



THE AMHERST SKATING CLUB

Presents the

31st ANNUAL AMHERST INVITATIONAL and Basic Skills Competition

SATURDAY & SUNDAY
November 17 & 18, 2018

To be held at:
The Northtown Center at
Amherst 1615 Amherst Manor Dr.
Williamsville, New York 14221

Sanctioned by US Figure Skating
(Pending) Sanctioned by Skate Canada
(Pending)

APPLICATIONS AND INFORMATION AVAILABLE ON-LINE AT:
www.amherstskatingclub.org "Event- ASC Invitational" Section

USFS rules for non-qualifying competitions, as set forth in the 2018 - 2019
US Figure Skating Rulebook, shall apply. The 6.0 Judging System will be used for all events.

**Entry Deadline: Submitted Online or Postmarked by
October 14, 2018**



How to Participate

1. Review the List of Events on Page 2
2. Read the Competition Overview on pages 3-5
3. Register Online for your events at:
<http://comp.entryeeze.com/Home.aspx?cid=60> no later than October 14, 2018
4. Or complete the enclosed paper applications (note: \$20 paper application fee applies). **Entries must be filled out completely and legibly to be accepted and postmarked no later than October 14, 2018.** Send your entries to:

The Amherst Skating Club
Attn: 2018 Invitational Chair
1615 Amherst Manor Drive
Amherst, NY 14221

5. If staying overnight, reserve your hotel:

Host Hotel: Buffalo Marriott Niagara
1340 Millersport Highway, Amherst, NY 14221
716-689-6900

** Ask for the discount competition rate!

<http://www.marriott.com/hotels/travel/bufny-buffalo-marriott-niagara/>

Get more information on area attractions from the Buffalo Niagara Convention and Visitors Bureau at <http://www.visitbuffaloniagara.com/>

6. For more information, please email: info@amherstskatingclub.org

The Amherst Skating Club

31st ANNUAL INVITATIONAL COMPETITION

List of Events

<u>Well</u>	<u>Excel ___</u>	<u>Spin Challenge</u>	<u>Jumps Challenge</u>	<u>Compulsory Moves</u>
<u>Balanced</u>	<u>Free Skating</u>	<input type="checkbox"/> Beginner	<input type="checkbox"/> Beginner	<input type="checkbox"/> Beginner
<input type="checkbox"/> No Test	<input type="checkbox"/> Beginner	<input type="checkbox"/> High Beginner	<input type="checkbox"/> High Beginner	<input type="checkbox"/> High Beginner
<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> High Beginner	<input type="checkbox"/> No Test	<input type="checkbox"/> No Test	<input type="checkbox"/> No Test
<input type="checkbox"/> Preliminary	<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Pre-Preliminary
<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Preliminary
<input type="checkbox"/> Open Juvenile	<input type="checkbox"/> Preliminary Plus	<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Pre-Juvenile
	<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Juvenile
	<input type="checkbox"/> Pre-Juvenile Plus	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Intermediate
<u>Adult Single</u>	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Novice	<input type="checkbox"/> Novice	<input type="checkbox"/> Novice
<u>Free Skating</u>	<input type="checkbox"/> Juvenile Plus	<input type="checkbox"/> Junior	<input type="checkbox"/> Junior	<input type="checkbox"/> Junior
<input type="checkbox"/> Adult Pre-Bronze	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Senior	<input type="checkbox"/> Senior	<input type="checkbox"/> Senior
<input type="checkbox"/> Adult Bronze	<input type="checkbox"/> Novice	<input type="checkbox"/> Adult Pre-Bronze	<input type="checkbox"/> Adult Pre-Bronze	<input type="checkbox"/> Adult Pre-Bronze
<input type="checkbox"/> Masters	<input type="checkbox"/> Junior	<input type="checkbox"/> Adult Bronze	<input type="checkbox"/> Adult Bronze	<input type="checkbox"/> Adult Bronze
<input type="checkbox"/> Intermediate-Novice	<input type="checkbox"/> Senior	<input type="checkbox"/> Adult Silver	<input type="checkbox"/> Adult Silver	<input type="checkbox"/> Adult Silver
<input type="checkbox"/> Masters Junior-Senior		<input type="checkbox"/> Adult Gold	<input type="checkbox"/> Adult Gold	<input type="checkbox"/> Adult Gold
<input type="checkbox"/> Adult Silver	<u>Showcase-Light</u>			
<input type="checkbox"/> Adult Gold	<u>Entertainment</u>	<u>Music Interpretive</u>	<u>Solo Pattern Dance</u>	<u>Basic Skills</u>
	<input type="checkbox"/> No Test	<input type="checkbox"/> No Test	<input type="checkbox"/> Preliminary	Separate Application
<u>Showcase-Dramatic</u>	<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Pre-Bronze	
<u>Entertainment</u>	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Bronze	
<input type="checkbox"/> No Test	<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Pre-Silver	
<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Silver	
<input type="checkbox"/> Preliminary	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Open	<input type="checkbox"/> Pre-gold	
<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Novice	<input type="checkbox"/> Adult	<input type="checkbox"/> Gold	
<input type="checkbox"/> Juvenile	<input type="checkbox"/> Junior			
<input type="checkbox"/> Intermediate	<input type="checkbox"/> Senior			
<input type="checkbox"/> Novice				
<input type="checkbox"/> Junior				
<input type="checkbox"/> Senior				

The Amherst Skating Club
31th ANNUAL INVITATIONAL COMPETITION
November 17-18, 2018
OVERVIEW

INQUIRIES

For further information, the preferred method of contact is by e-mail:

info@amherstskatingclub.org If e-mail is not accessible, please call the ASC office at 716-634-3887.

