



*The Gardens Figure Skating Club of Maryland Announces its 19th Annual*

# *May Day Open and Compete USA*

*IJS Critiques included with first round IJS events*

**May Day Open is an official, designated competition in  
the 2018 Solo Dance Series.**

2018 Competition Announcement

**May 10-12, 2018**

GARDENS  
FIGURE  
SKATING  
CLUB  
LAUREL  
MARYLAND



13800 Old Gunpowder Road  
Laurel, Maryland 20707

A Non-Qualifying Competition Sanctioned By **US Figure Skating**  
Approved by US Figure Skating Basic Skills

Website - [Gardensfsc.org](http://Gardensfsc.org)

Email - [gwtwkatiescarlett@yahoo.com](mailto:gwtwkatiescarlett@yahoo.com)

May Day Open and Compete USA will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

May Day Open is an official, designated competition in the 2018 Solo Dance Series.

**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 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 a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

**Age restrictions/requirements:** Skaters entering juvenile free skate events (Well Balanced Program) must be under 13 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 13 years of age at the close of entries (March 31, 2018).

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

**ENTRIES:** Registrations will be online only. Please refer to the May Day Open Page of [www.gardensfsc.org](http://www.gardensfsc.org) for Entryeeze registration instructions. Entries must be submitted online by 11:59 PM on March 31, 2018. Please refer to the registration information on the [May Day Open](#) page of the Gardens FSC website.

Fees:

First IJS event and solo dance event	\$160
Additional IJS events and solo dance events	\$100
First 6.0 event	\$120
Additional 6.0 event	\$60
First Compete USA event	\$55
Additional Compete USA event	\$35
Theatre On Ice/Production	\$300
Late Fee	\$55
Changes after deadline	\$35

- Short program and free skate are considered separate events and if both are entered, the fee would include both the First and Additional IJS Event Fees.
- All two person teams (freestyle pairs, dance couples, duets, shadow dance, etc.) should register and pay individually for half the fee for the team event.
- If compulsory moves are entered solely, that will be considered a first 6.0 event fee.
- For team entries, a single team contact must register each team separately
  - For the following events: Theatre on Ice and Production Team events, you will need to register each team separately and pay for that team (all members

together) in the online system. These fees stand alone and do not affect another registration. When you register the team, you will need to provide the following information:

- "Team Contact" – this will be the contact information for a primary person who will be responsible for the team
  - "Team Name" – this will be the name of the team used on the skating orders and in the program
  - Number of team members (this should include alternates) and will be the basis of the per member charge for the event
  - The team roster - for each of the team members, you will need the following information:
    - Skater first and last name
    - Skater date of birth
    - Skater highest test passed for freeskate and moves in the field
    - Skater USFS number
    - Email address of the skater if over 18 or the email address of the skater's legal guardian if under 18 so that they can accept the liability waiver for that skater
- Only one first event fee is required. If two or more events of a different category are entered, then the most expensive first event fee is the first event fee, and the less expensive event is at its additional event rate. For example, a skater enters both the Senior Ladies Short Program and Senior Compulsory Moves. The first event fee is \$160 for the Senior Ladies Short Program and the Senior Compulsory Moves is the additional regular event for \$60 for a total of \$220. As another example, a skater enters both the Compete USA Freeskating 4 Program and No Test Compulsory Moves, the fee would be \$120 for the First Regular Event and \$35 for the additional Compete USA Event for a total of \$155.

**REFUND POLICY:** Entry fees will not be refunded after the deadline unless the event is canceled by the local organizing committee, (LOC). We will make every effort to schedule all events, including events with only one entry, but this is not guaranteed. There will be no refunds for medical withdrawals. Checks returned for non-sufficient funds and contested credit card charges will be assessed a \$55 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available online.

**FACILITIES:** The competition will be held at the Gardens Ice House, 13800 Old Gunpowder Road, Laurel, Maryland 20707. Visit the Gardens FSC website. Phone number 410-905-3368. Locker rooms and snack bar facilities are located at the rink. The competition will be held on the Olympic ice surface (200' x 100') and two NHL ice surfaces (200' x 85').

**MUSIC:** Online music submission is the ONLY acceptable method to submit program music. After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can logout of your account and return later to upload your music by going to the "Competition" tab and then selecting "My Music." Please be sure you are uploading the correct music for the correct event segment. Be careful, for example, not to mix up your short program and your free skate!

Deadline for uploading is: April 10, 2018

The uploaded program music MUST conform to the following specifications:

Programs per file:	One [1] - Only one piece of competition program music (e.g. short program, free skate, short dance, free dance, etc.) per file is allowed.
File Format:	mp3 - The uploaded file music must be an mp3 file (MPEG-1 or MPEG-2 Audio Layer III). Simply changing the file extension to "mp3" from another file format is not acceptable.
Bit Rate:	192 kbps is requested (bit rates between 128 and 320 kbps will be accepted).
Maximum file size:	10 MB
Maximum run time:	Five [5 minutes]
ID3 Metadata [tags]:	None - The Chief Music Coordinator strongly recommends that mp3 files DO NOT contain any ID3 metadata, commonly called tags. This is especially true of any embedded images such as album cover art, picture of the skater, etc. Please, NO EMBEDDED IMAGES!
Maximum leader:	Two [2] seconds] - The leader is the silence between the start of the track and the actual start of the program music. The Chief Music Coordinator recommends that there be NO leader.
Maximum trailer:	Two [2] seconds] - The trailer is the silence between the end of the program music and the end of the actual track. The Chief Music Coordinator recommends that there be NO trailer.

