

# The 2020 Greenwich Town Competition

## Sunday February 16, 2020

Closing date of entries is January 17, 2020  
Restrictions apply

Dorothy Hamill Skating Rink  
Sue Merz Way  
Greenwich, CT 06830  
203-531-8560



- \*Snowplow Sam – Basic 6 Events\*
- \*Pre-Freeskate – Freeskate 6 Events\*
- \*Well Balanced Levels No Test – Pre Juvenile\*
- \*Excel Free Skate Levels\*
- \*Showcase\*

Sponsored by:  
Windy Hill Skating Club  
Town of Greenwich Parks & Recreation  
Sanctioned by US Figure Skating  
Approved by Learn To Skate USA

The competition is open to all qualified skaters who are members in good standing of US Figure Skating and will be governed by the 2020 US Figure Skating competition rules.

Visit our websites at:  
[www.greenwichct.gov](http://www.greenwichct.gov) and [www.windyhillsc.com](http://www.windyhillsc.com)

**The 2020 Greenwich Town Competition**  
Sunday, February 16, 2020  
Dorothy Hamill Skating Rink, Sue Merz Way, Greenwich, CT 06830  
Sponsored by:  
Windy Hill Skating Club and the Town of Greenwich  
Sanctioned by US Figure Skating

## PURPOSE

To encourage young skaters and to provide an opportunity for skaters to compete, to highlight the basics of good skating and establish standards of performances, but most of all, to have an enjoyable day of skating where children may demonstrate the progress they have made during the year.

## ELIGIBILITY

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either Learn to Skate USA and those who are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but must be registered with Learn to Skate USA or a member club.

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

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

## RULES

All events will be judged according to the 2020 USFS Rule Book. All events will be judged using the 6.0 system

## EVENTS

Snowplow Sam – Basic 6: elements events and program events  
Pre-Free Skate – Free Skate 6: compulsory elements events and program events  
Well Balanced No Test through Pre Juvenile Free Skate events  
Excel Free Skate events

## FEES

\$80 for the first Well Balanced or Excel event entered, \$50 for the second  
\$50 for the first Basic Skills or Free Skate event entered, \$15 for the second

## ENTRIES

Entries must be made on [www.entryeeze.com](http://www.entryeeze.com) no later than **January 17, 2020 or when 135 participants is reached**. No entries will be accepted after this date.

No Changes will be made in the categories entered after January 17, 2020. The competition committee shall have the right to cancel events for which there are insufficient entries and to combine age groups if needed in the Freestyle events. Skill levels and Showcase events may be cancelled pending the time available and number of entries.

Questions? Please contact Donna Allegrini at the Dorothy Hamill Skating Rink by phone at 203-531-8560 or by email at [Donna.Allegrini@Greenwichct.org](mailto:Donna.Allegrini@Greenwichct.org)

## RINK

Ice surface is 85ft by 185ft

## MUSIC

Freestyle and Basic Skills with music events are skated to music of the skater's choice. Music must be on a CD, clearly marked with the skater's name. Backup CD of music is required. Music must be turned in at registration. All CDs will be returned at the same time as awards are available to be picked up. While all possible care will be taken, the Dorothy Hamill Skating Club assumes no responsibilities or liability due to loss or damage to any CDs.

## SCHEDULE OF EVENTS

Basic skills events will start in the early afternoon. Starting times for all events will be emailed to all competitors and posted on the Windy Hill Skating Club website [www.windyhillsc.com](http://www.windyhillsc.com) by 5 p.m. on Wednesday February 12.

If any corrections need to be made in any of the events prior to the closing date of entries, January 17, 2020, please contact the Dorothy Hamill Skating Rink at 203-531-8560.

## SKATERS SHOULD CHECK IN AT LEAST ONE HOUR PRIOR TO THE START OF THEIR EVENT

### PRACTICE ICE

There will be free practice ice available for competitors in the Well-Balanced and Excel events the day of the competition from 7:45-8:25 a.m.

### ACCIDENTS

Refer to USFS rule #1600: US Figure Skating, the Town of Greenwich and the Windy Hill Skating Club undertakes no responsibility for damage or injuries suffered by skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person or property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, US Figure Skating, the club hosting the competition and its officers; and their entries shall be accepted only on such condition.

### AWARDS

Medals will be awarded for 1st, 2nd and 3rd place and these awards can be picked up throughout the day of the competition. There will also be special awards for the freestyle events as described below. For these special awards, skaters will be judged by a special panel of judges. The special awards will be presented at the conclusion of the Well Balanced and Excel events.

### SPECIAL AWARDS

#### Alis W. McCurdy Cup

To be eligible for this award, a skater must be a Greenwich resident or Home Club member of either the Windy Hill SC or the Greenwich SC. This award is given to a skater that is 12 years of age or younger (as of closing date of entries) who, in the opinion of the judges, shows potential in figure skating by providing the best presentation of the music and/or theme of their competitive program in a freestyle event. The skater need not have competitors in their group, but must skate a competition rather than an exhibition program. This award is not necessarily given to the most advanced skater, most athletic skater or to a medalist.

#### Dorothy Hamill Cup

This award is open to all skaters who are competing in pre-juvenile freestyle and above. The cup will be awarded to the skater, who in the opinion of the judges shows the most overall potential as a competitive skater. The criteria for selection will be: technical proficiency, confidence in skating, technique, artistic ability and the ability to skate a high-level competitive program. This award is not necessarily awarded to a 1st place winner.

#### The Haggarty Award

To be eligible for this award, a skater must be a Greenwich resident or Home Club member of either the Windy Hill SC or the Greenwich SC. This award is given to a skater that is 13 years of age or older (as of closing date of entries) who, in the opinion of the judges, shows potential in figure skating by providing the best presentation of the music and/or theme of their competitive program in a freestyle event. The skater need not have competitors in their group, but must skate a competition rather than an exhibition program. This award is not necessarily given to the most advanced skater, most athletic skater or to a medalist.

## WELL BALANCED FREE SKATE PROGRAM

### 2019-20 Singles Free Skating Requirements

#### General event parameters:

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

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

\*means element is required

PRE-JUVENILE  *means element is required	2:00 +/- 10 sec	<b>Maximum of five jump elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single and double jumps allowed except for the double Axel               <ul style="list-style-type: none"> <li>No double Axels, triple or quadruple jumps allowed</li> <li>An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or sequences               <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul> </li> </ul>	<b>Max 2 spins</b> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot*               <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position*               <ul style="list-style-type: none"> <li>No change of foot</li> <li>Min 4 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry          These spins must be of a different character          (See U.S. Figure Skating rule 6103 (E))</p>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>Step Sequence               <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: 2019-2020 Excel Free Skate

General event parameters:

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

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

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

<p>Full U.S. Figure Skating membership required</p>	<ul style="list-style-type: none"> <li>○ Axel plus up to 1 allowable double jump may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combination limited to 2 jumps. One 3 jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>○ Spin may start with flying entry</li> <li>○ Minimum 4 revolutions</li> <li>• Spins must be of a different character</li> </ul> <p><u>Max Level: 1</u></p>	<ul style="list-style-type: none"> <li>○ Jumps may be included in the choreographic step sequence</li> </ul>
<p><b>Excel Juvenile</b>  <b>2:20** +/- 10 seconds</b>  <b>2<sup>nd</sup> half bonus: 1:10**</b></p> <p><u>**Beginning Dec 1, 2019, program length will be 2:30 +/- 10 sec and 2<sup>nd</sup> half bonus will begin at 1:15</u></p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, including Axel <ul style="list-style-type: none"> <li>○ No double or higher jumps allowed</li> <li>○ Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)</li> <li>○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)</li> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry. Spins must be of a different character</p> <p><u>Max Level: 2</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>Excel Juvenile Plus</b>  <b>2:20** +/- 10 seconds</b>  <b>2<sup>nd</sup> half bonus: 1:10**</b></p> <p><u>**Beginning Dec 1, 2019, program length will be 2:30 +/- 10sec and 2<sup>nd</sup> half bonus will begin at 1:15</u></p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed.</li> <li>• Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> <li>○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed</li> <li>○ <b><u>No double jump can be included more than twice, and if repeated, at least 1 attempt must be part of a jump combination or sequence</u></b></li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combination limited to 2 jumps. One 3 jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry. Spins must be of a different character</p> <p><u>Max Level: 2</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>Excel Intermediate</b>  <b>3:00 +/- 10 seconds</b>  <b>2<sup>nd</sup> half bonus: 1:30</b></p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 6 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed.</li> <li>• Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> <li>○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed</li> <li>○ <b><u>Single Axel and only 1 double jump may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination</u></b></li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps. One 3 jump combination is permitted.</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry. Spins must be of a different character</p> <p><u>Max Level: 3</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>



<p><b><u>Excel Intermediate Plus</u></b> 3:00 +/- 10 seconds</p> <p><b><u>2<sup>nd</sup> half bonus: 1:30</u></b></p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 6 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed.</li> <li>• <b><u>Only 3 different double jumps may be attempted (limited to double Salchow and double toe loop, double loop and double flip)</u></b> <ul style="list-style-type: none"> <li>○ Double Lutz, double Axel and higher jumps not allowed</li> <li>○ <b><u>Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination</u></b></li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps. One 3 jump combination is permitted.</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry. Spins must be of a different character</p> <p><u>Max Level: 3</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b><u>Excel Novice</u></b> 3:30 +/- 10 sec</p> <p><b><u>2<sup>nd</sup> half bonus: 1:45</u></b></p> <p>Must not have passed higher than U.S. Figure Skating novice free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 7 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop, double flip allowed <ul style="list-style-type: none"> <li>○ Double Lutz, double Axel and higher jumps not allowed</li> <li>○ <b><u>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</u></b></li> <li>○ There is no limit to the number of single jumps that can be repeated, but no allowable double jump can be included more than twice</li> </ul> </li> <li>• Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps. One 3 jump combination with a maximum of 3 jumps is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 8 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 3<sup>rd</sup> spin is option of skater</li> </ul> <p>All spins may start with a flying entry. Spins must be of a different character</p> <p><u>Max Level:3</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• <b><u>One leveled step sequence*</u></b> <ul style="list-style-type: none"> <li>○ <b><u>Only Minimum Variety (5 turns) &amp; Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level</u></b></li> <li>○ <b><u>Must fully utilize the ice surface</u></b></li> </ul> </li> </ul> <p><u>Max Level: 2</u></p>
<p><b><u>Excel Junior</u></b> 3:30 +/- 10 seconds</p> <p><b><u>2<sup>nd</sup> half bonus: 1:45</u></b></p> <p>Must not have passed higher than U.S. Figure Skating junior free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 7 jump elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump* <ul style="list-style-type: none"> <li>○ All single and double jumps allowed, except the double Axel.</li> <li>○ Double Axel and higher jumps not allowed</li> <li>○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence</li> </ul> </li> <li>• Maximum 3 jump combinations or sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>• Jump sequence is any listed jump followed by an axel type jump.</li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 10 revolutions</li> <li>○ All 3 basic positions with minimum 2 revolutions in each position for highest base value</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 1 spin with only one position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> </ul> <p>All spins may start with a flying entry. Spins must be of a different character</p> <p><u>Max Level: 4</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• <b><u>One leveled step sequence*</u></b> <ul style="list-style-type: none"> <li>○ <b><u>Only Minimum Variety (5 turns) &amp; Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level</u></b></li> <li>○ <b><u>Must fully utilize the ice surface</u></b></li> </ul> </li> </ul> <p><u>Max Level: 2</u></p>

<p style="text-align: center;"><b>Excel Senior</b> <b>4:00 +/-10 seconds</b></p> <p style="text-align: center;"><b><u>2nd half bonus: 2:00</u></b></p> <p style="text-align: center;"><u>Must have passed at least the U.S. Figure Skating junior free skate test</u></p> <p style="text-align: center;">Full U.S. Figure Skating membership required</p>	<p><b>Maximum 7 jump elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump* <ul style="list-style-type: none"> <li>○ All single and double jumps allowed, including the double Axel.</li> <li>○ Triple and higher jumps not allowed</li> <li>○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence</li> <li>○ Maximum 3 jump combinations or sequences</li> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 10 revolutions</li> <li>○ All 3 basic positions with minimum 2 revs in each position for highest base value</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 1 spin with only one position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> </ul> <p>All spins may start with a flying entry. Spins must be of a different character <u>Max Level: 4</u></p>	<p><b>Maximum 2 Sequences:</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Max level 2. Only Minimum Variety (5 turns) &amp; Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level</li> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul> <p><u>Max Level: 2</u></p> <ul style="list-style-type: none"> <li>• One Choreographic Sequence* (ChSq)</li> <li>• Must be clearly visible</li> </ul>
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*\*Denotes required element*

## SNOWPLOW SAM – BASIC 6 ELEMENTS

Two format options for the Elements Event:

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)

Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

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

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

## SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

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

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

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

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

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

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

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

