
The Oswego Figure Skating Club
Presents the
23rd Annual
Port City Invitational
At Anthony J. Crisafulli Ice Rink
Oswego, New York



March 7 & 8, 2020

Sanctioned by:



Entry Deadline: February 22, 2020

The 23rd Annual Port City Invitational will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

ELIGIBILITY/TEST LEVEL:

Test level: Competition level is the highest test passed as of 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.

Age restrictions/requirements: Singles free skate events (Well Balanced Program) have the following requirements.

Juvenile: Girls – 12 years of age or younger; Boys – 13 years of age or younger

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

Intermediate must be under the age of 18

Adults must be 21 years of age or older

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

ENTRIES: Applications must be completed **ONLINE** using the **registration link** at www.oswegofsc.org, not later than midnight February 22, 2020. A late fee of \$25.00 will be charged for entries submitted after February 22, 2020 and will be subjected to the Chief Referee's approval. The competition chair reserves the right to cancel an event if there are less than 2 entrants (with full refund of entry fee) and to combine and divide groups. If there is only one skater or team due to withdrawal(s), and if that remaining skater/team wishes to skate, they may skate for an exhibition/critique. Skaters may skate up one level in any event, but may not skate below their test level. Competitors may enter only one Freestyle event. For all other events, competitors may enter as many events as they desire, provided they meet the entry requirements. Email us at oswegofiguresk8ingclub@gmail.com with any discrepancies.

FEES: All fees must be in U.S. funds and must accompany applications.

1 st Individual Event	\$55.00
2 nd Individual Event	\$30.00
3 rd Individual Event	\$20.00
4 th and Individual Events	\$15.00
1 st Basic Skills Event	\$25.00
2 nd Basic Skills Event	\$20.00
3 rd Basic Skills Event	\$15.00
Synchronized Team	\$125.00/team + \$10/skater
Beginner Synchronized Team	\$75.00/team + \$5/skater
Duets/Ensemble Showcase Event	\$30.00/team
Team Compulsory Moves Event	\$50.00/team

CANADIAN EQUIVALENTS: In all events, the Skate Canada level equivalents apply. The following chart is supplied for your convenience. If there is any question on the appropriate level of a Canadian skater, the question will be decided by the Referee and the Competition Committee.

U.S. Figure Skating and Skate Canada Equivalents for Free Skating and Dance

US FIGURE SKATING FREE SKATE	SKATE CANADA FREE SKATE	US FIGURE SKATING DANCE	SKATE CANADA DANCE
PRE PRELIMINARY	NO TEST PRELIMINARY	PRELIMINARY	PRELIMINARY
PRELIMINARY	PRELIMINARY	PRE-BRONZE	NO EQUIVALENT
PRE JUVENILE	NO EQUIVALENT	BRONZE	JUNIOR BRONZE
JUVENILE	JUNIOR BRONZE	PRE-SILVER	SENIOR BRONZE
INTERMEDIATE	SENIOR BRONZE	SILVER	JUNIOR SILVER
NOVICE	JUNIOR SILVER	PRE-GOLD	SENIOR SILVER
JUNIOR	SENIOR SILVER	GOLD	GOLD
SENIOR	GOLD		

REFUND POLICY: Entry fees will not be refunded after February 22, 2020 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$30 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

SCHEDULE: Competitors may be scheduled on any day or time for the announced dates of the competition. Notification of competition times will be available on the entryeeze website.

FACILITIES: The competition will be held at the Crisafulli Rink located at 79 E. Ninth Street, Oswego, New York, 13126. The ice surface is 85' x 200' with rounded corners. Snacks will be available.

MUSIC: NEW THIS YEAR! Competitors are required to upload their music on Entryeeze when submitting their application. Only one piece of competition program music (e.g. Free Skate, Showcase, etc.) 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. Competitors and/or coaches must also bring a copy of their competition music on CD to the event as a backup in case of technical difficulties and the music must be available rink side during the competition. Only CDs (no CD-RW discs) will be accepted. The music for the Interpretive events will be supplied by the competition committee.

LIABILITY: U.S. Figure Skating, Oswego FSC, and The Crisafulli Ice Rink 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: Double Panel of Judges; some events will utilize one-half surface. See notes for each event to determine which ones will use half-ice surface. This competition will be judged on the 6.0 closed marking system.

