



2015
*Intermountain
Winter Classic*

Figure Skating Competition

Hosted by the Wasatch Figure Skating Club

January 29 – February 1, 2015

**Entry Deadline: January 4, 2015
Registration will close at 300 Skaters**

www.entryeeze.com

Chief Referee: Phil Deaver
Chief Accountant: Rebecca Oniki
Competition Chairs: Betty Winters and Doris Friess
Registrar: Betty Winters

The Weber County Ice Sheet
4390 Harrison Blvd. – Ogden, Utah

www.wasatchfigureskating.org



Sanctioned by:



www.usfsa.org

The 2015 Intermountain Winter Classic will be conducted in accordance with the rules and regulations of the U.S. Figure Skating Association, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

Eligibility/Test Level:

Test Level: Competition level is the highest test passed as of the entry deadline, in the discipline the skater is entering. Entrants may skate at one level **above** that for which they qualify, but **they may not skate down** in any event. Skaters who placed in the top four in final round of their last qualifying competition in their divisions **must move up one level**, except for novice and higher.

Age Restriction/Requirements: Skaters entering Juvenile Free Skate events (either Test Track or Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering Open Juvenile Free Skate events (either Test Track or Well Balanced Program), must be at least 14 years of age at the close of entries.

Special Skater: Events are open to any skater with a disability, including mental and physical challenges. Please note any special limitations of the skater, such as hearing or vision impairment, as well as any other physical challenges that would require special consideration (such as special equipment like walkers) and include this at the time of registration. All Special Skater events will be skated on full ice in accordance with Section E of the Special Olympics World Games Rules, which may be found at <http://usfsa.org/programs/specialolympics/therapeuticskating>. All Special Skaters events shall be judged using the 6.0 system and will be skated to instrumental or vocal music.

Competition Events:

The 2015 Intermountain Winter Classic competition includes Basic Skills, Test Track, Introductory Levels, Singes Well Balanced Free Skate and Short Program, Adult Free Skate, Showcase, Jump, Spin and Special Skater Events. The Free Skate event or Short Program events are designated as first event.

EVENTS	First event	As an additional event
Snowplow Sam-Basic 8, Free Skate 1-6	\$40.00	\$30.00
Basic Skills Showcase (Snowplow Sam-Basic 8, Free Skate 1-6)	\$40.00	\$30.00
Introductory Levels, Test Track, Well Balanced Free Skate (Pre-Preliminary, Preliminary & Pre-Juvenile Only)	\$45.00	\$35.00
Well Balanced Free Skate (Juvenile/Open Juvenile)	\$50.00	\$35.00
Intermediate-Senior Singles (Short Program and Free Skate Combined)	\$90.00	Not applicable
Adult Free Skate	\$45.00	\$35.00
Special Skater	\$40.00	\$30.00

Showcase-Light Entertainment (Introductory Levels-Senior and Adult) – Props Allowed	\$45.00	\$35.00
Showcase-Dramatic Entertainment (Introductory Levels-Senior and Adult) – Props Allowed	\$45.00	\$35.00
Showcase-Duets (Introductory Levels-Senior and Adult)	\$45.00	Not applicable
Jumps (Introductory Levels-Senior)	\$45.00	\$35.00
Spins (Introductory Levels-Senior)	\$45.00	\$35.00
Synchronized Skating	\$55.00/team + \$5/skater	Not applicable

Competitors must be available to compete all day Thursday (January 29), all day Friday (January 30), all day Saturday (January 31) and Sunday (February 1) depending on final scheduling.

Entries:

Online registration will be available starting Sunday, November 30, 2014 through midnight, Sunday, January 4, 2015 via secured credit card transaction at www.entryeeze.com. An email will be sent to the skater's primary coach and home club when a skater's entry is processed to verify accuracy of entry. Your credit card statement will show a charge to Wasatch FSC. Online entry will close once the cap of 300 skaters has been reached or on midnight Sunday, January 4, 2015 whichever comes first. **It is important to register early this year!**

One or more entries in a category will constitute an event. Groups may be divided or combined by age, gender, or randomly at the discretion of the Chief Referee. Entries after midnight on January 4, 2015 will be considered late, and will be accepted at the discretion of the Referee and Competition Chairperson, and subject to a \$20.00 late fee. Change or additions to event entries after skating groupings are posted are not permitted unless deemed necessary by the Chief Referee. If the change/additions are permitted by the Chief Referee, a \$20.00 event change fee will be collected by Wasatch Figure Skating Club.

Refund Policy:

Entry fees will not be refunded after midnight on January 4, 2015 unless no competition exists or is cancelled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be assessed a \$20.00 fee. Payment of the fee will be required in cash or with a money order before the skater is allowed to participate in events.

Facilities:

Weber County Ice Sheet
4390 Harrison Boulevard
Ogden, Utah 84401
(Across from the Dee Event Center)

The Weber Ice Sheet has one Olympic sized rink with an enclosed ice surface of 100' by 200' with slightly rounded corners. The NFL rink is 80' by 200' with boards and glass. Dressing rooms will be available to skaters. Dressing rooms are unsupervised. Please bring skate guards and do not leave valuables unattended. Neither the Weber County Ice Sheet nor Wasatch Figure Skating Club will be held responsible for missing valuables.