### **Backup Music at Event [CDs]**

In addition to submitting the music online, all competitors/teams must also have at least one [1] backup copy of their competition music on CD, AT RINKSIDE, during the actual competition event or official practice. CDs must meet the following requirements:

- In standard Audio CD format (Compact Disc Digital Audio). Other formats, including mp3 are NOT acceptable.
- Clearly marked with a permanent marker (e.g. Sharpie, do NOT use a label or tape) as follows: First Name, Last Name, (Club – Optional but requested), Event, Event Segment and Music Length (e.g. Jane Smith, Acme FSC, Novice Ladies, Free Skate, 3:10 or Synchro Team, Widget FSC, Preliminary, Free Skate, 1:59)
- Each CD may have only ONE [1] music track on it. In the case where a skater competes in both a short program/dance and a free skate/free dance, two [2] separate discs must be available. Any disc with more than one [1] track is NOT acceptable.
- Lead in time (time before the music begins) on CDs may not exceed two [2] seconds.
- Due to the compatibility and reliability reasons, music may NOT be submitted on re-recordable "CD-RW" discs. PLEASE, not CD-RWs!!

The LOC, competition officials, and volunteers exercise reasonable care when handling CDs. However, they are not responsible for damage to or loss of any CDs. The LOC is not responsible for CDs not picked up by the end of the competition. Those CDs will be destroyed.

### **Penalty for Incorrect Music or Failure to Upload Music**

The LOC may assess each competitor/team an additional \$25 charge per event segment, if the competitor/team: 1) fails to submit their music prior to the close of online music submission, 2) submits files that do not follow the specifications above, or 3) uploads the incorrect music for a given event segment (e.g. uploads short program music instead of the free skate). In the event the LOC decides to assess a penalty, the competitor/teams will not receive their credentials at

registration until they pay the penalty fee and turn in their music on CD, conforming to the requirements above.

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

**JUDGING SYSTEM:** The International Judging System (IJS) will be used for the following events:

- *Well Balanced Program free skate events, juvenile – senior*
- *Short program events, intermediate – senior*
- *Pairs free skate events, juvenile – senior*
- *Pairs short program events, intermediate – senior*
- *Adult Masters and Adult Gold events*
- *All National Solo Dance Series events*

All competitors skating in these events need to submit the planned program content form online. This form is found on the Entryeze website. The deadline to submit the form is 4/10/2018.

The 6.0 Majority Judging System will be used for all other non-IJS events.

**IJS Critiques:** For skaters and coaches only. Skaters should line up in the designated area according to skate order.

**REGISTRATION:** Registration will be open 30 minutes before the first event and run through the last event of the day. The registration table will be located upstairs at the Gardens Ice House. Check in for all other events should be one hour prior to your event.

**SCHEDULE and PRACTICE ICE:** The competition schedule and practice ice will be posted on EntryEeze and on the website as soon as possible after the closing deadline. You must check the website for any changes and updates to the schedule. The schedule with individual group assignments will be posted approximately one week prior to the competition. Practice ice information will also be posted on the website with appropriate instructions listed. Please contact the practice ice chair as listed on the website for practice ice information.

**VIDEOGRAPHY:** [Vision Photo and Video](#) will provide videography.

**AWARDS:** Will be given to the first, second, third and fourth place finishers in each event. Awards will be given at scheduled times throughout the day(s). Compete USA events will be limited to six skaters in a group, if possible. All Compete USA competitors are invited to participate in the medal ceremony.

**OFFICIAL NOTICES:** An [official bulletin board](#) will be maintained on the May Day page of [www.gardensfsc.org](http://www.gardensfsc.org). It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive one hour prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

**INFORMATION REGARDING COACHES:**

U.S. Figure Skating Rule MR 5.11 Coach Registration

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Learn to Skate USA ONLY coaches - Any person, 18 and older, instructing a Learn to Skate USA Program must have successfully passed the annual background screen, be registered as a Learn to Skate USA instructor and completed the Learn to Skate USA Instructor Certification or U.S. Figure Skating Coach Compliance.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – 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 practice sessions. Coaching at U.S. Figure Skating events without proper registration is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:  
<http://usfsa.org/story?id=84159>

**CONTACT INFO:** If you have questions, please contact Catherine Lee at [gwtwkatiescarlett@yahoo.com](mailto:gwtwkatiescarlett@yahoo.com) 410-905-3368.

**ADDITIONAL INFORMATION - ACCOMMODATIONS:**

In order to secure the group rate you must identify yourself with The Gardens Figure Skating Club "May Day Open." Limited rooms available. Please ask about group rates.