FACILITIES

The competition will be held at the Northtown Center at Amherst (formerly The Pepsi Center), 1615 Amherst Manor Drive, Williamsville, NY 14221, on the Feature rink surface of 85' x 200'. The Olympic rink, with a surface of 100' x 200', may also be used. A restaurant, snack bar, and dressing rooms are available. Directions to the rink can be found at: www.arenamaps.com.

ELIGIBILITY:

Amateur skaters who are current members in good standing with US Figure Skating, Skate Canada, or members of an accredited basic skills program. Eligibility is based on age and USFS tests passed as of October 14, 2018 (close of entries). This USFS-sanctioned competition will be conducted according to the rules of US Figure Skating governing non-qualifying competitions as set forth in the 2018 - 2019 US Figure Skating Rulebook.

All professional coaches wishing to enter skaters into this USFS-sanctioned non-qualifying event must be registered following the Coaches Registration Process, as per USFS requirement.

ENTRIES

Skaters may not compete in more than one category of a given event, except for solo dance. For all events where permitted by USFS, male and female skaters may compete against each other if there are insufficient entries to hold a separate event. Skaters may skate up one level in any event, but may not skate below their test level. The competition committee reserves the right to limit the size of each event, to cancel any event with less than two entrants (with refund of entry fee), and to combine or divide groups as necessary.

ENTRYEEZE is the PREFERRED METHOD OF ENTRY: Entries may be submitted through ENTRYEEZE. Please go to <http://comp.entryeeze.com/Home.aspx?cid=60> to find our competition. A direct link is also posted to on our website at www.amherstskatingclub.org. **The deadline for ENTRYEEZE submissions is October 14, 2018.**

ENTRIES by MAIL:

Entries must be filled out completely and legibly to be accepted and postmarked no later than October 14, 2018. Entries should be mailed to:

The Amherst Skating Club
Attn: 2018 Invitational Chair
1615 Amherst Manor Drive
Amherst, NY 14221

The Amherst Skating Club
31st ANNUAL INVITATIONAL COMPETITION
November 17-18, 2018
OVERVIEW, continued

ENTRY FEES

Entry fees must accompany application. Checks or money orders must be in U.S. FUNDS ONLY and made payable to the Amherst Skating Club. Late applications are subject to a \$25.00 late fee and will only be accepted upon approval of the competition chair. Please Note: No refunds will be issued after the close of entries (including medical) unless an event has been cancelled. Returned checks are subject to a \$25.00 fee. Entry fees are as follows:

\$65 for first 6.0 event

\$20 per additional event

\$30 for 1st Basic Skills Event; \$20 for 2nd Basic Skills Event

PRACTICE ICE

We will not be offering practice ice for this competition.

LIABILITY

US Figure Skating, The Amherst Skating Club, and the Northtown Center accept no responsibility for injury or damage sustained by any participant in the competition. This is in accordance with Rule 1600 of the official US Figure Skating rulebook.

REGISTRATION

A registration desk will be open throughout the competition. Competitors should register promptly upon their arrival and submit their music during registration. Skaters should arrive at the rink at least one hour PRIOR to their event's start time. Events will not be delayed for skaters arriving late.

MUSIC

Each competitor must supply his/her own music on a CD (No CD-RW's, MP3's, or music upload systems) for the freestyle, short program, and showcase events. Only 1 track should be on each CD. CD's should be clearly labeled with skater's name and event. Music is to be turned in at the registration desk and will be available at the registration desk for pick up after the event. Skaters are urged to bring TWO CD's per program event. The Amherst Skating Club is not responsible for CD's left after the close of the competition.

AWARDS

Medals will be given for 1st, 2nd and 3rd places. Ribbons will be awarded for 4th and 5th places. Award ceremonies will take place at posted times throughout the competition. Awards will also be available immediately after the event has been posted for pick up. You can sign for and pick up awards at the awards table adjacent to registration.

The Amherst Skating Club
31st ANNUAL INVITATIONAL COMPETITION
November 17-18, 2018
OVERVIEW, continued

RESULTS

Results will be available at the registration table after each event.

JUDGING SYSTEM

The “6.0” judging system will be used for all events and levels. You should expect additional time needed by accounting to process and post event results.

