



Ann Arbor FS Adult Open

Saturday, November 5 & Sunday, November 6, 2022

Ann Arbor Figure Skating Club

Ann Arbor Ice Cube – Ann Arbor, MI 48103

I. COMPETITION OVERVIEW

The Ann Arbor FSC Adult Open 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 that 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.

Skaters must be a currently registered member of a U.S. Figure Skating member club or Learn to Skate USA member, a collegiate club or who is an individual member in accordance with the current rulebook. For non-U.S. Citizens, please refer to the [Rulebook](#) for more information.

COVID-19 INFORMATION:

For the most recent U.S. Figure Skating COVID-19 policy requirements, [CLICK HERE](#).

U.S. Figure Skating Adult Competition Series: Adult Competition Series events may take place at all U.S. Figure Skating sanctioned non-qualifying competitions, as per Rule 3060 in the current U.S. Figure Skating Rulebook, as long as these competitions offer Adult 1 through Adult Bronze events. In order to qualify for ACS awards, skaters MUST compete in the non-qualifying competition held in conjunction with the adult sectional championship in their home section. For all competitions, a photo or scanned copy of the event results sheet MUST BE SENT BY THE SKATER to adultcompetitionseries@gmail.com. All results submissions must be received no later than February 24, 2023. Late submissions will not be accepted or counted towards final standings. To view the updated 2022-2023 Adult Competition Series Handbook, please visit [Adult Competition Series](#)



Series Registration: Skaters who wish to participate in the ACS, must register between May 27, 2022 and February 1, 2023. Series skaters MUST attend their local Adult Sectionals event, with registration available through USFS's EMS site during the Adult Qualifying Season registration period: December 15, 2022 through February 1, 2023. Registration for the ACS will take place on formsite; registration details will be widely publicized on the U.S. Figure Skating site. A \$20.00 fee will be due at that time. Registration for the non-qualifying competition held in conjunction with adult sectionals will take place in EMS, which can be found by logging into Members Only. Applicable competition fees will be due when the skater registers. The series registration fee is nonrefundable. In order for skaters to submit results to earn standing and recognition, they must be registered with U.S. Figure Skating as an Adult Competition Series participant by February 1, 2023.

EVENTS OFFERED:

[Click HERE to view the program requirements for the current season.](#)

| SINGLES | JUDGING |
|---|---------|
| Adult Free Skate (Adult Silver – Master Jr/Sr) | IJS |
| PAIRS | JUDGING |
| Adult Pairs Free Skate | 6.0 |
| PARTNERED ICE DANCE | JUDGING |
| Adult Open Partnered Pattern Dance | 6.0 |
| Adult Partnered Free Dance | 6.0 |
| SPECIALTY | JUDGING |
| Adult Compulsory Moves (Adult Beginner–Masters Jr/Sr) | 6.0 |
| Adult Jumps Challenge (Adult Beginner–Masters Jr/Sr) | 6.0 |
| Adult Spins Challenge (Adult Beginner–Masters Jr/Sr) | 6.0 |
| SHOWCASE | JUDGING |
| Emotional Performance (Adult Beginner–Masters Jr/Sr) | CJS |
| Choreographic Artistry (Adult Beginner–Masters Jr/Sr) | CJS |
| Lyrical Pop (Adult Beginner–Masters Jr/Sr) | CJS |
| Character Performance (Adult Beginner–Masters Jr/Sr) | CJS |
| Comedic Impressions (Adult Beginner–Masters Jr/Sr) | CJS |
| SOLO DANCE | JUDGING |
| Adult Open Solo Pattern Dance | 6.0 |
| Adult Solo Free Dance | 6.0 |
| COMPETE USA EVENTS | JUDGING |
| Adult 1-6 Program w/ Music | 6.0 |
| Adult Free Skate (Beginner – Bronze) | 6.0 |
| Adult 1-6, Beginner – Bronze Compulsory Moves | 6.0 |

[Click HERE to view the program requirements for the current season.](#)

II. ELIGIBILITY

TEST LEVEL:

level is the highest test passed as of the entry deadline in the discipline the skater is entering. At this competition, skating up is permitted. Note: Athletes may not skate down in any event.

SKATESAFE COMPLIANCE:

For full details about SkateSafe Compliance at U.S. Figure Skating competitions, refer to the U.S. Figure Skating SkateSafe webpage: www.usfigureskating.org/skatesafe.

COACHES:

To be an eligible coach at a nonqualifying competition, coaches must meet the compliance requirements listed below and verified by the U.S. Figure Skating.

For additional information regarding Coach Compliance, please visit the [Coach Compliance](#) page.

Please note: Adult skaters (18 years old+) are not required to have an attending coach at competition.

III. REGISTRATION INFORMATION

Skaters must be registered online through EntryEeze by 11:59pm (EST) on Sunday, October 16, 2022. Late entries may be accepted with a fee of \$25.00 at the discretion of the Competition Chair and Referee. Registration can be found at <http://www.entryeeze.com/>

TEST CREDIT:

Skaters registered in IJS events may register for Test Credit through EntryEeze during online registration (found under the Merchandise page). Pre-registration is required with a fee of \$15 per event. Test Credit Packets should be picked up at registration following your performance.

CRITIQUES:

A written program critique can be purchased for a \$10 fee per event. This form will include comments reviewing your skating and performance skills, element difficulty and feedback. It is intended to provide a more in-depth perspective of your performance.

MUSIC SUBMISSION/UPLOAD:

All music files will be required to be uploaded at least 14 days before the competition through EntryEeze. Competitors must also have available a backup copy of their competition music on a cellphone and it must be immediately available rink side whenever the skater competes. If the phone does not have the standard round headset connector an appropriate adapter, such as an Apple Lightening connector or Samsung USB-C adapter is required to be attached. The phone should be presented to the music person with the file ready to play, phone in airplane mode, and volume turned to maximum.

PLANNED PROGRAM CONTENT (PPC) SUBMISSION/UPLOAD – FOR IJS EVENTS ONLY:

Skaters registered in IJS events must upload their Planned Program Content to EntryEeze by Sunday, October 16, 2022.