DoubleTree by Hilton Hotel Laurel  
15101 Sweitzer Lane, Laurel, MD 20707  
301-776-5300



## U.S. Figure Skating Nonqualifying Competitions

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### EVENT: Well Balanced Program Free Skate

General event parameters:

1. Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted.
3. 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.
4. The IJS judging system will be used for juvenile through senior and adult masters and adult gold. The 6.0 judging system will be used for other well balanced freeski programs.
5. 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](http://www.usfigureskating.org) , under "Technical Information," then "Singles/Pairs"

No Test	Rule 4280
Pre-Preliminary	Rule 4270
Preliminary	Rule 4260
Pre-Juvenile	Rule 4250
Juvenile (under 13 years)& Open Juvenile (13 years or older)	Rule 4240
Intermediate	Rule 4230
Novice Ladies	Rule 4220
Novice Men	Rule 4220
Junior Ladies	Rule 4210
Junior Men	Rule 4210
Senior Ladies	Rule 4200
Senior Men	Rule 4200
Masters Junior-Senior	Rule 4510
Masters Intermediate-Novice	Rule 4540
Adult Gold	Rule 4570
Adult Silver	Rule 4580
Adult Bronze	Rule 4590
Adult Pre-Bronze	Rule 4600

### 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 – 2017/2018 or 2018/2019 elements will be permitted
- D. Senior short program – Rule 4200

**PAIRS FREE SKATING EVENTS**

Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. The IJS judging system will be used for juvenile through senior. The 6.0 judging system will be used for pre-juvenile. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

Pre-Juvenile	Rule 5250
Juvenile	Rule 5240
Intermediate	Rule 5230
Novice	Rule 5220
Junior	Rule 5210
Senior	Rule 5200

**PAIRS SHORT PROGRAM EVENTS**

Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. The IJS judging system will be used for intermediate through senior. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

- A. Intermediate short program – Rule 5230
- B. Novice short program – Rule 5220
- C. Junior short program – Rule 5210 – 2017/2018 or 2018/2019 elements will be permitted
- D. Senior short program – Rule 5200

**INITIAL / FINAL ROUND FOR FREE SKATE EVENTS**

There will be a final round for Short and Long Program events provided there are enough entrants for the level. The Chief Referee and Competition Chairperson reserve the right to combine ladies' and men's events where permitted by U.S. Figure Skating Rulebook. A final round may be scheduled for any IJS event where there are more than 24 skaters. For non-IJS events with a large number of competitors, the chief referee will establish groups; and there will be no final round.





## U.S. Figure Skating Nonqualifying Competitions

### EVENT: 2017-18 Test Track Free Skate – Introductory through Senior levels

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. 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.
4. Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
5. 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 1:40 maximum	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions)</li> </ul>	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 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	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 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position, no change of foot (Min. 3 revolutions)</li> </ul> <p>One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revs). Spins may not fly.</p>	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

<p>Juvenile 2:20 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps, including Axel, are permitted.</li> <li>Max. 2 jump combinations or sequences</li> </ul> <p>Max. 2 of any same type jump</p>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <li>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)</li> <li>Only solo spin may fly</li> </ul>	<p>One step sequence fully utilizing ice surface</p>	<p>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</p>
<p>Intermediate 2:40 +/- 10 sec.</p>	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow and double toe loop.</li> <li>Maximum of 3 jump combinations or sequences</li> </ul> <p>Max. 2 of any same type jump</p>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One must be a flying spin (min 5 revolutions),</li> <li>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).</li> </ul>	<p>One step sequence fully utilizing ice surface</p>	<p>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</p>
<p>Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop and double loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> <li>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)</li> <li>The other spins are the option of the skater (min 6 revolutions per foot)</li> <li>All spins may fly</li> </ul>	<p>One step sequence or spiral sequence fully utilizing ice surface  (see rule 4104 &amp; 4105 for remarks)</p>	<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</p>

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



## INTRODUCTORY FREE SKATE PROGRAM

General event parameters:

- 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.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Max. 2 jump sequences</li> <li>• Max. 2 of any same jump</li> </ul>	Max. 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests
High Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max. 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests



## U.S. Figure Skating Nonqualifying Competitions

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### INTRODUCTORY LEVELS COMPULSORY

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

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- 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 their free skate program.*

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ul style="list-style-type: none"><li>• Waltz jump</li><li>• ½ jump of choice</li><li>• Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional)</li><li>• Forward or backward spiral</li></ul>
High Beginner	1:15 max.	<ul style="list-style-type: none"><li>• Toe loop jump</li><li>• Salchow jump</li><li>• Forward scratch spin - minimum three revolutions</li><li>• Forward or backward spiral</li></ul>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: COMPULSORY MOVES

General event parameters:

1. No Test – Juvenile: Elements skated on ½ ice
2. Intermediate – Senior: Elements skated on full-ice
3. The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
4. A 0.2 deduction will be taken for each element performed from a higher level.
5. Music is not allowed.
6. Skaters may compete at their test level or one level higher.