SKATE CANADA EQUIVALENTS

Figure Skating and Skate Canada Equivalents for Free Skating

US Figure Skating	Skate Canada
Beginner/High Beginner	Have not completed any Skate Canada Tests
Pre Preliminary	Pre Preliminary – Not passed complete Preliminary Freeskate test
Preliminary	Preliminary Freeskate
Pre-Juvenile	No actual equivalent, Junior Bronze Freeskate Test is closest
Juvenile	Junior Bronze Freeskate
Intermediate	Senior Bronze Freeskate
Novice	Junior Silver Freeskate
Junior	Senior Silver Freeskate
Senior	Gold Freeskate

SCHEDULE

As soon as possible after the entry deadline, a TENTATIVE SCHEDULE will be posted on the Amherst Skating Club web site: www.amherstskatingclub.org. No schedule times will be given out over the phone. The schedule and event listings will also be posted to ENTRYEEZE.

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>

31st ANNUAL ASC INVITATIONAL COMPETITION ENTRY FORM

ENTRIES MUST BE POSTMARKED BY October 14, 2018

To avoid \$20 paper application fee, enter online at www.entryeeze.com

Skater's Name: _____ Gender: _____

Address: _____ Telephone () _____

City: _____ State/Province: _____ Postal Code: _____

E-Mail Address (required): _____

Highest test passed: USFS/Skate Canada Free Skate: _____ Dance: _____

Home Club: _____ USFS/Skate Canada# _____

PLEASE ENTER ME IN THE FOLLOWING EVENT(S)

<u>Well Balanced</u>	<u>Excel</u> _____	<u>Spin Challenge</u>	<u>Jumps Challenge</u>	<u>Compulsory Moves</u>
<input type="checkbox"/> No Test	<u>Free Skating</u>	<input type="checkbox"/> Beginner	<input type="checkbox"/> Beginner	<input type="checkbox"/> Beginner
<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Beginner	<input type="checkbox"/> High Beginner	<input type="checkbox"/> High Beginner	<input type="checkbox"/> High Beginner
<input type="checkbox"/> Preliminary	<input type="checkbox"/> High Beginner	<input type="checkbox"/> No Test	<input type="checkbox"/> No Test	<input type="checkbox"/> No Test
<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Pre-Preliminary
<input type="checkbox"/> Open Juvenile	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Preliminary
	<input type="checkbox"/> Preliminary Plus	<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Pre-Juvenile
<u>Adult Singles</u>	<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Juvenile
<u>Free Skating</u>	<input type="checkbox"/> Pre-Juvenile Plus	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Intermediate
<input type="checkbox"/> Adult Pre-Bronze	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Novice	<input type="checkbox"/> Novice	<input type="checkbox"/> Novice
<input type="checkbox"/> Adult Bronze	<input type="checkbox"/> Juvenile Plus	<input type="checkbox"/> Junior	<input type="checkbox"/> Junior	<input type="checkbox"/> Junior
<input type="checkbox"/> Masters	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Senior	<input type="checkbox"/> Senior	<input type="checkbox"/> Senior
<input type="checkbox"/> Intermediate-Novice	<input type="checkbox"/> Novice	<input type="checkbox"/> Adult Pre-Bronze	<input type="checkbox"/> Adult Pre-Bronze	<input type="checkbox"/> Adult Pre-Bronze
<input type="checkbox"/> Masters	<input type="checkbox"/> Junior	<input type="checkbox"/> Adult Bronze	<input type="checkbox"/> Adult Bronze	<input type="checkbox"/> Adult Bronze
<input type="checkbox"/> Junior-Senior	<input type="checkbox"/> Senior	<input type="checkbox"/> Adult Silver	<input type="checkbox"/> Adult Silver	<input type="checkbox"/> Adult Silver
<input type="checkbox"/> Adult Silver		<input type="checkbox"/> Adult Gold	<input type="checkbox"/> Adult Gold	<input type="checkbox"/> Adult Gold
<input type="checkbox"/> Adult Gold				
<u>Showcase-Dramatic</u>	<u>Showcase-Light</u>	<u>Music Interpretive</u>	<u>Solo Pattern Dance</u>	<u>Basic Skills</u>
<u>Entertainment</u>	<u>Entertainment</u>	<input type="checkbox"/> No Test	<input type="checkbox"/> Preliminary	Separate Application
<input type="checkbox"/> No Test	<input type="checkbox"/> No Test	<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Pre-Bronze	
<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Bronze	
<input type="checkbox"/> Preliminary	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Pre-Silver	
<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Silver	
<input type="checkbox"/> Juvenile	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Open	<input type="checkbox"/> Pre-Gold	
<input type="checkbox"/> Intermediate	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Adult	<input type="checkbox"/> Gold	
<input type="checkbox"/> Novice	<input type="checkbox"/> Novice			
<input type="checkbox"/> Junior	<input type="checkbox"/> Junior			
<input type="checkbox"/> Senior	<input type="checkbox"/> Senior			

Certificate of Eligibility

Approval is hereby given to (skater name) _____ who is a member in good standing of this Club and is an amateur in accordance with the rules of US Figure Skating and Skate Canada and to the best of my knowledge is eligible to enter the specified event(s). NOTE: Neither the Amherst Skating Club nor the management of the Northtown Center assumes responsibility for injuries sustained by any competitor during this competition or practice attended there to.