REGISTRATION: Registration will begin on one or two hours before the first event and run through the last event of the day. **Competitors should arrive approximately one hour prior to their designated skate time and check in promptly upon arrival.** Upon arrival, competitors must register and hand in music CDs at the registration desk on each day that they will compete. Skaters are responsible for being present at each event entered.

LOCKER ROOMS AND CHANGING AREAS: Locker rooms will be available to skaters. Separate locker rooms will be available to male and female skaters.

AWARDS: Medals will be awarded to 1st, 2nd and 3rd, and a ribbon will be awarded to 4th, 5th and 6th in each event. There will be a trophy awarded to the skater with the lowest factored score after combining the Free Skate and Short Program marks at Intermediate and above. (Skaters must skate in the same level for Free Skate and Short Program to be eligible). Synchro teams placing 1st and 2nd will receive a team trophy. Individuals on Synchro teams placing 1st, 2nd and 3rd will receive medals, 4th and 5th will receive ribbons. A club trophy will be awarded to the Skating Club that receives the most competition points (excluding Synchro team points). Home club will not vie for the trophy.

OFFICIAL NOTICES: An official bulletin board will be maintained at The Crisafulli Ice Rink (outside the registration desk office area). 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 60 minutes prior to the scheduled time of their event. A **tentative schedule** of events will be posted prior to the competition.

IMPORTANT NOTICE FOR ALL COACHES:

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the following requirements:

Coaching U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training
- Continuing Education Requirements (CERs) for the 2018-19 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

Coaching Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Completed SafeSport Training (for coaches 18 years old and over)
- Completed background check (green light status) (for coaches 18 years old and over)
- Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

SafeSport training is available through www.usfsaonline.org for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons

The LOC will have a list of compliant coaches who are approved to receive a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential. There can be no exceptions to this policy.

If a foreign coach has only foreign athletes at your competition, a background check and SafeSport Training is not required. Instead, the coach must submit a letter from their Federation stating they are a member in good standing.

For more information regarding Coach Compliance, please visit:
<http://usfsa.org/content/Coaches%20Requirements%20Chart.pdf>

CONTACT INFO: If you have questions, please email portcityinvitational@gmail.com Website: www.oswegofsc.org

ACCOMMODATIONS:

HOTEL	ADDRESS	PHONE
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Quality Inn and Suites	70 East 1 st Street, Oswego	315.343.1600
Best Western Plus	26 East 1 st Street, Oswego	315.342.4040
Holiday Inn Express and Suites	140 East 13 th Street, Oswego	315.207.0100
Home2 Suites by Hilton	252 NY-104, Oswego	315.343.2000
Beacon Hotel	75 W Bridge St, Oswego	315.343.3300

Events Offered:

See USFSA rulebook for current rules and requirements.

FREE SKATE & SHORT PROGRAM SINGLES

Snowplow Sam- Free Skate 6 Program (with music) – see below

Excel Free Skate - Beginner through Senior levels – see below

Singles Well Balanced Free Skate (No Test – Prejuvenile, Adult Bronze, Adult Silver, Adult Gold) – see *USFSA rulebook for current rules and requirements*

COMPULSORY MOVES – SINGLES - see *USFSA rulebook for current rules and requirements*

Snowplow Sam – Free Skate 6 Program

Excel Compulsory (Excel Beginner – Excel Preliminary)

Compulsory Moves (No Test – Senior)

SPECIALITY EVENTS - SINGLES

Jumps Challenge – see below

Spin Challenge – see below

Moves in the Field - see *USFSA rulebook for current rules and requirements*

Step Sequences - see *USFSA rulebook for current rules and requirements*

ADULT EVENTS - see *USFSA rulebook for current rules and requirements*

Adult 1-6 (Program with music)

Adult Introductory Free Skate Beginner and High Beginner

Adult Singles Free Skate

OTHER EVENTS

Synchronized Skating -see chart below

TEAM COMPULSORY MOVES – see below

SHOWCASE

Light Entertainment – see below

Duet Events – see below

Interpretive 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.

- The music will be played twice during an on-ice warm-up.
- **After the warm up skaters will go back to a room, with no music being played.**
- The first skater will hear the music a third time before performing.
Skaters will be brought to the ice when the previous skater is performing with their back to the ice in order to hear the music a third time.
- All competitors in an event will interpret the same music.
- Props are not permitted.

