



2019 Miami Open Competition

Miami Skating Academy
March 22 – 24, 2019

Sanction # 28321

The 2019 Miami Open Competition 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 February 22, 2019, 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 REGISTRATIONS/REQUIREMENTS: Singles free skate events (Well Balanced Program) have the following requirements.

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

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

ENTRIES: Secure online registration and credit card payment (which includes a 3% convenience fee) will be available through Event Management System (EMS). **Entry deadline is 11:59pm EST on February 22, 2019.** Late entries may be accepted at the discretion of the competition director. If accepted a late fee of \$25 will be assessed.

EVENT TYPE	ENTRY FEE
IJS 1 st event	\$100
6.0 1 st event	\$100
Compete USA 1 st event	\$50
All additional events	\$30

REFUND POLICY: Entry fees will not be refunded after February 22 unless the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

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 available by email and published on EMS. All schedules are subject to change leading up to final event. A final schedule will be posted at the rink and online before the start of the event.

FACILITIES: The competition will be held at Goggin Ice Center at Miami University, 610 S Oak Street, Oxford, OH 45056. You may reach the Pro Shop at 513-529-9800 or visit the website at MiamiOH.edu/ICE.

The rink is 200' by 85'. We are located on Miami University's campus near the Recreational Center on Campus Avenue. Locker rooms and restrooms are located off the lobby, by the Campus Avenue entrance. Our facility hosts 3000 seats on the Cady Arena surface (competition surface) and maintains a moderate temperature. Vending machines and limited snacks available in the Pro Shop for purchase.

PARKING: We have a parking garage located directly across from the rink entrance on Campus Avenue. The price is \$1.00 for the first hour and \$.50 for every hour after. We also have metered parking on the street. Be mindful of university parking, as non-university participants without a proper parking pass will be issued a ticket.

MUSIC: The official competition music must be uploaded to EMS by the established deadline. A duplicate back-up CD or iPod should be readily available to all skaters during their performance. Every reasonable care will be taken, but the Miami Skating Academy cannot be responsible for CDs left at the end of the competition.

LIABILITY: U.S. Figure Skating, Miami Skating Academy, and Goggin Ice Center accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEM:

The International Judging System (IJS) will be used for the *Preliminary* and *Pre-Juvenile* free skate events.

All competitors skating in these events need to submit the planned program content form online through EMS directly.

The 6.0 Judging System will be used for all basic skills; beginner through excel levels; no test; and pre-preliminary well-balanced.

REGISTRATION: Registration will begin on Friday, March 22, and will be open one to two hours before the first event and run through the last event of the day. The registration table will be located in the lobby. Please register promptly upon arrival.

LOCKER ROOMS AND CHANGING AREAS: Please click here to review the [Locker Rooms and Changing Area policy](#). More detailed information can be found in the [SafeSport Handbook](#).

PRACTICE ICE: Practice ice will be sold online and during the competition. All practice sessions are \$10.00 and 20 minutes long. Practice ice is a first-come, first-served basis. No programs will be played during practice ice.

PHOTOGRAPHY/VIDEOGRAPHY: There will be no videographer or photographer during the event. All patrons are allowed to take pictures and videos from the stands. No individual will be allowed rink side for these purposes.

AWARDS: All events will be final rounds. Medals will be awarded for 1st through 5th place. The skater is responsible for picking up awards during the ceremonies in the lobby. Awards will not be mailed to the skater.

OFFICIAL NOTICES: An official bulletin board will be maintained along the glass wall tunnel located between locker rooms 9/11 and 12/13. 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 one hour 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 registration. Forms must be picked up at the registration desk prior to the end of the competition. Cost for the packet is \$5.

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 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 your 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 Cassandra MacDonald, Director of Ice Skating, at VogelCD@MiamiOH.edu or 513-529-9805.