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Loop jump</li> <li>2. Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions</li> <li>4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ol>
Pre-Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Toe Loop jump</li> <li>2. Jump combination: single/single (no Axel)</li> <li>3. Sit spin or camel spin - minimum three revolutions</li> <li>4. Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Lutz</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Back upright spin - minimum three revolutions</li> <li>4. Forward inside spiral</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Single jump (may include Axel)</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence - circular</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Jump combination: single/single or double/single</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence – circular</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Salchow or double toe loop</li> <li>2. Jump combination: single/single or double/single</li> <li>3. Flying spin, minimum five revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Double loop</li> <li>2. Jump combination: double/single or double/double</li> <li>3. Flying spin - minimum five revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double flip</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - minimum 10 revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Lutz</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - minimum 10 revolutions</li> <li>4. Step sequence – straight line</li> </ol>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Adult Compulsory Moves

General event parameters:

1. Pre-Bronze to Silver: Elements skated on ½ ice
2. Gold/Masters: Elements skated on full-ice
3. Elements may be performed only once
4. Music is not allowed
5. Minimum number of revolutions is noted in parentheses

Level	Time	Elements
Adult Pre-Bronze	1:30 MAX	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in a combination and 3 jumps in a sequence</li> <li>• Forward upright spin (Min. 3 revolutions)</li> <li>• Forward spiral (any edge)</li> </ul>
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> <li>• Single Salchow</li> <li>• Waltz jump – toe loop combination jump</li> <li>• Backward Upright Spin – entry optional (Min. 3 revolutions)</li> <li>• Spiral sequence (Min. 2 spirals)</li> </ul>
Adult Silver	1:30 MAX	<ul style="list-style-type: none"> <li>• Single loop</li> <li>• Single/single jump combination</li> <li>• Sit spin (Min. 3 revolutions)</li> <li>• Straight line step sequence</li> </ul>
Adult Gold	1:30 MAX	<ul style="list-style-type: none"> <li>• Single Lutz or Axel</li> <li>• Single/single or single/double jump combination</li> <li>• Camel spin (Min. 4 revolutions)</li> <li>• Straight line step sequence</li> </ul>
Masters Intermediate/Novice	1:30 MAX	<ul style="list-style-type: none"> <li>• Axel, double Salchow, double toe loop or double loop</li> <li>• Jump combination (double/double, single/double or double/single) that may include double Salchow, double toe loop or double loop and any single jump including Axel</li> <li>• Solo spin of skater's choice (Min. 6 revolutions)</li> <li>• Straight line step sequence</li> </ul>
Masters Junior/Senior	1:30 MAX	<ul style="list-style-type: none"> <li>• Choice of any double jump</li> <li>• Jump combination that may include any double jump</li> <li>• Solo spin of skater's choice (Min. 8 revolutions)</li> <li>• Straight line step sequence</li> </ul>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower and adult silver and lower will be skated ½ ice; Juvenile – senior and adult gold – masters junior/senior will be skated on full ice
3. Jumps with an “\*” must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. ½ flip or ½ Lutz</li> <li>3. Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. Single Salchow</li> <li>3. Jump combination – waltz jump-toe loop</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single loop</li> <li>3. Jump combination – Any two ½ or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single flip</li> <li>3. Jump combination - Any two ½ or single revolution jumps (no Axel)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single Lutz</li> <li>3. Jump combination – Any single jump + single loop (may be Axel)</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Single or double jump</li> <li>3. Jump combination – single/single (no Axel)</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Double Salchow</li> <li>3. Jump combination – single/single or double/single (no Axel)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Double loop*</li> <li>3. Jump combination – double/single (no Axel)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Double loop</li> <li>2. Double flip*</li> <li>3. Jump combination – double/double (may be double Axel)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Choice of double or triple jump</li> <li>2. Double or triple flip*</li> <li>3. Jump combination – double/double (may be double Axel)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Choice of double or triple jump</li> <li>2. Double or triple Lutz*</li> <li>3. Jump combination – double/double or triple/double (may be double Axel)</li> </ol>
Adult Pre-Bronze	1:00	<ol style="list-style-type: none"> <li>1. Waltz or toe loop jump</li> <li>2. ½ flip, ½ Lutz or ½ loop</li> </ol>
Adult Bronze	1:00	<ol style="list-style-type: none"> <li>1. Single Salchow</li> <li>2. Single toe loop</li> <li>3. Any single jump + single toe loop combination (No Axels allowed)</li> </ol>
Adult Silver	1:15	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single loop</li> <li>3. Single/single combination (Axel is permitted)</li> </ol>
Adult Gold	1:15	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Single Lutz</li> <li>3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)</li> </ol>



Masters Intermediate/ Novice	1:30	<ol style="list-style-type: none"> <li>1. Axel</li> <li>2. Double Salchow , double toe loop or double loop</li> <li>3. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel</li> </ol>
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> <li>1. Double loop or double flip</li> <li>2. Double Lutz</li> <li>3. Jump combination that may include any double jump</li> </ol>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Spins Challenge