Interpretative Events and Levels

Level	Program Duration	Test Requirements
No Test-Pre-Preliminary	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
Preliminary	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
Pre-Juvenile	1:30 maximum	Skaters may compete at the highest level they have passed,or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline
Juvenile and Above	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

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

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

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • 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 PROGRAM WITH MUSIC

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

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

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

		<ul style="list-style-type: none"> • Waltz-loop jump combination • Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Creative step sequence using a variety of three turns, Mohawks and toe steps • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/ half-loop/Salchow jump sequence • Beginning Axel jump

SNOWPLOW SAM – BASIC 6 ELEMENTS

Two format options for the Elements Event:

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)
 Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.
 - To be skated on 1/3 to 1/2 ice (determined by the LOC)
 - No music
 - Divide Snowplow Sam skaters by level (1-4), if registrations warrant
 - **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> • 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

PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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

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

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max.	<ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions • Mazurka • Waltz jump
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • Backward outside three-turns, right and left • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Backward inside three-turns, right and left • Beginning back spin- maximum 2 revolutions • Half Lutz • Salchow jump

Free Skate 3	1:15 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise • Advanced back spin with free foot in crossed leg position- minimum 3 revolutions • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum 3 revolutions • Half loop jump • Flip jump
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum 3 revolutions • Waltz jump-loop jump combination • Lutz jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Forward power pulls, minimum 3 on each foot • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Beginning Axel jump

EXCEL FREE SKATE

General event parameters:

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

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

<p>Excel Preliminary 1:30 +/- 10 sec</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, except for the Axel <ul style="list-style-type: none"> No single Axels, double, or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <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><u>Max Level: 1</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence
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<p>Excel Preliminary Plus 1:30 +/- 10 sec</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, including single Axel <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be in a single position* <ul style="list-style-type: none"> <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><u>Max Level: 1</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence
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<p>Excel Pre-Juvenile 2:00 +/- 10 sec</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, except for the Axel <ul style="list-style-type: none"> No single Axels, double, or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 6 revolutions No flying entry 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot No flying entry Minimum 4 revolutions <p>Spins must be of a different character</p> <p><u>Max Level: 1</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must fully utilize the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the choreographic step sequence
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<p>Excel Pre-Juvenile Plus 2:00 +/- 10 sec</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including the single Axel, allowed. • Only 1 double jump may be attempted (limited to double Salchow or double toe loop) <ul style="list-style-type: none"> ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed. ○ Axel plus up to 1 allowable double jump may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combination limited to 2 jumps. One 3 jump combination is allowed ○ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Spin may start with flying entry ○ Minimum 4 revolutions <p>Spins must be of a different character</p> <p><u>Max Level: 1</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the choreographic step sequence
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<p>Excel Juvenile 2:20** +/- 10 sec 2nd half bonus: 1:10**</p> <p>**Beginning Dec 1, 2019, program length will be 2:30 +/- 10 sec and 2nd half bonus will begin at 1:15</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, including Axel <ul style="list-style-type: none"> ○ No double or higher jumps allowed ○ Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) ○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions <p>Both Spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 2</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
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<p>Excel Juvenile Plus 2:20** +/- 10 sec 2nd half bonus: 1:10**</p> <p>**Beginning Dec 1, 2019, program length will be 2:30 +/- 10 sec and 2nd half bonus will begin at 1:15</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed ○ <u>No double jump can be included more than twice, and if repeated, at least 1 attempt must be part of a jump combination or sequence</u> ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combination limited to 2 jumps. One 3 jump combination is allowed ○ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions <p>Both Spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 2</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
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<p><u>Excel Intermediate</u> 3:00 +/- 10 sec 2nd half</p> <p>bonus: 1:30</p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 6 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • <u>Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop)</u> <ul style="list-style-type: none"> ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed ○ <u>Single Axel and only 1 double jump may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination</u> ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • <u>Maximum 3 jump combinations or sequences</u> <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3 jump combination is permitted. ○ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions <p>Both Spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 3</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • <u>Choreographic Step Sequence* (ChSt)</u> ○ <u>Must fully utilize the ice surface</u>
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<p><u>Excel Intermediate</u> Plus 3:00 +/- 10 sec</p> <p>2nd half bonus: 1:30</p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 6 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • <u>Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip)</u> <ul style="list-style-type: none"> ○ Double Lutz, double Axel and higher jumps not allowed ○ <u>Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination</u> ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • <u>Maximum 3 jump combinations or sequences</u> <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3 jump combination is permitted. ○ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions <p>Both Spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 3</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • <u>Choreographic Step Sequence* (ChSt)</u> ○ <u>Must fully utilize the ice surface</u>
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<p><u>Excel Novice 3:30</u> +/- 10 sec</p> <p>2nd half bonus: 1:45</p> <p>Must not have passed higher than U.S. Figure Skating novice free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 7 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop, double flip allowed <ul style="list-style-type: none"> ○ Double Lutz, double Axel and higher jumps not allowed ○ <u>No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence</u> ○ There is no limit to the number of single jumps that can be repeated, but no allowable double jump can be included more than twice • <u>Maximum 3 jump combinations or sequences</u> <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3 jump combination with a maximum of 3 jumps is allowed ○ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 8 revolutions ○ Minimum 2 revolutions in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 3</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • <u>One leveled step sequence*</u> ○ <u>Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level</u> ○ <u>Must fully utilize the ice surface</u> <p><u>Max Level: 2</u></p>
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<p>Excel Junior 3:30 +/- 10 sec</p> <p>2nd half bonus: 1:45</p> <p>Must not have passed higher than U.S. Figure Skating junior free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* <ul style="list-style-type: none"> ○ All single and double jumps allowed, except the double Axel. ○ Double Axel and higher jumps not allowed ○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence ○ Maximum 3 jump combinations or sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ All 3 basic positions with minimum 2 revolutions in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 1 spin with only one position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions <p>All spins may change feet and start with a flying entry Spins must be of a different character <u>Max Level: 4</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • <u>One leveled step sequence*</u> <ul style="list-style-type: none"> ○ <u>Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level</u> ○ <u>Must fully utilize the ice surface</u> <p><u>Max Level: 2</u></p>
<p>Excel Senior 4:00 +/- 10 sec</p> <p>2nd half bonus: 2:00</p> <p><u>Must have passed at least the U.S. Figure Skating junior free skate test.</u></p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* <ul style="list-style-type: none"> ○ All single and double jumps allowed, including the double Axel. ○ Triple and higher jumps not allowed ○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence ○ Maximum 3 jump combinations or sequences ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed <p>Jump sequence is any listed jump immediately followed by an axel type jump.</p>	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ All 3 basic positions with minimum 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 1 spin with only one position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions <p>All spins may change feet and start with a flying entry Spins must be of a different character <u>Max Level: 4</u></p>	<p>Maximum 2 Sequences:</p> <ul style="list-style-type: none"> • <u>One leveled step sequence*</u> <ul style="list-style-type: none"> ○ <u>Max level 2. Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level</u> ○ <u>Must fully utilize the ice surface</u> <p><u>Max Level: 2</u></p> <ul style="list-style-type: none"> • One Choreographic Sequence* (ChSq) <p>Must be clearly visible</p>

1. SOLO SHOWCASE

Two categories of showcase are offered. A skater may enter one OR both categories.

Light Entertainment: 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.

Basis of Judging:

- Performances will be judged from an entertainment standpoint, for theatrical and artistic qualities.
- Unintended falls, poorly executed skating elements and obvious losses of control will negatively affect the competitor's/team's marks.
- Technical difficulty is not rewarded in showcase. If a technically difficult element such as a jump or spin is performed, it should be done with style, flow, confidence and should support the selected theatrical elements.
 - All programs must begin on the ice in view of the audience.
 - Elements to be evaluated will include are but not limited to:
 - 1) Skating Skills: quality, security, cleanliness, variety, flow. Any technical elements performed should relate to the music/character and highlight aspects of the program; difficulty will not be rewarded.
 - 2) Utilization of space and time: good ice coverage and pattern should be attained; program highlights should be spread through the entire performance.
 - 3) Performance: projection, energy, carriage, emotional involvement, individuality, spatial awareness (duets and ensembles).
 - 4) Composition: concept of the program, originality, creativity, age appropriateness, use of props/scenery (if used, should be an integral part of program and enhance the theme), and costumes (should fit the concept of the program).
 - 5) Interpretation: timing, expression of music's character, interaction (duets and ensembles), use of nuances to enhance the music and set the mood/character of the program.