HOTEL INFORMATION:
(MENTION MIAMI OPEN COMPETITION)

Marcum Conference Center

351 N. Fisher Drive
 Oxford, OH 45056
 (513) 529-6911
Rate: \$169 – \$209*
 Block Release: 2/16/19

Hampton Inn

375 S College Avenue
 Oxford, OH 45056
 (513) 524-2012
Rate: \$219*
 Block Release: 2/16/19

The Elms Hotel

75 S Main St
 Oxford, OH 45056
 (513) 524-2002
Rate: \$189.95 – \$209.95*
 Block Release: 2/16/19

Baymont Inn & Suites

5190 College Corner Pike
 Oxford, OH 45056
 (513) 523-2722
Rate: \$145.99*
 Block Release: 2/16/19

Best Western Sycamore Inn

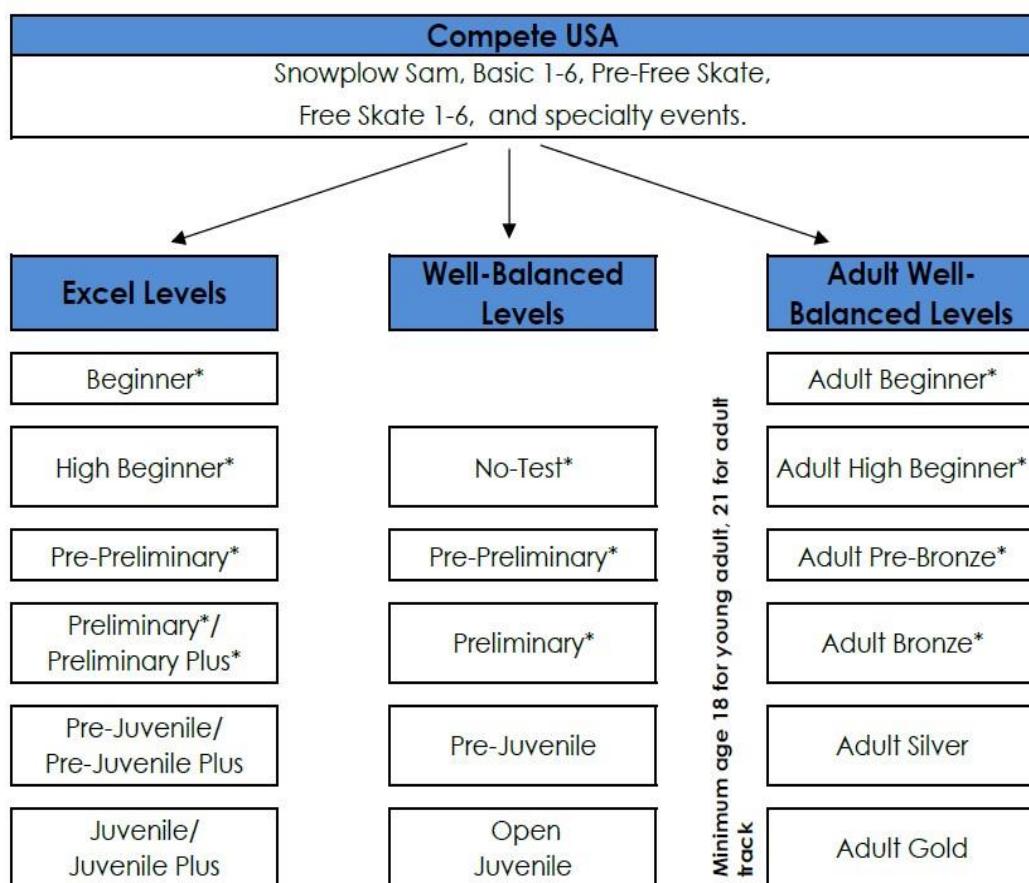
6 E Sycamore St
 Oxford, OH 45056
 (513) 523-0000
Rate: \$168*
 Block Release: 2/16/19

(*) – These prices do not include tax

SECTION 2: EVENTS OFFERED

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

Events are offered in the following categories: compulsory moves, spins, jumps, freeskate (well-balanced program and Excel) and showcase. Levels range from basic skills (Snowplow Sam through Freeskate 6) to Excel Senior. Adults range from adult 1 – Adult Bronze



*Indicates an introductory level that may be held at Compete USA competitions. Beginner and High Beginner require a current Learn to Skate USA and/or U.S. Figure Skating full membership; all other levels require a current full U.S. Figure Skating membership.

SNOWPLOW SAM – BASIC 6 ELEMENTS

- Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)
- To be skated on 1/2 ice
- No music
- **All elements must be skated in the order listed.**

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

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

- To be skated on $\frac{1}{2}$ ice.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.