Club _____

Club Officer's Signature _____

Parent's Signature _____

Coach's Name _____ Phone # _____

Date: _____ Amount _____ Check # _____

FEES: in US Funds only

\$65 for 1st event \$ _____

\$20 for each additional event \$ _____
\$20 x _____

\$20 Paper Application Fee \$ _____

Total Due: \$ _____

To Avoid \$20 paper application fee, enter online at <http://comp.entryeeze.com/Home.aspx?cid=60>

LEARN TO SKATE ENTRY FORM BASIC SKILLS APPLICATION

ENTRIES MUST BE POSTMARKED BY October 14, 2018

To avoid \$20 paper application fee, enter online at

<http://comp.entryeeze.com/Home.aspx?cid=60>

Skater's Name: _____ Gender: _____

Age: _____ Birthday: ____/____/____

Address: _____

City: _____ State: _____ Zip: _____ Telephone () _____

E-Mail Address (Required): _____

An e-mail address **MUST** be included as this is how you will be notified of scheduling and events!

Highest badge passed: USFS/Skate Canada Badge: _____

Home Club: _____ USFS/Skate Canada# _____

Please enroll me in the following:

BASIC ELEMENTS	PROGRAM EVENT	PRE-FREE-FREE SKATE 6 COMPULSORY	PRE-FREE-FREE SKATE 6 PROGRAM WITH MUSIC
<input type="checkbox"/> Snowplow Sam	<input type="checkbox"/> Snowplow Sam	<input type="checkbox"/> PRE-FREE SKATE	<input type="checkbox"/> PRE-FREE SKATE
<input type="checkbox"/> Basic 1	<input type="checkbox"/> Basic 1	<input type="checkbox"/> FREE SKATE 1	<input type="checkbox"/> FREE SKATE 1
<input type="checkbox"/> Basic 2	<input type="checkbox"/> Basic 2	<input type="checkbox"/> FREE SKATE 2	<input type="checkbox"/> FREE SKATE 2
<input type="checkbox"/> Basic 3	<input type="checkbox"/> Basic 3	<input type="checkbox"/> FREE SKATE 3	<input type="checkbox"/> FREE SKATE 3
<input type="checkbox"/> Basic 4	<input type="checkbox"/> Basic 4	<input type="checkbox"/> FREE SKATE 4	<input type="checkbox"/> FREE SKATE 4
<input type="checkbox"/> Basic 5	<input type="checkbox"/> Basic 5	<input type="checkbox"/> FREE SKATE 5	<input type="checkbox"/> FREE SKATE 5
<input type="checkbox"/> Basic 6	<input type="checkbox"/> Basic 6	<input type="checkbox"/> FREE SKATE 6	<input type="checkbox"/> FREE SKATE 6

CERTIFICATE OF ELIGIBILITY and PAYMENT

Approval is hereby given to (skater name) _____ who is a member in good standing of this Club and is an amateur in accordance with the rules of US Figure Skating and Skate Canada and to the best of my knowledge is eligible to enter the specified event(s). NOTE: Neither the Amherst Skating Club nor the management of the Amherst Ice Center assumes responsibility for injuries sustained by any competitor during this competition or practice attended thereto.

Club _____ Club Officer's Signature _____

Parent's Signature _____

Coach's Name _____ Phone # _____

\$30 for 1st Event + \$20 for 2nd event = \$_____
(plus \$20 paper application fee)

2018-19 Singles free Skating Requirements - This chart has been updated with changes from the 2018 U.S. Figure Skating Governing Council and ISU Congress 5, which go into effect July 1, 2018.

2018-19

JUMP ELEMENTS

SPINS

STEP SEQUENCES

<p>PRE- PREUMINARY</p> <p>1:40 maximum</p> <p>• means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> All single jumps, including the single Axel, allowed No double, triple or quadruple jumps allowed Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequence is any listed jump immediately followed by an Axel-two jump. 	<p>Max 1 Spins</p> <p>Spins may change feet and/or position</p> <ul style="list-style-type: none"> Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 jE)</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence If JS is used, then: ChSt
<p>PRELIMINARY</p> <p>1:30 +/- 10 sec</p> <p>• means element is required</p>	<p>Max 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 (the double Salchow, double loop and double loop) Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed All Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed Jump sequence is any listed jump immediately followed by an Axel-two jump. 	<p>Max 1 Spins</p> <p>Spins may change feet and/or position</p> <ul style="list-style-type: none"> Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 jE)</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence If JS is used, then: OhSt
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>• means element is required</p>	<p>MH 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump All single and double jumps allowed except for the double Axel No double Axels, triple or quadruple jumps allowed All Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed Jump sequence is any listed jump immediately followed by an Axel-triple jump 	<p>Max 1 Spins</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot Min 6 revs 1 spin with only 1 position No change of foot Min 4 revs <p>Both spins may start with a flying entry</p> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 jE)</p>	<p>MH 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <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 step sequence If JS is used, then: ChSt

2018-19 Singles Free Skating Requirements - This chart has been updated with changes from the 2018 U.S. Figure Skating Governing Council and ISU Congress 5, which go into effect July 1, 2018.

