROCKER FOXTROT STARLIGHT WALTZ
Adult Silver <i>Solo Dance</i>	FOXTROT TANGO
Adult Pre-Silver <i>Solo Dance</i>	TEN-FOX EUROPEAN WALTZ
Adult Bronze <i>Solo Dance</i>	FIESTA TANGO TEN-FOX

SHORT DANCE (PARTNERED)

Short Dance	LIFTS	STEP SEQUENCES	TWIZZLES	PATTERN DANCE REQUIREMENT	ADDITIONAL INFORMATION
<p>JUNIOR</p> <p>2:50 +/- 10 sec</p>	<p>1 Short Lift</p> <p>Short Lifts are max 7 secs</p> <p>May be skated anywhere in the program except in the required Not Touching Step Sequence.</p>	<p>1 Not Touching Step Sequence (Style B*): Midline, Diagonal, Circular or Serpentine</p> <p>Both partners may cross each other's tracing(s) and may switch from matching footwork to mirror and vice versa.</p> <p>The partners should remain as close together as possible, but they must not touch*. The distance between the skaters should generally not be more than two arm's length apart.</p> <p><u>The not touching step sequence must be skated to a different rhythm from the Cha Cha.</u></p> <p>*Notes for Not Touching Circular Step Sequence: Rule DG 5.04(B)(2)(a), this element must be performed in either the clockwise or counterclockwise direction, utilizing the full width of the ice surface on the short axis of the rink.</p> <p>Performing this element in the clockwise direction does not constitute a violation of Rule 6090 (C) regarding the generally constant direction of the pattern.</p> <p>Not Permitted Elements: Loops Pattern retrogressions* (<u>exception below</u>)</p> <p><u>For 2017/18 season Permitted:</u> <u>*One stop up to 5 sec and Pattern Retrogressions permitted during stop. See ISU Communication #2076 and/or the Additional Information column of this chart.</u> Dance spins and pirouettes are stops.</p>	<p>1 Set Of Sequential Twizzles</p> <p>Two twizzles skated simultaneously with up to one step in between twizzles.</p> <p>May be skated anywhere in the program except in the required Not Touching Step Sequence</p>	<p>Two (2) Sections of Cha Cha Congelado, <u>skated one after the other, Section #1 (steps # 1-17) followed by Section #2 (steps#18-38), with Step #1 skated on the Judges' opposite side.</u></p> <p><u>See ISU Communication #2076 for key points.</u></p> <p>Timing:</p> <p>The PDEs must be skated in strict time to the music with the start of the first step of the Pattern Dance Element <u>Section 1</u> on beat one of a musical phrase.</p> <p>The PDE must be skated on the Cha Cha rhythm in the style of Cha Cha. The tempo of the music throughout the PDE must be constant and in accordance with the required tempo of the pattern dance: Cha Cha, i.e. <u>28 to 30</u> measures of <u>4</u> beats or <u>112-120</u> beats per minute.</p> <p>The Cha Cha Congelado rhythm is described in the ISU Ice Dance Music Rhythms Booklet 1995.</p>	<p>Music requirements:</p> <p><u>Any number of the following Latin American Rhythms: Cha Cha, Rhumba, Samba, Mambo, Meringue, Salsa, Bachata and any closely related Latin American Rhythms.</u></p> <p><u>For season 2017-18 After the clock is started with the first movement, the couple must not remain in one place for more than 10 seconds during the program:</u></p> <p><u>Permitted stops (junior) up to two full stops (duration must not exceed 5 seconds each) or up to one full stop (duration must not exceed 10 seconds) are permitted. During a stop the couple may or may not touch each other and choreography may be stationary or slightly moving any direction. Stop options include:</u></p> <ul style="list-style-type: none"> - <u>A permitted stop up to 5 secs in Not touching step sequence</u> - <u>A permitted stop may be used anywhere in the program excluding within the Pattern Dance Element</u> - <u>A Choreographic Spinning Movement which travels with not be considered a stop</u> <p>Note: A violation of stop restrictions, pattern restrictions, touching the ice and separations must be penalized by judges for violation of choreographic restrictions.</p> <p>See Rule 6090 in the U.S. Figure Skating Rulebook for detailed rules for the short dance.</p>