STANDARDIZED MUSIC WILL BE USED.

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

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

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

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

Connecting steps and transitions should be demonstrated throughout the program.

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

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

EXCEL COMPULSORY MOVES

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

WELL-BALANCED COMPULSORY MOVES

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

Pre – Juvenile	1:15 max.	<ul style="list-style-type: none"> • Axel or double Salchow • Jump combination: single/single (may include Axel) • Layback spin or camel spin - minimum three revolutions • Step sequence – must include rotating in both directions
Juvenile & Open Juv.	1:15 max.	<ul style="list-style-type: none"> • Double Salchow or double toe loop • Jump combination: single/single or double/single • Layback spin or camel spin - minimum four revolutions • Step sequence – must include 3 difficult turns and rotating in both directions
Intermediate	1:30 max.	<ul style="list-style-type: none"> • Double Salchow, double toe loop or double loop • Jump combination: single/single or double/single, double,double • Flying spin, minimum five revolutions • Step sequence – must include 4 difficult turns and rotations in both directions
Novice	1:30 max.	<ul style="list-style-type: none"> • Double loop or double flip • Jump combination: double/single or double,double • Flying spin - minimum six revolutions • Step sequence – must include 5 difficult turns and rotations in both directions
Junior	1:30 max.	<ul style="list-style-type: none"> • Double flip or double Lutz • Jump combination: double,double or triple,double • Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot) • Step sequence – must include 7 difficult turns and rotations in both directions
Senior	1:30 max.	<ul style="list-style-type: none"> • Double Lutz or double Axel • Jump combination: double,double or triple,double • Combination spin - all 3 basic positions required (min. 6 on each foot) • Step sequence – must include 7 difficult turns and rotations in both directions

EXCEL FREESKATE

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>Excel Beginner Free Skate 1:40 Max</p> <p>Must not have passed higher than Learn to Skate USA Free Skate 2</p>	<p>Maximum 4 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: Salchow, toe loop only • Half Loops are not allowed. • Maximum 2 jump combinations or sequences • Maximum 2 of any same jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Two upright spins • No change of foot • No flying entry • Minimum 3 revolutions 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence
<p>Excel High Beginner Free Skate 1:40 Max</p> <p>Must not have passed higher than Learn to Skate USA Free Skate 4</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: toe loop, Salchow, half-loop, loop • Flip, Lutz, & Axel NOT permitted • Maximum 2 jump combinations or sequences • Maximum 2 of any same jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Both spins must be in a single position • No flying entry • Permitted forward spins: upright, sit, camel • Permitted back spins: upright • Minimum 3 revolutions • Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence
<p>Excel Pre-Preliminary 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>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> ◦ No single Axels, double, or higher jumps allowed ◦ Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps. One 3-jump combination is allowed <p>Jump sequence is any listed jump immediately followed by a waltz jump.</p>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position* • One spin may change feet and/or position • No flying entry • Minimum 3 revolutions • Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence
<p>Excel Preliminary 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>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> ◦ No single Axels, double, or higher jumps allowed ◦ Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position* • One spin may change feet and/or position • No flying entry • Minimum 3 revolutions • Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence

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

*means required element Full U.S. Figure Skating membership required	<ul style="list-style-type: none"> higher jumps not allowed. ○ 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 ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded ● Maximum 2 jump combinations or sequences ○ Jump combination limited to 2 jumps. One 3 jump combination is allowed ○ Jump sequence is any listed jump followed by an axel type jump. 	<ul style="list-style-type: none"> ○ Spin may start with flying entry ○ Minimum 4 revolutions ● Spins must be of a different character 	included in the choreographic step sequence
Excel Juvenile 2:20 +/- 10 seconds Must not have passed higher than U.S. Figure Skating juvenile free skate test *means required element Full U.S. Figure Skating membership required	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> ● All single jumps allowed, including Axel <ul style="list-style-type: none"> ○ No double or higher jumps allowed ○ 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) ○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded ● Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> ● 1 spin combination, with or without change of foot* ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position ● 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions ● Both Spins may start with a flying entry. ● Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> ● Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
Excel Juvenile Plus 2:20 +/- 10 seconds Must not have passed higher than U.S. Figure Skating juvenile free skate test *means required element Full U.S. Figure Skating membership required	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> ● 1 must be an Axel-type jump* ● All single jumps, including the single Axel, allowed. ● Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed ○ 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 ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded ● Maximum 2 jump combinations or sequences 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> ● 1 spin combination, with or without change of foot* ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position ● 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions ● Both Spins may start with a flying entry. ● Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> ● Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