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
High Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
No-Test	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright back scratch spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Forward scratch to back scratch spin (3)</li> <li>2. Combination spin with no change of foot (4)</li> <li>3. Sit spin (3)</li> </ol>
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> <li>1. Camel spin (3)</li> <li>2. Combination spin – camel to sit spin; no change of foot (6)</li> <li>3. Forward to backward scratch spin (3 per foot)</li> </ol>
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> <li>1. Sit spin (4)</li> <li>2. Combination spin – with change of foot; optional change of position (4 per foot)</li> <li>3. Girls – layback spin (4); Boys – camel spin (4)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying camel spin (5)</li> <li>2. Sit spin to backward sit spin (4 per foot)</li> <li>3. Combination spin – change of foot &amp; change of position (4 per foot)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Choice of camel, sit or layback spin (6)</li> <li>2. Camel spin to backward camel spin (4 per foot in position)</li> <li>3. Combination spin – change of foot &amp; two changes of position (2 per position &amp; 5 per foot)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying sit spin or flying reverse sit spin (6)</li> <li>2. Solo spin of choice (6) – may not fly</li> <li>3. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying spin of choice (6)</li> <li>2. Solo spin of choice (6) – may not fly</li> <li>3. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> <li>1. One-foot upright spin (3)</li> <li>2. Two-foot upright spin (3)</li> </ol>
Adult Bronze	1:15	<ol style="list-style-type: none"> <li>1. One-foot upright spin (4)</li> <li>2. One-foot back spin (3)</li> <li>3. Sit spin (3)</li> </ol>

Adult Silver	1:30	<ol style="list-style-type: none"> <li>1. Camel spin (3)</li> <li>2. Layback, sideways leaning or sit spin (4)</li> <li>3. Combination spin with at least one change of position, no change of foot (3 in each position)</li> </ol>
Adult Gold	1:30	<ol style="list-style-type: none"> <li>1. Solo spin, no change of foot (4)</li> <li>2. Second solo spin, different from the first; change of foot optional (4)</li> <li>3. Combination spin with only one change of foot and at least one change of position (4 each foot)</li> </ol>
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> <li>1. Solo spin of skater's choice (Min. 6 revolutions)</li> <li>2. Second solo spin, different from the first; change of foot optional (4) May have a flying entry</li> <li>3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot)</li> </ol>
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> <li>1. Solo spin of skater's choice (Min. 8 revolutions)</li> <li>2. Solo spin with a flying entry</li> <li>3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot). May have a flying entry</li> </ol>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Moves in the field

General event parameters:

1. Levels are based on the skaters' highest Moves in the field test passed.
2. A moves in the field competition event will consist of the skater performing two moves in the field patterns.
3. Each skater will complete both of their required patterns consecutively in the order listed, pausing briefly in between.
4. The host club may choose to play background music, at a low volume, at their discretion.

Level	Patterns
Pre-Preliminary	<ol style="list-style-type: none"> <li>1. Forward perimeter stroking (1/2 rink only).</li> <li>2. Waltz eight (2 patterns/foot)</li> </ol>
Preliminary	<ol style="list-style-type: none"> <li>1. Forward &amp; backward crossovers</li> <li>2. Consecutive outside &amp; inside spirals</li> </ol>
Pre-Juvenile	<ol style="list-style-type: none"> <li>1. Forward &amp; backward power change of edge pulls.</li> <li>2. Forward inside and backward outside 3-turns.</li> </ol>
Juvenile	<ol style="list-style-type: none"> <li>1. Backward power circle.</li> <li>2. Forward double 3-turns.</li> </ol>
Intermediate	<ol style="list-style-type: none"> <li>1. Brackets in the field</li> <li>2. Forward twizzles (right forward outside &amp; right forward inside only)</li> </ol>
Novice	<ol style="list-style-type: none"> <li>1. Forward &amp; backward outside counters.</li> <li>2. Twizzles (Backward inside only)</li> </ol>
Junior	<ol style="list-style-type: none"> <li>1. Forward &amp; backward inside rockers</li> <li>2. Choctaw sequence</li> </ol>
Senior	<ol style="list-style-type: none"> <li>1. Spiral sequence</li> <li>2. Serpentine step sequence</li> </ol>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Step Sequences

#### General event parameters:

1. Levels are based on the skaters' highest Moves in the Field test passed.
2. Music of skater's choice, including vocal music, not to exceed the maximum (less time is fine).
3. Skaters perform two different step sequences of their choice; any shape or pattern is permitted; however, skaters must make it clear when their first step sequence ends, and their second begins.
4. Each of the step sequences must include the required steps and/or turns listed for each level.
5. Each step sequence may, and is encouraged to, include additional steps or turns.
6. Each step sequence must utilize the full ice surface.
7. Skaters are encouraged to focus on edge quality, clarity of turns, multi-directional and one-foot skating.

Level	Time	Required elements
Pre-Preliminary	1:00 max.	Each of the two step sequences must include: <ul style="list-style-type: none"> <li>- Forward outside 3-turn</li> <li>- Inside mohawk</li> <li>- Demonstration of forward outside &amp; forward inside edges</li> </ul>
Preliminary	1:00 max.	Each of the two step sequences must include: <ul style="list-style-type: none"> <li>- At least two consecutive forward outside power 3-turns</li> <li>- Forward inside 3-turn</li> <li>- At least one set of alternating 3-turns (outside or inside)</li> </ul>
Pre-Juvenile	1:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. Backward inside 3-turns on each foot</li> <li>2. Backward outside 3-turns on each foot</li> <li>3. At least 2 consecutive power pulls (backward or forward)</li> </ol>
Juvenile & Open Juv.	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. Forward outside double 3 (either foot)</li> <li>2. Forward inside double 3 (either foot)</li> <li>3. At least 2 consecutive cross strokes (backward or forward)</li> </ol>
Intermediate	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>5. Choice of backward double 3</li> <li>6. At least 2 different brackets with clear entry &amp; exit edges</li> <li>7. Forward inside 1 ½ twizzle</li> <li>8. Forward outside 1 ½ twizzle</li> </ol>
Novice	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>5. At least 2 different counters with clear entry &amp; exit edges</li> <li>6. Forward outside &amp; forward inside loop (either foot)</li> <li>7. Backward outside double twizzle</li> <li>8. Backward inside double twizzle</li> </ol>
Junior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>5. At least 2 different rockers with clear entry &amp; exit edges</li> <li>6. At least 2 different choctaws</li> <li>7. Backward outside &amp; backward inside loop (either foot)</li> <li>8. A combination of at least 3 different turns done on one foot</li> </ol>
Senior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. At least 1 of each of the following turns: 3-turn, bracket, rocker, counter, choctaw, loop, and twizzle.</li> <li>2. A combination of at least 3 different turns, to be selected from counter, rocker, bracket, twizzle and loop, done on one foot.</li> <li>3. An upper body movement. <i>(Any movements of the arms, head and torso that have an effect on the balance of the main body core.)</i></li> </ol> <p><i>Note: If necessary, skaters may combine items 1 &amp; 2. For example, performing 3 different consecutive turns on one foot may also count towards the requirement of demonstrating all seven of the listed turns/steps.</i></p>

## PATTERN DANCE (PARTNERED)

The 6.0 judging system will be used.

Pre-Juvenile Pattern Dance (Non-IJS), 2018-2019 Group B – Rhythm Blues, Canasta Tango

Juvenile Pattern Dance (Non-IJS), 2018-2019 Group A – Willow Waltz, Fiesta Tango

Intermediate Pattern Dance (Non-IJS), 2018-2019 Group A – Rocker Foxtrot, European Waltz

Novice Pattern Dance (Non-IJS), 2018-2019 Group A – Starlight Waltz, Paso Doble



## 2018 U.S. Figure Skating Solo Dance Series Events

The May Day Open is a participating competition within the 2018 Solo Dance Series.

***The solo pattern dance event, solo combined event, shadow dance, and adult solo dance events are being offered as part of the 2018 U.S. Figure Skating Solo Dance Series and will be conducted in accordance with the 2018 Solo Dance Series Handbook. Please refer to the 2018 Solo Dance Series handbook for the current Series rules, levels and event requirements that will be in effect for this competition.***

Each skater who registers with U.S. Figure Skating as a participant in the 2018 Series will receive a Solo Dance Series Participant number upon successful payment and registration. This registration and number is required to enter your competition as a Series participant and accrue points. This is a great method of ensuring skaters registered for the Series and will receive points for placement.

**Solo Pattern Dance Event:** The solo pattern dance event is comprised of two dances at each level. This event is being offered at the preliminary, pre-bronze, bronze, pre-silver, silver, pre-gold, gold and international levels.

Level	Dances	Level	Dances
Preliminary	Dutch Waltz Rhythm Blues	Silver	American Waltz Rocker Foxtrot
Pre-Bronze	Cha Cha Fiesta Tango	Pre-Gold	Paso Doble Kilian
Bronze	Willow Waltz Ten Fox	Gold	Quickstep Viennese Waltz
Pre-Silver	Fourteenstep Foxtrot	International	Yankee Polka Tango Romantica

Refer to the 2018 Solo Dance Series Handbook for the solo pattern dance event rules, test requirements and details.

**Solo Combined Event:** The solo combined dance event is comprised of both of the following:

1.) **JUVENILE, INTERMEDIATE, NOVICE:** One solo pattern dance chosen by the referee out of two possible dances as selected by U.S. Figure Skating. This dance will not be posted until the starting order is posted at the competition.

*Pattern Dance Selection for Juvenile:* Willow Waltz and Hickory Hoedown

*Pattern Dance Selection for Intermediate:* Foxtrot and European Waltz

*Pattern Dance Selection for Novice:* American Waltz and Tango

\*Skater's choice music for the pattern dance portion of the combined event

**JUNIOR, SENIOR:** One solo short dance

2.) One solo free dance

The pattern dances competed in the combined dance event are separate from those in the solo pattern dance event and the results will not count towards the solo pattern dance event or results. This event is offered at the juvenile, intermediate, novice, junior and senior levels. Refer to the 2018 Solo Dance Series Handbook for the combined event rules and details.

**Shadow Pattern Dance:** The shadow pattern dance event is offered for the preliminary through senior levels. Refer to the 2018 Solo Dance Series Handbook for the shadow pattern dance rules and event details.

Level	Requirement	Dance (number of sequences to be skated)
Preliminary	One partner must not have passed higher than the complete pre-bronze dance test.	Canasta Tango (3 sequences)
Juvenile	One partner must not have passed higher than the complete pre-silver dance test.	Fiesta Tango (3 sequences)
Intermediate	One partner must not have passed higher than the complete silver dance test.	Foxtrot (3 sequences)
Novice	One partner must not have passed higher than the complete pre-gold dance test.	Tango (2 sequences)
Junior	One partner must not have passed higher than the complete gold dance test.	Blues (2 sequences)
Senior	Open.	Argentine Tango (2 sequences)



## U.S. Figure Skating Nonqualifying Competitions

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**EVENT:** Theatre On Ice (TOI) Events – Choreographic Exercise (CE) and Free Skate

Format: Theatre On Ice consists of two programs the free skate and the Choreographic Exercise (CE), which is similar to a short program in singles skating. These two events are judged separately. All levels will be judged on both programs for a combined score at the Theatre On Ice National competition.

A Theatre On Ice team may roster from 8-24 skaters. The same number of skaters must skate the CE and FS segments of a competition. A maximum of four rostered skaters may be different between the CE and Freestyle programs. Curtain: There will not be any curtain used for the Theatre On Ice events.

Current guidelines and procedures for Theatre On Ice Choreographic Exercise (CE) and Free Skate can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the Theatre On Ice page.

Theatre On Ice is a creation using all aspects of figure skating, incorporating a theme, emotion or story, enhanced by music. It is a package that includes five dimensions:

- Theme
- Music/Sound
- Choreography/Skating movements
- Performance/The rapport between the skaters and/or sub-groups of skaters
- Costuming, props and/or scenery

### **THEATRE ON ICE CHOREOGRAPHIC EXERCISE (CE)**

All three Choreographic Elements should be present and integrated into the entire program. Development of the elements in a variety ways will be rewarded. Elimination of an element will be reflected in the score.

#### **Theme: The Meaning of Life**

#### **Choreographic Process: Diminution**

*A choreographic sequence of movement that decreases upon repetition.*

*Note: Diminution can be used to relate to size, energy, density, and number of movements in a sequence. (Opposite of Accumulation)*

#### **Gesture: Adagio (Slow)**

*Slow, continuous, and sustained body movement.*

## Theatre On Ice Events and Levels Offered For Competition

- All test levels are as of **April 1, 2018**.
- All age requirements are as of **January 1, 2018**.

Level	# of skaters	Minimum Test	Maximum Test	Age	Age Flexibility	CE Length	FS Length
Senior	8-24	Juvenile MIF	None	> 16	4 rostered skaters may be outside age range by no more than 3 years	2:30 +/- 10 sec.	5:30 +/- 15 sec.
Junior	8-24*	Juvenile MIF	None	>10 <19		2:30 +/- 10 sec.	5:00 +/- 15 sec.
Novice	8-24*	Preliminary MIF	None	>7 <16		2:30 +/- 10 sec.	4:30 +/- 15 sec.
Intermediate	8-24	Pre-Preliminary MIF	None	<19		2:30 +/- 10 sec.	<u>4:00 +/- 15 sec.</u>
Preliminary**	8-24	Pre-Preliminary MIF	None	<13		2:00 +/- 10 sec.	2:00 +/- 15 sec.
Open	8-24	At least one MIF or Dance test***	None	All	N/A	2:30 +/- 10 sec	<u>4:00 +/- 15 sec.</u>
Adult****	8-24		None	>18	N/A	2:30 +/- 10 sec	5:30 +/- 15 sec.
Special Olympics/Therapeutic Skating	8-20	See below	None	All	N/A	N/A	<u>3:30 max</u>





## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Theatre On Ice (TOI) Events , Learn to Skate USA levels

Format: The competitive programs shall create a story based on the theme while demonstrating the choreographic process and gesture or movement.

- Programs should contain skating skills from the Learn to Skate USA program levels listed.
- Elements from higher levels are not allowed.
- Elements from lower levels are encouraged.
- Coaches should refer to the U.S. Figure Skating Learn to Skate USA Instructor's Manual for further details on the elements.
- Props, scenery and theatrical makeup are not allowed.

Please refer to the Learn to Skate USA Instructor's Manual for more detailed information on Theatre On Ice 1-4.

### Learn to Skate USA Theatre On Ice Levels

Level	Program Length	Test, Team Size and Age Requirements
TOI/CE 1	1:30 +/- 10 seconds	<ul style="list-style-type: none"> <li>• Theme: Joy (emotion)</li> <li>• Choreographic process: Repetition</li> <li>• Movement or gesture: Allegro (fast movement)</li> </ul> <p>Skaters should demonstrate elements from the Learn to Skate USA program levels 1 through 4. Elements from higher levels are not allowed.</p>
TOI/CE 2	1:30 +/- 10 seconds	<ul style="list-style-type: none"> <li>• Theme: Body as an instrument</li> <li>• Choreographic process: Canon</li> <li>• Movement or gesture: Soft movement (fluid and light)</li> </ul> <p>Skaters should demonstrate elements from the Learn to Skate USA program levels 5 through 6 Elements from higher levels are not allowed.</p>
TOI/CE 3	1:30 +/- 10 seconds	<ul style="list-style-type: none"> <li>• Theme: Traveling through space</li> <li>• Choreographic process: Mirroring</li> <li>• Movement or gesture: Unison</li> </ul> <p>Skaters should demonstrate elements from the Learn to Skate USA Free Skate 1 through 3. Elements from higher levels are not allowed.</p>
TOI/CE 4	1:30 +/- 10 seconds	<ul style="list-style-type: none"> <li>• Theme: Rhythm</li> <li>• Choreographic process: Call and response</li> <li>• Movement or gesture: Percussive (sharp, fast movement)</li> </ul> <p>Skaters should demonstrate elements from the Learn to Skate USA Free Skate 4 through 6. Elements from higher levels are not allowed.</p>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Showcase Events – Dramatic Entertainment Events