Note: Prolonged pauses to express lyrics are discouraged

Divisions: Each level can include men and ladies. The competition committee reserves the right to combine divisions should low registration make it necessary. **Divisions are for BOTH Dramatic and Light Entertainment categories.**

Performance Time: Times listed are maximum performance times. There is no minimum time. Referee will allow 30 seconds for placement of non-hand-held props. Performances exceeding their time by more than 10 seconds will result in a marking penalty. Timing starts with the first motion of the body. Skaters may enter only one level of showcase and **must compete at the highest level for which they qualify.**

DIVISION	QUALIFICATIONS	TIME
Beginner	Must not have passed higher than Learn to Skate USA Free Skate 3	1:30 min
High Beginner	Must not have passed higher than Learn to Skate USA Free Skate 5	1:30 min
No Test	Not passed Pre preliminary Free Skate	1:30 min
Pre Preliminary	Not passed Preliminary Free Skate	1:30 min
Preliminary	Not passed Pre Juvenile Free Skate	1:40 min
Pre Juvenile	Not passed Juvenile Free Skate	1:40 min
Juvenile	Not passed Intermediate Free Skate	2:10 min
Open	Open to any skater under age 25	2:10 min

2. SHOWCASE: DUET EVENT

Format:

- Duets are theatrical or artistic performances by any competitors.
- 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

Skaters must compete at the highest level for which they qualify.

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered)	Must not have passed Free Skate or Dance (solo or partnered) Test or higher	Age	Time
Beginner	No Free Skate test passed	Learn to Skate USA Free Skate 3	No minimum age	1:30 max
High Beginner	No Free Skate test passed	Learn to Skate USA Free Skate 5	No minimum age	1:30 max
No Test	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No minimum age	1:30 max
Pre-Preliminary	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No minimum age	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	17 and under	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max

3. INDIVIDUAL JUMP EVENT

Skater may skate at their Free Skate test level or higher. Beginner through Pre-Juvenile level skaters will use half ice surface; Juvenile – senior will be skated on full ice. Jumps must be performed exactly as stated, and **MUST BE SKATED IN THE ORDER LISTED**. Each jump may be attempted twice; the best attempt will be counted. **When skaters are given a choice of jumps, they may not change the jump (or combination) after their first attempt.**

Level	Time	Skating rules / standards
Beginner Must not have passed Learn to Skate USA Free Skate 3	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner Must not have passed Learn to Skate USA Free Skate 5	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may include Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel or double Salchow 2. Single or double jump 3. Jump combination – single/single (may include Axel)
Juvenile & Open Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double Salchow or double toe loop 3. Jump combination – single/single or double/single (may include single Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double toe loop or double loop 3. Jump combination – double/single or double/double (may include single Axel)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Double flip 3. Jump combination – double/double (may include double Axel)
Junior/Senior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump (Salchow, toe loop, loop, Lutz) 2. Double or triple flip 3. Jump combination – double/double (may include double Axel)

4. INDIVIDUAL COMPULSORY MOVES

The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels. A 0.2 deduction will be taken for each element performed from a higher level. Music is not allowed.

No Test – Pre-Juvenile: Elements skated on ½ ice; Juvenile – Senior: Elements skated on full-ice.

Level	Time	Skating rules/standards
Beginner Must not have passed Learn to Skate USA Free Skate 3	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • One-foot upright spin - minimum 3 revolutions • Choreographic step sequence
High Beginner Must not have passed Learn to Skate USA Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Salchow/toe loop combination • Sit spin - minimum 3 revolutions • Choreographic step sequence
No-Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (no Axel) • Spin with one change of position and no change of foot – minimum 6 revolutions total • Choreographic step sequence
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Axel jump • Jump combination: single/single (may include Axel) • Spin with one change of foot and one change of position – minimum 3 revolutions on each foot • Choreographic step sequence
Pre – Juvenile	1:15 max.	<ul style="list-style-type: none"> • Axel or double Salchow • Jump combination: single/single (may include Axel) • Layback spin or camel spin - minimum three revolutions • Step sequence – must include rotating in both directions
Juvenile	1:15 max.	<ul style="list-style-type: none"> • Double Salchow or double toe loop • Jump combination: single/single or double/single • Layback spin or camel spin - minimum four revolutions • Step sequence – must include 3 difficult turns and rotating in both directions
Intermediate	1:30 max.	<ul style="list-style-type: none"> • Double Salchow, double toe loop or double loop • Jump combination: single/single or double/single, double/double • Flying spin, minimum five revolutions • Step sequence – must include 4 difficult turns and rotations in both directions
Novice	1:30 max.	<ul style="list-style-type: none"> • Double loop or double flip • Jump combination: double/single or double/double • Flying spin - minimum six revolutions • Step sequence – must include 5 difficult turns and rotations in both directions
Junior	1:30 max.	<ul style="list-style-type: none"> • Double flip or double Lutz • Jump combination: double/double or triple/double • Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot) • Step sequence – must include 7 difficult turns and rotations in both directions
Senior	1:30 max.	<ul style="list-style-type: none"> • Double Lutz or double Axel • Jump combination: double/double or triple/double • Combination spin - all 3 basic positions required (min. 6 on each foot) • 4. Step sequence – must include 7 difficult turns and rotations in both directions

5. 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 Must not have passed Learn to Skate USA Free Skate 3	1:30 max.	<ol style="list-style-type: none"> Upright one-foot spin (3 revs) Upright back spin (3 revs) Sit spin (3 revs)
High Beginner Must not have passed Learn to Skate USA Free Skate 5	1:30 max.	<ol style="list-style-type: none"> Upright one-foot spin (4 revs) Upright spin with change of foot (3 revs on each foot) Sit spin (3 revs)
No-Test	1:30 max.	<ol style="list-style-type: none"> Upright spin with change of foot (3 revs on each foot) Sit spin (3 revs) Camel spin (3 revs)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> Spin with one change of position* and no change of foot (6 revs) Backward sit spin (3 revs) Camel spin (4 revs)
Preliminary	1:30 max.	<ol style="list-style-type: none"> Spin with one change of foot and one change of position* (min. 3 revs each foot) Combination sit spin with change of foot (min. 3 revs each foot) One position spin – skater's choice (upright, sit or camel), (4 revs)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> Backward entry Camel spin (4 revs) Combination spin – All 3 basic positions are required (camel, sit, upright), (2 revs in each position) Forward to backward scratch spin (min 4 revs per foot)
Juvenile	1:30 max.	<ol style="list-style-type: none"> Sit spin (4) Combination spin – with change of foot; all 3 basic positions required 2 revs in each position (min. 4 revs per foot) Girls – layback spin (6 revs); Boys – camel spin (5 revs)
Intermediate	1:30 max.	<ol style="list-style-type: none"> Flying camel spin-basic camel position required (5 revs) Sit spin to backward sit spin-basic sit position required (4 revs per foot) Combination spin – change of foot & all 3 basic positions required (2 revs in each position & min 5 revs per foot)
Novice	1:30 max.	<ol style="list-style-type: none"> Illusion to back scratch spin; may change feet (6 revs) Camel spin to backward camel spin (4 revs per foot) Combination spin – change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)
Junior	1:30 max.	<ol style="list-style-type: none"> Flying sit spin or flying reverse sit spin (6 revs) Solo spin of choice – may not fly (8 revs) Combination spin – with change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)
Senior	1:30 max.	<ol style="list-style-type: none"> Flying spin of choice (8 revs) Solo spin of choice (8 revs) – may not fly Combination spin – with change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)

*** There are 3 basic spin positions: Upright, Sit and Camel. Any variation of these positions is still considered the same position (i.e. a broken leg spin (sit-side) is still a sit position. A camel-sit-broken leg spin (sit-side) has one change of position).**

6. TEAM COMPULSORY ELEMENTS

Qualifications are the same as for the Free Skate events; however, any skater may compete in a team event in any level as long as it is **not below** his/her highest test level. Teams shall consist of 3 to 5 skaters, male and/or female. No skater may execute more than 2 elements. A skater may not compete for more than one team per level. This event will be judged on a team basis only.

If any skater on the team is only competing in TEAM COMPULSORY, they will need to submit a paper Individual Entry Form to verify their current test level and eligibility to compete. This step is **not** necessary if the coordinating team skating member uses the TEAM BUTTON in Entryeze to register the team. **One team member must submit this team entry form with the Team Name, members and payment for the team if not using the TEAM BUTTON in Entryeze to register the team.**

DIVISION	ELEMENTS
Beginner Must not have passed Learn to Skate USA Free Skate 3	Forward Crossovers, both directions; Backward stroking; Forward outside 3-turns, R & L; Waltz jump; Upright spin
High Beginner Must not have passed Learn to Skate USA Free Skate 5	Salchow; Lunge; Sit spin; Waltz jump/toe loop combination jump; 5-step Mohawk sequence (1/2 ice)
No Test not passed Pre Preliminary FS	One foot spin, optional free leg position; Mohawks, R and L; Toe Loop; Forward spiral; Waltz 3-turns, R & L
Pre Preliminary	Backward Crossovers, in a figure eight pattern; Salchow; Loop jump; Forward outside spirals, R & L; Backspin
Preliminary	Flip Jump; Sit spin, min 3 revs; Waltz jump/loop combination jump; Scratch spin, min 3 revs; Backward spiral on an edge
Pre Juvenile	Camel spin; Lutz jump; Camel/sit spin (no change of foot), min 3 revs in each position; Flip/loop combination; Straight line step sequence
Juvenile	Lutz/loop combination jump; Change foot combination spin, one change of foot, unlimited change of positions, min 3 revs in each position; Split or stag jump; Axel; Ina bauer OR Spread eagle
Intermediate	Axel; Any flying spin, no change of foot or position, min 5 revs; Any 2-jump combination with no turn or steps between; Layback spin;
Open	Double loop; Sit/change sit spin, min 4 revs in each position; Double/Double jump; Any flying spin, no change of foot or position, min 6 revs; Straight line step sequence

EVENT: Synchronized Skating Standard Levels

General event parameters:

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

DIVISION	HIGHEST MOVES IN THE FIELD TEST PASSED	TIME (in minutes) +/-10 seconds except where noted	US RULEBOOK NO.
Synchro Skills 1	No higher than Preliminary	2:00 +/-10 seconds MAX.	Learn to Skate USA program
Synchro Skills 2	No higher than Preliminary	2:00 +/-10 seconds MAX.	Learn to Skate USA program
Synchro Skills 3	No higher than Preliminary	2:30 +/-10 seconds MAX.	Learn to Skate USA program
Preliminary	None	2:00	7270
Pre Juvenile	None	2:15	7260
Open Juvenile	Pre Preliminary	2:30	7250
Juvenile	Pre Juvenile	3:00	7240
Intermediate	Juvenile	3:30	7230
Collegiate	Juvenile	4:00	7280
Open Collegiate	None	3:00	7290
Adult	Preliminary OR Adult Bronze or Preliminary Dance OR Preliminary Figure	3:15	7500
Open Adult	None	2:30	7520

Senior	FS: 4:30 SP: max 2:50	16 skaters	At least age 15 on the preceding July 1	Novice moves in the field	WBP & Short Program: Rule 7200
Collegiate	4:00	12 - 20 skaters	Must have high school diploma or equivalent and must be enrolled in a college or university as full-time students, as of the entry deadline.	Juvenile moves in the field	Well balanced program: Rule 7280
Open Collegiate	3:00	8 - 16 skaters	Must have a high school diploma or equivalent and be enrolled in a college or university as a full-time student, as of the entry deadline.	None	Well balanced program: Rule 7290
Adult	3:15	12 - 20 skaters	At least age 21, with the exception of up to 4 skaters who may be 18 - 20.	Preliminary mitf, adult bronze mitf, prelim dance test, or prelim figure test	Well balanced program: Rule 7500
Masters	3:00	12 - 20 skaters	At least age 25, with the majority of the team at least 30	None	Well balanced program: Rule 7510
Open Adult	2:30	8 - 16 skaters	Majority at least age 19	None	Well balanced program: Rule 7520
Open Masters	2:30	8 - 16 skaters	At least age 25, with the majority of the team at least 30	None	Well balanced program: Rule 7530

*For Synchro Skills 1-3, if a team fits into one level age-wise, but would like more of a challenge, they should be able to “skate-up” one level (for example, team has majority of skaters under 9 years old but would like to skate in the Synchro Skills 2, they should be allowed).

This event is a standard U.S. Figure Skating Nonqualifying Competition
LE/9/1/18