2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>JUVENILE and OPEN JUVENILE</p> <p>2:20 +/- 10 sec</p> <p>• means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump All single and double jumps, including the double Axel, and one triple jump are allowed No additional triple jumps and no quadruple jumps are allowed No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump can be included more than twice. The triple jump can only be included once. Max 2 jump combinations or sequences Jump combinations limited to 2 jumps, except one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed. If double Axel or triple jump is part of 3-jump combination then 2 other double jumps may be included Jump sequence is any listed jump immediately followed by an Axel-type jump 	<p>Max 2 Spins</p> <p>1 spin combination; with or without change of foot*</p> <ul style="list-style-type: none"> Min 8 revs Min 2 revs in each position 1 spin with only 1 position; no change of foot** Min 8 revs <p>Both spins may start with a flying entry</p> <p>Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> One choreographic step sequence Must fully utilize the ice surface

SNOWPLOW SAM – BASIC 6 ELEMENTS

1. Each skater will perform each element when directed by the referee. For example, each skater will perform the first element, then they will each perform the second element and so on.
 - 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

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 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

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 □ NOT ALLOWED -Waltz jump, side toe hop, waltz jump
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 □ NOT ALLOWED – Waltz jump/toe loop combination
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 □ NOT ALLOWED – Salchow/toe loop combination
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 □ NOT ALLOWED – Waltz/loop combination
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 □ NOT ALLOWED – Waltz/half-loop/Salchow sequence
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 □ 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

2018-19 Adult Singles Free Skating Requirements - This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2018.



2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<p>CHAMPIONSHIP MASTERS JUNIOR-SENIOR & MASTERS JUNIOR-SENIOR</p> <p>3:40 maximum • means elements required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump • Max 3 combinations or sequences <ul style="list-style-type: none"> o 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps o Jump sequence is any listed jump; immediately followed by an Axel - jump • No Axels or multi-rotation jumps may be repeated more than once, and if repeated those jumps must be in combination or sequence <ul style="list-style-type: none"> o If both executions (of the same Axel or multi-rotation jump) are as solo jumps, the second of these jumps will receive 70% of its original base value 	<p>Max 3 Spins</p> <p>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</p> <p>Min 5 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position</p>	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE & MASTERS INTERMEDIATE-NOVICE</p> <p>3:10 maximum • means elements required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump • Max 3 combinations or sequences <ul style="list-style-type: none"> o 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps o Only 1 jump combination may include 2 double jumps o Jump sequence is an 1 listed jump; immediately followed by an Axel - jump • Each jump may be repeated only once, and only as part of a combination sequence <ul style="list-style-type: none"> o If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value • All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop • Double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <p>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</p> <p>Min 5 revs total if no change of foot Min 4 revs each foot if change of foot</p> <ul style="list-style-type: none"> • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>CHAMPIONSHIP ADULT GOLD & ADULT GOLD</p> <p>2:40 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 3 combinations or sequences <ul style="list-style-type: none"> o 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps o Each jump combination may include only 1 double jump o Jump sequence is an 1 listed jump; immediately followed by an Axel - jump • Each jump may be repeated only once, and only as part of a combination or sequence <ul style="list-style-type: none"> o If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value • All single jumps, including the single Axel, and the following double jumps are permitted: double toe loop, double Salchow. • Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <p>Max level 3</p> <p>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</p> <p>Min 4 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position</p>	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

2018-19 Adult Singles Free Skating Requirements- This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2018.



2018-19	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<p>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</p> <p>2:10 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> Max 2 combinations or sequences <ul style="list-style-type: none"> 1 combination may contain 3 jumps, and the other may contain only 2 jumps Jumps in sequence is an listed jump immediately followed by an Axel-jump Non-listed jumps of not more than 1 revolution performed as part of connecting footwork preceding single jumps are permitted Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps, including single Axel, are permitted No double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Max Level 2 Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E1)) <ul style="list-style-type: none"> If/fin 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing at least 1/2 of the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>ADULT BRONZE</p> <p>1:50 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> Max 2 combinations or sequences <ul style="list-style-type: none"> 1 combination may contain 3 jumps, and the other may contain only 2 jumps Jumps in sequence is an listed jump immediately followed by an Axel-jump Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except single Axel) No single Axel, double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) <ul style="list-style-type: none"> Min 3 revs total if no change of foot Min 2 revs in each position No falling spins are permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing at least 1/2 of the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>ADULT PRE BRONZE</p> <p>1:40 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> Max 2 combinations or sequences <ul style="list-style-type: none"> 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps Jumps in sequence is an listed jump immediately followed by an Axel-jump Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) Only single and half-revolution jumps are permitted No single Lutz, single Axel or double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Max Level 1 Spins must be of different character (for definition see U.S. Figure Skating rule 4103 (E1)) <ul style="list-style-type: none"> Min 3 revs Spins with a flying entry are not permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Connecting steps throughout the program are required

EVENT: 2018-2019 **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.