	<ul style="list-style-type: none"> ○ Jump combination limited to 2 jumps. One 3 jump combination is allowed ○ Jump sequence is any listed jump followed by an axel type jump. 		
Excel Intermediate** 3:00 +/- 10 seconds Must not have passed higher than U.S. Figure Skating intermediate free skate test *means required element Full U.S. Figure Skating membership required	<p>Maximum 6 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop allowed ○ Double flip, double Lutz, double Axel and higher jumps not allowed ○ 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 ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 3 jump combinations or sequences ○ Jump combinations limited to 2 jumps. One 3 jump combination is permitted. Jump sequence is any listed jump followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions • Both Spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
Excel Novice** 3:30 +/- 10 seconds Must not have passed higher than U.S. Figure Skating novice free skate test *means required element Full U.S. Figure Skating membership required	<p>Maximum 6 jump elements for ladies, 7 for men:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop, double flip allowed ○ Double Lutz, double Axel and higher jumps not allowed ○ 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 ○ 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 • Maximum 3 jump combinations or sequences ○ Jump combinations limited to 2 jumps. One 3 jump combination with a maximum of 3 jumps is allowed ○ Jump sequence is any listed jump followed by an axel type jump. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 8 revolutions ○ Minimum 2 revolutions in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 3rd spin is option of skater • All spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

<p>Excel Junior 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>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* <ul style="list-style-type: none"> ◦ All single and double jumps allowed, except the double Axel. ◦ Double Axel and higher jumps not allowed ◦ 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 ◦ Maximum 3 jump combinations or sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed ◦ Jump sequence is any listed jump followed by an axel type jump. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ◦ Minimum 10 revolutions ◦ All 3 basic positions with minimum 2 revolutions in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ◦ Minimum 6 revolutions • 1 spin with only one position* <ul style="list-style-type: none"> ◦ Minimum 6 revolutions • All spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ◦ Must fully utilize the ice surface
<p>Excel Senior 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>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* <ul style="list-style-type: none"> ◦ All single and double jumps allowed, including the double Axel. ◦ Triple and higher jumps not allowed ◦ 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 ◦ Maximum 3 jump combinations or sequences ◦ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ◦ Jump sequence is any listed jump followed by an axel type jump. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ◦ Minimum 10 revolutions ◦ All 3 basic positions with minimum 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ◦ Minimum 6 revolutions • 1 spin with only one position* <ul style="list-style-type: none"> ◦ Minimum 6 revolutions • All spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 2 Sequences:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ◦ Must fully utilize the ice surface • One Choreographic Sequence* (ChSq) <ul style="list-style-type: none"> ◦ Must be clearly visible

WELL-BALANCED PROGRAM 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.

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

ADULT 1-6, BEGINNER-BRONZE COMPULSORY

- The skating order of the elements is optional. Element may only be attempted once.
- To be skated in simple program format with limited connecting steps, $\frac{1}{2}$ 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"> Bunny hop Mazurka Forward beginning one-foot spin from backward crossovers (min 2 revs) Forward moving inside open Mohawk (right and left) – heel to instep Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult High Beginner	1:30 Max.	<ul style="list-style-type: none"> Waltz Jump $\frac{1}{2}$ Flip Forward upright spin – minimum 3 revolutions Backward outside three- turn, right and left Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult Pre-Bronze	1:30 Max.	<ul style="list-style-type: none"> Toe loop jump Jump combination or sequence consisting of only $\frac{1}{2}$ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in combination and 3 jumps in a sequence Forward upright spin - minimum 3 revolutions Two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise, and counterclockwise Forward spiral (any edge)
Adult Bronze	1:30 Max.	<ul style="list-style-type: none"> Salchow jump Walt jump – toe loop combination jump Backward Upright Spin – entry optional (Min. 3 revolutions) Backward inside three-turn, right and left Spiral sequence (Minimum 2 spirals)- must change edge or foot

ADULT 1-6 FREE SKATE WITH MUSIC

General event parameters:

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

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

ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC

General event parameters:

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

Level	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 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 • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump. 	Max 2 spins: <input type="checkbox"/> 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 PreBronze 1:40 Maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> • Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included • 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps. • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are allowed • No single Lutz, single Axel or double jumps are allowed 	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) 	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; • 1 combination/sequence may consist of three jumps, and the other may have only two jumps. Each jump may be repeated only once, and only as part of 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: Choreographic Step Sequence Must use at least $\frac{1}{2}$ ice surface May include Moves in the Field and spirals	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

SHOWCASE

Format: Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Showcase categories include Light Entertainment, Dramatic, Duet, and Mini production ensembles:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed, as listed in the table below. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline.
3. Current guidelines and procedures for no qualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Except for Adult events, skaters must compete at the highest level for which they qualify.

Event	Elements	Qualifications	Age	Time
Basic 1 – 6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level		1:00 max
Pre-Free Skate – Free Skate 6/Beginner/High Beginner/Adult 1-6/Adult Beginner/Adult High Beginner	3 jump maximum. $\frac{1}{2}$ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official US Figure Skating free skate or free dance tests.		1:30 max
Event	Must meet requirements*	Must not have passed	Age	Time
No Test (does not qualify for National Showcase)	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No minimum (max age 20)	1:30 max
Pre-Preliminary (does not qualify for National Showcase)	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No minimum (max age 20)	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max

Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	Under 13	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:30 max
Senior	Senior Free Skate OR Senior Free Dance			2:30 max
Adult Pre-Bronze (does not qualify for National Showcase)	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max

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

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
Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3 revs) 2. Upright back spin (3 revs) 3. Sit spin (3 revs)
High Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (4 revs) 2. Upright spin with change of foot (3 revs on each foot) 3. Sit spin (3 revs)
No-Test	1:30 max.	<ol style="list-style-type: none"> 1. Upright spin with change of foot (3 revs on each foot) 2. Sit spin (3 revs) 3. Camel spin (3 revs)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 4. Spin with one change of position and no change of foot (6 revs) 5. Backward sit spin (3 revs) 6. Camel spin (4 revs)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 4. Spin with one change of foot and one change of position (min. 3 revs each foot) 5. Combination sit spin with change of foot (min. 3 revs each foot) 6. One position spin – skater's choice (upright, sit or camel), (4 revs)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> 4. Backward entry Camel spin (4 revs) 5. Combination spin – All 3 basic positions are required (camel, sit, upright), (2 revs in each position) 6. Forward to backward scratch spin (min 4 revs per foot)
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> 4. Sit spin (4) 5. Combination spin – with change of foot; all 3 basic positions required 2 revs in each position (min. 4 revs per foot) 6. Girls – layback spin (6 revs); Boys – camel spin (5 revs)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 4. Flying camel spin-basic camel position required (5 revs) 5. Sit spin to backward sit spin-basic sit position required (4 revs per foot) 6. Combination spin – change of foot & all 3 basic positions required (2 revs in each position & min 5 revs per foot)
Novice	1:30 max.	<ol style="list-style-type: none"> 4. Illusion to back scratch spin; may change feet (6 revs) 5. Camel spin to backward camel spin (4 revs per foot) 6. Combination spin – change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)

INTERPRETIVE EVENTS

Format: Interpretive is a performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the competition committee / LOC. Programs should incorporate various elements of expressive movement and skating moves, to enhance the skater's interpretation of the music, rather than technical elements.

- The music will be played continuously during a 30-minute off-ice session in a room and twice during an on-ice warm-up prior to the performance.
 - The room will be attended only by the adult monitor assigned to play the music and the competing skaters.
- **After the warm up, skaters will go back to a room, with no music being played.**
- Skaters will be brought to the ice when the previous skater finishes.
- All competitors in an event will interpret the same music.
- Props are permitted but must be brought into the room prior to listening to the music, and be taken to the ice only when the skater is called to perform. Props may not be pre-positioned on the performance surface.

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

Interpretative Events and Levels:

Except for Adult events, skaters must compete at the highest level for which they qualify

Level	Program Duration	Test Requirements (Freeskate or Free Dance)
Pre-juvenile and below	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Juvenile - novice	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Junior and senior	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Teen and young adult	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
All adult events	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.