REFUND POLICY:

Entry fees will not be refunded after entry deadline unless the event is canceled or at the discretion of the Competition Chair. Online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$25 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

IV. COMPETITION DETAILS

FACILITIES:

The competition will be held at the Ann Arbor Ice Cube, located at 2121 Oak Valley Dr. Ann Arbor, MI 48103. The Ann Arbor Ice Cube has handicap parking, access ramps, and an elevator. The Ann Arbor Ice Cube is located in the southwest corner of the city of Ann Arbor. The Stadium Rink is a standard NHL ice surface with measurements of 85' wide by 200' long, with rounded corners. The Olympic ice surface measures 98' wide by 197' long, with rounded corners. 6.0 events are expected to be held on the Stadium rink on Saturday and on the Olympic rink on Sunday. IJS events are expected to be held on Sunday on the Olympic rink. The Ann Arbor Ice Cube concession stand, Cube Café, is expected to be open throughout the competition. Cash or credit card welcome!

LOCKER ROOMS:

Locker rooms and changing areas at U.S. Figure Skating competitive events are for athletes only, will be labeled with regard to specific use and where identified will be gender specific. Please review the Locker Room and Changing Area Policy and the SkateSafe Handbook (both found on the [U.S. Figure Skating SkateSafe](#) page). Locker Rooms will be separated for male and female athletes as well as an All-Gender option.

SCHEDULE:

Competitors may be scheduled on any day or time during the announced dates of the competition. The competition and practice ice schedule will be available after the close of entries. All participants will be notified via email once available.

PRACTICE ICE:

Notification of practice ice times will be available via the competition site at www.entryeeze.com and will EMAILED to competitors upon a finalized event schedule. Skaters may purchase practice ice through our competition entry form during registration. Walk-on practice ice may be offered based on availability the day of the event. Practice ice will be offered each day in the morning and/or in the afternoon depending on the finalized event schedule. The cost of practice ice will be \$20 per session.

ONSITE CHECK-IN:

Our Registration Table will open on Saturday, November 5th and Sunday, November 6th, one hour before the first event and run through the last event of the day. The registration table will be located in the front lobby of the Ann Arbor Ice Cube. Please check-in promptly upon arrival.

AWARDS:

Medals will be awarded for 1st - 4th place winners. Ribbons will be presented to those who earn 5th – 7th place. Awards presentations will be held throughout the day as close to the posting of event placements as possible and held in the upper lobby of the facility.

VOLUNTEER INFO:

Volunteers are greatly needed and appreciated! Sign-up will likely begin mid-September.

Click [here](#) to view volunteer opportunities offered at the 2022 Ann Arbor FSC Adult Open

PHOTO/VIDEO:

Ann Arbor Figure Skating Club has arranged for professional photography and videography of the Ann Arbor FSC Adult Open. Competition videos and photos will be available for purchase at the event as well as following the competition.

HOTEL INFORMATION:

Official hotel accommodations – Holiday Inn Express & Suites Ann Arbor West located at 323 N. Zeeb Rd. Ann Arbor, MI 48103 will be offering a limited number of rooms available at a discounted event rate. Phone: 734-827-1100

SCHEDULE:

A final competition and practice ice schedule will be posted on Entryeeze approximately 10 days prior to the competition and emailed to all registered skaters and their listed coaches. The link will be found on the AAFSC's website: www.annarborfsc.org

AGE CATEGORIES:

Skaters entering the 2022 Ann Arbor FSC Adult Open must be at least 17 years of age by the close of entries on Sunday, October 16, 2022. Unless there are fewer than two young adult entries in any given event, young adults ages 17- 20 will skate in their own group. All other skaters entering free skate events will be divided as closely as possible by age should the number of entries warrant more than one group. Age categories may be combined, but when possible, the following will be used:

| | |
|--------------|-------------------|
| Young Adult: | 17 to 20 years |
| Class I: | 21 to 35 years |
| Class II: | 36 to 45 years |
| Class III: | 46 to 55 years |
| Class IV: | 56 to 65 years |
| Class V: | 66 years and over |

GENDER CATEGORIES:

Where possible, events will be separated by two genders. However, if the number of skaters registered for a single event, at the same level, is less than two, the events may combine gender categories at the discretion of the referee.

SOCIAL ADULT SKATING SESSION:

We will be hosting an adult-only social ice session immediately following the competition events on Saturday, November 5th and if interest allows a second session will be held following the competition events on Sunday, November 6th. All levels are welcome! Competition participation is not required. Rate - \$15.00 per person, Adults only.

OPEN PATTERN DANCE EVENTS:

What is 'Open' Pattern Dance? It is an opportunity for skaters to mix-and-match individual dances, no matter the level. Skaters can choose which specific dance pattern(s) they would like to compete, allowing skaters the chance to skate the dances they may end up competing later in the season, dances they're preparing to test, or just their favorite dances! It also allows skaters to sign-up for just one dance or as many as they'd like without limitation. Registration Fees are PER pattern dance. Please select each dance SEPARATELY during registration. Awards are per dance and not combined. There are no test level restrictions for Open Pattern Dance Events. Skaters can choose to upload their own music if they have a preferred version (by the music upload deadline) or the music will be provided by the Ann Arbor FSC.

In accordance with rule 8075, two sequences will be danced in all adult solo dance events with the exception of the Blues, Quickstep, Fourteen Step, Foxtrot, and Rocker Foxtrot, which require 3 sequences and Kilian, which requires 4 sequences. Age groups and genders may be combined depending on the number of entries in each dance.

OPEN PATTERN DANCE EVENTS: You MUST register for EACH DANCE SEPARATELY

| | | | |
|----------------|-------------------|-----------------|-----------------|
| Dutch Waltz | Canasta Tango | Rhythm Blues | |
| Cha Cha | Fiesta Tango | Swing Dance | |
| Willow Waltz | Hickory Hoedown | Ten Fox | |
| Fourteen Step | European Waltz | Foxtrot | |
| American Waltz | Tango | Rocker Foxtrot | |
| Killian | Paso Doble | Starlight Waltz | Blues |
| Viennese Waltz | Westminster Waltz | Quickstep | Argentine Tango |

LIABILITY:

U.S. Figure Skating, Learn to Skate USA, Skate Canada, Ann Arbor Figure Skating Club, and the Ann Arbor Ice Cube 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.