Short Dance	LIFTS	STEP SEQUENCES	TWIZZLES	PATTERN DANCE ELEMENT	ADDITIONAL INFORMATION
<p style="text-align: center;">SENIOR</p> <p style="text-align: center;">2:50 +/- 10 sec</p>	<p style="text-align: center;">1 Short Lift</p> <p>Short Lifts are max 7 secs</p> <p>May be skated anywhere in the program except in the required Not Touching Step Sequence or in the Pattern Dance Type Step Sequence.</p>	<p style="text-align: center;">1 Not Touching (Style B*): Midline, Diagonal, Circular or Serpentine and 1 Pattern Dance Type Step Sequence</p> <p style="text-align: center;">1 Not Touching Step Sequence (Style B*)</p> <p>Both partners may cross each other's tracing(s) and may switch from matching footwork to mirror and vice versa.</p> <p>The partners should remain as close together as possible, but they must not touch*. The distance between the skaters should generally not be more than two arm's length apart.</p> <p style="text-align: center;">*Notes for Not Touching Circular Step Sequence: Rule DG 5.04(B)(2)(a), this element must be performed in either the clockwise or counterclockwise direction, utilizing the full width of the ice surface on the short axis of the rink.</p> <p>Performing this element in the clockwise direction does not constitute a violation of Rule 6090 (C) regarding the generally constant direction of the pattern.</p> <p style="text-align: center;">Not Permitted Elements: Loops Pattern retrogressions* (exception below)</p> <p style="text-align: center;">For 2017-18 season Permitted:</p> <p style="text-align: center;"><u>*One stop up to 5 sec and Pattern Retrogressions permitted during stop. See ISU Communication #2076 and/or the Additional Information column of this chart.</u></p> <p style="text-align: center;">One (1) Pattern Dance Type Step Sequence in Hold:</p> <p>- Pattern: Up to one full circuit of the ice surface and must start on beat one of a musical measure. PSt may not start from the beginning of the program. Options indicating beginning of PSt: 1) Using one of the permitted stops, after which the couple takes the first step in a foxtrot hold indicating the first step of the PSt; 2) Performing a skidding movement within one measure of music after the last step of the PDE (Step #4). The first step after the skidding movement will indicate the starting point of PSt and must be in foxtrot hold. Options indicating completion of PSt: 1) performing one of the permitted stops; 2) a skidding movement not exceeding one measure of music; 3) ChSp which travels will not be considered as a stop; ChSp which becomes stationary and is performed on the spot will be considered as a stop. - Duration: any exact number of musical phrases. - Holds: by exception to Rule 6090 (E), hand-in-hand hold with extended arms cannot be established, and partners must remain in contact at all times, even during changes of holds and twizzles. Stops, Pattern Retrogressions, Loops and Separations not permitted in PSt. Dance spins and pirouettes are stops.</p>	<p style="text-align: center;">1 Set</p> <p>Set of Sequential Twizzles</p> <p>Two twizzles skated simultaneously with up to one step in between twizzles.</p> <p>May be skated anywhere in the program except in the required Not Touching Step Sequence or Pattern Dance Type Step Sequence.</p>	<p style="text-align: center;">One (1) Section of Rhumba comprised of steps # 1-16 + steps # 1-4.</p> <p><u>Step # 1 to be skated on the Judges' left side.</u></p> <p>See ISU Communication #2076 for key points.</p> <p style="text-align: center;">Timing:</p> <p>The PDE must be skated in strict time to the music with the start of the first step of the Pattern Dance Element Section 1 on beat one of a musical phrase.</p> <p><u>The Pattern Dance Element shall be skated to any of the Latin American Rhythms and must be in the style of the chosen rhythm, with the range of tempo: 172-180 beats per minute.</u></p> <p>The tempo of the music throughout the Pattern Dance Element must be constant.</p> <p>The Rhumba rhythm is described in the ISU Ice Dance Music Rhythms Booklet 1995.</p>	<p style="text-align: center;">Music requirements: <u>Any number of the following Latin American Rhythms: Cha Cha, Rhumba, Samba, Mambo, Meringue, Salsa, Bachata and any closely related Latin American Rhythms.</u></p> <p><u>For season 2017-18</u> After the clock is started with the first movement, the couple must not remain in one place for more than 10 seconds during the program:</p> <p><u>Permitted stops (senior) up to two full stops (duration must not exceed 5 seconds each) or up to one full stop (duration must not exceed 10 seconds) are permitted. During a stop the couple may or may not touch each other and choreography may be stationary or slightly moving any direction. Stop options include:</u></p> <ul style="list-style-type: none"> - <u>A permitted stop up to 5 secs in not touching step sequence</u> - <u>A permitted stop may be used to indicate the starting point of the PSt</u> - <u>A permitted stop may be used to indicate the completion of the PSt</u> - <u>A permitted stop may be used anywhere in the program excluding within the Pattern Dance Element or within the PSt (a stop is only allowed at the beginning or end of the PSt)</u> - <u>A Choreographic Spinning Movement which travels will not be considered a stop</u> <p>Note: A violation of stop restrictions, pattern restrictions, touching the ice and separations must be penalized by judges for violation of choreographic restrictions</p> <p>See Rule 6090 in the U.S. Figure Skating Rulebook for detailed rules for the short dance.</p>