Excel events will be run as 6.0 Events. They will be run in accordance with the Excel Technical Handbook.

<p style="text-align: center;">Excel Beginner Free Skate 1:40 Max</p> <p>Must not have passed higher than Learn to Skate USA Free Skate 2</p>	<p>Maximum 4 jump elements: Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow, toe loop only Half Loops are not allowed. Maximum 2 jump combinations or sequences Maximum 2 of any same jump</p>	<p>Maximum 2 spins: Two upright spins No change of foot No flying entry Minimum 3 revolutions</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 style="text-align: center;">Excel High Beginner Free Skate 1:40 Max</p> <p>Must not have passed higher than Learn to Skate USA Free Skate 4</p>	<p>Maximum 5 jump elements: Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: toe loop, Salchow, half-loop, loop Flip, Lutz, & Axel NOT permitted Maximum 2 jump combinations or sequences Maximum 2 of any same jump</p>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> □ Both spins must be in a single position □ No flying entry □ Permitted forward spins: upright, sit, camel □ Permitted back spins: upright <p>Minimum 3 revolutions Spins must be of a different character</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>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, except for the Axel</p> <ul style="list-style-type: none"> o No single Axels, double, or higher jumps allowed o Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded <p>Maximum 2 jump combinations or jump sequences</p> <ul style="list-style-type: none"> o Jump combinations limited to 2 jumps. One 3-jump combination is allowed o Jump sequences are limited to a maximum of 3 single jumps 	<p>Maximum 2 spins: One spin must be in a single position* One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> □ Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> o Must use one-half of the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence
<p>Excel Preliminary 1:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, except for the Axel</p> <ul style="list-style-type: none"> o No single Axels, double, or higher jumps allowed o Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded <p>Maximum 2 jump combinations or jump sequences</p> <ul style="list-style-type: none"> o Jump combinations limited to 2 jumps. One 3-jump combination is allowed o Jump sequences are limited to a maximum of 3 single jumps 	<p>Maximum 2 spins: One spin must be in a single position* One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> □ Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> o Must use one-half of the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence
<p>Excel Preliminary Plus 1:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, including single Axel</p> <ul style="list-style-type: none"> o No double, or higher jumps allowed o 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) o Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded <p>Maximum 2 jump combinations or jump sequences</p> <ul style="list-style-type: none"> o All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) o Jump combinations limited to 2 jumps. One 3-jump combination is allowed o Jump sequences limited to a maximum of 3 single jumps 	<p>Maximum 2 spins: One spin must be in a single position* One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> □ Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> o Must use one-half of the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence
<p>Excel Pre-Juvenile 2:00 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, except for the Axel</p> <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"> o Jump combinations limited to 2 jumps. One 3-jump combination is allowed o Jump sequences limited to a maximum of 3 single jumps 	<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"> o Minimum 6 revolutions o No flying entry □ 1 spin with only 1 position* <ul style="list-style-type: none"> o No change of foot o No flying entry o Minimum 4 revolutions <p>Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> □ Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> o Must fully utilize the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the choreographic step sequence

<p>Excel Pre-Juvenile Plus 2:00 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>*means required element</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 sequences limited to a maximum of 3 jumps 	<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 □ Spins must be of a different character 	<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
<p>Excel Juvenile 2:20 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, including Axel</p> <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 <p>Maximum 2 jump combinations or jump sequences</p> <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 sequences limited to a maximum of 3 single jumps 	<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 □ Both Spins may start with a flying entry. □ Spins must be of a different character 	<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
<p>Excel Juvenile Plus 2:20 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>*means required element</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 ○ No more than 1 Axel plus and 2 different double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded □ 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 sequences limited to a maximum of 3 jumps 	<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 □ Both Spins may start with a flying entry. □ Spins must be of a different character 	<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

<p>Excel Intermediate 2:40 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p> <p>*means required element</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. Double Salchow, double toe loop, double loop allowed <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel and higher jumps not allowed ○ No more than 1 Axel plus and 2 different double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded □ Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3 jump combination is permitted. ○ Number of jumps in jump sequence is not limited 	<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 □ Both Spins may start with a flying entry. □ Spins must be of a different character 	<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
<p>Excel Novice Ladies: 3:00 +/- 10 seconds Men: 3:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating novice free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 6 jump elements for ladies, 7 for men:</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 ○ No more than 1 Axel and 3 different double jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence ○ 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 □ Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3 jump combination with a maximum of 3 jumps is allowed ○ Number of jumps in jump sequence is not limited 	<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 □ All spins may start with a flying entry. □ Spins must be of a different character 	<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
<p>Excel Junior 3:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating junior free skate test</p> <p>*means required element</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 ○ Number of jumps in jump sequence is not limited 	<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 □ All spins may start with a flying entry. □ Spins must be of a different character 	<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

