



The Skaneateles Figure Skating Club announces the

9th Annual
COMPETE USA COMPETITION
Saturday, June 6, 2020

EntryEeze Application Deadline: May 28, 2020

Duke Schneider Arena,
located inside the
Skaneateles YMCA and Community Center
97 State St.
Skaneateles, NY
13152

Online registration link available at
www.skaneatelesfigureskatingclub.org



The Skaneateles Compete USA Competition, sponsored by the Skaneateles Figure Skating Club, will be held on Saturday, June 6, 2020. This is a United States Figure Skating approved Compete USA Competition. The sanction will be posted on the official competition bulletin board.

MISSION STATEMENT

The purpose of the competition is to promote a FUN, introductory, competitive experience for the beginning skater.

RULES

The competition will be conducted under the rules set forth by the 2019–2020 US Figure Skating “COMPETE USA Competition Manual”.

FACILITIES

The competition will be held at the Duke Schneider Arena, located inside the Skaneateles YMCA & Community Center, 97 State Street Road, Skaneateles, NY. Rink size is 85 feet x 200 feet.

LOCKER ROOMS & CHANGING AREAS

Only athletes competing at the figure skating event are allowed in the Locker Rooms/Changing Areas. An exception may be allowed for an athlete age 11 years or younger to be accompanied by one parent of the same sex to assist their child immediately prior to and after their skating event(s). All Locker Rooms/Changing Areas will be monitored. If any concerns arise, immediately contact the Locker Room/Changing Area monitor. If there are concerns regarding this policy, an athlete should change prior to arrive at the competition. The use of any recording and photographic devices inside a Locker Room/changing Area is strictly prohibited. Any violation of this policy is punishable under the U. S. Figure Skating SafeSport police and U.S. Figure Skating Rulebook.

ELIGIBILITY RULES FOR PARTICIPANTS

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. There will be no more than six competitors maximum in an event and all six should receive an award.

Eligibility and Test Requirements:

Eligibility will be based on skill level as of closing date of entries. All **Snowplow Sam and Basic 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.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee (LOC) discovers that a skater has been placed in a category that is below his/her class level, the chair and referee will have the option to move the skater into the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors. It is an ethical violation for coaches to sandbag an event.

ELIGIBILITY RULES FOR COACHES/INSTRUCTORS

To be credentialed at a Compete USA event, coaches/instructors are required to have:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- SafeSport training completed (for coaches/instructors 18 years old and older)
- Background check successfully passed (for coaches/instructors 18 years old and over)
- Learn to Skate USA Instructor Certification completed OR U.S. Figure Skating compliant coach (for coaches under 18 years old)

*SafeSport training is available through www.usfsaonline.org for full members of U.S. Figure Skating and through Learn to Skate USA portal for instructors. There is no cost to this training.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. If a coach is not on the list or cannot produce the necessary documents, he or she will not be allowed to coach at this event—no exceptions. If a coach/instructor attempts to work at this event without the proper credentials, he or she is in violation of U.S. Figure Skating ethics and code of conduct rules and, as such, is subject to disciplinary action.

ENTRY FEES

Applications must be completed ONLINE via secure online entry with credit card payment. The link can be found at www.skaneatelesfigureskatingclub.org and **must be completed by 11:59 p.m. on Thursday, May 28, 2020.**

Fee for the first event is \$50.00, and each additional event is \$25.00. Late entries will be accepted at the discretion of the Competition Committee and are subject to a \$25.00 late fee. Team or group event entries are \$20.00 per team member, minimum of three skaters and maximum of five skaters per team. The team must be registered as its own entry, separate from individual events. Entry fees are per person, US dollars.

The competition reserves the right to limit the size of the event, to cancel any event with two or fewer entrants (with refund of entry fee) and to combine male and female skaters if there are insufficient entries to hold separate events.

REFUNDS

Entry refunds are only available if the competition is not held. No refunds will be issued for events scheduled at a time that the skater is unable to attend. There will be NO medical refunds given.

REGISTRATION

The registration table will be open 1 hour before the competition begins and will remain open for the duration of the competition. Skaters will not be allowed to compete until they have registered. **Please register at least one hour before your competition time.**

MUSIC

Competitors are required to upload their music on the Entryeze when submitting their application.

Only one piece of competition program music (e.g. Free Skate, Showcase.) per file is allowed. The uploaded file must be in **MP3 file format**; simply changing the file extension to “mp3” from another file format is not acceptable. All competitors and/or coaches should also bring copies of all competition music on CD to the event; no CD-RW discs will be accepted. The music for the Interpretive events will be supplied by the competition committee.

The deadline for online MUSIC submission is Thursday, May 28, 2020 at 11:59pm.