FREE DANCE (PARTNERED)

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCE	TWIZZLES	ADDITIONAL INFORMATION
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p>	<p>Max 1</p> <p>1 type of Short Lift max 7 secs</p> <p>Chosen from straight line lift, curve lift or stationary lift</p> <p>Rotational lifts and combination lifts not permitted.</p> <p>May be skated anywhere in the program except in the required step sequence</p>	<p>Max 1</p> <p>1 Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination Spins are not permitted.</p> <p>May be skated anywhere in the program except in the required step sequence</p>	<p>Max 1</p> <p>Choreographic Sequence (Circular, Midline or Diagonal in Hold)</p> <p>The choreographic step sequence must fit the definition of one of the required step sequence options (circular, midline or diagonal in hold), and must utilize the full ice surface.</p> <p>Serpentine and not touching types of sequences are not permitted</p> <p>Not Permitted Elements:</p> <p>Stops, pattern retrogressions and loops are not permitted in the step sequence.</p> <p>Dance spins and pirouettes are stops.</p>	<p>Max 1</p> <p>Synchronized Twizzle</p> <p>At least one full rotation by each partner. Maximum of two rotations by each partner.</p> <p>The required synchronized twizzle may be skated anywhere in the program except in the required step sequence.</p>	<p>Music should adhere to Rule 6095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel.</p> <p>Touching the ice with hand(s) is not allowed</p> <p>Illegal Elements</p> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose

<p style="text-align: center;">JUVENILE</p> <p style="text-align: center;">2:15 +/- 10 sec</p>	<p style="text-align: center;">Max 2</p> <p>2 different types of Short Lifts max 7 secs</p> <p>Combination lifts not permitted.</p> <p>May be skated anywhere in the program except in the required step sequence</p>	<p style="text-align: center;">Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required step sequence</p>	<p style="text-align: center;">Max 1</p> <p>Choreographic Sequence (Circular, Midline or Diagonal in Hold)</p> <p>The choreographic step sequence must fit the definition of one of the required step sequence options (circular, midline or diagonal in hold), and must utilize the full ice surface.</p> <p style="text-align: center;">Serpentine and not touching types of sequences are not permitted</p> <p style="text-align: center;">Not Permitted Elements:</p> <p>Stops, pattern retrogressions and loops are not permitted in the step sequence.</p> <p style="text-align: center;">Dance spins and pirouettes are stops.</p>	<p style="text-align: center;">Max 1</p> <p>Synchronized Twizzle</p> <p>At least one full rotation by each partner.</p> <p>The required synchronized twizzle may be skated anywhere in the program except in the required step sequence.</p>	<p>Music should adhere to Rule 6095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel.</p> <p>Touching the ice with hand(s) is not allowed</p> <p style="text-align: center;">Illegal Elements</p> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose
---	---	--	--	---	--

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	ADDITIONAL INFORMATION
<p>INTERMEDIATE</p> <p>2:30 +/- 10 sec</p>	<p>Max 2</p> <p>2 different types of Short Lifts max 7 secs</p> <p>Combination lifts not permitted.</p> <p>May be skated anywhere in the program except in the required step sequence</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required step sequence</p>	<p>Max 1</p> <p>Circular, Midline or Diagonal in Hold Must utilize the full ice surface</p> <p>Serpentine and not touching types of sequences are not permitted</p> <p>Not Permitted Elements: Stops, pattern retrogressions and loops are not permitted in the step sequence.</p> <p>Dance spins and pirouettes are stops.</p>	<p>Max 1</p> <p>Set of Synchronized Twizzles</p> <p>The required set of synchronized twizzles may be skated anywhere in the program except in the required step sequence.</p>	<p>Music should adhere to Rule 6095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel.</p> <p>Touching the ice with hand(s) is not allowed</p> <p>Illegal Elements</p> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose

<p style="text-align: center;">NOVICE</p> <p style="text-align: center;">3:00 +/- 10 sec</p>	<p style="text-align: center;">Max 2</p> <p style="text-align: center;">One (1) Combination Lift</p> <p style="text-align: center;">Or</p> <p style="text-align: center;">Two (2) Different Types of Short Lifts *****</p> <p style="text-align: center;">Combination lifts - max 12 secs Short lifts - max 7 secs</p> <p style="text-align: center;">May be skated anywhere in the program except in the required step sequences</p>	<p style="text-align: center;">Max 1</p> <p style="text-align: center;">Spin or Combination Spin</p> <p style="text-align: center;">Spin – min 3 revs. on one foot by both partners</p> <p style="text-align: center;">Combination spin – min 3 revs. in either part by both partners</p> <p style="text-align: center;">May be skated anywhere in the program except in the required step sequences</p>	<p style="text-align: center;">Max 2</p> <p style="text-align: center;">1 Midline Not Touching Step Sequence AND 1 Step Sequence in Hold to be selected from Circular, Diagonal or Serpentine in Hold</p> <p>Midline not touching step sequence to be skated as a not touching step sequence. Other step sequence to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</p> <p>For U.S. NOVICE ONLY, the not touching step sequence will utilize the calling specifications of Style A. The step sequence in hold will utilize the calling specifications of Style B. The order of performing these elements is free.</p> <p style="text-align: center;">Not Permitted Elements:</p> <p>Style A Step Sequence: - Stops, pattern retrogressions and loops are not permitted</p> <p>Style B Step Sequence: - Stops and loops are not permitted - One pattern retrogression is permitted, but no more. If performed, the retrogression must not exceed two measures of music. A narrow loop is an acceptable shape in the retrogression.</p> <p>Dance spins and pirouettes are stops.</p>	<p style="text-align: center;">Max 1</p> <p style="text-align: center;">Set of Synchronized Twizzles</p> <p>The required set of synchronized twizzles may be skated anywhere in the program except in the required step sequences.</p>	<p style="text-align: center;">Music should adhere to Rule 6095 (E).</p> <p style="text-align: center;">Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel.</p> <p style="text-align: center;">Touching the ice with hand(s) is not allowed</p> <p style="text-align: center;">Illegal Elements</p> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose
---	--	---	---	---	--