CONTACT INFORMATION:

Competition website: <https://www.annarborfsc.org/Schedules/AdultOpen.aspx>

For questions, please contact the following individuals:

| | | | |
|--------------------|----------------|-----------------------------|--------------|
| Competition Chair: | Kimberly Davis | Kim.figureskating@gmail.com | 810-429-8810 |
|--------------------|----------------|-----------------------------|--------------|

REGISTRATION FEES:

| | |
|------------------------------------|---------------------|
| First 6.0 Event: | \$60.00 |
| Additional 6.0 Event: | \$30.00 each |
| Pairs Freestyle Events: | \$30.00 per skater |
| IJS Singles Freestyle Event: | \$90.00 |
| EACH Open Solo Pattern Dance: | \$30.00 |
| EACH Open Partnered Pattern Dance: | \$15.00 per skater |
| Late Fee: | \$25.00 |
| Event Change Fee: | \$25.00 |
| Program Critique: | \$10.00 per event |
| Social Adult Skating Session: | \$15.00 per skater |
| Practice Ice: | \$20.00 per session |
| Test Credit (IJS events only): | \$15.00 per event |

ADULT 1-6 AND INTRODUCTORY COMPULSORY

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 $\frac{1}{2}$ ice
- A 0.2 deduction will be taken for each element MISSING, REPEATED or from a higher level

| Level | Time | Elements |
|---------------------|-------------|---|
| Adult 1 | 1:30 MAX | <ul style="list-style-type: none"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot |
| Adult 2 | 1:30 MAX | <ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row |
| Adult 3 | 1:30 MAX | <ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Forward chasses on a circle, clockwise and counterclockwise • Backward skating to a long two-foot glide • Backward snowplow stop, Right and Left |
| Adult 4 | 1:30 MAX | <ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Hockey stop, both directions • Backward one-foot glides, right and left |
| Adult 5 | 1:30 MAX | <ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin (min 2 revs) |
| Adult 6 | 1:30 MAX | <ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot) |
| Adult Beginner | 1:30 MAX | <ul style="list-style-type: none"> • Mazurka • Waltz jump • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open mohawk (right and left) – heel to instep • Alternating right and left forward inside and outside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot) |
| Adult High Beginner | 1:30 MAX | <ul style="list-style-type: none"> • Waltz jump • $\frac{1}{2}$ flip • Forward upright spin (Min. 2 revolutions) • Backward outside 3-turn right and left • 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) |

Compete USA competitions may include through the Adult Bronze compulsory level. This chart can be found on the nonqualifying competition announcement page; Compulsory Moves – Singles; Adult Compulsory Moves (NQ).



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Compulsory Moves

General event parameters:

1. Beginner to Silver: Elements skated on $\frac{1}{2}$ ice; Gold/Masters: Elements skated on full-ice
2. Elements may be performed only once
3. Music is not allowed
4. Minimum number of revolutions is noted in parentheses

| Level | Time | Elements |
|--------------------------------|----------|--|
| Adult Beginner | 1:30 MAX | <ul style="list-style-type: none">• Mazurka• Waltz jump• Forward beginning one-foot spin from backward crossovers (min 2 revs)• Forward moving inside open mohawk (right and left) – heel to instep• Alternating right and left forward inside and outside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot) |
| Adult High Beginner | 1:30 MAX | <ul style="list-style-type: none">• Waltz jump• $\frac{1}{2}$ flip• Forward upright spin (Min. 2 revolutions)• Backward outside 3-turn right and left• 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) |
| Adult Pre-Bronze | 1:30 MAX | <ul style="list-style-type: none">• Single toe loop• Jump combination or sequence consisting of half revolution jumps ($\frac{1}{2}$ flip, $\frac{1}{2}$ Lutz, $\frac{1}{2}$ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence• Forward upright spin (Min. 3 revolutions)• 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 either direction• Forward spiral (any edge) |
| Adult Bronze | 1:30 MAX | <ul style="list-style-type: none">• Single Salchow• Jump combination or sequence consisting of $\frac{1}{2}$ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination and 3 jumps in a sequence• Solo spin with no change of foot (min. 3 revolutions)• Backward inside 3-turn right and left• Spiral sequence (min. 2 spirals) |
| Adult Silver | 1:30 MAX | <ul style="list-style-type: none">• Single loop• Single/single jump combination• Solo spin with no change of foot (min. 3 revolutions)• Straight line step sequence |
| Adult Gold | 1:30 MAX | <ul style="list-style-type: none">• Single Lutz or Axel• Jump combination (Single/single, single/double, double/single) that may include any single jump, double Salchow, or double toe loop• Solo spin with no change of foot (min 4 revolutions)• Straight line step sequence |
| Masters Intermediate/Novice | 1:30 MAX | <ul style="list-style-type: none">• Choice of any solo jump (any single jump, double Salchow, double toe loop or double loop allowed)• Jump combination that may include any single jump, double Salchow, double toe loop or double loop• Solo spin of skater's choice (min. 6 revolutions)• Straight line step sequence |

| | | |
|-----------------------|----------|---|
| Masters Junior/Senior | 1:30 MAX | <ul style="list-style-type: none">• Choice of any solo jump (all single and double jumps allowed)• Jump combination that may include any single or double jump• Solo spin of skater's choice (min. 8 revolutions)• Straight line step sequence |
|-----------------------|----------|---|



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Jumps Challenge

General event parameters:

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

| Level | Time | Elements |
|-----------------------------|----------|--|
| Adult Beginner | 1:15 max | <ol style="list-style-type: none">1. Mazurka or ballet jump2. Waltz jump |
| Adult Pre-Bronze | 1:15 max | <ol style="list-style-type: none">1. Toe loop jump2. $\frac{1}{2}$ flip, $\frac{1}{2}$ Lutz or $\frac{1}{2}$ loop |
| Adult Bronze | 1:15 max | <ol style="list-style-type: none">1. Single Salchow2. Single toe loop3. Any single jump + single toe loop combination (No Axels allowed) |
| Adult Silver | 1:15 max | <ol style="list-style-type: none">1. Single flip2. Single loop3. Single/single combination (Axel is permitted) |
| Adult Gold | 1:15 max | <ol style="list-style-type: none">1. Single Axel or waltz jump2. Single Lutz3. Jump combination that may include any single jump, double toe loop, or double Salchow. May include only one double jump. |
| Masters Intermediate/Novice | 1:30 max | <ol style="list-style-type: none">1. Single Axel or waltz jump2. Salchow (single or double), toe loop (single or double) or loop (single or double)3. Jump combination that may include any single jump, double toe loop, double Salchow, or double loop |
| Masters Junior/Senior | 1:30 max | <ol style="list-style-type: none">1. Loop jump (single or double) or flip jump (single or double)2. Lutz (single or double)3. Jump combination that may include any single or double jump |



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Spins Challenge

General event parameters:

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

| Level | Time | Skating rules / standards |
|--------------------------------|-----------|---|
| Adult Beginner | 1:30 max. | <ol style="list-style-type: none">1. Pivot2. Upright two-foot spin (2 revs) <p><i>Spins may not have a flying entry. If judged with IJS, max Level 1.</i></p> |
| Adult Pre-Bronze | 1:30 max. | <ol style="list-style-type: none">1. Upright one-foot spin (3 revs)2. Upright two-foot spin (3 revs) <p><i>Spins may not have a flying entry. If judged with IJS, max Level 1.</i></p> |
| Adult Bronze | 1:30 max. | <ol style="list-style-type: none">1. Upright one-foot spin (3 revs)2. Solo spin with no change of foot (3 revs) - must be different from the upright spin <p><i>Spins may not have a flying entry. If judged with IJS, max Level 1.</i></p> |
| Adult Silver | 1:30 max. | <ol style="list-style-type: none">1. Solo spin with no change of foot (3 revs)2. Seconds solo spin, different from the first; change of foot optional (3 revs per foot)3. Combination spin - with at least one change of position* and no change of foot (2 revs in each position) <p><i>If judged with IJS, max Level 2.</i></p> |
| Adult Gold | 1:30 max. | <ol style="list-style-type: none">1. Solo spin with no change of foot (4 revs)2. Second solo spin, different from the first; change of foot optional (4 revs per foot)3. Combination spin - with change of foot and at least one change of position* (2 revs in each position and 4 revs per foot) <p><i>If judged with IJS, max Level 3.</i></p> |
| Masters Intermediate/Novice | 1:30 max. | <ol style="list-style-type: none">1. Solo spin (5 revs if one foot, 4 revs per foot if change of foot)2. Second solo spin, different from the first (5 revs if one foot, 4 revs per foot if change of foot)3. Combination spin - with change of foot and at least one change of position* (2 revs in each position and 4 revs per foot) |

| | | |
|-----------------------|-----------|---|
| Masters Junior/Senior | 1.30 max. | <ol style="list-style-type: none"> 1. Solo spin (5 revs if one foot, 4 revs per foot if change of foot) 2. Second solo spin, different from the first (5 revs if one foot, 4 revs per foot if change of foot) 3. Combination spin - with change of foot and at least one change of position* (2 revs in each position and 4 revs per foot) |
|-----------------------|-----------|---|

*There are 3 basic spin positions: *Upright, Sit and Camel*. Any variation of these positions is still considered the same position (i.e. a broken leg spin is still a sit position. A camel-sit-broken leg spin has one change of position).

Adult 1-6 Free Skate with Music

GENERAL EVENT PARAMETERS:

- The skating order of the required elements is optional
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated; connecting moves and steps should be demonstrated throughout the program
- To be skated on full ice
- 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

ADULT 1 — 1:40 MAX

ELEMENTS

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop – two feet or one foot

ADULT 4 — 1:40 MAX

ELEMENTS

- Forward outside edge on a circle, right and left
- Forward inside edge on a circle, right and left
- Forward crossovers, clockwise and counterclockwise
- Backward one-foot glides, right and left
- Hockey stop, both directions

ADULT 2 — 1:40 MAX

ELEMENTS

- Forward skating across the width of the ice
- Forward one-foot glides
- Forward slalom
- Backward skating
- Backward swizzles, 4-6 in a row

ADULT 5 — 1:40 MAX

ELEMENTS

- Backward outside edge on a circle, right and left
- Backward inside edge on a circle, right and left
- Backward crossovers, clockwise and counterclockwise
- Forward outside three-turn, right and left
- Beginning two-foot spin

ADULT 3 — 1:40 MAX

ELEMENTS

- Forward stroking using the blade properly
- Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise
- Backward skating to a long two-foot glide
- Forward chasses on a circle, clockwise and counterclockwise
- Backward snowplow stop, Right and Left

ADULT 6 — 1:40 MAX

ELEMENTS

- Forward stroking with crossover end patterns
- Backward stroking with crossover end patterns
- Forward inside three-turn, right and left
- T-stop
- Lunge
- Two-foot spin into one-foot spin (min 2 revs on 1 foot)

Adult Beginner - Bronze Free Skate Program with Music

GENERAL EVENT PARAMETERS:

- Skaters will skate to the music of their choice; 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.

ADULT BEGINNER — 1:40 MAX

| JUMPS | SPINS | STEP SEQUENCES | QUALIFICATIONS |
|--|--|--|--|
| Max 4 Jump Elements <ul style="list-style-type: none"> Jumps limited to bunny hop, mazurka, ballet and waltz jump Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same jump | Max 2 Spins <ul style="list-style-type: none"> Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program | Skaters may not have passed any U.S. Figure Skating Free Skate tests |

ADULT HIGH BEGINNER — 1:40 MAX

| JUMPS | SPINS | STEP SEQUENCES | QUALIFICATIONS |
|--|---|--|--|
| Max 4 Jump Elements: <ul style="list-style-type: none"> Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, $\frac{1}{2}$ flip, $\frac{1}{2}$ Lutz, $\frac{1}{2}$ loop, toe loop, Salchow Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same type jump. | Max 2 Spins: <ul style="list-style-type: none"> Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program | Skaters may not have passed any U.S. Figure Skating Free Skate tests |

ADULT PRE-BRONZE — 1:40 MAX

| JUMPS | SPINS | STEP SEQUENCES | QUALIFICATIONS |
|--|--|--|--|
| Max 4 Jump Elements: <ul style="list-style-type: none"> Max 2 combinations or sequences <ul style="list-style-type: none"> 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps Jump sequence is any listed jump immediately followed by a waltz jump Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) Only single and half-revolution jumps are permitted (<u>half flip and half lutz are permitted</u>) No single Lutz, single Axel, double or triple jumps are permitted | Max 2 Spins: <ul style="list-style-type: none"> Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E) Min 3 revs Spins with a flying entry are not permitted A two-foot spin is permitted as one of the spins at this level and is of a different character than a one-foot spin | Connecting steps throughout the program are required | Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate |

ADULT BRONZE — 1:50 MAX

| JUMPS | SPINS | STEP SEQUENCES | QUALIFICATIONS |
|--|---|---|--|
| Max 4 Jump Elements: <ul style="list-style-type: none"> Max 2 combinations or sequences <ul style="list-style-type: none"> 1 combination may contain 3 jumps, and the other may contain only 2 jumps Jump sequence is any listed jump immediately followed by a waltz jump Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except single Axel) No single Axel, double or triple jumps are permitted | Max 2 Spins: <ul style="list-style-type: none"> Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position No flying spins are permitted | Max 1 Sequence: <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing at least $\frac{1}{2}$ of the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such. | Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate |



ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC

General event parameters:

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

| Level | Jumps | Spins | Step Sequences | Qualifications |
|-------------------------------------|--|--|--|--|
| Adult Beginner 1:40 Maximum | Max. 4 jump elements <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet and waltz jump • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same jump | Max. 2 spins <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program | Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1 |
| Adult High Beginner 1:40 Maximum | Max 4 jump elements: <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, $\frac{1}{2}$ flip, $\frac{1}{2}$ Lutz, $\frac{1}{2}$ loop, toe loop, Salchow • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump. | Max 2 spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program | Skaters may not have passed any U.S. Figure Skating Free Skate tests |
| Adult Pre-Bronze 1:40 Maximum | Max 4 Jump Elements: <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ○ jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. ○ A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel-type jump • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are permitted (<u>half flip and half lutz are permitted</u>) • No single Lutz, single Axel, double or triple jumps are permitted | Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E) • Min 3 revs • Spins with a flying entry are not permitted • A two-foot spin is permitted as one of the spins at this level and is of a different character than a one-foot spin | Connecting steps throughout the program are required | Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate |

| | | | | |
|------------------------------|---|---|---|--|
| Adult Bronze 1:50 Maximum | Max 4 Jump Elements: <ul style="list-style-type: none"> Max 2 combinations or sequences <ul style="list-style-type: none"> jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps. A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel-type jump Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except single Axel) No single Axel, double or triple jumps are permitted | Max 2 Spins: <ul style="list-style-type: none"> Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position No flying spins are permitted | Max 1 Sequence: <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing at least $\frac{1}{2}$ of the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such. | Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate |
|------------------------------|---|---|---|--|

2022-2023 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, 2022.



| 2022-2023 | JUMP ELEMENTS | SPINS | STEP SEQUENCE |
|--|---|---|---|
| CHAMPIONSHIP MASTERS JUNIOR-SENIOR & MASTERS JUNIOR-SENIOR 3:40 maximum 2nd half bonus: 1:50 * means element is required | Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump or a waltz jump* Max 3 combinations or sequences <ul style="list-style-type: none"> 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps Jump combinations and jump sequences are limited to two jumps except that one jump combination or jump sequence may include 3 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump. No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence 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 | Max 3 Spins <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 6103) Min 5 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position | Max 1 Step Sequence <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such. |
| CHAMPIONSHIP MASTERS INTERMEDIATE- NOVICE & MASTERS INTERMEDIATE- NOVICE 3:10 maximum 2nd half bonus: 1:35 * means element is required | Max 6 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump or a waltz jump* Max 3 combinations or sequences <ul style="list-style-type: none"> 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps Only 1 jump combination may include 2 double jumps Jump combinations and jump sequences are limited to two jumps except that one jump combination or jump sequence may include 3 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump. Each jump may be repeated only once, and only as part of a combination or sequence If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop Double flip, double Lutz, double Axel and triple jumps are not permitted | Max 3 Spins <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 6103) Min 5 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position | Max 1 Step Sequence <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such. |

This 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.

6.0 System Penalties:

- 0.1 in each mark for each illegal element
- 0.1 in 1st mark for insufficient revs.
- 0.1 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.

2022-2023 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, 2022.



| CHAMPIONSHIP ADULT GOLD & ADULT GOLD 2:40 maximum 2nd half bonus: 1:20 | Max 5 Jump Elements <ul style="list-style-type: none"> Max 3 combinations or sequences <ul style="list-style-type: none"> <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or jump sequence may include 3 jumps</u> <u>Jump sequence is any listed jump immediately followed by an Axel-type jump and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump.</u> Each jump combination may include only 1 double jump Each jump may be repeated only once, and only as part of a combination or sequence If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value All single jumps, including the single Axel, and the following double jumps are permitted: double toe loop, double Salchow. Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted | Max 3 Spins <ul style="list-style-type: none"> Max Level 3 Spins must be of different character (for definition, see U.S. Figure Skating rule 6103) Min 4 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position | Max 1 Step Sequence <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such. |
|---|--|--|---|
|---|--|--|---|

| 2022-2023 | JUMP ELEMENTS | SPINS | STEP/SPIRAL SEQUENCES |
|---|---|--|--|
| CHAMPIONSHIP ADULT SILVER AND ADULT SILVER 2:10 maximum 2nd half bonus: 1:05 | Max 5 Jump Elements <ul style="list-style-type: none"> Max 2 combinations or sequences <ul style="list-style-type: none"> <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or jump sequence may include 3 jumps</u> <u>Jump sequence is any listed jump immediately followed by an Axel-type jump and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump.</u> Non-listed jumps of not more than 1 revolution performed as part of connecting footwork preceding single jumps are permitted Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump). If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value All single jumps, including single Axel, are permitted No double or triple jumps are permitted | Max 2 Spins <ul style="list-style-type: none"> Max Level 2 Spins must be of different character (for definition, see U.S. Figure Skating rule 6103) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position | Max 1 Sequence <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing at least 1/2 of the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such. |

This 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.

6.0 System Penalties: • 0.1 in each mark for each illegal element • 0.1 in 1st mark for insufficient revs.
 • 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 for each jump and/or spin element exceeding max.
 • 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.

2022-2023 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, 2022.



| ADULT BRONZE 1:50 maximum | Max 4 Jump Elements <ul style="list-style-type: none"> Max 2 combinations or sequences <ul style="list-style-type: none"> 1 combination may contain 3 jumps, and the other may contain only 2 jumps <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or jump sequence may include 3 jumps</u> <u>Jump sequence is any listed jump immediately followed by a waltz-type jump and/or the third jump is a waltz-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz-type jump.</u> Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except single Axel) No single Axel, double or triple jumps are permitted | Max 2 Spins <ul style="list-style-type: none"> Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 6103) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position Spins with a flying entry are not permitted | Max 1 Sequence <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing at least $\frac{1}{2}$ of the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such. |
|----------------------------------|--|--|---|
| ADULT PRE BRONZE 1:40 maximum | Max 4 Jump Elements <ul style="list-style-type: none"> Max 2 combinations or sequences <ul style="list-style-type: none"> 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps <u>Jump combinations and jump sequences are limited to two jumps except that one jump combination or jump sequence may include 3 jumps</u> <u>Jump sequence is any listed jump immediately followed by a waltz-type jump and/or the third jump is a waltz-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz-type jump.</u> Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) Only single and half-revolution jumps are permitted (<u>half flip and half lutz are permitted</u>) No single Lutz, single Axel or double or triple jumps are permitted | Max 2 Spins <ul style="list-style-type: none"> Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 6103) Min 3 revs Spins with a flying entry are not permitted A two-foot spin is permitted as one of the spins at this level and is of a different character than a one-foot spin | <ul style="list-style-type: none"> Connecting steps throughout the program are required |

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.