<p>Excel Senior 4:00 +/-10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating senior free skate test</p> <p>*means required element</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 ○ Number of jumps in jump sequence is not limited 	<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 □ All spins may start with a flying entry. □ Spins must be of a different character 	<p>Maximum 2 Sequences:</p> <ul style="list-style-type: none"> □ Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface □ One Choreographic Sequence* (ChSq) <ul style="list-style-type: none"> ○ Must be clearly visible
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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"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
High Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
No-Test	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright back scratch spin (3) 3. Sit spin (3)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Forward scratch to back scratch spin (3) 2. Combination spin with no change of foot (4) 3. Sit spin (3)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> 1. Camel spin (3) 2. Combination spin – camel to sit spin; no change of foot (6) 3. Forward to backward scratch spin (3 per foot)
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> 1. Sit spin (4) 2. Combination spin – with change of foot; optional change of position (4 per foot) 3. Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Flying camel spin (5) 2. Sit spin to backward sit spin (4 per foot) 3. Combination spin – change of foot & change of position (4 per foot)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Choice of camel, sit or layback spin (6) 2. Camel spin to backward camel spin (4 per foot in position) 3. Combination spin – change of foot & two changes of position (2 per position & 5 per foot)
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Flying sit spin or flying reverse sit spin (6) 2. Solo spin of choice (6) – may not fly 3. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Flying spin of choice (6) 2. Solo spin of choice (6) – may not fly 3. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)

EVENT: Adult 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. On 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
Adult Beginner	1:15	<ol style="list-style-type: none">1. Pivot2. Two-foot upright spin (2)
Adult Pre-Bronze	1:15	<ol style="list-style-type: none">1. One-foot upright spin (3)2. Two-foot upright spin (3)
Adult Bronze	1:15	<ol style="list-style-type: none">1. One-foot upright spin (4)2. One-foot back spin (3)3. Sit spin (3)
Adult Silver	1:30	<ol style="list-style-type: none">1. Camel spin (3)2. Layback, sideways leaning or sit spin (4)3. Combination spin with at least one change of position, no change of foot (3 in each position)
Adult Gold-	1:30	<ol style="list-style-type: none">1. Solo spin, no change of foot (4)2. Second solo spin, different from the first; change of foot optional (4)3. Combination spin with only one change of foot and at least one change of position (4 each foot)

EVENT: Jumps Challenge

General event parameters:

4. Each jump may be attempted twice; the best attempt will be counted.
5. Pre-juvenile and lower will be skated $\frac{1}{2}$ ice; Juvenile – senior will be skated on full ice
6. 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"> 1. Waltz jump (from backward crossovers) 2. $\frac{1}{2}$ flip or $\frac{1}{2}$ Lutz 3. Single Salchow
High Beginner	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 $\frac{1}{2}$ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 4. Single toe loop 5. Single flip 6. Jump combination - Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 4. Single flip 5. Single Lutz 6. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 4. Single Axel 5. Single or double jump 6. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 4. Single Axel 5. Double Salchow 6. Jump combination – single/single or double/single (no Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 4. Single Axel 5. Double loop* 6. Jump combination – double/single (no Axel)
Novice	1:30 max.	<ol style="list-style-type: none"> 4. Double loop 5. Double flip* 6. Jump combination – double/double (may be double Axel)
Junior	1:30 max.	<ol style="list-style-type: none"> 4. Choice of double or triple jump 5. Double or triple flip* 6. Jump combination – double/double (may be double Axel)
Senior	1:30 max.	<ol style="list-style-type: none"> 4. Choice of double or triple jump 5. Double or triple Lutz* 6. Jump combination – double/double or triple/double (may be double Axel)

EVENT: Adult Jumps Challenge

General event parameters:

7. Each jump may be attempted twice; the best attempt will be counted.
8. Adult silver and lower will be skated $\frac{1}{2}$ ice; adult gold – masters junior/senior will be skated on full ice
9. Jumps with an “*” must be preceded with connecting steps (intermediate – senior)

Level	Time	Elements
Adult Beginner	1:00	<ol style="list-style-type: none">1. Bunny Hop2. Mazurka or ballet jump
Adult Pre-Bronze	1;00	<ol style="list-style-type: none">1. Waltz or toe loop jump2. $\frac{1}{2}$ flip, $\frac{1}{2}$ Lutz or $\frac{1}{2}$ loop
Adult Bronze	1:00	<ol style="list-style-type: none">1. Single Salchow2. Single toe loop3. Any single jump + single toe loop combination (No Axels allowed)
Adult Silver	1:15	<ol style="list-style-type: none">1. Single flip2. Single loop3. Single/single combination (Axel is permitted)
Adult Gold	1:15	<ol style="list-style-type: none">1. Single Axel2. Single Lutz3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)

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

Compete USA competitions may include through the Preliminary compulsory level. This chart can be found on the nonqualifying competition announcement page; Compulsory Moves – Singles; Compulsory Moves (No Test-Senior).