Free Dance	LIFTS	SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT	ADDITIONAL INFORMATION
<p>JUNIOR</p> <p>3:30 +/- 10 sec</p>	<p>Max 2</p> <p>One (1) Combination Lift</p> <p>Or</p> <p>Two (2) Different Types of Short Lifts</p> <p>****</p> <p>Combination lifts - max 12 secs</p> <p>Short lifts – max 7 secs</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p>Max 1</p> <p>1 Step Sequence in Hold (Style A): Midline, Diagonal, Circular <u>or</u> Serpentine</p> <p>To be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</p> <p>Not Permitted Elements:</p> <p>Style A Step Sequence:</p> <ul style="list-style-type: none"> - Stops, pattern retrogressions and loops are not permitted. - Separations are not permitted <u>except to change hold - no more than two arm lengths apart and must not exceed one measure of music.</u> <p>Dance spins and pirouettes are stops.</p>	<p>Max 1</p> <p>Set of Synchronized Twizzles</p> <p>The required set of synchronized twizzles may be skated anywhere in the program except in the required step sequences.</p>	<p>2 Different</p> <p>(1) Choreographic Dance Lift Or (1) Choreographic Spinning Movement Or (1) Choreographic Twizzling Movement</p> <p><u>Note: Choreographic spinning movement may be skated anywhere in the program. The choreographic dance lift and choreographic twizzling movement are to be performed after its respective required element</u></p>	<p>Music should adhere to Rule 6095 (E).</p> <p>Violations of Choreography Restrictions</p> <ul style="list-style-type: none"> - Separations longer than 5 sec, separations at the beginning and/or end of the program may be up to 10 sec - After the start of the program, the couple must not remain in one place longer than 10 sec. <p>During the program, stops up to 5 sec are permitted.</p> <ul style="list-style-type: none"> - Touching of the ice with the hand(s) is not permitted. - Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel. <p>Illegal Elements</p> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT	ADDITIONAL INFORMATION
<p>SENIOR</p> <p>4:00 +/- 10 sec</p>	<p>Max 3</p> <p>One (1) Short Lift and One (1) Combination Lift (the type of short lift must be different from the type(s) of short lift(s) forming the combination lift).</p> <p>Or</p> <p>Three (3) Different Types of Short Lifts</p> <p>****</p> <p>Combination lifts - max 12 secs Short lifts - max 7 secs</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p>Max 2</p> <p>1 selected from Group A: Midline Diagonal</p> <p>1 selected from Group B: Circular Serpentine</p> <p>Both to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</p> <p>Notes: The first performed step sequence will be called using Style A specifications and the second with Style B specifications.</p> <p>Not Permitted Elements:</p> <p>Style A Step Sequence:</p> <ul style="list-style-type: none"> - Stops, pattern retrogressions and loops are not permitted. - Separations are not permitted <u>except to change hold - no more than two arm lengths apart and must not exceed one measure of music</u> <p>Style B Step Sequence:</p> <ul style="list-style-type: none"> - Stops are not permitted. - One pattern retrogression is permitted, but no more. If performed, it must not exceed two measures of music. A narrow loop is an acceptable shape in the retrogression. - Separations are permitted provided they are no more than two arm lengths in distance and do not exceed five seconds in duration. 	<p>Max 1</p> <p>Set of Synchronized Twizzles</p> <p>The required set of synchronized twizzles may be skated anywhere in the program except in the required step sequences.</p>	<p>2 Different</p> <p>(1) Choreographic Dance Lift Or (1) Choreographic Spinning Movement Or (1) Choreographic Twizzling Movement</p> <p><u>Note: Choreographic spinning movement may be skated anywhere in the program. The choreographic dance lift and choreographic twizzling movement are to be performed after its respective required element</u></p>	<p>Music should adhere to Rule 6095 (E).</p> <p>Violations of Choreography Restrictions</p> <ul style="list-style-type: none"> - Separations longer than 5 sec, separations at the beginning and/or end of the program may be up to 10 sec - After the start of the program, the couple must not remain in one place longer than 10 sec. During the program, stops up to 5 sec are permitted. - Touching of the ice with the hand(s) is not permitted. - Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel. <p>Illegal Elements</p> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose

ADULT FREE DANCE (PARTNERED)

2017-18	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Additional Information
<p>CHAMPIONSHIP ADULT/ ADULT GOLD/ ADULT PRE-GOLD/ MASTERS OPEN</p> <p>3:10 maximum</p>	<p>Max* 2</p> <p>One Combination Lift (max 12 secs) or Two Different Types of Short Lifts (max 7 secs)</p> <p><u>* One additional choreographic short lift (up to seven seconds) may be executed but will not be called by the technical panel or evaluated by the judges for GOE. Lifts will be considered in the order of execution.</u></p>	<p>Max 1</p> <p>Spin or Spin Combination</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Spin combination – min 3 revs. in either part by both partners</p>	<p>Max 1</p> <p>Choreographic Step Sequence</p> <p>Chosen from circular, midline or diagonal in hold</p> <p>Must use full ice surface</p> <p>Serpentine and not touching types of step sequences are not permitted</p> <p>Skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</p> <p>Any separation to change a hold must not exceed one measure of music.</p> <p>If the step sequence meets these requirements, it will be awarded a fixed base value and will only be evaluated by the judges in GOE.</p> <p>Not Permitted Elements:</p> <p>Stops, pattern retrogressions and loops are not permitted in the step sequence.</p> <p>Dance spins and pirouettes are stops</p>	<p>Max 1</p> <p>Synchronized Twizzle**</p> <p>At least one full rotation</p> <p>No stop(s) permitted before twizzle</p> <p>**If set of synchronized twizzles is performed instead of the required element, a synchronized twizzle, only the first twizzle of the set will be called.</p> <p>The additional twizzle and steps can be considered by the judges in the program components.</p> <p>When adult free dance is judged using the 6.0 system, the judges shall consider the first twizzle in the set of synchronized twizzles for the technical mark, and the second twizzle of the series shall be included in the determination of the program component mark.</p>	<p>Required elements may be skated anywhere in the program except in the required step sequence.</p> <p>Music should adhere to rule 6095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered a fall by the technical panel.</p> <p>Touching the ice with hand(s) is not allowed.</p> <p>Other illegal elements</p> <p>Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</p> <p>Lying on the ice</p>