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.

2022-23 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, 2022.



| 2022-23 | EDGE ELEMENTS | SPIN | STEP SEQUENCES | TWIZZLES | CHOREOGRAPHIC CHARACTER STEP |
|---|---|---|--|--|--|
| ADULT GOLD SOLO FREE DANCE 2:40 +/- 10 seconds | Max 3 Two options: 1 combination edge element and 1 short edge element OR 3 different short edge elements with different positions Each lobe of a combination edge element must be held in position for a minimum of 3 seconds, but a combination edge element may not exceed 12 seconds A short edge element must be held in position for a minimum of 3 seconds, but no more than 7 seconds | Max 1 Solo dance spin or solo dance combination spin – min 3 revs on one/ each foot Flying spins not permitted | Max 1 Serpentine, circular, midline, or diagonal Must use full ice surface Should include a variety of steps and turns and must include brackets, counters, rockers and choctaws Not Permitted: Stops, pattern retrogressions, loops, jumps of more than $\frac{1}{2}$ revolution, dance spins and pirouettes | Max 1 Twizzle Series - 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. | Max 1 One choreographic character step sequence performed at any point in the program. Must be placed around the short axis and proceed from barrier to barrier. Must commence with a full stop at one barrier or the other. |
| ADULT SILVER SOLO FREE DANCE 2:00 +/- 10 seconds | Max 2 2 short edge elements (7 sec max) Each edge must be held in position for a minimum of 3 seconds. Edge elements must have different positions | Max 1 Solo dance spin or solo dance combination spin – min 3 revs on one/ each foot Flying spins not permitted | Max 1 Circular, midline or diagonal step sequence Must use full ice surface Should include a variety of steps and turns and must include three-turns, mohawks, brackets and counters. Not Permitted: Stops, pattern retrogressions, loops, jumps of more than $\frac{1}{2}$ revolution, dance spins and pirouettes | Max 1 Twizzle series - min 2 revs each twizzle No more than 3 steps between twizzles | Max 1 One choreographic character step sequence performed at any point in the program. Must be placed around the short axis and proceed from barrier to barrier. Must commence with a full stop at one barrier or the other. |
| ADULT BRONZE SOLO FREE DANCE 1:40 +/- 10 seconds | Max 1 1 short edge element (7 sec max) Edge must be held in position for a minimum of 3 seconds | Max 1 Solo dance spin – min 3 revs on 1 foot Spin combinations and flying spins not permitted. | Max 1 Circular, midline or diagonal step sequence Must use full ice surface Should include a variety of steps and turns and must include three-turns and mohawks. Not Permitted: Stops, pattern retrogressions, loops, jumps of more than $\frac{1}{2}$ revolution, dance spins and pirouettes | Max 1 Twizzle - min 1 rev | |

[See rule 8373 for definitions and descriptions of elements](#)

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.

2022-2023 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, 2022.



| 2022-2023 | LIFTS | DANCE SPINS | STEP SEQUENCES | TWIZZLES | CHOREOGRAPHIC ELEMENT | Additional Information |
|---|---|---|--|---|---|---|
| CHAMPIONSHIP ADULT/ ADULT GOLDD/ ADULT PRE-GOLD/ MASTERS OPEN 3:10 maximum | Max* 2 One Combination Lift (max 12 secs) or Two Different Types of Short Lifts (max 7 secs) | Max 1 Spin or Spin Combination Spin – min 3 revs. on one foot by both partners Spin combination – min 3 revs. in either part by both partners | Max 1 Choreographic Step Sequence Chosen from circular, midline or diagonal in hold Must use full ice surface Serpentine and not touching types of step sequences are not permitted Skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed one measure of music. 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. Not Permitted Elements: Stops, pattern retrogressions and loops are not permitted in the step sequence. Dance spins and pirouettes are stops | Max 1 Synchronized Twizzle** At least one full rotation No stop(s) permitted before twizzle **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. The additional twizzle and steps can be considered by the judges in the program components. 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. | Max 1 Chosen from: Choreographic lift, Choreographic spinning movement, Choreographic twizzling movement, Choreographic sliding movement, Choreographic character step sequence | Required elements may be skated anywhere in the program except in the required step sequence. Music should adhere to rule 6095 (E). One sliding element may be executed, but it will not be called by the technical panel or evaluated by the judges for GOE. Touching the ice with hand(s) is not allowed. Other 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 |

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.

2021-22 Adult Pairs 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, 2021.



| 2021-22 | LIFTS | THROW JUMP | SOLO JUMP | JUMP SEQUENCE/ COMBINATION | SOLO SPIN/ COMBINATION | PAIR SPIN/ COMBINATION | PIVOT FIGURE or DEATH SPIRAL | STEP SEQUENCE | *ADDITIONAL ELEMENT |
|---|---|--|--|---|---|---|--|---|--|
| CHAMPIONSHIP MASTERS PAIRS & MASTERS PAIRS & ADULT GOLD PAIRS 3:40 maximum | <p>Max 2* different One may be a twist lift with no limit on the number of revolutions</p> <p>If lifts are from the same group, they must be different (e.g. one star and one platter, both from Group 3)</p> <p>Min $\frac{1}{2}$ rev and max $3\frac{1}{2}$ revs by man required</p> <p>Variations of the lady's position, no-handed, one-handed and combination lifts are permitted</p> <p>Carry lifts and lifts that include a carry feature are not permitted</p> | <p>Max 2 different Must have different IJS codes</p> <p>No limit on number of revolutions</p> | <p>Max 1 Single, double or triple jumps permitted</p> | <p>Max 1 Single, double or triple jumps permitted</p> <p>Max two jumps in jump combination</p> <p>Jump sequence is any listed jump immediately followed by an Axel-type jump</p> | <p>Max 1</p> <ul style="list-style-type: none"> Min 4 revs by both partners if spin does not have a change of foot Min 6 revs by both partners if spin has a change of foot Min 2 revs in each position | <p>Max 1*</p> <p>Pair spin:</p> <ul style="list-style-type: none"> Min 4 revs by both partners Optional change of position Min 2 revs in each position by both partners <p>Or</p> <p>Pair spin combination:</p> <ul style="list-style-type: none"> Min 6 revs total by both partners Min 1 change of position by each partner Min 1 change of foot by each partner Min 2 revs in each position by both partners | <p>Max 1*</p> <p>Regular one-hand to one-hand hold required</p> <p>At least $\frac{1}{2}$ revolution with man in full pivot position</p> | <p>Max 1</p> <p>One choreographic sequence</p> <ul style="list-style-type: none"> Must be clearly visible <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such</p> | <p>Max 1</p> <p>May choose to perform one additional element from:</p> <ul style="list-style-type: none"> Pair spin if not already performed Pair spin combination if not already performed Pivot figure/death spiral (max two per program, different IJS codes) Lift (max three per program, must be different) <p>Except for lifts, additional elements must have an IJS code that is different from that of any other program element.</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.