AWARDS

Everyone will receive an award. Medals will be awarded to first, second, and third places. All other participants will receive ribbons. All awards will be presented in the lobby every hour throughout the competition.

ACCIDENTS

The Duke Schneider Arena and the Skaneateles Figure Skating Club, its officers, and representatives accept no liability for damage or injuries suffered by skaters, officials, or spectators during this event.

SCHEDULE OF EVENTS

The competition schedule will be posted on the Skaneateles Figure Skating Club's website at www.eteamz.com/skanfsc, as soon as possible after the close of entries.

Special Note: YOU MUST BE AT THE RINK AND READY TO SKATE AT LEAST ONE HOUR BEFORE YOUR SCHEDULED TIME. The referee will not hold up events waiting for skaters, coaches, or music. This is a non-qualifying competition, and it is very possible that events may run ahead or behind schedule.

INQUIRIES

Refer questions regarding this competition to Betsy Ernyey by email at sfscsk8comp@aol.com.



SNOWPLOW SAM–BASIC 6 ELEMENTS

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

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

SNOWPLOW SAM–BASIC 6 PROGRAM WITH MUSIC

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

PRE-FREE SKATE–FREE SKATE 1–6 COMPULSORY

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

PRE-FREE SKATE–FREE SKATE 16 PROGRAM WITH MUSIC

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.

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

EXCEL FREE SKATE

- 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” to one level higher.

<p>Excel Beginner</p> <p>1:40 Max.</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 4 jump elements: Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow, toe loop only Eulers (half loops) are not allowed. Maximum 2 jump combinations or sequences. One 3-jump combination is allowed</p> <p>Jump sequence is any listed jump immediately followed by a waltz jump Maximum 2 of any same jump</p>	<p>Maximum 2 spins: Two upright spins No change of foot No flying entry</p> <p>Minimum 3 revolutions</p> <p>Max Level: Base</p>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
<p>Excel High Beginner</p> <p>1:40 Max.</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: toe loop, Salchow, Euler (half loop), loop Flip, Lutz, & Axel NOT permitted Maximum 2 jump combinations or sequences. One 3-jump combination is allowed</p> <p>Jump sequence is any listed jump immediately followed by a waltz jump Maximum 2 of any same jump</p>	<p>Maximum 2 spins: Both spins must be in a single position <u>No change of foot</u> No flying entry Permitted forward spins: upright, sit, camel Permitted back spins: upright</p> <p>Minimum 3 revolutions</p> <p>Max Level: Base</p>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
<p>Excel Pre-Preliminary</p> <p>1:40 Max.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Pre- preliminary free skate test</p> <p>*means required element</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <p>Jump sequence is any listed jump immediately followed by a waltz jump</p>	<p>Maximum 2 spins: One spin must be in a single position <u>with no change of foot*</u> One spin may change feet or position, <u>but not both</u> No flying entry Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
<p>Excel Preliminary</p> <p>1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <p>Jump sequence is any listed jump immediately followed by a waltz jump</p>	<p>Maximum 2 spins: <u>One spin must be a camel or layback spin with no change of foot and no change of position*</u> One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>

<p>Excel Preliminary Plus</p> <p>1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <p>All single jumps allowed, including single Axel No double, or higher jumps allowed Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <p>Jump sequence is any listed jump immediately followed by an axel type jump.</p>	<p>Maximum 2 spins:</p> <p>One spin must be in a single position* <u>No change of foot</u> <u>No flying entry</u> One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <p>Choreographic Step Sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
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EXCEL COMPULSORY

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

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

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

WELL BALANCED COMPULSORY

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

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

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

WELL BALANCED FREE SKATE PROGRAM

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

SPINS CHALLENGE

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	Upright one-foot spin (3) Upright back spin (3) Sit spin (3)
High Beginner	1:30 max.	Upright one-foot spin (4) Upright spin with change of foot (3 each foot) Sit spin (3)
No Test	1:30 max.	Upright spin with change of foot (3 each foot) Sit spin (3) Camel spin (3)
Pre – Preliminary	1:30 max.	Spin with one change of position and no change of foot (6) Backward sit spin (3) Camel spin (4)
Preliminary	1:30 max.	Spin with one change of foot and one change of position (min. 3 each foot) Change sit spin (min 3. each foot) One position spin – skater’s choice (upright, sit or camel) (4)

JUMPS CHALLENGE

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on ½ ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	Waltz jump (from backward crossovers) ½ flip or ½ Lutz Single Salchow
High Beginner	1:15 max.	Waltz jump (from backward crossovers) Single Salchow Jump combination – Waltz jump-toe loop
No Test	1:15 max.	Single toe loop Single loop Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	Single toe loop Single flip Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	Single flip Single Lutz Jump combination – Any single jump + single loop (may be Axel)

INTERPRETIVE

Skaters may enter at test level or up one level. The Competition Committee will choose music and during the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater. Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression. Spins and jumps performed must be appropriate to competition level. No costumes or props allowed. Male and female competitors may be combined.