SINGLES JUMPS CHALLENGE

JUMPS CHALLENGE—PRE-PRELIMINARY THROUGH SENIOR

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice
3. Jumps with an “*” must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Single or double jump 3. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double Salchow 3. Jump combination – single/single or double/single (no Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double loop* 3. Jump combination – double/single (no Axel)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Double flip* 3. Jump combination – double/double (may be double Axel)
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple flip* 3. Jump combination – double/double (may be double Axel)
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple Lutz* 3. Jump combination – double/double or triple/double (may be double Axel)

JUMPS CHALLENGE—ADULT

General event parameters:

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

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

SINGLES SPINS CHALLENGE

SPINS CHALLENGE—PRE-PRELIMINARY THROUGH SENIOR

General event parameters:

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

Level	Time	Skating rules / standards
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright back scratch spin (3) 3. Sit spin (3)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Forward scratch to back scratch spin (3) 2. Combination spin with no change of foot (4) 3. Sit spin (3)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> 1. Camel spin (3) 2. Combination spin – camel to sit spin; no change of foot (6) 3. Forward to backward scratch spin (3 per foot)

Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> 1. Sit spin (4) 2. Combination spin – with change of foot; optional change of position (4 per foot) 3. Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Flying camel spin (5) 2. Sit spin to backward sit spin (4 per foot) 3. Combination spin – change of foot & change of position (4 per foot)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Choice of camel, sit or layback spin (6) 2. Camel spin to backward camel spin (4 per foot in position) 3. Combination spin – change of foot & two changes of position (2 per position & 5 per foot)
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Flying sit spin or flying reverse sit spin (6) 2. Solo spin of choice (6) – may not fly 3. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Flying spin of choice (6) 2. Solo spin of choice (6) – may not fly 3. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)

SPINS CHALLENGE—ADULT

General event parameters:

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

Level	Time	Skating rules / standards
Adult Beginner	1:15	<ol style="list-style-type: none"> 1. Pivot 2. Two-foot upright spin (2)
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> 1. One-foot upright spin (3) 2. Two-foot upright spin (3)
Adult Bronze	1:15	<ol style="list-style-type: none"> 1. One-foot upright spin (4) 2. One-foot back spin (3) 3. Sit spin (3)
Adult Silver	1:30	<ol style="list-style-type: none"> 1. Camel spin (3) 2. Layback, sideways leaning or sit spin (4) 3. Combination spin with at least one change of position, no change of foot (3 in each position)
Adult Gold	1:30	<ol style="list-style-type: none"> 1. Solo spin, no change of foot (4) 2. Second solo spin, different from the first; change of foot optional (4) 3. Combination spin with only one change of foot and at least one change of position (4 each foot)

Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> 1. Solo spin of skater's choice (Min. 6 revolutions) 2. Second solo spin, different from the first; change of foot optional (4) May have a flying entry 3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot)
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> 1. Solo spin of skater's choice (Min. 8 revolutions) 2. Solo spin with a flying entry 3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot). May have a flying entry

SHOWCASE EVENTS

Showcase events are open to all skaters; groups will be divided by ages. Vocal music is permitted. These events will not follow the standard USFS templates for Showcase events.

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute.

Performances will be judged from an entertainment standpoint. 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.

A separate event will be offered for each of the age groups below in each of these categories (Duet, Dramatic Entertainment, and Light Entertainment). Age groups and allowed times as follows:

DUET

Format:

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

Event 1: Skaters through age 11	1:30 max.
Event 2: Skaters ages 12 through 17	2:10 max.
Event 3: Skaters ages 18 and over	2:40 max.

•

DRAMATIC ENTERTAINMENT EVENTS

Format:

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

Event 1: Skaters through age 11	1:30 max.
Event 2: Skaters ages 12 through 17	2:10 max.
Event 3: Skaters ages 18 and over	2:40 max.

LIGHT ENTERTAINMENT EVENTS

Format:

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

Event 1: Skaters through age 11	1:30 max.
Event 2: Skaters ages 12 through 17	2:10 max.
Event 3: Skaters ages 18 and over	2:40 max.

COMPETE USA COMPETITION EVENTS

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/club or any other Basic Skills Program/club.

Eligibility will be based on skill level as of closing date of entries. All **Snowplow Sam and Basic Skills 1-6** skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

COMPETE USA EVENTS TO FOLLOW ON NEXT PAGE

BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 6 (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.
- 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.

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, 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 counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, maximum 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
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, both directions • Advanced two-foot spin, maximum 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left

BASIC PROGRAM EVENT: PRE-FREE SKATE THROUGH FREE SKATE 6 (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.
- 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 • Waltz jump
Free Skate 1	1:40 max	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop jump • Half flip jump
Free Skate 2	1:40 max	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump
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, min 3 revs • Loop 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 • Half Loop jump • Flip jump
Free Skate 5	1:40 max	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz-loop jump combination • Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Beginning Axel jump

BASIC (COMPULSORY) ELEMENTS EVENTS

SNOWPLOW SAM THROUGH BASIC 6

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: 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 1/2 ice.
- No music.
- **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, 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 counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, maximum 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
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 • Advanced two-foot spin, maximum 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left

PRE FREE SKATE THROUGH FREE SKATE 6

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 is allowed.
- The skater must demonstrate the required elements and may 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.
- Time: 1:15 maximum

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, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Backward outside three-turns, right and left • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Backward inside three-turns, right and left • Beginning back spin, up to two 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, clockwise and counterclockwise • Advanced back spin with free foot in crossed leg position, min 3 revs • 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 three revolutions • 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), both directions • Camel spin - minimum three revolutions • Waltz jump-loop jump combination • Lutz jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Forward power pulls, right and left • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Beginning Axel jump

INTRODUCTORY: JUMPS CHALLENGE

Skater must have not passed a higher free skating test than competing level. Skaters perform a series of jumps with minimal connecting footwork, without music, on half ice. Connecting steps will not affect the scoring. There will be deductions for any spins done. Jumps should be performed exactly as stated, but may be skated in any order. Skaters will be given ONE opportunity to perform each jump. Repetitions of unsuccessfully executed jumps are not allowed. Men and women will compete together. **Time limit for jump program is 1 minute max.**

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice
3. Jumps with an “*” must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)

INTRODUCTORY: 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.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
High Beginner	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
No Test	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)

BASIC PROGRAM EVENT: ADULT 1-6, BEGINNER, HIGH BEGINNER (WITH MUSIC)

General event parameters:

- The skating order of the elements is optional.
- Element may only be attempted once
- To be skated in program format with limited connecting steps
- To be skated on 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 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 (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"> • Bunny hop or mazurka • 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 edges across the width of the ice • Alternating right and left forward inside edges across the width of the ice • Backward moving outside 3-turn right and left
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • Alternating right and left backward outside edges across the width of the ice • Alternating right and left backward inside edges across the width of the ice • Backward moving inside 3-turn right and left

2018 Central Carolina Skating Classic Program Ads

Business Ads

Full page: 4 ½ " wide x 7 ½ " tall. Price: \$75.
Half page: 4 ½ " wide x 3 ½ " tall. Price: \$40.
Quarter page: 2 1/8 " wide x 2 ¼ " tall. Price: \$20

Copy must be emailed in Microsoft word or PDF format to Heather Amistadi:
heatheramistadi@gmail.com

Support and Encouragement Ad

Business-card size (2" x 3 ½") \$5 per ad

Skaters, parents, coaches, friends, family ... here is a great opportunity to send your encouragement and support during the 2018 Central Carolina Skating Classic.

- * Thank a coach or coaches
- * Wish friends the best of luck
- * Thank your parents for their support
- * Wish your special skater or skaters the best of luck

Submit copy electronically in Microsoft Word to Heather Amistadi:
heatheramistadi@gmail.com

Mail a check/money order payable to "Central Carolina Skating Club" and send to:

2018 Central Carolina Skating Classic Ads
c/o Laura Grieme-Meineke
4901 Linden Oaks Ave
Durham, NC 27713

The ads and payment must be **RECEIVED** no later than Monday, April 9th to meet the deadline for the 2018 Central Carolina Skating Classic program. You will receive a confirmation email upon receipt of your ad payment and copy.

Name: _____

Email address: _____ Phone No. _____