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.

2021-22 Adult Pairs 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, 2021.



| 2021-22 | LIFTS | THROW JUMP | SOLO JUMP | JUMP SEQUENCE/ COMBINATION | SOLO SPIN/ COMBINATION | PAIR SPIN/ COMBINATION | PIVOT FIGURE or DEATH SPIRAL | STEP OR CHOREOGRAPHIC SEQUENCE |
|--|--|--|---|---|--|---|---|--|
| ADULT SILVER PAIRS 2:50 maximum | Max 2 different One must be from Group 1 Other lift may be from Group 1 with a different take off or from Group 2 or may be a single twist lift Full extension is optional for Group 2 waist lift Min ½ rev and max 3½ revs by man required Variation of lady's position, no-handed, one-handed, overhead, carry and combination lifts, and lifts that include a carry feature are not permitted | Max 1 Single throw jumps only Single Axel throw jumps permitted | Max 1 Single jumps only Single Axel jumps permitted | Max 1 Single jumps only Single Axel jumps permitted Max two jumps in jump combination Jump sequence is any listed jump immediately followed by an Axel-type jump | Max 1 Min 3 revs by both partners if spin does not have a change of foot Min 5 revs by both partners if spin has a change of foot Min 2 revs in each position by both partners | Max 1 Min 3 revs by both partners Optional change of position Min 2 revs in each position by both partners or Pair spin combination: Min 5 revs total by both partners Min 2 revs in each position by both partners | Max 1 Pivot position not required Choice of position and hand hold Attempt must be identifiable | Max 1 One choreographic sequence Must be clearly visible Additional moves in the field, spiral and step sequences will not be counted as elements but be counted as transitions and marked as such |
| ADULT BRONZE PAIRS 2:30 maximum | Max 1 May be from Group 1 or a Group 2 waist lift Min ½ rev and max 3½ revs by man required Full extension is optional for Group 2 waist lift Variations of the lady's position, no-handed, one-handed, overhead, twist, carry and combination lifts, and lifts that include a carry feature are not permitted | Max 1 (optional) Single throw jumps only Single Axel, double or triple throw jumps not permitted | Max 1 Single jumps only Single Axel, double or triple jumps not permitted | Max 1 Single jumps only Max two jumps in jump combination Jump sequence is any listed jump immediately followed by an Axel-type (waltz) jump | Max 1 Min 3 revs by both partners if spin does not have a change of foot Min 5 revs by both partners if spin has a change of foot Min 2 revs in each position by both partners | Max 1 Pair spin: Min 3 revs by both partners Optional change of position Min 2 revs in each position by both partners Pair spin combinations not permitted | Max 1 Pivot figure: Pivot position not required Choice of position and hand hold Attempt must be identifiable Death spirals not permitted | Max 1 One choreographic sequence Must be clearly visible Additional moves in the field, spiral and step sequences will not be counted as elements but be counted as transitions and marked as such |

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.

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.

2021-22 Adult Pairs 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, 2021.



| 2019-20 | LIFTS | THROW JUMP | SOLO JUMP | JUMP SEQUENCE/ COMBINATION | SOLO SPIN/ COMBINATION | PAIR SPIN/ COMBINATION | PIVOT FIGURE or DEATH SPIRAL | STEP OR CHOREOGRAPHIC SEQUENCE |
|--|---|--|--|---|---|---|--|---|
| CENTENNIAL PAIRS 2:50 maximum | Max 2 different Lifts may be from Group 1 or Group 2 or one may be a single twist lift *If from the same group, each must have different take off (for example, one Lutz lift and one Axel lift, both from Group 1) Full extension is optional for Group 2 waist lift Min ½ rev and max 3½ revs by man required Variations of the lady's position, no-handed, one-handed, overhead, carry and combination lifts, and lifts that include a carry feature are not permitted | Max 1 Single throw jumps only Single Axel throw jumps permitted | Max 1 Single jumps only Single Axel jumps permitted | Max 1 Single jumps only Single Axel jumps permitted Max two jumps in jump combination Jump sequence is any listed jump immediately followed by an Axel-type jump | Max 1 • Min 3 revs by both partners if spin does not have a change of foot • Min 5 revs by both partners if spin has a change of foot • Min 2 revs in each position | Max 1 Pair spin: • Min 3 revs by both partners • Optional change of position • Min 2 revs in each position by both partners or Pair spin combination: • Min 5 revs total by both partners • Min 2 revs in each position by both partners | Max 1 Pivot position not required Choice of position and hand hold | Max 1 One choreographic sequence • Must be clearly visible Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such |

This 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.

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.

JUDGING AND MARKING:

will be judged from an entertainment standpoint, for theatrical and artistic qualities. Three Program Components – marked on a scale of 0.25 to 10.

1. Showcase Skating Skills

Showcase skating is the way an athlete uses their skating and physical ability to convey their act on the ice surface. It must show a quality to support the selected theatrical performance, and show abilities in the skating vernacular, such as balance, glide, acceleration, ice coverage, one-foot skating, etc. Technical elements often found in singles should not be directly rewarded except where they are directly integrated into the performance and advance the story/theme/concept.

2. Performance & Projection: Universe, Musicality and Feeling

The physical, emotional, and artistic involvement of a skater, using their ability to create a universe. This performance has continuous development of the theme and universe from beginning to end, while displaying their musicality skills. It is a measure of how skaters use the ice, music, and the space around them to project feeling and musical awareness into the subconscious of the audience.

3. Artistic Appeal with Innovation & Creativity

A performance is truly entertaining when it is in the eyes, ears, and hearts of the audience. It is a measure of how audience members remember the program, how they felt during the performance, their level of involvement during the program, what they take away from it, and how long after they will recall it. The meaning and feeling should be unique and personal. The question to be answered is: Will I remember what I have seen, and would I like to see it again?

| Deduction | Description | Applied by |
|------------------|---------------------------------------|--------------------------------|
| -0.25 | For each 10 seconds over maximum time | Referee |
| -0.5 | Prop(s) Not Used | Judges + Referee (Majority) |

A. SHOWCASE EVENTS:

Singles: Skaters may enter any or all events for which they are qualified by test level at non-qualifying competitions. Skaters cannot skate in different levels of the same event (example: an Emotional Performance junior level skater would not be allowed to skate Emotional Performance Junior and Senior level events at the same competition).

