



---

# Central Carolina Skating Classic

21<sup>st</sup> Annual Competition

May 17-19, 2019

(Offering 6.0 and IJS events)



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:** Singles free skate events (Well Balanced Program) have the following requirements, with the age being as of the date of the close of registration for the competition.

Juvenile: Girls – 12 years of age or younger; Boys – 13 years of age or younger

Open Juvenile: Girls – 13 years of age or older; Boys – 14 years of age or older

Intermediate must be under the age of 18

Adults must be 21 years of age or older

Skaters entering pre-juvenile and lower 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](http://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 7, 2019. 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.

1<sup>st</sup> IJS event (Juvenile – Senior, Adult Silver - Gold): \$130\*

1<sup>st</sup> IJS event (No-Test – Pre-Juvenile, Adult Bronze): \$110\*

any additional IJS event: \$80

1<sup>st</sup> non IJS event: \$95\*

Non-IJS event: \$45

Third/subsequent non-IJS events: \$30

1<sup>st</sup> 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.

**SCHEDULE:** Competitors may be scheduled on any day or time for the announced dates of the competition. Notification of competition and practice ice times will be made available first by email, then through the EntryEeze competition portal.

**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.

**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 rules in effect at the time of the competition.

**JUDGING SYSTEM:**

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

- Well Balanced Program Free Skate events, No-Test-Senior (including Open Juvenile)*
- Short Program events, Juvenile-Senior*
- Adult Bronze, Silver, Adult Gold and Adult Masters*
- \*Video review will be available for the technical panels (*Juvenile and above*).

All competitors skating in these events need to submit the planned program content online via the EntryEeze competition portal. The deadline to submit the Planned Program Content is May 1, 2019.

The 6.0 Majority Judging System will be used for:

- Introductory Free Skate events below No-Test*
- Basic Skills events*
- All Excel events*
- All specialty singles events (spins, jumps, compulsory moves, showcase, etc.)*

**CRITIQUES:** It is CCSC's intention to offer complimentary critiques at the 2019 CCSC Classic for IJS events No Test through Senior. However, there may be circumstances that will not allow critiques to occur, or to occur only for some of the IJS levels. If offered, critiques will be complimentary and open only to skaters and coaches, and information regarding what critiques will be held will be available at the registration desk during the competition. Video critiques will not be available.

**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](http://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](http://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. The Registration staff will provide a receipt to be given to the ice monitor BEFORE a skater can take the ice for the session. Skaters will not be allowed on the practice ice without the receipt.

On-site registration for practice ice will begin on one-half hour prior to the first practice ice session of each day beginning on Friday, May 17, 2019 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.

**PHOTOGRAPHY/VIDEOGRAPHY:** Looking Glass Productions will provide official videography services. Photography services will be provided by Danielle Woods Photography.

**AWARDS:** Medals for Compete USA events will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> place winners in each event. Medals for all other events will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> place winners. 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 unless entrants are otherwise notified by email after the close of registration.

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 recipients, please visit the CCSC Club website at [www.centralcarolinasc.com](http://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.

**TEST CREDIT:** Skaters that meet the requirements for test credit may request their test credit forms at the registration table. Requests for credit MUST BE SUBMITTED by 9:00 a.m. of the last day of the competition. No requests submitted after that time will be considered without exception. The fee for obtaining the test credit form will be \$10, payable by cash or check payable to Central Carolina Skating Club.

**IMPORTANT NOTICE FOR ALL COACHES:**

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the following requirements:

Coaching U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training\*
- Continuing Education Requirements (CERs) for the 2018-19 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

Coaching Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Completed SafeSport Training\* (for coaches 18 years old and over)
- Completed background check (green light status) (for coaches 18 years old and over)
- Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

\*SafeSport training is available through [www.usfsaonline.org](http://www.usfsaonline.org) for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons

The LOC will have a list of compliant coaches who are approved to receive 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. There can be no exceptions to this policy.

If a foreign coach has only foreign athletes at the CCSC competition, a background check and SafeSport Training is not required. Instead, the coach must submit a letter from their Federation stating they are a member in good standing.

For more information regarding Coach Compliance, please visit:

<http://usfsa.org/content/Coaches%20Requirements%20Chart.pdf>

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

**ADDITIONAL INFORMATION:** Event and skating-themed merchandise will be available in the lobby at the competition site.

## SECTION 2: Events Offered

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

### **FREE SKATE & SHORT PROGRAM SINGLES**

*NOTE: Required elements from 2018-19 season or the 2019-20 season will be accepted.*

#### **SNOWPLOW SAM- FREE SKATE 6 PROGRAM (WITH MUSIC)**

##### **SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC**

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

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

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

*This event is a standard U.S. Figure Skating Nonqualifying Competition  
LE/9/1/18*

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

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

- To be skated on full ice.
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels.
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

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

## EXCEL FREE SKATE

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same 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, or “skate up” to one level higher.

<p><b>Excel Beginner Free Skate</b> 1:40 Max</p> <p>Must not have passed higher than Learn to Skate USA Free Skate 2</p>	<p><b>Maximum 4 jump elements:</b></p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front)</li> <li>• Single rotation jumps: Salchow, toe loop only</li> <li>• Half Loops are not allowed.</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same jump</li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• Two upright spins</li> <li>• No change of foot</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must use one-half of the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
<p><b>Excel High Beginner Free Skate</b> 1:40 Max</p> <p>Must not have passed higher than Learn to Skate USA Free Skate 4</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front)</li> <li>• Single rotation jumps: toe loop, Salchow, half-loop, loop</li> <li>• Flip, Lutz, &amp; Axel NOT permitted</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same jump</li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• Both spins must be in a single position</li> <li>• No flying entry</li> <li>• Permitted forward spins: upright, sit, camel</li> <li>• Permitted back spins: upright</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must use one-half of the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>



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

<p><b>Excel Preliminary Plus</b> 1:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, including single Axel <ul style="list-style-type: none"> <li>○ No double, or higher jumps allowed</li> <li>○ Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)</li> <li>○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)</li> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin must be in a single position*</li> <li>• One spin may change feet and/or position</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must use one-half of the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
<p><b>Excel Pre-Juvenile</b> 2:00 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, except for the Axel</li> <li>• No single Axels, double, or higher jumps allowed</li> <li>• Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> <li>○ No flying entry</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ No flying entry</li> <li>○ Minimum 4 revolutions</li> </ul> </li> </ul> <p>Spins must be of a different character</p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the choreographic step sequence</li> </ul> </li> </ul>

<p><b>Excel Pre-Juvenile Plus</b> 2:00 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• All single jumps, including the single Axel, allowed.</li> <li>• Only 1 double jump may be attempted (limited to double Salchow or double toe loop) <ul style="list-style-type: none"> <li>○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed.</li> <li>○ Axel plus up to 1 allowable double jump may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combination limited to 2 jumps. One 3 jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> <li>○ No flying entry</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Spin may start with flying entry</li> <li>○ Minimum 4 revolutions</li> </ul> </li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the choreographic step sequence</li> </ul> </li> </ul>
---	---	--	--

<p><b>Excel Juvenile</b> 2:20 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, including Axel <ul style="list-style-type: none"> <li>○ No double or higher jumps allowed</li> <li>○ Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)</li> <li>○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)</li> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> <li>• Both Spins may start with a flying entry.</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
--	---	--	---

<p><b>Excel Juvenile Plus</b> 2:20 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed.</li> <li>• Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> <li>○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed</li> <li>○ No more than 1 Axel plus and 2 different double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combination limited to 2 jumps. One 3 jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> <li>• Both Spins may start with a flying entry.</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
---	--	--	---

<p><b>Excel Intermediate**</b> 2:40 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 6 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop allowed <ul style="list-style-type: none"> <li>○ Double flip, double Lutz, double Axel and higher jumps not allowed</li> <li>○ No more than 1 Axel plus and 2 different double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps. One 3 jump combination is permitted.</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> <li>• Both Spins may start with a flying entry.</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
--	--	--	---

<p><b>Excel Novice**</b>  Ladies: 3:00 +/- 10 seconds  Men: 3:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating novice free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 6 jump elements for ladies, 7 for men:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop, double flip allowed <ul style="list-style-type: none"> <li>○ Double Lutz, double Axel and higher jumps not allowed</li> <li>○ No more than 1 Axel and 3 different double jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence</li> <li>○ There is no limit to the number of single jumps that can be repeated, but no allowable double jump can be included more than twice</li> </ul> </li> <li>• Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps. One 3 jump combination with a maximum of 3 jumps is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 8 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 3<sup>rd</sup> spin is option of skater</li> <li>• All spins may start with a flying entry.</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
---	--	--	---

<p><b>Excel Junior</b> 3:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating junior free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 7 jump elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump* <ul style="list-style-type: none"> <li>○ All single and double jumps allowed, except the double Axel.</li> <li>○ Double Axel and higher jumps not allowed</li> <li>○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence</li> <li>○ Maximum 3 jump combinations or sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 10 revolutions</li> <li>○ All 3 basic positions with minimum 2 revolutions in each position for highest base value</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 1 spin with only one position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• All spins may start with a flying entry.</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>Excel Senior</b> 4:00 +/-10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating senior free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 7 jump elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump* <ul style="list-style-type: none"> <li>○ All single and double jumps allowed, including the double Axel.</li> <li>○ Triple and higher jumps not allowed</li> <li>○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence</li> <li>○ Maximum 3 jump combinations or sequences</li> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 10 revolutions</li> <li>○ All 3 basic positions with minimum 2 revs in each position for highest base value</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 1 spin with only one position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• All spins may start with a flying entry.</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 2 Sequences:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> <li>• One Choreographic Sequence* (ChSq) <ul style="list-style-type: none"> <li>○ Must be clearly visible</li> </ul> </li> </ul>

*\*\* Intermediate and Novice Program lengths will change February 1, 2019, to align with the Well-Balanced program length changes.*



## SINGLES SHORT PROGRAM (JUVENILE - SENIOR)

2018-19 Singles Short Program Requirements – This chart has been updated with changes from the 2018 U.S. Figure Skating Governing Council and ISU Congress, which go into effect July 1, 2018.



### OPTIONAL FOR NONQUALIFYING COMPETITIONS – NOT A SEGMENT AT QUALIFYING COMPETITIONS

(Juvenile events at regional championships, sectional championships and U.S. Championships will still consist of a free skate only.)

<b>JUVENILE and OPEN JUVENILE GIRLS/BOYS</b> 2:10 max.	Single or Double Axel	Single or Double Jump May not repeat Axel jump or jumps used in the combination	Jump Combination Single/Double or Double/Double May not repeat Axel jump or solo jump performed	Spin Only one position No change of foot May start with a fly Min. 5 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Choreographic Step Sequence Fully utilizing the ice surface
---	-----------------------	--	---	--	--	--

### REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

<b>INTERMEDIATE LADIES/MEN</b> 2:10 max.	Single or Double Axel	Double or Triple Jump May not repeat double Axel or the triple jump used in the combination	Jump Combination Single/Double, Double/Double, Single/Triple, Double/Triple or Triple/triple May not repeat Axel jump or solo jump performed	Spin Only one position No change of foot May start with a fly Min. 5 revs. <u>Men: Must be a camel spin</u>	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Max Level 2. Only Minimum Variety (5 turns) or Simple Variety (7 turns) & rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Fully utilizing the ice surface
<b>NOVICE LADIES</b> 2:30 max.	Single or Double Axel	Double or Triple Jump May not repeat double Axel or either jump in combo	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed	Layback/Sideways Leaning, Sit or Camel Spin No change of foot No flying entry Min. 6 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
<b>NOVICE MEN</b> 2:30 max.	Single or Double Axel	Double or Triple Jump May not repeat double Axel or either jump in combo	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	Camel Spin With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface

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

This event is a standard U.S. Figure Skating Nonqualifying Competition  
LE/9/1/18

**2018-19 Singles Short Program Requirements** – This chart has been updated with changes from the 2018 U.S. Figure Skating Governing Council and ISU Congress, which go into effect July 1, 2018.



**REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS**

<b>JUNIOR LADIES</b> 2:40 +/- 10 sec	Double Axel	Double or Triple <u>Flip</u>	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	<u>Flying Camel Spin</u> Flying pos. may be different than landing pos. Min. 8 revs.	Layback/ Sideways Leaning or <u>Sit Spin</u> without change of foot No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
<b>JUNIOR MEN</b> 2:40 +/- 10 sec	Double or Triple Axel	Double or Triple <u>Flip</u>	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	<u>Flying Camel Spin</u> Flying pos. may be different than landing pos. Min. 8 revs.	<u>Sit Spin</u> With only 1 change of foot No flying entry Min. 6 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
<b>SENIOR LADIES</b> 2:40 +/- 10 sec	Double or Triple Axel	Any Triple Jump May not repeat Triple Axel or either jump in combo	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	Flying Spin Landing position different than spin in 1 position Min. 8 revs.	Layback/ Sideways Leaning, <u>Sit</u> or <u>Camel Spin</u> without change of foot No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
<b>SENIOR MEN</b> 2:40 +/- 10 sec	Double or Triple Axel	Any Triple or Quadruple Jump May not repeat Triple Axel or either jump in combo	Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed	Flying Spin Landing position different than spin in 1 position Min. 8 revs.	<u>Sit</u> or <u>Camel Spin</u> With only 1 change of foot No flying entry Min. 6 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface

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

# WELL-BALANCED PROGRAM FREE SKATE EVENTS

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and an Excel 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](http://www.usfigureskating.org) under “Technical Information,” then “Singles/Pairs.”

## SINGLES WELL BALANCED FREE SKATE (NO TEST - SENIOR)

2018-19 Singles Free Skating Requirements – This chart has been updated with changes from the 2018 U.S. Figure Skating Governing Council and ISU Congress, which go into effect July 1, 2018.



2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>NO TEST</b></p> <p>1:40 maximum</p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>All single jumps allowed except for the single Axel                             <ul style="list-style-type: none"> <li>No single Axels, double, triple or quadruple jumps allowed</li> <li>Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump).</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then: ChSt</p>
<p><b>PRE-PRELIMINARY</b></p> <p>1:40 maximum</p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>All single jumps, including the single Axel, allowed                             <ul style="list-style-type: none"> <li>No double, triple or quadruple jumps allowed</li> <li>Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then: ChSt</p>
<p><b>PRELIMINARY</b></p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump or a waltz jump*</li> <li>All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)                             <ul style="list-style-type: none"> <li>Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> </ul> </li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then: ChSt</p>
<p><b>PRE-JUVENILE</b></p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single and double jumps allowed except for the double Axel                             <ul style="list-style-type: none"> <li>No double Axels, triple or quadruple jumps allowed</li> <li>An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination</li> </ul> </li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot*                             <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position*                             <ul style="list-style-type: none"> <li>No change of foot</li> <li>Min 4 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then: ChSt</p>

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

2018-19 Singles Free Skating Requirements – This chart has been updated with changes from the 2018 U.S. Figure Skating Governing Council and ISU Congress, which go into effect July 1, 2018.



2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>JUVENILE and OPEN JUVENILE</b></p> <p>2:20 +/- 10 sec</p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single and double jumps, including the double Axel, and one triple jump are allowed                             <ul style="list-style-type: none"> <li>No additional triple jumps and no quadruple jumps are allowed</li> <li>No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence                                     <ul style="list-style-type: none"> <li>If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>No double jump can be included more than twice. <u>The triple jump can only be included once.</u></li> </ul> </li> <li>Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps, except one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed. <u>If double Axel or triple jump is part of 3-jump combination, then 2 other double jumps may be included.</u></li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>Min 8 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 spin with only 1 position; no change of foot*                             <ul style="list-style-type: none"> <li>Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>One choreographic step sequence*                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>INTERMEDIATE</b></p> <p>2:40 +/- 10 sec (through 1/31/19)</p> <p>3:00 +/- 10 sec (begins 2/1/19)</p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single, double and triple jumps allowed. No quadruple jumps allowed.                             <ul style="list-style-type: none"> <li>No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</li> <li>If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence                                     <ul style="list-style-type: none"> <li>If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>No double or triple jump can be included more than twice</li> </ul> </li> <li>Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>Min 8 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 spin with only 1 position; no change of foot*                             <ul style="list-style-type: none"> <li>Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>One leveled step sequence*                             <ul style="list-style-type: none"> <li>Max Level 2. Only Minimum Variety (5 turns) &amp; Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level.</li> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>NOVICE LADIES</b></p> <p>3:00 +/- 10 sec (through 1/31/19)</p> <p>3:30 +/- 10 sec (begins 2/1/19)</p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements (Beginning 2/1/19, Max 7 Jump Elements)</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single, double and triple jumps are allowed. No quadruple jumps allowed.                             <ul style="list-style-type: none"> <li>No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence.                                     <ul style="list-style-type: none"> <li>If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice</li> </ul> </li> <li>Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 flying spin with no change of foot or position*                             <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>One leveled step sequence*                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>NOVICE MEN</b></p> <p>3:30 +/- 10 sec</p> <p>Ladies will follow men's requirements beginning 2/1/19</p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single, double and triple jumps are allowed. No quadruple jumps allowed.                             <ul style="list-style-type: none"> <li>No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence.                                     <ul style="list-style-type: none"> <li>If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice</li> </ul> </li> <li>Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 flying spin with no change of foot or position*                             <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>One leveled step sequence*                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>

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

2018-19 Singles Free Skating Requirements – This chart has been updated with changes from the 2018 U.S. Figure Skating Governing Council and ISU Congress, which go into effect July 1, 2018.



2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>JUNIOR LADIES</b></p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>Jumps can contain any number of revolutions                             <ul style="list-style-type: none"> <li>Of all the triples or quads, only 2 can be executed twice                                     <ul style="list-style-type: none"> <li>If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li><u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u></li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>All 3 basic positions with min 2 revs in each position for highest base value</li> </ul> </li> <li>1 spin with a flying entry*                             <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position*                             <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>One leveled step sequence*                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>JUNIOR MEN</b></p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>Jumps can contain any number of revolutions                             <ul style="list-style-type: none"> <li>Of all the triples or quads, only 2 can be executed twice                                     <ul style="list-style-type: none"> <li>If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li><u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u></li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>All 3 basic positions with min 2 revs in each position for highest base value</li> </ul> </li> <li>1 spin with a flying entry*                             <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position*                             <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>One leveled step sequence*                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>SENIOR LADIES</b></p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>Jumps can contain any number of revolutions                             <ul style="list-style-type: none"> <li>Of all the triples or quads, only 2 can be executed twice                                     <ul style="list-style-type: none"> <li>Of the 2 repetitions only 1 can be a quad jump. Only 1 quad jump can be repeated.</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li><u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u></li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>All 3 basic positions with min 2 revs in each position for highest base value</li> </ul> </li> <li>1 spin with a flying entry*                             <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position*                             <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 2 Sequences</b></p> <ul style="list-style-type: none"> <li>One leveled step sequence*                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> <li>One choreographic sequence*                             <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul> </li> </ul>
<p><b>SENIOR MEN</b></p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>Jumps can contain any number of revolutions                             <ul style="list-style-type: none"> <li>Of all the triples and quads, only 2 can be executed twice                                     <ul style="list-style-type: none"> <li>Of the 2 repetitions only 1 can be a quad jump. Only 1 quad jump can be repeated.</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li><u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u></li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>All 3 basic positions with min 2 revs in each position for highest base value</li> </ul> </li> <li>1 spin with a flying entry*                             <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position*                             <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 2 Sequences</b></p> <ul style="list-style-type: none"> <li>One leveled step sequence*                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> <li>One choreographic sequence*                             <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul> </li> </ul>

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

## Adult 1-6 (Program with music)

General event parameters:

- The skating order of the required elements is optional.
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.
- To be skated on full ice
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

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

## ADULT INTRODUCTORY FREE SKATE BEGINNER AND HIGH BEGINNER

General event parameters:

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

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner  1:40 Maximum	Max. 4 jump elements <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, waltz</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	Max. 2 spins <ul style="list-style-type: none"> <li>• Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1 Badge Test
Adult High Beginner  1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ Flip, ½ Lutz, Toe Loop</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate Test



## ADULT SINGLES FREE SKATE

**2018-19 Adult Singles Free Skating Requirements** – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2018.



2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<b>CHAMPIONSHIP MASTERS JUNIOR-SENIOR &amp; MASTERS JUNIOR-SENIOR</b>  <b>3:40 maximum</b> * means element is required	<b>Max 7 Jump Elements</b> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump <u>or a waltz jump</u>*</li> <li>• Max 3 combinations or sequences                             <ul style="list-style-type: none"> <li>◦ 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps</li> <li>◦ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></li> </ul> </li> <li>• No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence                             <ul style="list-style-type: none"> <li>◦ 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</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 5 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<b>Max 1 Step Sequence</b> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>
<b>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE &amp; MASTERS INTERMEDIATE-NOVICE</b>  <b>3:10 maximum</b> * means element is required	<b>Max 6 Jump Elements</b> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump <u>or a waltz jump</u>*</li> <li>• Max 3 combinations or sequences                             <ul style="list-style-type: none"> <li>◦ 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps</li> <li>◦ Only 1 jump combination may include 2 double jumps</li> <li>◦ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></li> </ul> </li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence                             <ul style="list-style-type: none"> <li>◦ If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>• All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop</li> <li>• Double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 5 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<b>Max 1 Step Sequence</b> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>
<b>CHAMPIONSHIP ADULT GOLD &amp; ADULT GOLD</b>  <b>2:40 maximum</b>	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>• Max 3 combinations or sequences                             <ul style="list-style-type: none"> <li>◦ 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps</li> <li>◦ Each jump combination may include only 1 double jump</li> <li>◦ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></li> </ul> </li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence                             <ul style="list-style-type: none"> <li>◦ If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>• All single jumps, including the single Axel, and the following double jumps are permitted: double toe loop, double Salchow.</li> <li>• Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>• <u>Max Level 3</u></li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 4 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<b>Max 1 Step Sequence</b> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>

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

Spins of a different character – this refers to the abbreviation of a spin, e.g. a combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character; and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see U.S. Figure Skating rule 4103 (E).

**6.0 System Penalties:** • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs. • 0.2 in 1st mark for each jump and/or spin element exceeding max. • 0.1 in each mark for time violation • 0.1 in 1st mark for step seq. not utilizing the ice as prescribed. • 0.2 in 1st mark if a required element is omitted NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

*This event is a standard U.S. Figure Skating Nonqualifying Competition  
LE/9/1/18*

**2018-19 Adult Singles Free Skating Requirements** – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2018.



2018-19	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<p><b>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</b></p> <p>2:10 maximum</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences                             <ul style="list-style-type: none"> <li>◦ 1 combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>◦ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></li> </ul> </li> <li>• Non-listed jumps of not more than 1 revolution performed as part of connecting footwork preceding single jumps are permitted</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps, including single Axel, are permitted</li> <li>• No double or triple jumps are permitted</li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• <u>Max Level 2</u></li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>
<p><b>ADULT BRONZE</b></p> <p>1:50 maximum</p>	<p><b>Max 4 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences                             <ul style="list-style-type: none"> <li>◦ 1 combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>◦ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></li> </ul> </li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• <u>Max Level 1</u></li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>
<p><b>ADULT PRE BRONZE</b></p> <p>1:40 maximum</p>	<p><b>Max 4 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences                             <ul style="list-style-type: none"> <li>◦ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>◦ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></li> </ul> </li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are permitted</li> <li>• No single Lutz, single Axel or double or triple jumps are permitted</li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• <u>Max Level 1</u></li> <li>• <u>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</u></li> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> </ul>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Connecting steps throughout the program are required</li> </ul>

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

Spins of a different character – this refers to the abbreviation of a spin, e.g. a combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character; and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see U.S. Figure Skating rule 4103 (E).

**6.0 System Penalties:** • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs. • 0.2 in 1st mark for each jump and/or spin element exceeding max. • 0.1 in each mark for time violation • 0.1 in 1st mark for step seq. not utilizing the ice as prescribed. • 0.2 in 1st mark if a required element is omitted NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

# COMPULSORY MOVES – SINGLES

## SNOWPLOW SAM – FREE SKATE 6 PROGRAM

Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)

Example: all skaters perform first element before moving on to the next and so on.

- To be skated on 1/3 to 1/2 ice (determined by the LOC)
- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:00 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:00 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:00 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
Basic 5	1:00 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>

## PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max.	<ul style="list-style-type: none"> <li>• Forward inside open Mohawk from a standstill position (R to L and L to R)</li> <li>• 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</li> <li>• Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• Backward outside three-turns, right and left</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Backward inside three-turns, right and left</li> <li>• Beginning back spin- maximum 2 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position- minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum 3 revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum 3 revolutions</li> <li>• Waltz jump-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power pulls, minimum 3 on each foot</li> <li>• Camel, sit spin combination - minimum of 4 revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Beginning Axel jump</li> </ul>

## EXCEL COMPULSORY (EXCEL BEGINNER – EXCEL PRELIMINARY)

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

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

## COMPULSORY MOVES (NO TEST – SENIOR)

General event parameters:

- No Test – Pre-Juvenile: Elements skated on ½ ice
- Juvenile – Senior: Elements skated on full-ice
- The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Music is not allowed.
- Skaters may compete at their test level or one level higher.

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Upright spin with change of foot – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Jump combination: single/single (no Axel)</li> <li>• Spin with one change of position and no change of foot – minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>
Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Axel jump</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Spin with one change of foot and one change of position – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
Pre – Juvenile	1:15 max.	<ul style="list-style-type: none"> <li>• Axel or double Salchow</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Layback spin or camel spin - minimum three revolutions</li> <li>• Step sequence – must include rotating in both directions</li> </ul>
Juvenile & Open Juv.	1:15 max.	<ul style="list-style-type: none"> <li>• Double Salchow or double toe loop</li> <li>• Jump combination: single/single or double/single</li> <li>• Layback spin or camel spin - minimum four revolutions</li> <li>• Step sequence – must include 3 difficult turns and rotating in both directions</li> </ul>
Intermediate	1:30 max.	<ul style="list-style-type: none"> <li>• Double Salchow, double toe loop or double loop</li> <li>• Jump combination: single/single or double/single, double/double</li> <li>• Flying spin, minimum five revolutions</li> <li>• Step sequence – must include 4 difficult turns and rotations in both directions</li> </ul>
Novice	1:30 max.	<ul style="list-style-type: none"> <li>• Double loop or double flip</li> <li>• Jump combination: double/single or double/double</li> <li>• Flying spin - minimum six revolutions</li> <li>• Step sequence – must include 5 difficult turns and rotations in both directions</li> </ul>
Junior	1:30 max.	<ul style="list-style-type: none"> <li>• Double flip or double Lutz</li> <li>• Jump combination: double/double or triple/double</li> <li>• Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot)</li> <li>• Step sequence – must include 7 difficult turns and rotations in both directions</li> </ul>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Lutz or double Axel</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - all 3 basic positions required (min. 6 on each foot)</li> <li>4. Step sequence – must include 7 difficult turns and rotations in both directions</li> </ol>

## COMPULSORY MOVES (ADULT 1-6)

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"> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>
Adult 2	1:30 MAX	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
Adult 3	1:30 MAX	<ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Backward snowplow stop, Right and Left</li> </ul>
Adult 4	1:30 MAX	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Hockey stop, both directions</li> <li>• Backward one-foot glides, right and left</li> </ul>
Adult 5	1:30 MAX	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin (min 2 revs)</li> </ul>
Adult 6	1:30 MAX	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (min 2 revs on 1 foot)</li> </ul>

## COMPULSORY MOVES (ADULT)

General event parameters:

1. Beginner 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 Beginner	1:30 MAX	<ul style="list-style-type: none"> <li>• Bunny hop</li> <li>• <u>Mazurka</u></li> <li>• Forward beginning one-foot spin from backward crossovers (min 2 revs)</li> <li>• Forward moving inside open Mohawk (right and left) – heel to instep</li> <li>• <u>Alternating right and left forward inside and outside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</u></li> </ul>
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• ½ Flip</li> <li>• <u>Forward upright spin (Min. 3 revolutions)</u></li> <li>• <u>Backward outside 3-turn right and left</u></li> <li>• <u>Alternating right and left backward outside and inside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</u></li> </ul>
Adult Pre-Bronze	1:30 MAX	<ul style="list-style-type: none"> <li>• <u>Single Toe Loop</u></li> <li>• Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in combination and 3 jumps in a sequence</li> <li>• <u>Forward upright spin (Min. 3 revolutions)</u></li> <li>• 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 <u>either direction</u></li> <li>• Forward spiral (any edge)</li> </ul>
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> <li>• Single Salchow</li> <li>• Waltz jump – toe loop combination jump</li> <li>• Backward Upright Spin – entry optional (Min. 3 revolutions)</li> <li>• <u>Backward inside 3-turn right and left</u></li> <li>• Spiral sequence (Min. 2 spirals)</li> </ul>
Adult Silver	1:30 MAX	<ul style="list-style-type: none"> <li>• Single loop</li> <li>• Single/single jump combination</li> <li>• Sit spin (Min. 3 revolutions)</li> <li>• Straight line step sequence</li> </ul>
Adult Gold	1:30 MAX	<ul style="list-style-type: none"> <li>• Single Lutz or Axel</li> <li>• Single/single or single/double jump combination</li> <li>• Camel spin (Min. 4 revolutions)</li> <li>• Straight line step sequence</li> </ul>
Masters Intermediate/Novice	1:30 MAX	<ul style="list-style-type: none"> <li>• Axel, double Salchow , double toe loop or double loop</li> <li>• Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel</li> <li>• Solo spin of skater’s choice (Min. 6 revolutions)</li> <li>• Straight line step sequence</li> </ul>
Masters Junior/Senior	1:30 MAX	<ul style="list-style-type: none"> <li>• Choice of any double jump</li> <li>• Jump combination that may include any double jump</li> <li>• Solo spin of skater’s choice (Min. 8 revolutions)</li> <li>• Straight line step sequence</li> </ul>



# PARTNERED DANCE

## FREE DANCE

2018-19 Free Dance Requirements – This chart has been updated with the changes from the 2018 U.S. Figure Skating Governing Council and ISU Congress, which go into effect July 1, 2018.



Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCE	TWIZZLES	ADDITIONAL INFORMATION
<b>PRE-JUVENILE</b> 2:00 +/- 10 sec	<b>Max 1</b> 1 type of Short Lift max 7 secs Chosen from straight line lift, curve lift or stationary lift Rotational lifts and combination lifts not permitted. May be skated anywhere in the program except in the required step sequence	<b>Max 1</b> 1 Spin Spin – min 3 revs. on one foot by both partners Combination Spins are not permitted. May be skated anywhere in the program except in the required step sequence	<b>Max 1</b> Choreographic Step Sequence (Circular, Midline or Diagonal in Hold) 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. Serpentine and not touching types of sequences are not permitted Not Permitted Elements: Stops, pattern retrogressions and loops are not permitted in the step sequence. Dance spins and pirouettes are stops.	<b>Max 1</b> Synchronized Twizzle At least one full rotation by each partner. Maximum of two rotations by each partner. The required synchronized twizzle may be skated anywhere in the program except in the required step sequence.	Music should adhere to Rule 6095 (E). 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. Touching the ice with hand(s) is not allowed Illegal Elements - 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
<b>JUVENILE</b> 2:15 +/- 10 sec	<b>Max 2</b> 2 different types of Short Lifts max 7 secs Combination lifts not permitted. May be skated anywhere in the program except in the required step sequence	<b>Max 1</b> Spin or Combination Spin Spin – min 3 revs. on one foot by both partners Combination spin – min 3 revs. in either part by both partners May be skated anywhere in the program except in the required step sequence	<b>Max 1</b> Choreographic Step Sequence (Circular, Midline or Diagonal in Hold) 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. Serpentine and not touching types of sequences are not permitted Not Permitted Elements: Stops, pattern retrogressions and loops are not permitted in the step sequence. Dance spins and pirouettes are stops.	<b>Max 1</b> Synchronized Twizzle At least one full rotation by each partner. The required synchronized twizzle may be skated anywhere in the program except in the required step sequence.	Music should adhere to Rule 6095 (E). 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. Touching the ice with hand(s) is not allowed Illegal Elements - 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

This event is a standard U.S. Figure Skating Nonqualifying Competition  
 LE/9/1/18

**PATTERN DANCE****Pattern Dances Drawn for 2018-2019**

<b>Event</b>	<b>Regionals</b>	<b>Sectionals, Championships &amp; Adult Championships</b>
<b>Novice</b>		STARLIGHT WALTZ PASO DOBLE
<b>Intermediate</b>		ROCKER FOXTROT EUROPEAN WALTZ
<b>Juvenile</b>		WILLOW WALTZ FIESTA TANGO
<b>Pre-Juvenile</b> <i>Initial Round</i>	RHYTHM BLUES CANASTA TANGO	
<b>Pre-Juvenile</b> <i>Final Round</i>	CHA CHA SWING DANCE	

*This event is a standard U.S. Figure Skating Nonqualifying Competition*  
LE/9/1/18

## ADULT PARTNERED FREE DANCE

**2018-19 Adult Partnered Free Dance Requirements** - This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2018.



2017-18	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Additional Information
<p><b>CHAMPIONSHIP ADULT/ ADULT GOLD/ ADULT PRE-GOLD/ MASTERS OPEN</b></p> <p><b>3:10 maximum</b></p>	<p><b>Max<sup>2</sup> 2</b></p> <p>One Combination Lift (max 12 secs) or Two Different Types of Short Lifts (max 7 secs)</p> <p>* 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.</p>	<p><b>Max 1</b></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><b>Max 1</b></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><b>Not Permitted Elements:</b></p> <p>Stops, pattern retrogressions and loops are not permitted in the step sequence.</p> <p>Dance spins and pirouettes are stops</p>	<p><b>Max 1</b></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><b>Other illegal elements</b></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>

This event is a standard U.S. Figure Skating Nonqualifying Competition  
LE/9/1/18

# SOLO DANCE

## SOLO PATTERN DANCE

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 30<sup>th</sup> – July 2<sup>nd</sup>), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2<sup>nd</sup> 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	January 1- March 31 <sup>st</sup>	April 1 <sup>st</sup> – June 30 <sup>th</sup>
Preliminary	1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz
Pre-bronze	1. Swing 2. Cha-Cha	1. Fiesta Tango 2. Swing
Bronze	1. Hickory Hoedown 2. Willow Waltz	1. Ten Fox 2. Hickory Hoedown
Pre-silver	1. Fourteenstep 2. European Waltz	1. Foxtrot 2. Fourteenstep
Silver	1. American Waltz 2. Silver Tango	1. Rocker Foxtrot 2. American Waltz
Pre-gold	1. Killian 2. Blues	1. Paso Doble 2. Starlight Waltz
Gold	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep

## ADULT SOLO FREE DANCE

**2018-19 Adult Solo Free Dance Requirements** - This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2018.



2018-19	EDGE ELEMENTS	SPIN	STEP SEQUENCES	TWIZZLES	DANCE STOPS
ADULT GOLD SOLO FREE DANCE 2:40 +/- 10 seconds	<p><b>Max 3</b></p> <p>1 combination edge element (12 sec max)</p> <p>2 different short edge elements (8 sec max)</p> <p>Each <u>portion</u> must be held <u>in position</u> for a minimum of 3 seconds.</p> <p>Edge elements must have different positions</p>	<p><b>Max 1</b></p> <p>Choreographic dance spin <u>or</u> choreographic dance combination spin* – min 3 revs on one/<u>each</u> foot</p> <p>Flying spins not permitted</p>	<p><b>Max 2</b></p> <p>2 different step sequences, 1 from Group A and 1 from Group B</p> <p><b>Group A</b> – Straight line (midline or diagonal)</p> <p><b>Group B</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><b>Not Permitted:</b> Stops, pattern regressions, loops, jumps of more than ½ revolution, dance spins and pirouettes</p>	<p><b>Max 2</b></p> <p><b>Twizzle Series A</b> - 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><b>Twizzle Series B</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><b>When judged with IJS:</b> <u>The first attempted set of twizzles will be evaluated as the Series A by the technical panel.</u></p>	<p><b>Max 1</b></p> <p>Full stop to express the character of the music, <u>must be at least three seconds, but not to exceed six</u> seconds.</p> <p>The stops <u>must</u> come at least 10 seconds after the start of the program and at least 10 seconds before the end of the program.</p>
ADULT SILVER SOLO FREE DANCE 2:00 +/- 10 seconds	<p><b>Max 2</b></p> <p>2 short edge elements (8 sec max)</p> <p>Each edge must be held <u>in position</u> for a minimum of 3 seconds.</p> <p>Edge elements must have different positions</p>	<p><b>Max 1</b></p> <p>Choreographic dance spin <u>or</u> choreographic dance combination spin* – min 3 revs on one/<u>each</u> foot</p> <p>Flying spins not permitted</p>	<p><b>Max 1</b></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><b>Not Permitted:</b> Stops, pattern regressions, loops, jumps of more than ½ revolution, dance spins and pirouettes</p>	<p><b>Max 1</b></p> <p>Twizzle series - min 2 revs each twizzle</p> <p>No more than 3 steps between twizzles</p>	<p><b>Max 1</b></p> <p>Full stop to express the character of the music, <u>must be at least three seconds, but not to exceed six</u> 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>
ADULT BRONZE SOLO FREE DANCE 1:40 +/- 10 seconds	<p><b>Max 1</b></p> <p>1 short edge element (8 sec max)</p> <p>Edge must be held <u>in position</u> for a minimum of 3 seconds</p>	<p><b>Max 1</b></p> <p>Choreographic dance spin* – min 3 revs on 1 foot</p> <p>Spin combinations and flying spins not permitted.</p>	<p><b>Max 1</b></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><b>Not Permitted:</b> Stops, pattern regressions, loops, jumps of more than ½ revolution, dance spins and pirouettes</p>	<p><b>Max 1</b></p> <p>Twizzle - min 1 rev</p>	<p><b>Max 1</b></p> <p>Full stop to express the character of the music, <u>must be at least three seconds, but not to exceed six</u> 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>

\* A choreographic dance spin is on one foot only and may include any number of changes of position. A choreographic dance combination spin must have a change of foot and may include any number of positions on either foot. This element should relate to the music and enhance the overall program.

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

This event is a standard U.S. Figure Skating Nonqualifying Competition  
LE/9/1/18

# SPECIALTY EVENTS

## JUMPS CHALLENGE

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated  $\frac{1}{2}$  ice; Juvenile – senior will be skated on full ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. <math>\frac{1}{2}</math> flip or <math>\frac{1}{2}</math> Lutz</li> <li>3. Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. Single Salchow</li> <li>3. Jump combination – waltz jump-toe loop</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single loop</li> <li>3. Jump combination – Any two <math>\frac{1}{2}</math> or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single flip</li> <li>3. Jump combination - Any two <math>\frac{1}{2}</math> or single revolution jumps (no Axel)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single Lutz</li> <li>3. Jump combination – Any single jump + single loop (may include Axel)</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel or double Salchow</li> <li>2. Single or double jump</li> <li>3. Jump combination – single/single (may include Axel)</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Double Salchow or double toe loop</li> <li>3. Jump combination – single/single or double/single (may include single Axel)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Double toe loop or double loop</li> <li>3. Jump combination – double/single or double/double (may include single Axel)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Double loop</li> <li>2. Double flip</li> <li>3. Jump combination – double/double (may include double Axel)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Choice of double or triple jump (Salchow, toe loop, loop, Lutz)</li> <li>2. Double or triple flip</li> <li>3. Jump combination – double/double (may include double Axel)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>3. Choice of double or triple jump (Salchow, toe loop, loop, flip)</li> <li>4. Double or triple Lutz</li> <li>5. Jump combination – double/double or triple/double (may include double Axel)</li> </ol>

## ADULT JUMPS CHALLENGE

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Adult silver and lower will be skated  $\frac{1}{2}$  ice; adult gold – masters junior/senior will be skated on full ice

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

## SPINS CHALLENGE

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3 revs)</li> <li>2. Upright back spin (3 revs)</li> <li>3. Sit spin (3 revs)</li> </ol>
High Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (4 revs)</li> <li>2. Upright spin with change of foot (3 revs on each foot)</li> <li>3. Sit spin (3 revs)</li> </ol>
No-Test	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright spin with change of foot (3 revs on each foot)</li> <li>2. Sit spin (3 revs)</li> <li>3. Camel spin (3 revs)</li> </ol>
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>4. Spin with one change of position and no change of foot (6 revs)</li> <li>5. Backward sit spin (3 revs)</li> <li>6. Camel spin (4 revs)</li> </ol>
Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>4. Spin with one change of foot and one change of position (min. 3 revs each foot)</li> <li>5. Combination sit spin with change of foot (min. 3 revs each foot)</li> <li>6. One position spin – skater’s choice (upright, sit or camel), (4 revs)</li> </ol>
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> <li>4. Backward entry Camel spin (4 revs)</li> <li>5. Combination spin – All 3 basic positions are required (camel, sit, upright), (2 revs in each position)</li> <li>6. Forward to backward scratch spin (min 4 revs per foot)</li> </ol>
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> <li>4. Sit spin (4)</li> <li>5. Combination spin – with change of foot; all 3 basic positions required 2 revs in each position (min. 4 revs per foot)</li> <li>6. Girls – layback spin (6 revs); Boys – camel spin (5 revs)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>4. Flying camel spin-basic camel position required (5 revs)</li> <li>5. Sit spin to backward sit spin-basic sit position required (4 revs per foot)</li> <li>6. Combination spin – change of foot &amp; all 3 basic positions required (2 revs in each position &amp; min 5 revs per foot)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>4. Illusion to back scratch spin; may change feet (6 revs)</li> <li>5. Camel spin to backward camel spin (4 revs per foot)</li> <li>6. Combination spin – change of foot, all 3 basic positions required (2 revs in each position &amp; min 6 revs per foot)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>4. Flying sit spin or flying reverse sit spin (6 revs)</li> <li>5. Solo spin of choice – may not fly (8 revs)</li> <li>6. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position &amp; min 6 revs per foot)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>6. Flying spin of choice (8 revs)</li> <li>7. Solo spin of choice (8 revs) – may not fly</li> <li>8. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position &amp; min 6 revs per foot)</li> </ol>



## ADULT SPINS CHALLENGE

General event parameters:

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

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

## SHOWCASE

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:**

### SHOWCASE-DUET

Format: Duets are theatrical or artistic performances by any two competitors. Age is determined by the age of the older skater.

- Props and scenery are permitted

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

### SHOWCASE-DRAMATIC ENTERTAINMENT

Format:

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

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

### SHOWCASE-LIGHT ENTERTAINMENT

Format:

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

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