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness.
- Props and scenery ARE permitted.

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed, as listed in the table below. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline.
3. Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under “Programs” on the National Showcase page.

#### Dramatic Entertainment Levels:

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

Event	Must meet requirements*	Must not have passed	Age	Time
No Test <small>(does not qualify for National Showcase)</small>	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Pre-Preliminary <small>(does not qualify for National Showcase)</small>	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	3 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max

Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Showcase Events – Light Entertainment Events

#### 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.

#### General event parameters:

1. 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.
2. The determination of level will be based upon test requirement at the entry deadline.
3. Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under “Programs” on the National Showcase page.

### Light Entertainment Levels:

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

Event	Must meet requirements*	Must not have passed	Age	Time
No Test <small>(does not qualify for National Showcase)</small>	No Free Skate test passed	Pre-Preliminary Free Skate OR Any Free Dance	No age restriction	1:30 max
Pre-Preliminary <small>(does not qualify for National Showcase)</small>	Pre-Preliminary Free Skate	Preliminary Free Skate OR Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max

Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	3 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Showcase Events – Duet Events

#### Format:

- Duets are theatrical or artistic performances by any competitors.
- Props and scenery ARE permitted.

#### General event parameters:

4. 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.
5. 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](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

### Duet Event Levels:

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

Event	Must meet requirements*	Must not have passed	Age	Time
No Test	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No age restriction	1:30 max

Pre-Preliminary	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	3 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Showcase Events – Interpretive Events

Format: Interpretive is a performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the competition committee / LOC. Programs should incorporate various elements of expressive movement and skating moves, to enhance the skater's interpretation of the music, rather than technical elements. Props are not permitted. The music will be played during a warm-up on full ice. After the warm up, all skaters will leave the ice. Second and subsequent skaters will go to the warm up room. The first skater will hear the music once more rinkside. After the first skater takes his/her position on the ice, the second skater will be brought rinkside to hear the music with no view of the ice. This pattern will continue until all skaters have skated the event. All competitors in an event will interpret the same music.

Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

### Interpretative Events and Levels:

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

Level	Program Duration	Test Requirements (Freeskate or Free Dance)
Pre-juvenile and below	1:00 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Juvenile - novice	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Junior and senior	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Teen and young adult	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
All adult events	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.



## U.S. Figure Skating Nonqualifying Competitions

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### EVENT: Showcase Events – Production Ensemble Event

Formats:

- **Production ensemble** events are theatrical performances by eight or more competitors. Theatre On Ice teams are eligible as production ensembles. Props and scenery are allowed. Programs are performed under full arena lighting
  - NOTE: Skaters may enter only one duet, mini production AND production event each.

Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under “Programs” on the National Showcase page.

#### Production Ensemble Events:

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered)	Age	Program Duration
Production Ensemble	Open	Open	No age restriction	6:15 max



## U.S. Figure Skating Nonqualifying Competitions

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### EVENT: Showcase Events – Mini Production Ensemble Events

Formats:

- **Mini production ensemble** events are theatrical performances by three to seven competitors. Props and scenery are permitted. Programs are performed under full arena lighting
  - NOTE: Skaters may enter only one duet, mini production AND production event each.

Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under “Programs” on the National Showcase page.

#### Mini Production Ensemble Events:

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered standard track)	Age	Program Duration
Mini Production	Open	Open	No age restriction	3:10 max



## Compete USA Competition

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA program 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 Skills 1-6 skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.**

**For the Pre-Free Skate, Free Skate 1-6, Test Track 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 discovers that a skater has been placed in a category that is below his/her class level, the chairman 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.**



### SNOWPLOW SAM – BASIC 6 ELEMENTS

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice.
- No music.
- **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:00 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:00 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:00 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, both directions</li> <li>• Beginning two-foot spin, maximum 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
Basic 5	1:00 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, both directions</li> <li>• Advanced two-foot spin, maximum 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>



## SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

- To be skated on full ice.
- 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.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:10 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:10 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:10 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, both directions</li> <li>• Beginning two-foot spin, maximum 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
Basic 5	1:10 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, both directions</li> <li>• Advanced two-foot spin, maximum 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>

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

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

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels. Bonus skills from the same level or below are allowed but will not be judged elements.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum

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



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

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

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

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:40 max	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum three revolutions</li> <li>• Half Loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Beginning Axel jump</li> </ul>