1. **Emotional (formerly Dramatic) Performance:** Programs should portray a story, expressing conflict, resolution and/or depth of emotion. Skater should provoke an emotional response with the audience - through related skating movements, gestures and choreographic processes. The entire spectrum of emotions should be considered when selecting the theme (e.g. love, loss, longing, fulfillment, happiness, melancholy, sadness, etc.).
 - Lip synching is not permitted.
 - Props and Scenery are permitted.
 - No Technical Limitations.
2. **Choreographic Artistry:** Programs will have music without spoken words or lyrics. Technical elements (not required) will be limited to no more than ½ rotation jumps, 1 full spin, additional spins with 3 or fewer revolutions. Emphasis should be on developing movement on the ice, using the entire body to express abstract ideas and choreographic processes and gestures.
 - Lip synching is not permitted.
 - Props and Scenery are not permitted.
 - Technical Limitations: ½ rotation jumps, 1 full spin, additional spins < 3 revs.
 - Costuming: simple, minimal adornment, no more than 1 color shade.
3. **Lyrical Pop:** Perform to your favorite song containing lyrics, without lip-synching.
 - Lip synching is not permitted
 - Props and Scenery are not permitted
 - No Technical Limitations
4. **Character Performance:** Skaters will impersonate a character, original or adapted, on the ice. Performances as a character from a movie, musical, book, original idea, original adaptation are all welcome here.
 - Lip synching is required
 - Props and Scenery are permitted
 - No Technical Limitations
5. **Comedic Impressions:** A humorous performance intentionally designed to achieve continuous/multiple chuckles, laughs, or audible rises from viewers. Performance is projected outward towards audience and entertaining through skating movements, gestures and physical actions deemed comedic.
 - Lip synching is permitted
 - Props and Scenery are permitted
 - No Technical Limitations

B. TIMING:

All programs must begin on the ice in view of the audience. Timing of the program will begin with the first movement of any skater or member of a team. Timing shall end when the skater(s) have come to a complete stop or crossed the line of the curtain/exit. For performances that are over the time allotment, a deduction for every 10 seconds in excess will be applied.

C. SCENERY / PROPS RULES:

- General:
 - The inclusion of scenery and/or props is optional, and not mandatory.
 - All scenery must be portable by humans, and without mechanical means for transportation. Its movement while on the ice will be the responsibility of the skater or teams.
 - The use of props and scenery should add to the performance of the skater.
 - Scenery is defined as: any nonpermanent two- or three-dimensional background or environmental element that is placed on the stage so as to suggest the historical period, locale, and mood of the program being performed.
 - Prop is defined as: a moveable or portable object, distinct from the skater, scenery, costumes; used in a production, and similar entertainments, to further the action or presented story.
- Props and scenery must be placed and removed:
 - Unaided, by the competitor within 30 seconds each, on and off. Persons not skating are not allowed to step on the ice.
 - All props and scenery must be able to enter and exit the entrances from which skaters enter the ice. Extra accommodations for entry and exit from other locations to fit oversized props will not be allowed.
- Illegal or Prohibited Props:
 - Scenery may not exceed 7'6" in height
 - For insurance reasons no propulsion or projectile devices will be permitted. This includes items such as cannons and trampolines. Apparatus such as these, which could be used to assist skaters with jumping into the air, are NOT permitted.
 - The use of smoke, fire, dry ice, liquids, live animals, feathers, bubble machines or any substance that may harm the ice surface and/or skaters is not permitted.
 - No glass mirrors or glass of any kind is allowed on the ice.
 - People may not be used as props.
 - Dangerous props that may harm participant/audience could result in disqualification from event/competition.

D. COSTUMES:

- Costuming and make-up for showcase skating programs should enhance the feeling created by the performance and reflect the meaning of the story, theme, or character portrayed on the ice.
- The clothing of the competitors must be dignified and appropriate for artistic competition. The clothing may be theatrical in design and reflect the chosen music.
- Costume rules for Singles/Pairs/Dance/Synchro/TOI programs do not apply for showcase skating.

Adult Singles

| Event | Must meet requirements* | Must not have passed | Age | Time |
|--|--|--|--------------|-------------|
| | Must have passed Free Skating or Dance test (solo or partnered, standard, adult, or masters track) | Free Skate, Figure or Dance Test (solo or partnered; standard, adult, or masters track) | | |
| Adult Pre-Bronze <i>Note: this level does not qualify for National Showcase</i> | Adult Pre-Bronze Free Skate Pre-Preliminary Free Skate | Adult Bronze Free Skate Adult Bronze Free Dance Preliminary Free Skate Juvenile Free Dance Bronze Pattern Dance | 21 and older | 1:40 max |
| Adult Bronze | Adult Bronze Free Skate Adult Bronze Free Dance Preliminary Free Skate Juvenile Free Dance Pre-Bronze Pattern Dance | Adult Silver Free Skate Pre-Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance (Prelim prior to 9/2/2000) Silver Pattern Dance 3 rd Figure (prior to 10/1/1977) | 21 and older | 1:40 max |
| Adult Silver | Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre-Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance (Prelim prior to 9/2/2000) 3 rd Figure (prior to 10/1/1977) Bronze Pattern Dance | Adult Gold Free Skate Juvenile Free Skate (on/after 10/1/94) Adult Gold Free Dance Novice Free Dance (Brz prior to 9/2/2000) 4 th Figure (prior to 10/1/1977) Pre-Gold Pattern Dance | 21 and older | 1:40 max |
| Adult Gold | Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance (Brz prior to 9/2/2000) 3 rd Figure (prior to 10/1/1977) Pre-Silver Pattern Dance | Intermediate Free Skate (on/after 10/1/91) Junior Free Dance (Slv prior to 9/2/2000) 5 th Figure (prior to 10/1/1977) Gold Pattern Dance | 21 and older | 1:40 max |
| Masters | Intermediate Free Skate Adult Gold Free Dance Junior Free Dance (Slv prior to 2000) 3 rd Figure (Prior to 10/1/1977) 8 th Figure (10/1/77-9/30/79) Silver Pattern Dance | n/a | 21 and older | 2:10 max |