Coaching: There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.

DIVISION	QUALIFICATIONS
Pre-Free Skate–Free Skate 6	Not passed higher than US Figure Skating Learn to Skate
No Test	Not passed Pre preliminary Free Skate
Pre Preliminary	Not passed Preliminary Free Skate
Preliminary	Not passed Pre Juvenile Free Skate



SHOWCASE EVENTS

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Costuming and make-up for showcase programs should enhance the feeling created by the performance, and reflect the meaning of the story or theme. 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. A 0.1 deduction will be taken. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for each ten seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical 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 contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice. Deductions will be made for skaters including technical elements not permitted in the event description.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner	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 or free dance tests.	1:30 max.
No Test	No prescribed or restricted elements.	Must not have passed Pre-Preliminary Free Skate or any Free Dance tests.	1:30 max.
Pre-Preliminary	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary. May not have passed any free dance test.	1:30 max.
Preliminary	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Preliminary free skate.	1:40 max.

TEAM COMPULSORY

Format: The designated skater from each team will perform their chosen element in sequence on full ice, with no music, and will follow this format:

- Minimum of three skaters on a team; each skater will do at least one required element.
- When the event is called, all skaters will take the ice for a two (2) minute STROKING ONLY warm-up.
- This will be followed by a one (1) minute individual warm-up for the elements.
- Teams will be directed to find a “base” for their team along the boards on the ice where they will stay for the remainder of the event.
- The announcer, referee or judge-in-charge will call the first element (e.g. jump or stop) to be performed.
- The team member performing the element will step forward and execute the skill, with the element first being performed by the skater on team one, then team two, then team three and so on
- Once all the teams have had their skaters complete the element, the next element will be called.
- Judging is done with one mark for each element (skater) for total team points.
- Repeat #4-7 above as this will be done in sequence until all the elements at each level are completed.

Level	Jumps / Stops	Spins / Turns / Glides	Spiral or Step Sequences
Snowplow Sam – Basic 3	<ul style="list-style-type: none"> • Wiggles, two-foot swizzles, forward or backward, (4-8 in a row) • Snowplow stop (one or both feet) or hockey stop (with skid) 	<ul style="list-style-type: none"> • Curves, glide turns, or hockey turns (right and left, forward) • March then glide on two feet or forward one-foot glide on left and right foot (one time skater’s height, forward) 	Forward ½ swizzle pumps or forward c-cuts on a circle (right and left, 6-8 consecutive)
Basic 4-Basic 6	<ul style="list-style-type: none"> • Side-toe hop, bunny hop, ballet jump, mazurka • Waltz jump 	<ul style="list-style-type: none"> • Forward inside pivot or two-foot spin (min. 3 revs.) • One-foot upright spin, optional entry & free foot position (min. 3 revs.) 	Moving forward to backward two-foot turns on a circle, clockwise and counterclockwise (from Basic 3)
Pre-Free Skate and Free Skate 1-6 levels	<ul style="list-style-type: none"> • Single jump (no Axel) • Jump combination or jump sequence (no Axel allowed) 	<ul style="list-style-type: none"> • Solo spin (scratch spin, layback, camel or sit, min. 3 revs, no flying entry) • Combo Spin: One change of foot, change of position optional (min. 3 revs. on each foot) 	Spiral Sequence (from Free Skate 2)



Please complete and submit this paper form to enter the TEAM COMPULSORY event.
Entry fee will not be used to register a team.

If any skater on the team is only competing in TEAM COMPULSORY, they need to submit a paper Individual Entry Form to verify their current test level and eligibility to compete.

One team member must submit this team entry form with the Team Name, members and payment for the team to register the team for competition.

TEAM NAME: _____

TEAM CLUB: _____

Number of Team Members: _____ X \$20/Member = \$ _____ (total team fees)

Name of Skater coordinating Team Compulsory Elements fees:

Email of coordinator _____

SKATER	USFS#	DOB:
SKATER	USFS#	DOB:
SKATER	USFS#	DOB:
SKATER	USFS#	DOB:
SKATER	USFS#	DOB:

Please select the level for this Team:

<input type="checkbox"/>	Snowplow Sam through Basic 3
<input type="checkbox"/>	Basic 4 through Basic 6
<input type="checkbox"/>	Pre-Free Skate–Free Skate 6