Music:

All competitors must provide their own music on CD (no CD-RWs, DVD-R or mini discs allowed). Each CD must be clearly labeled with the skater's name, event, side to be played, and length of program. There must be only one track recorded on the CD, with no more than a 5-second lead in. Please bring a second copy of the CD and have it available at rink side in case a backup is needed. Music must be turned in at the registration desk one (1) hour prior to the event to be skated and picked up following the event. Wasatch Figure Skating Club is not responsible for any music not picked up by the end of the competition.

Liability:

U.S. Figure Skating, Wasatch Figure Skating Club and the Weber County Ice Sheet 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 IJS system of judging will be used for all Intermediate, Novice, Junior, and Senior Short Program and Free Skate events, as well as the Juvenile/Open Juvenile Free Skate event. Skaters in IJS events must complete a Planned Program Content Sheet (PPCS) by midnight on January 12, 2015 to avoid a \$10.00 late fee. This form is found in the Entryeeze registration system.

The 6.0 System will be used to judge all other events.

Each skater in IJS events will receive one copy of their protocol for free. The skater is responsible to make additional copies if needed.

Registration Desk:

The registration desk will be open one hour before the first event and run through the last event of the day. The registration desk will be located in the lobby of the rink. PLEASE REGISTER PROMPTLY UPON ARRIVAL.

There is no charge to watch the competition events.

Practice Ice:

Skaters can reserve their practice ice when they register online on Entryeeze. After the schedule is posted, you will be able to select the practice session on which you would like to skate. If space is remaining after reserved sessions are selected, we will open up practice ice registrations through Entryeeze for additional sessions. Any remaining sessions will be offered at the registration desk on a first come, first serve basis. Practice ice will begin on Thursday, January 29. Practice ice sessions will be 30 minutes in length. There will be no props permitted on practice ice at any time. Music will be played on the Thursday practice ice sessions on the Olympic Rink only. Music will be played by random draw and with a maximum of once per session. We cannot guarantee that all skaters' music will be played. Please have a separate CD for practice ice.

Pre-Event Ice:

We will be offering Pre-Event ice. Pre-Event ice is guaranteed to occur on the same day and within 4 hours of your registered event. Pre-Event ice will be 20 minutes in length and will occur on the NHL rink during competition hours. If a Pre-Event session is selected you will be assigned your spot by the local organizing committee (LOC) to the appropriate session matching the competition event for which you are registered. There will be no music or props permitted.

Practice/Pre-Event Ice Pricing:

	With Registration	After Registration	On-Site
Practice Ice – 30 minutes	\$15	\$18	\$20
Pre-Event Ice – 20 minutes	\$12	\$15	\$18
Ice Package 1:*			
1 Practice Ice and 1 Pre-Event Ice	\$25	\$30	N/A
Ice Package 2:*			
2 Practice Ice and 2 Pre-Event Ice	\$50	\$60	N/A

*Ice Packages will be available for purchase on the Merchandise Tab when you register on Entryeeze. Sessions will be credited to the skater and assigned by the LOC when the schedule is finalized.

Practice ice for synchronized teams is available for \$5 per team member if reserved online. Synchronized teams must pre-register for practice ice.

Wasatch Figure Skating Club reserves the right to cancel any session due to low participation. No refunds will be issued for skaters who do not appear for their reserved practice ice or pre-event ice session(s).

Videotaping and Photography:

Professional videotaping and action photography will be available for purchase. Awards photos are optional – a podium will be available for personal or group photographs. Skaters may also purchase individual still and action photos. **No flash photography** is allowed in the rink area at any time during competition. Flash photography is dangerous to the skaters. The competition committee reserves the right to remove any person from the rink who ignores requests and warnings regarding the use of flash photography.

There will be **no personal videotaping of other competitors** during the competition. Videotaping of practice ice or warm up periods where multiple skaters are on the ice is not allowed.

Awards:

Awards will be presented immediately following the posting of the results for each event. They will be provided to all 1st through 4th place finishers in each event and will be presented as a group. Intermediate-Senior Short Program and Free Skate are combined events. Awards will not be given for individual Short Program or Free Skate program results.

Official Notices:

Notices regarding any changes during the competition will be posted at the registration desk. It is the responsibility of each competitor, parent, and/or coach to check at the registration desk for any schedule changes and/or additional information. Skaters are requested to arrive 60 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted online at www.entryeeze.com as soon as it is available. All skaters should confirm their event time at the registration desk. The referee may begin any competition event up to 30 minute early.

Information Regarding Coaches:

To coach at a U.S. Figure Skating Competition, a professional coach or choreographer must be:

- Declared by a skater in the registration process with the club
- Listed as Coaches Education Requirement (CER) Category A or B (Category C for Basic Skills events) compliant for the current season
- Current with Coach Registration (requires annual fee and background check)
- A current member in good standing with U.S. Figure Skating
- A current member in good standing with PSA
- A coaches' requirements chart can be found at:
- www.usfsa.org/Content/Coaches%20Requirement%20Chart.pdf

The LOC will have a list of coaches who are cleared for a credential for 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. Coaches who are NOT on the list will need to show proof of membership in BOTH U.S. Figure Skating and the PSA, a Coaches Registration card, proof of Category A, B or C compliance in CER and a photo I.D. at check in. **If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge all coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including during warm-up.**

Contact Information:

Competition Chairpersons: Betty Winters 801-866-2703 wdennis410@aol.com

Doris Friess 801-589-1169 dtfriess@yahoo.com

Registrar/Entryeeze: Betty Winters 801-866-2703 wdennis410@aol.com

Chief Referee: Phil Deaver phildeaver@comcast.net

Please no phone calls after 9:00 p.m. MST. Email is preferred.

Accommodations:

Hilton Garden Inn
2271 S. Washington Blvd., Ogden, UT 84401
801-399-2000

Ben Lomond Suites
2510 Washington Blvd., Ogden, UT 84401
801-627-1900

Hampton Inn & Suites
2401 Washington Blvd., Ogden, UT 84401
801-394-9400

Summit Hotel
247 24th Street, Ogden, UT 84401
801-627-1190

U.S. FIGURE SKATING NONQUALIFYING COMPETITION EVENTS

EVENT: BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

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. Vocal music is allowed.

- To be skated on full ice
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level

Level	Time	Skating rules/standards
Snowplow Sam 1-3	1:00 +/- 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	1:00 +/- 10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Forward snowplow stop • Backward wiggles, 6-8 in a row
Basic 2	1:00 +/- 10 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Forward alternating ½ swizzle pumps in a straight line, 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 +/- 10 max.	<ul style="list-style-type: none"> • Forward stroking • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Backward one-foot glide, either foot • Two-foot spin, minimum three revolutions
Basic 4	1:00 +/- 10 max.	<ul style="list-style-type: none"> • Standstill forward outside three-turn, right and left • Forward crossovers, 4-6 consecutive both directions • Backward stroking, 4-6 strokes • Backward snowplow stop, right or left
Basic 5	1:00 +/- 10 max.	<ul style="list-style-type: none"> • Backward crossovers, 4-6 consecutive, both directions • Basic one-foot spin, free leg held to side of spinning leg, minimum three revolutions • Side toe hop, either direction • Hockey stop
Basic 6	1:00 +/- 10 max.	<ul style="list-style-type: none"> • Standstill forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Lunge, right or left • T-stop, right or left
Basic 7	1:00 +/- 10 max.	<ul style="list-style-type: none"> • Standstill forward inside open Mohawk, right to left and left to right • Ballet Jump, either direction • Back crossovers to a back outside edge landing position, clockwise and counter clockwise • Forward inside pivot
Basic 8	1:00 +/- 10 max.	<ul style="list-style-type: none"> • Moving forward outside or forward inside three-turns, right and left • Waltz jump • Mazurka, either direction • 1 Combination move, clockwise <u>or</u> counter clockwise – two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge • Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position -minimum

EVENT: FREESKATE 1-6 PROGRAM EVENT

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 moves and steps should be demonstrated throughout the program. Vocal music is allowed.

- 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
- A 0.2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

Level	Time	Skating rules / standards
Free Skate 1	1:30+/-10 sec	<ul style="list-style-type: none"> • Advanced forward stroking, 4-6 consecutive • One-foot upright scratch spin from backward crossovers, minimum three revolutions • Waltz jump from backward crossovers • Half flip jump
Free Skate 2	1:30+/-10 sec	<ul style="list-style-type: none"> • Forward outside spiral, right or left • Beginning back spin – entry optional, minimum two revolutions • Waltz jump, side toe hop, waltz jump sequence • Toe loop jump
Free Skate 3	1:30+/-10 sec	<ul style="list-style-type: none"> • Forward crossovers in a figure 8 • Back spin, minimum three revolutions • Salchow jump • Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:30+/-10 sec	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin, minimum three revolutions • Loop jump • Waltz jump-loop jump combination
Free Skate 5	1:30+/-10 sec	<ul style="list-style-type: none"> • Camel spin, minimum three revolutions • Forward upright spin to back upright spin, minimum three revolutions each foot • Loop-loop jump combination • Flip jump
Free Skate 6	1:30+/-10 sec	<ul style="list-style-type: none"> • Camel, sit spin combination, minimum of four revolutions total • Split jump or stag jump • Waltz jump, ½ loop, Salchow jump sequence • Lutz jump

EVENT: INTRODUCTORY LEVELS FREE SKATE

General event parameters:

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- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:30+/- 10sec.	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner 1:30+/- 10sec.	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
No-Test 1:30+/- 10sec.	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Up to 2 may be jump combos or sequences • Jump combos are limited to 2 jumps • Jump sequences are limited to 3 single jumps (half-loop is not considered a single jump at this level) • No Axels or double jumps are permitted 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Spins must be of different character. • Each spin must have a Minimum of 3 revolutions. • Spins may change feet, position and start with a fly. 	One step sequence that utilizes ½ of the ice surface	

EVENT: TEST TRACK FREE SKATE

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying 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.
- Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
- The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:30+/- 10sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary 1:30+/- 10sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile 2:00+/- 10sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test
Juvenile (under 14 years) Open Juvenile (14 years or older) 2:15+/- 10sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Any single jumps, including Axel, are permitted. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One solo spin in one position, no change of foot (Min. 4 revolutions). • One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) • <i>Only solo spin may fly</i> 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test

Intermediate 2:30 +/- 10 sec.	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow and double toe loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One must be a flying spin (min 5 revolutions), One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test
Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) The other spins are the option of the skater (min 6 revolutions per foot) <i>All spins may fly</i> 	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 & 4105 for remarks)</p>	Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test
Junior Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot) 	<p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p>	Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test
Senior Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. Must include at least four different double jumps, one must be a double Lutz. Triple jumps are not permitted Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<p><i>Men:</i></p> <p>Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface.</p> <p>(See rule 4105 for remarks)</p> <p><i>Ladies:</i></p> <p>One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.)</p>	Skaters must have passed at least the U.S. Figure Skating junior free skate test

EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted for pre-preliminary – intermediate.
- 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.
- Either IJS or the 6.0 judging system may be used for this event.
- All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under “Technical Information,” then “Singles/Pairs”

Level	Time	Jumps	Spins	Step Sequences
Pre-Preliminary	1:30 +/- 10 sec. Vocal music permitted	Maximum of 5 jump elements: a) Any single jumps, including Axel, allowed. b) Max. 2 jump combinations or sequences c) Jump combinations are limited to 2 jumps. d) Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.) e) Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Max of 2 Axels. f) Double or triple jumps are not allowed.	Maximum of 2 spins: a) Spins must be of a different nature b) Spins may change feet and/or position. c) Spins may start with a fly. d) Min. of 3 revolutions	One step sequenced that must use ½ of the ice surface.
Preliminary	1:30 +/- 10 sec. Vocal music permitted	Maximum of 5 jump elements: a) One must be an Axel or waltz-jump. b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.) e) Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop) f) Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences. g) Max. of 2 Axels or any double jump. h) Double flips, double Lutzes, double Axels or triple jumps are not allowed.	Maximum of 2 spins: a) Spins must be of a different nature b) Spins may change feet and/or position. c) Spins may start with a fly. d) Min. of 3 revolutions	One step sequenced that must use ½ of the ice surface.
Pre-Juvenile	2:00 +/- 10 sec. Vocal music permitted	Maximum of 5 jump elements: a) One must be an Axel or waltz-jump. b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in jump sequence is limited to a max. of 3 single or double jumps. (½ loop is not considered a single jump at this level.) e) Number of different double jumps is not limited. f) Axel and no more than 3 different double jumps may be repeated as individual jumps, as part of jump combination or jump sequence. g) Maximum of 2 Axels or any double jump h) No double Axels or triple jumps	Maximum of 2 spins: a) 1 spin combination; with or without change of foot*, may fly. b) 1 spin with only 1 position*, may fly, no change of foot c) Min. 4 revolutions.; 6 revolutions for combo d) Spins must be of a different nature	One step sequence fully utilizing ice surface.

Juvenile (under 14 years) Open Juvenile (14 years or older)	2:15 +/- 10 sec.	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump* b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in jump sequence is not limited e) No more than 3 double jumps may be repeated (1 each), but only as part of combination or sequence. Max 2 of same double jump. f) No triple jumps 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> a) 1 spin combination; with/without change of foot* b) 1 spin with only 1 position; no change of foot* c) Both spins may start with a fly d) Min. 5 revolutions; 8 revolutions. for combination e) Min. 2 revolutions in position f) Spins must be of a different nature 	One choreographic step sequence fully utilizing ice surface.
Intermediate	2:30 +/- 10 sec.	<p>Maximum of 6 jump elements:</p> <ul style="list-style-type: none"> a) 1 must be an Axel-type jump* b) Max 3 jump combinations (combos) or sequences c) Jump combinations limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) No more than 3 double/triple jumps may be repeated; only 1 repeat may be a triple. Double or triple jump repeated only in combo or sequence. Max. 2 of the same double or triple. 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> a) 1 spin combination; w/without change of foot* b) 1 spin with only 1 position; no change of foot* c) Both spins may start with a fly d) Min. 5 revolutions; 8 revolutions. for combo e) Min. 2 revolutions. in position f) Spins must be of a different nature 	One choreographic step sequence fully utilizing ice surface.
Novice Ladies	3:00 +/- 10 sec.	<p>Maximum of 6 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump* b) Max. 3 jump combinations (combos) or sequences c) Jump combinations limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) No more than 3 double/triple jumps may be repeated; only 1 repeat may be a triple. Double or triple jump repeated only in combo or seq. Max. 2 same double or triple. 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 spin must be of a different nature b) 1 flying entry with no change of foot or position* c) 1 spin combination; w/without change of foot* d) 3rd spin is option of skater e) Min. 6 revolutions; 10 revolutions. for combo f) Min. 2 revolutions. in position g) Spins may change feet and start with a fly, except h) For the flying spin with no change of foot or position. 	<p>One leveled step sequence</p> <p>Fully utilizing the ice surface</p>
Novice Men	3:30 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump* b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) One double Axel and two different triple jumps may be repeated. f) If double Axel or triple jumps repeated, must be in combo or sequence. g) No more than two of the same type of double or triple may be attempted. 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 spin must be of a different nature b) 1 flying entry with no change of foot or position* c) 1 spin combination; with or without change of foot* d) 3rd spin is option of skater e) Min. 6 revolutions; 10 revolutions for combo f) Min. 2 revolutions in position g) Spins may change feet and start with a fly, except for the flying spin with no change of foot or position. 	<p>One leveled step sequence</p> <p>Fully utilizing the ice surface.</p>
Junior Ladies	3:30 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump* b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or sequence f) sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position* d) Min. 6 revolutions; 10 revs. for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	<p>One leveled step sequence</p> <p>Fully utilizing the ice surface.</p>

Junior Men	4:00 +/- 10 sec.	<p>Maximum of 8 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump* b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or sequence f) sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revs. for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	<p>One leveled step sequence</p> <p>Fully utilizing the ice surface.</p>
Senior Ladies	4:00 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump* b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or sequence f) Sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revolutions for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	<p>One leveled step sequence</p> <p>One choreographic sequence</p> <p>Fully utilizing the ice surface</p>
Senior Men	4:30 +/- 10 sec.	<p>Maximum of 8 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump* b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or sequence f) Sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revolutions for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	<p>One leveled step sequence</p> <p>One choreographic sequence</p> <p>Fully utilizing the ice surface</p>

EVENT: SINGLES SHORT PROGRAM

The short program events listed below will be skated. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

- A. Intermediate Short Program – Rule 4230
- B. Novice Short Program – Rule 4220
- C. Junior Short Program – Rule 4210
- D. Senior Short Program – Rule 4200

EVENT: ADULT FREE SKATE

General event parameters:

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

Level	Time	Jumps	Spins	Step Sequences
CHAMPIONSHIP MASTERS JUNIOR/SENIOR & MASTERS JUNIOR & MASTERS SENIOR	3:40 max	Max. 7 <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Min. 1*, max. 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted • Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted • No Axels and multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence 	Max. 3 <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 5 revolutions total if no change of foot • Min. 4 revolutions each foot if change of foot • Min. 2 revolutions in position 	Max 1 <p>To be chosen from:</p> <ul style="list-style-type: none"> • Choreographic step sequence or choreographic sequence <p>Must fully utilize the ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
CHAMPIONSHIP MASTERS INTERMEDIATE/NOVICE & MASTERS INTERMEDIATE & MASTERS NOVICE	3:10 max	Max. 6 <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Min. 1*, max. 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop • Only one double-double jump combination or sequence is permitted • Double flip, double Lutz, double Axel and triple jumps are not permitted 	Max. 3 <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 5 revolutions total if no change of foot • Min. 4 revolutions each foot if change of foot • Min. 2 revolutions in position 	Max. 1 <p>To be chosen from:</p> <ul style="list-style-type: none"> • Choreographic step sequence or choreographic sequence <p>Must fully utilize the ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>

CHAMPIONSHIP GOLD & ADULT GOLD	2:40 max	Max. 5 <ul style="list-style-type: none"> Min. 1*, max. 3 combinations or sequences Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted Each jump may be repeated only once, and only as part of combination or sequence All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow. No double-double jump combinations or sequences are permitted Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	Max. 3 <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) Min. 4 revolutions total if no change of foot Min. 4 revolutions each foot if change of foot Min. 2 revolutions in position 	Max. 1 <p>To be chosen from:</p> <ul style="list-style-type: none"> Choreographic step sequence or choreographic sequence <p>Must fully utilize the ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
ADULT SILVER	2:10 max	Max. 5 <ul style="list-style-type: none"> Min. 1*, max. 2 combinations or sequences One combination/sequence may consist of three jumps, and the other may have only two jumps Additional jump sequences which contain non-listed jumps of not more than one revolution (i.e. mazurkas, half-loops, etc.) performed as part of connecting footwork preceding single jumps are permitted Each jump may be repeated only once, and only as part of combination or sequence All single jumps are permitted, including an Axel-type jump. No double or triple jumps are permitted. 	Max. 2 <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) Min. 3 revolutions total if no change of foot Min. 3 revolutions each foot if change of foot Min. 2 revolutions in position 	Max. 1 <p>To be chosen from:</p> <ul style="list-style-type: none"> Step sequence or spiral sequence (any pattern) <p>Must use at least 1/2 ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
ADULT BRONZE	1:50 max	Max. 4 <ul style="list-style-type: none"> Min. 1*, max. 2 combinations or sequences; One 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 combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except Axel) No Axel, double or triple jumps are permitted 	Max. 2 <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) Min. 3 revolutions total if no change of foot Min. 3 revolutions each foot if change of foot Min. 2 revolutions in position No flying spins are permitted 	Max. 1 <p>To be chosen from:</p> <ul style="list-style-type: none"> Step sequence or spiral sequence (any pattern) <p>Must use at least 1/2 ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>

ADULT PRE BRONZE	1:40 max	Max. 4 <ul style="list-style-type: none"> • Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included • One 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 combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are allowed • No Lutz, Axel or double jumps are allowed 	Max. 2 <ul style="list-style-type: none"> • Min. 3 revolutions • No flying spins are permitted 	Max. 1 <ul style="list-style-type: none"> • Connecting steps throughout the program are required
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EVENT: SPECIAL SKATER EVENTS

Categories will be created as needed, depending on entrants. Groups may be combined at the referee's discretion.

GENERAL SHOWCASE EVENT PARAMETERS

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under “Programs” on the National Showcase page.

Vocal music is permitted. Performances will be judged from an entertainment standpoint, for theatrical and artistic qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce the score. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Elements evaluated will include reflection of the musicality as it pertains to the concept of the program, projection, energy, timing, acting, skating skills that relate to the music, use of props and scenery, interaction (Duets only). Note: Prolonged pauses to express lyrics are discouraged. One mark using the 6.0 judging system will be given by each judge for each performance. No technical skating mark will be used.

Costumes:

- Costuming and make-up for Showcase skating programs should enhance the feeling created by the performance, and reflect the meaning of the story or theme.
- Costumes rules for free skate do not apply for Showcase skating. Ornaments and hair accessories must be secure.
- No bobby-pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. 0.1 deduction will be taken.

Scenery/Props: For safety reasons, the following props are not permitted: mirrors or glass, propulsion devices, trampolines, smoke, fire, liquids, live animals, feathers, bubble machines or any substance that may harm the ice surface and/or skaters. Live people props may walk on skates, but must remain in a fixed position during the performance. If scenery/props are used, they must be placed and removed by the competitors or duet competitors within one minute on and off. The Competition Committee and/or Chief Referee may deny the use of any prop. All props must be able to fit through a door measuring 35 inches wide.

Mandatory Deductions:

- There will be a 0.2 deduction for each 5 seconds in excess of the maximum performance time.
- There will be a 0.2 deduction for each 5 seconds in excess of the maximum prop placement
- There will be a 0.2 deduction for marring the ice for succeeding skaters
- There will be a 0.2 deduction for prohibited elements in restricted events
- There will be a 0.2 deduction for use of prohibited props

Note: There is no deduction for skating less than the allowed time.

Showcase groups will be divided by number of entries and ages if possible.

EVENT: BASIC SKILLS SHOWCASE LIGHT ENTERTAINMENT AND DRAMATIC ENTERTAINMENT – Props and scenery permitted.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Snowplow Sam-Basic 8 Note: these levels do not qualify for National Showcase	Elements only from Snowplow Sam-Basic 8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00 Max
Free skate 1-6 Note: these levels do not qualify for National Showcase	3 jump maximum, ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 Max

EVENT: SHOWCASE EVENT – LIGHT ENTERTAINMENT

Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Props and Scenery are permitted – must fit through door measuring 35 inches in width. See Scenery/Prop Guidelines on page 20.

General event parameters:

- Level will be determined by the highest free skate or dance (solo or partnered) test passed. 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
- Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Singles	Level	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
	Beginner, High Beginner, No Test* Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary* Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age (max age 20)	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate Complete Preliminary Dance	Novice Free Skate Any Gold Dance	18-20	2:10 max
	Novice	Novice Free Skate One Silver Dance	Junior Free Skate Any Gold Dance	No age restriction	2:10 max
	Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed Gold Dance		2:40 max
	Senior	Senior Free Skate Complete Gold Dance			2:40 max
	Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
	Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
	Adult Gold	Adult Gold Free Skate or any Masters Pairs Event or have passed one Pre-Gold Dance Test	Complete Pre-Gold Dance Test	21 and older	1:40 max
	Masters	At least the Masters Intermediate or any Masters Pairs Event of have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

*The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart.

EVENT: SHOWCASE EVENT-DRAMATIC ENTERTAINMENT

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.
- Props and scenery are permitted – must be able to fit through door measuring 35 inches in width. See Scenery/Props Guidelines on page 20.
- General event parameters:
- Level will be determined by the highest free skate or dance (solo or partnered) test passed. 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
- Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under “Programs” on the National Showcase page.

Singles	Level	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
	Beginner, High Beginner, No Test* Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary* Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age (max age 20)	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate Complete Preliminary Dance	Novice Free Skate Any Gold Dance	18-20	2:10 max
	Novice	Novice Free Skate One Silver Dance	Junior Free Skate Any Gold Dance	No age restriction	2:10 max
	Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed Gold Dance		2:40 max
	Senior	Senior Free Skate Complete Gold Dance			2:40 max
	Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
	Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
	Adult Gold	Adult Gold Free Skate or any Masters Pairs Event or have passed one Pre-Gold Dance Test	Complete Pre-Gold Dance Test	21 and older	1:40 max
	Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

*The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart.

EVENT: SHOWCASE EVENT - DUETS

Format:

- Duets are theatrical or artistic performances by any competitors.
- Props and scenery ARE permitted. Props must fit through door measuring 35 inches in width.

General Event parameters:

- Level will be determined by the highest free skate or dance (solo or partnered) test passed. 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

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

Singles	Level	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
Duets must compete at the highest test level of the two skaters	Beginner, High Beginner, No Test*	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary*	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age (max age 20)	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate Complete Preliminary Dance	Novice Free Skate Any Gold Dance	18-20	2:10 max
	Novice	Novice Free Skate One Silver Dance	Junior Free Skate Any Gold Dance	No age restriction	2:10 max
	Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed Gold Dance		2:40 max
	Senior	Senior Free Skate Complete Gold Dance			2:40 max
	Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
	Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
	Adult Gold	Adult Gold Free Skate or any Masters Pairs Event or have passed one Pre-Gold Dance Test	Complete Pre-Gold Dance Test	21 and older	1:40 max
	Masters	At least the Masters Intermediate or any Masters Pairs Event of have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

*The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart.

EVENT: SPINS CHALLENGE

General event parameters:

- Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. On required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.
- No music

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sitspin (3)
High Beginner	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sitspin (3)
No-Test	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sitspin (3)
Pre – Preliminary	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sitspin (3)
Preliminary	1:30 max.	<ul style="list-style-type: none"> • Backward upright spin (3) • Combination spin with no change of foot (4) • Sitspin (3)
Pre – Juvenile	1:30 max.	<ul style="list-style-type: none"> • Camel spin (3) • Combination spin – camel to sitspin; no change of foot (6) • Forward to backward scratch spin (3 per foot)
Juvenile & Open Juv.	1:30 max.	<ul style="list-style-type: none"> • Sitspin (4) • Combination spin – change of foot; optional change of position (4 per foot) • Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	<ul style="list-style-type: none"> • Flying camel spin (5) • Sitspin to backward sitspin (4 per foot) • Combination spin – change of foot & change of position (4 per foot)
Novice	1:45 max.	<ul style="list-style-type: none"> • Choice of camel, sit or layback spin (6) • Camel spin to backward camel spin (4 per foot in position) • Combination spin – change of foot & two changes of position (2 per position & 5 per foot)
Junior	2:00 max.	<ul style="list-style-type: none"> • Flying sitspin or flying reverse sitspin (6) • Ladies – layback spin (6); men – cross-foot spin (6) • Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)
Senior	2:00 max.	<ul style="list-style-type: none"> • Flying spin of choice (6) • Solo spin of choice (6) – may not fly • Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)

EVENT: JUMPS CHALLENGE

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- Pre-juvenile and lower will be skated $\frac{1}{2}$ ice; Juvenile – Senior will be skated on full ice
- Jumps with an “*” must be preceded with connecting steps (intermediate – senior)
- No music

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ul style="list-style-type: none"> • Waltz jump (from backward crossovers) • $\frac{1}{2}$ flip or $\frac{1}{2}$ Lutz • Single Salchow
High Beginner	1:15 max.	<ul style="list-style-type: none"> • Waltz jump (from backward crossovers) • Single Salchow • Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ul style="list-style-type: none"> • Single toe loop • Single loop • Jump combination – Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ul style="list-style-type: none"> • Single toe loop • Single flip • Jump combination - Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Single flip • Single Lutz • Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	<ul style="list-style-type: none"> • Single Axel • Single or double jump • Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:30 max.	<ul style="list-style-type: none"> • Single Axel • Double Salchow • Jump combination – single/single or double/single (no Axel)
Intermediate	1:30 max.	<ul style="list-style-type: none"> • Single Axel • Double loop* • Jump combination – double/single (no Axel)
Novice	2:00 max.	<ul style="list-style-type: none"> • Double loop • Double flip* • Jump combination – double/double (may be double Axel)
Junior	2:00 max.	<ul style="list-style-type: none"> • Choice of double or triple jump • Double or triple flip* • Jump combination – double/double (may be double Axel)
Senior	2:00 max.	<ul style="list-style-type: none"> • Choice of double or triple jump • Double or triple Lutz* • Jump combination – double/double or triple/double (may be double Axel)

EVENT: Synchronized Skating Standard Levels

General event parameters:

1. Teams will skate to the music of their choice. Vocal music is permitted.
2. All age restrictions are as of the preceding July 1st.
3. Teams may have a maximum of four alternates, in addition to the maximum number of skaters allowed per level.
4. See the current U.S. Figure Skating Rulebook, technical notification and/or ISU communication for skating requirements.
5. Host clubs may choose to waive the moves in the field test level requirement at nonqualifying competitions.
6. The following rules apply to teams of all levels:
 - Rule 7020 - Clothing
 - Rule 7120 – Definitions of Steps and Turns
 - Rule 7130, 7140 – Definitions of Features and Requirements
 - Rule 7150 – General Criteria for Basic Requirements for Elements
 - Rule 7160 – Illegal Elements/Features/Additional Features/Movements

Level	Time	Roster	Age	Test level	Rules
Preliminary	2:00 +/- 10 sec.	8 – 16 skaters	All under age 12 Majority under age 10	None	Well balanced program: Rule 7270
Pre-Juvenile	2:15 +/- 10 sec.	8 – 16 skaters	Majority under age 12	None	Well balanced program: Rule 7260
Open Juvenile	2:30 +/- 10 sec.	8 – 16 skaters	Under age 20	Pre-preliminary moves in the field	Well balanced program: Rule 7250
Juvenile	3:00 +/- 10 sec.	12 – 20 skaters	Under age 13	Preliminary moves in the field	Well balanced program: Rule 7240
Intermediate	3:30 +/- 10 sec.	12 – 20 skaters	Under age 18	Pre-Juvenile moves in the field	Well balanced program: Rule 7230
Novice	3:30 +/- 10 sec.	12 – 20 skaters	Under age 16, with the exception of up to 4 skaters who may be 16 or 17.	Juvenile moves in the field	Well balanced program: Rule 7220
Junior	FS: 4:00 +/- 10 sec. SP: max 2:50	12 – 16 skaters	At least age 13, must be under 19	Intermediate moves in the field	WBP & Short Program: Rule 7210
Senior	FS: 4:30 +/- 10 sec. SP: max 2:50	16 skaters	At least age 15	Novice moves in the field	WBP & Short Program: Rule 7200
Collegiate	4:00 +/- 10 sec.	12 – 20 skaters	All must be enrolled in a college or university degree program as full-time students	Juvenile moves in the field	Well balanced program: Rule 7280
Open Collegiate	3:00 +/- 10 sec.	8 – 16 skaters	All must be enrolled in a college or university degree program as full-time students	None	Well balanced program: Rule 7290
Adult	3:30 +/- 10 sec.	12 – 20 skaters	At least age 21, with the exception of up to 4 skaters who may be 18 – 20.	Preliminary moves in the field, dance or figure	Well balanced program: Rule 7500
Masters	3:00 +/- 10 sec.	12 – 20 skaters	At least age 25, with the majority of the team at least 30	None	Well balanced program: Rule 7510
Open Adult	2:30 +/- 10 sec.	8 – 16 skaters	Majority at least age 19	None	Well balanced program: Rule 7520
Open Masters	2:30 +/- 10 sec.	8 – 16 skaters	At least age 25, with the majority of the team at least 30	None	Well balanced program: Rule 7530



BEGINNER SYNCHRONIZED SKATING

The beginner competition program is also part of the U.S. Figure Skating Basic Skills program. The beginner competition program is for Basic Skills level skaters who are interested in a first competition or “team” experience, taking the Synchro 1-4 badges a step further. Beginner teams compete at Basic Skills competitions and nonqualifying synchronized skating competitions around the country.

Required elements – Each level has specific required elements that must be completed:

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
BEGINNER 1 8-16 skaters, majority under 9 years old 1 ½ - 2 minutes +/- 10 seconds	One circle, which must contain a two foot turn (stroking from backward to forward is permitted). Must contain a forward inside and/or forward outside edge glide.	One line, which must cover half ice to full ice and must have only forward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, choice of 4-spoke or 3 spoke with backward pumps.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
BEGINNER 2 8-16 skaters, majority 9 – 11 years old 1 ½ - 2 minutes +/- 10 seconds	One circle, which must include the choreographed step sequence: 2 forward crossovers, FO 3 turn, back pump, BO 1 foot glide (held for at least 2 counts), back pump, 1 backward crossover, FI stroke (1 direction only, don't need to repeat)	One line, which must cover the ice and may include forward and backward skating.	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the team's choice with backward pumps.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
BEGINNER 3 8-16 skaters, majority at least 12 years old 2 – 2 ½ minutes +/- 10 seconds	Circle element, which must include the combination move from Basic 8. (1 direction only, don't need to repeat)	Line element, which must cover the ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 or 3 configurations.	Wheel element of the team's choice with backward pumps, chasses, or crossovers.	One intersection: Two lines facing each other, 1-foot glide or forward lunge at point of intersection.

The emphasis of the Beginner competition is on mastering the “basic skills” of synchronized skating:

- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Unison and use of skills such as guiding and shadowing.
- Incorporating skills from the Basic 1-8 levels to strengthen skating skills.
- Learning how to do transitions and skate to music.
- Learning skills that will be the foundation for higher levels.

Restrictions in Beginner 1 & 2:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Beginner 1 teams may not do steps higher than Basic 5, with the exception of forward chasses.
- Beginner 2 teams may not do steps higher than Free Skate 1, with the exception of forward chasses.

Restrictions in Beginner 3:

- No traveling within elements (change of configuration and rotational direction are allowed).

Restrictions in all levels: All of the synchronized skating “illegal elements” found in Rule #7160 of the U.S. Figure Skating Rulebook

Please reference <http://usfsa.org/Programs.asp?id=338> for most up-to-date Beginner Synchronized Skating rules

ILLUSTRATION OF THE PROGRESSION THROUGH THE LEVELS OF U.S FIGURE SKATING

All singles athletes begin with the U.S Figure Skating Basic Skills program, then progress to the "introductory levels," and finally choose whether to follow the test track or Well Balanced program category. Athletes may choose to move between test track and Well Balanced program at any point.