EVENT: COMPULSORY MOVES

General event parameters:

10. No Test – Juvenile: Elements skated on ½ ice
11. Intermediate – Senior: Elements skated on full-ice
12. The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
13. A 0.2 deduction will be taken for each element performed from a higher level.
14. Music is not allowed.
15. 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"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions 4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre-Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Toe Loop jump 2. Jump combination: single/single (no Axel) 3. Sit spin or camel spin - minimum three revolutions 4. Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 7. Single Lutz 8. Jump combination: single/single (may include Axel) 9. Back upright spin - minimum three revolutions 10. Forward inside spiral
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 7. Single jump (may include Axel) 8. Jump combination: single/single (may include Axel) 9. Layback spin or camel spin - minimum three revolutions 10. Step sequence - circular
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 7. Single Axel 8. Jump combination: single/single or double/single 9. Layback spin or camel spin - minimum three revolutions 10. Step sequence – circular
Intermediate	1:30 max.	<ol style="list-style-type: none"> 7. Double Salchow or double toe loop 8. Jump combination: single/single or double/single 9. Flying spin, minimum five revolutions 10. Step sequence – straight line
Novice	1:30 max.	<ol style="list-style-type: none"> 7. Double loop 8. Jump combination: double/single or double/double 9. Flying spin - minimum five revolutions 10. Step sequence – straight line
Junior	1:30 max.	<ol style="list-style-type: none"> 7. Double flip 8. Jump combination: double/double or triple/double 9. Combination spin - minimum 10 revolutions 10. Step sequence – straight line
Senior	1:30 max.	<ol style="list-style-type: none"> 7. Double Lutz 8. Jump combination: double/double or triple/double 9. Combination spin - minimum 10 revolutions 10. Step sequence – straight line

EVENT: Adult Compulsory Moves

General event parameters:

16. Pre-Bronze to Silver: Elements skated on ½ ice
17. Gold/Masters: Elements skated on full-ice
18. Elements may be performed only once
19. Music is not allowed
20. Minimum number of revolutions is noted in parentheses

Level	Time	Elements
Adult Pre-Bronze	1:30 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 ☐ 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 ☐ Forward upright spin (Min. 3 revolutions) ☐ Forward spiral (any edge)
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> ☐ Single Salchow ☐ Waltz jump – toe loop combination jump ☐ Backward Upright Spin – entry optional (Min. 3 revolutions) ☐ Spiral sequence (Min. 2 spirals)
Adult Silver	1:30 MAX	<ul style="list-style-type: none"> ☐ Single loop ☐ Single/single jump combination ☐ Sit spin (Min. 3 revolutions) ☐ Straight line step sequence
Adult Gold	1:30 MAX	<ul style="list-style-type: none"> ☐ Single Lutz or Axel ☐ Single/single or single/double jump combination ☐ Camel spin (Min. 4 revolutions) ☐ Straight line step sequence

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, 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 have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Free Skate or Dance (solo or partnered) Test or higher	Age	Time
No Test (does not qualify for National Showcase)	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Pre-Preliminary (does not qualify for National Showcase)	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 (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	3 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

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

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:

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.
6. Current guidelines and procedures for nonqualifying showcase competitions can be found at 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 have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Free Skate or Dance (solo or partnered) Test or higher	Age	Time
No Test (does not qualify for National Showcase)	No Free Skate test passed	Pre-Preliminary Free Skate OR Any Free Dance	No age restriction	1:30 max
Pre-Preliminary (does not qualify for National Showcase)	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 (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	3 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

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
Event	Must meet requirements* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	Age	Time
Adult Pre- Bronze (does not qualify for	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max

Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3 rd Figure Test (prior to 10/1/77) OR 8 th Figure Test (10/1/77-9/30/79)		21 and older	1:40 max
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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.

- Skaters will hear the music twice on the ice and once in the doorway before being called out to skate

Current guidelines and procedures for nonqualifying showcase competitions can be found at 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.
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.

EVENT: Solo Pattern Dance

General event parameters:

21. Levels are based upon the skaters' highest pattern dance test passed.
22. A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
23. The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for their level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30th – July 2nd), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2nd quarter).
24. Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances groupings.

Level	January 1- March 31 st	April 1 st – June 30 th	July 1 st – September 30 th	October 1 st – December 31 st
Preliminary	1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz
Pre-bronze	1. Swing 2. Cha-Cha	1. Fiesta Tango 2. Swing	1. Cha-Cha 2. Fiesta Tango	1. Swing 2. Cha-Cha
Bronze	1. Hickory Hoedown 2. Willow Waltz	1. Ten Fox 2. Hickory Hoedown	1. Willow Waltz 2. Ten Fox	1. Hickory Hoedown 2. Willow Watz
Pre-silver	1. Fourteenstep 2. European Waltz	1. Foxtrot 2. Fourteenstep	1. European Waltz 2. Foxtrot	1. Fourteenstep 2. European Waltz
Silver	1. American Waltz 2. Silver Tango	1. Rocker Foxtrot 2. American Waltz	1. Silver Tango 2. Rocker Foxtrot	1. American Waltz 2. Silver Tango
Pre-gold	1. Killian 2. Blues	1. Paso Doble 2. Starlight Waltz	1. Killian 2. Blues	1. Paso Doble 2. Starlight Watz
Gold	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep