



## Iowa Games Saturday, July 28, 2018

The Iowa Games 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 event is open to any resident of Iowa whether they are affiliated with a skating association or not. Non-Iowa residents can compete as long as their state either does not have a State Games or does not offer Figure Skating in their Games. Skaters who are members of United States Figure Skating (USFS) and/or Ice Skating Institute (ISI) must be in good standing with their respective associations.*

### **ISI PROGRAM MEMBERS**

If you are in an ISI program, please use the below conversion chart to determine your appropriate competition level.

If you have passed ISI level -	Enter the USFS level -
Tot or Pre-Alpha (age 7 and older) Alpha	Basic 1
Advanced Pre-Alpha	Basic 2
Advanced Pre-Alpha	Basic 3
Alpha/Gamma	Basic 4
Beta	Basic 5
Gamma	Basic 6
Delta – Freestyle 1	Pre-Free Skate – Free Skate 6 (choose correct level based upon elements required)
Freestyle 2 or 3 / Open Bronze	Pre-Preliminary
Freestyle 4 / Open Silver	Preliminary
Freestyle 5 / Open Silver	Pre-Juvenile
Freestyle 6 / Open Gold	Juvenile or Intermediate
Freestyle 7 / Open Platinum	Novice
Freestyle 8 / Open Platinum	Junior or Senior
Freestyle 9 / Open Platinum	Senior
Freestyle 10 / Open Platinum	Senior
Freestyle 2 / Open Bronze	Adult Pre-Bronze
Freestyle 3 / Open Bronze	Adult Bronze
Freestyle 4 / Open Silver	Adult Silver
Freestyle 5 / Open Gold	Adult Gold
Dance 3	Preliminary Dance
Dance 4	Pre-Bronze Dance
Dance 5	Bronze Dance
Dance 6	Pre-Silver Dance
Dance 7	Silver Dance
Dance 9	Pre-Gold Dance



### **SERIES INFORMATION:**

Medals presented to the top 3 winners in each event qualify for the 2019 State Games of America in Lynchburg, Virginia.

### **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:** Skaters entering juvenile free skate events (Well Balanced Program) must be under 13 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 13 years of age at the close of entries.

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

All events will be grouped by test level as of entry deadline. Males and females will compete separately if entries warrant. Levels with more than 8 entries may be divided by age. Skaters may enter one level higher than the level for which they are otherwise qualified. Freestyle levels may be combined if there are less than two in a group. ALL AGE RESTRICTIONS MUST BE NO OLDER THAN STATED AGE AS OF JULY 1, 2018.

ADULT SKATERS: Please indicate your freestyle level on your entry form

### **ENTRIES: EARLY REGISTRATION DEADLINE**

\$80 Entry Fee for first event and \$25 for each additional event

Postmark: Wednesday, June 27

Online: Wednesday, June 27

### **FINAL REGISTRATION DEADLINE**

\$100 Entry Fee for first event and \$25 for each additional event

Online Only: Thursday, June 28 – Thursday, July 5

**NO ON-SITE REGISTRATIONS WILL BE ACCEPTED**

**REFUND POLICY:** Entry fees will not be refunded after July 5, 2018 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 \$25 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available by online at amesfsc.org.

**FACILITIES:** The competition will be held at Ames/ISU Ice Arena 1507 Gateway Hills Park Drive, Ames, Iowa 50010. Separate male and female locker rooms will be available. A snack

bar is available during the competition.  
Rink Size 200x85

**MUSIC:** The official competition music must be turned in at the registration table at the time of check-in. A duplicate CD should be readily available. Music may be picked up at the registration table following the competition. Every reasonable care will be taken, but the Ames Figure Skating Club and Iowa Games cannot be responsible for CD's left at the end of the competition.

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

**JUDGING SYSTEM:** The 6.0 Majority Judging System will be used for all events.

The referee reserves the right to combine groups of similar ability, if entries warrant. Athletes are not required to be member of the USFSA to participate in State Games but must meet USFS eligibility requirements. Participants must be residents of the State of Iowa.

**REGISTRATION:** Registration will begin online March 1, 2018 and end online July 5, 2018. There will be no on-site registrations accepted.

**LOCKER ROOMS AND CHANGING AREAS:** This event will be following the Locker Room and Changing Area policy included in the SafeSport Handbook. Separate male and female locker rooms will be available.

**PRACTICE ICE:** One practice session is included with your registration. Practice ice will be assigned by skating level. The competition schedule will be posted by July 20<sup>th</sup> and the practice ice schedule will be posted by July 26<sup>th</sup> at [www.amesfsc.org](http://www.amesfsc.org).

**AWARDS:** Medals will be given for the first 3 places in each event.

**OFFICIAL NOTICES:** 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 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

**INFORMATION REGARDING COACHES:**

U.S. Figure Skating Rule MR 5.11 Coach Registration

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

A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;

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

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

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

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without proper registration is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

<http://usfsa.org/story?id=84159>

**CONTACT INFO:** If you have questions, please contact Kelly Arnold via email at karnold577@gmail.com.

**ADDITIONAL INFORMATION:**

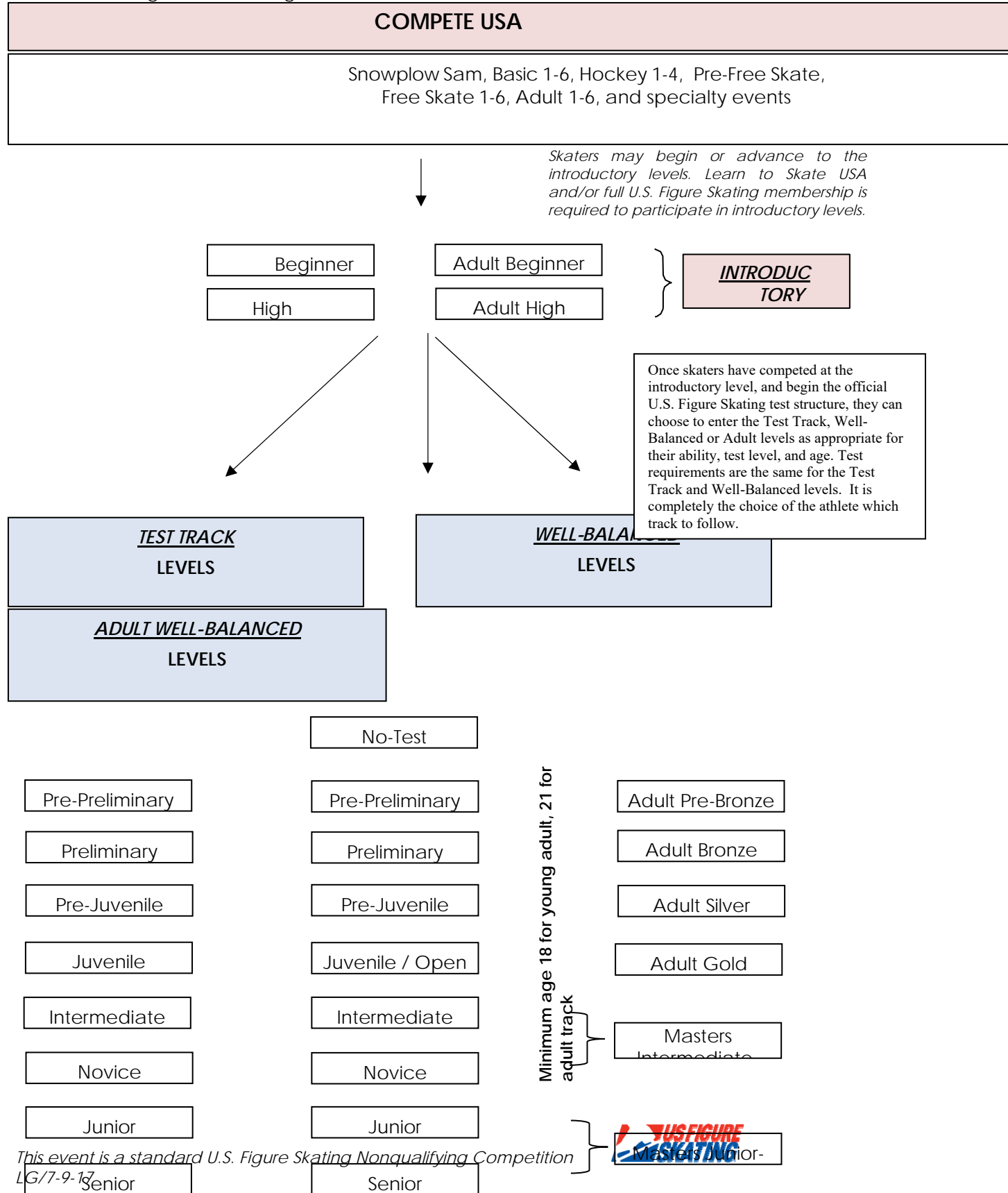
- Athletes will receive a colored T-shirt. When you register the athletes have an option to upgrade to a dri-fit shirt for an additional \$10. T-shirts will be available at the ice arena the day of the competition.

SECTION 2: Events Offered

# SINGLES FREE SKATING EVENTS

See current rulebook or click [here](#) for current rules and requirements.

Illustration of Singles Free Skating Events:



Once skaters have competed at the introductory level, and begin the official U.S. Figure Skating test structure, they can choose to enter the Test Track, Well-Balanced or Adult levels as appropriate for their ability, test level, and age. Test requirements are the same for the Test Track and Well-Balanced levels. It is completely the choice of the athlete which track to follow.

LG/7-9-17

## SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

- To be skated on full ice.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.

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

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

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

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

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



## U.S. Figure Skating Nonqualifying Competitions

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

General event parameters:

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

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





	<ul style="list-style-type: none"> <li>sequences</li> <li>Max. 2 of any same type jump</li> </ul>			
<p>Preliminary</p> <p>1:30 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Jumps with not more than one rotation (no Axels).</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions)</li> <li>One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test</p>
<p>Pre-Juvenile</p> <p>2:00 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Jumps with not more than one rotation (no Axels).</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One spin in one position, no change of foot (Min. 3 revolutions)</li> <li>One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly.</li> </ul>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test</p>
<p>Juvenile</p> <p>2:20 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps, including Axel, are permitted.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <li>One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot)</li> <li><i>Only solo spin may fly</i></li> </ul>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>

Intermediate 2:40 +/- 10 sec.	<i>Maximum of 6 jump elements:</i> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow and double toe loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> <li>One must be a flying spin (min 5 revolutions),</li> <li>One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot).</li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test
Level	Jumps	Spins	Step Sequences	Qualifications
Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.	<i>Maximum of 7 jump elements for men and 6 for ladies:</i> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop and double loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<i>Maximum of 3 spins, of a different nature:</i> <ul style="list-style-type: none"> <li>One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot)</li> <li>The other spins are the option of the skater (min 6 revolutions per foot)</li> <li><i>All spins may fly</i></li> </ul>	One step sequence or spiral sequence fully utilizing ice surface  (see rule 4104 & 4105 for remarks)	Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test
Junior Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.	<i>Maximum of 8 jump elements for men and 7 for ladies:</i> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop, double loop and double flip</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<i>Maximum of 3 spins of a different nature:</i> <ul style="list-style-type: none"> <li>One spin in one position (Min. 6 revolutions)</li> <li>One flying spin (Min. 6 revolutions)</li> <li>One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5 revolutions per foot)</li> </ul>	One step sequence fully utilizing ice surface  (See rule 4105 for remarks)	Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test

<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> <li>• Any single jumps.</li> <li>• Must include at least four different double jumps, one must be a double Lutz.</li> <li>• Triple jumps are not permitted</li> <li>• Maximum of 3 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position (Min. 6 revolutions)</li> <li>• One flying spin (Min. 6 revolutions)</li> <li>• One combination spin consisting of all three basic spin positions and one change of foot (2 revolutions per foot)</li> </ul>	<p><i>Men:</i> Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. <i>(See rule 4105 for remarks)</i></p> <p><i>Ladies:</i> One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. <i>(See rule 4104 &amp; 4105 for remarks.)</i></p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>
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**2017-18 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, 2017.

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>NO TEST</b></p> <p><b>1:40 maximum</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>All single jumps allowed except for the single Axel                             <ul style="list-style-type: none"> <li>No single Axels, double, triple or quadruple jumps allowed</li> <li>Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p><b>PRE-PRELIMINARY</b></p> <p><b>1:40 maximum</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>All single jumps, including the single Axel, allowed                             <ul style="list-style-type: none"> <li>No double, triple or quadruple jumps allowed</li> <li>Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p><b>PRELIMINARY</b></p> <p><b>1:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump or a waltz jump*</li> <li>All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)                             <ul style="list-style-type: none"> <li>Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>Jump sequences limited to a maximum of 3 single or double jumps</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p><b>PRE-JUVENILE</b></p> <p><b>2:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single and double jumps allowed except for the double Axel                             <ul style="list-style-type: none"> <li>No double Axels, triple or quadruple jumps allowed</li> <li>An 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</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>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</li> <li>Jump sequences limited to a maximum of 3 single or double jumps</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot*                             <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position*                             <ul style="list-style-type: none"> <li>No change of foot</li> <li>Min 4 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> <li>Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>



2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<b>JUVENILE and OPEN JUVENILE</b> <b>2:20 +/- 10 sec</b> *means element is required	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single and double jumps, including the double Axel, allowed               <ul style="list-style-type: none"> <li>No triple or quadruple jumps allowed</li> <li>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                   <ul style="list-style-type: none"> <li>If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>No double jump can be included more than twice</li> </ul> </li> <li>Max 2 jump combinations or sequences               <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*               <ul style="list-style-type: none"> <li>Min 8 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 spin with only 1 position; no change of foot*               <ul style="list-style-type: none"> <li>Min 5 revs</li> </ul> </li> </ul> Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>One choreographic step sequence*               <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<b>INTERMEDIATE</b> <b>2:40 +/- 10 sec</b> *means element is required	<b>Max 6 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single, double and triple jumps allowed. No quadruple jumps allowed.               <ul style="list-style-type: none"> <li>No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</li> <li>If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence                   <ul style="list-style-type: none"> <li>If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>No double or triple jump can be included more than twice</li> </ul> </li> <li>Max 3 jump combinations or sequences               <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*               <ul style="list-style-type: none"> <li>Min 8 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 spin with only 1 position; no change of foot*               <ul style="list-style-type: none"> <li>Min 5 revs</li> </ul> </li> </ul> Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li><u>One leveled step sequence*</u></li> <li><u>Max Level 2, Only Minimum Variety (5 turns) &amp; 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> <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<b>NOVICE LADIES</b> <b>3:00 +/- 10 sec</b> *means element is required	<b>Max 6 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single, double and triple jumps are allowed. No quadruple jumps allowed.               <ul style="list-style-type: none"> <li>No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence.                   <ul style="list-style-type: none"> <li>If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice</li> </ul> </li> <li>Max 3 jump combinations or sequences               <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*               <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 flying spin with no change of foot or position*               <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>3rd spin is option of skater</li> </ul> All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>One leveled step sequence*               <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<b>NOVICE MEN</b> <b>3:30 +/- 10 sec</b> *means element is required	<b>Max 7 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>All single, double and triple jumps are allowed. No quadruple jumps allowed.               <ul style="list-style-type: none"> <li>No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence.                   <ul style="list-style-type: none"> <li>If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice</li> </ul> </li> <li>Max 3 jump combinations or sequences               <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*               <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>Min 2 revs in each position</li> </ul> </li> <li>1 flying spin with no change of foot or position*               <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>3rd spin is option of skater</li> </ul> All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>One leveled step sequence*               <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>



2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<b>JUNIOR LADIES</b> <b>3:30 +/- 10 sec</b> *means element is required	<b>Max 7 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>Jumps can contain any number of revolutions               <ul style="list-style-type: none"> <li>Of all the triples or quads, only 2 can be executed twice                   <ul style="list-style-type: none"> <li>If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>Max 3 jump combinations or sequences               <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*               <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>All 3 basic positions with min 2 revs in each position for highest base value</li> </ul> </li> <li>1 spin with a flying entry*               <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position*               <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> </ul> All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>One leveled step sequence*               <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<b>JUNIOR MEN</b> <b>4:00 +/- 10 sec</b> *means element is required	<b>Max 8 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>Jumps can contain any number of revolutions               <ul style="list-style-type: none"> <li>Of all the triples or quads, only 2 can be executed twice                   <ul style="list-style-type: none"> <li>If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>Max 3 jump combinations or sequences               <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*               <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>All 3 basic positions with min 2 revs in each position for highest base value</li> </ul> </li> <li>1 spin with a flying entry*               <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position*               <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> </ul> All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>One leveled step sequence*               <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<b>SENIOR LADIES</b> <b>4:00 +/- 10 sec</b> *means element is required	<b>Max 7 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>Jumps can contain any number of revolutions               <ul style="list-style-type: none"> <li>Of all the triples or quads, only 2 can be executed twice                   <ul style="list-style-type: none"> <li>If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>Max 3 jump combinations or sequences               <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*               <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>All 3 basic positions with min 2 revs in each position for highest base value</li> </ul> </li> <li>1 spin with a flying entry*               <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position*               <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> </ul> All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	<b>Max 2 Sequences</b> <ul style="list-style-type: none"> <li>One leveled step sequence*               <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> <li>One choreographic sequence*               <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul> </li> </ul>
<b>SENIOR MEN</b> <b>4:30 +/- 10 sec</b> *means element is required	<b>Max 8 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump*</li> <li>Jumps can contain any number of revolutions               <ul style="list-style-type: none"> <li>Of all the triples or quads, only 2 can be executed twice                   <ul style="list-style-type: none"> <li>If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>Max 3 jump combinations or sequences               <ul style="list-style-type: none"> <li>Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>1 spin combination; with or without change of foot*               <ul style="list-style-type: none"> <li>Min 10 revs</li> <li>All 3 basic positions with min 2 revs in each position for highest base value</li> </ul> </li> <li>1 spin with a flying entry*               <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>1 spin with only 1 position*               <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> </ul> All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	<b>Max 2 Sequences</b> <ul style="list-style-type: none"> <li>One leveled step sequence*               <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> <li>One choreographic sequence*               <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul> </li> </ul>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.



## SINGLES SHORT PROGRAM

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

A. Intermediate short program – Rule 4230

B. Novice short program – Rule 4220

C. Junior short program – Rule 4210

D. Senior short program – Rule 4200

**2017-18 Singles Short Program Requirements** – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2017.

<b>INTERMEDIATE LADIES/MEN</b> 2:10 max.	Single or Double Axel	<b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel or the triple jump used in the combination	<b>Jump Combination</b> Single/Double, Double/Double, Single/Triple, or Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	<b>Spin</b> Only one position No change of foot May start with a fly Min. 5 revs.		<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Max Level 2, Only Simple Variety (5 turns) or Minimum Variety (7 turns) & rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Fully utilizing the ice surface
<b>NOVICE LADIES</b> 2:30 max.	Single or Double Axel	<b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	<b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed	<b>Layback, Sideways Leaning, Sit or Camel Spin</b> No change of foot No flying entry Min. 6 revs.		<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>NOVICE MEN</b> 2:30 max.	Single or Double Axel	<b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	<b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	<b>Camel or Sit Spin</b> With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot		<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>JUNIOR LADIES</b> 2:40 +/- 10 sec	Double Axel	<b>Double or Triple Lutz</b> Immediately preceded by connecting steps or other free skating movements	<b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	<b>Flying Sit Spin</b> Flying pos. may be different than landing pos. Min. 8 revs.	<b>Layback, Sideways Leaning or Camel Spin without change of foot</b> No flying entry Min. 8 revs.	<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>JUNIOR MEN</b> 2:40 +/- 10 sec	Double or Triple Axel	<b>Double or Triple Lutz</b> Immediately preceded by connecting steps or other free skating movements	<b>Jump Combination</b> Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	<b>Flying Sit Spin</b> Flying pos. may be different than landing pos. Min. 8 revs.	<b>Camel Spin</b> With only 1 change of foot No flying entry Min. 6 revs. each foot	<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>SENIOR LADIES</b> 2:40 +/- 10 sec	Double or Triple Axel	<b>Any Triple Jump</b> Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo	<b>Jump Combination</b> Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	<b>Flying Spin</b> Landing position different than spin in 1 position Min. 8 revs.	<b>Layback, Sideways Leaning, Sit or Camel Spin without change of foot</b> No flying entry Min. 8 revs.	<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>SENIOR MEN</b> 2:40 +/- 10 sec	Double or Triple Axel	<b>Any Triple or Quadruple Jump</b> Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo	<b>Jump Combination</b> Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed	<b>Flying Spin</b> Landing position different than spin in 1 position Min. 8 revs.	<b>Camel or Sit Spin</b> With only 1 change of foot No flying entry Min. 6 revs. each foot	<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface

## ADULT 1-6 PROGRAM WITH MUSIC

### General event parameters:

- The skating order of the required elements is optional.
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps 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 (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

Level	Time	Elements
Adult 1	1:40 MAX	<ul style="list-style-type: none"> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>
Adult 2	1:40 MAX	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
Adult 3	1:40 MAX	<ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward snowplow stop, Right and Left</li> </ul>
Adult 4	1:40 MAX	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Backward one-foot glides, right and left</li> <li>• Hockey stop, both directions</li> </ul>
Adult 5	1:40 MAX	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin</li> </ul>
Adult 6	1:40 MAX	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (min 2 revs on 1 foot)</li> </ul>





## ADULT INTRODUCTORY FREE SKATE PROGRAM

General event parameters:

- Skaters will skate to the music of their choice and vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, or ballet</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	Max. 2 spins <ul style="list-style-type: none"> <li>• Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1 Badge Test
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1 Badge Test

Compete USA competitions may include through the Adult Bronze free skate program. This chart can be found on the nonqualifying competition announcement page; Free Skate & Short Program – Singles; Adult Singles Events.



**2017-18 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, 2017.

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<p><b>CHAMPIONSHIP MASTERS JUNIOR-SENIOR &amp; MASTERS JUNIOR-SENIOR</b></p> <p><b>3:40 maximum</b> * means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Max 3 combinations or sequences</li> <li>• 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps</li> <li>• Number of jumps in sequence is unlimited, but only the 2 highest-value jumps in a jump sequence will be counted</li> <li>• 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"> <li>• 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</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 5 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• 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.</li> </ul>
<p><b>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE &amp; MASTERS INTERMEDIATE-NOVICE</b></p> <p><b>3:10 maximum</b> * means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Max 3 combinations or sequences</li> <li>• 1 jump combination/sequence may contain 3 jumps; the remaining jump combinations/sequences are limited to 2 jumps</li> <li>• Only 1 jump combination or sequence may include 2 double jumps</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence               <ul style="list-style-type: none"> <li>• If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>• All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop</li> <li>• Double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 5 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• 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.</li> </ul>
<p><b>CHAMPIONSHIP ADULT GOLD &amp; ADULT GOLD</b></p> <p><b>2:40 maximum</b></p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Max 3 combinations or sequences</li> <li>• 1 jump combination/sequence may contain 3 jumps; the remaining jump combinations/sequences are limited to 2 jumps</li> <li>• Each jump combination or sequence may include only 1 double jump</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence               <ul style="list-style-type: none"> <li>• If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>• All single jumps, including the single Axel, and the following double jumps are permitted: double toe loop, double Salchow.</li> <li>• Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 4 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• 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.</li> </ul>



2017-18	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<b>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</b>  <b>2:10 maximum</b>	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences</li> <li>• 1 combination/sequence may contain 3 jumps, and the other may contain only 2 jumps</li> <li>• Additional jump sequences which contain non-listed jumps of not more than 1 revolution performed as part of connecting footwork preceding single jumps are permitted</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps, including single Axel, are permitted</li> <li>• No double or triple jumps are permitted</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>• <u>1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</u></li> <li>• 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.</li> </ul>
<b>ADULT BRONZE</b>  <b>1:50 maximum</b>	<b>Max 4 Jump Elements</b> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences;</li> <li>• 1 combination/sequence may contain 3 jumps, and the other may contain only 2 jumps</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>• <u>1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</u></li> <li>• 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.</li> </ul>
<b>ADULT PRE BRONZE</b>  <b>1:40 maximum</b>	<b>Max 4 Jump Elements</b> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences</li> <li>• 1 jump combination/sequence may contain 3 jumps, and the other may contain only 2 jumps.</li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are permitted</li> <li>• No single Lutz, single Axel or double or triple jumps are permitted</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> </ul>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>• Connecting steps throughout the program are required</li> </ul>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Spins of a different character – this refers to the abbreviation of a spin, e.g. a combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character; and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see U.S. Figure Skating rule 4103 (E).

**6.0 System Penalties:**

- 0.1 in each mark for each illegal element
- 0.1 in 1st mark for insufficient revs.
- 0.2 in 1st mark for each jump and/or spin element exceeding max.
- 0.1 in each mark for time violation
- 0.1 in 1st mark for step seq. not utilizing the ice as prescribed.
- 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

Adult Singles 2017-2018 Version 1.0– 5/25/17 LMF

## SINGLES COMPULSORY MOVES



### SNOWPLOW SAM – BASIC 6 ELEMENTS

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

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

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

## PRE-FREE SKATE – FREE SKATE 6 COMPULSORY

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

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

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

Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power pulls, right and left</li> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Beginning Axel jump</li> </ul>
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## INTRODUCTORY LEVELS COMPULSORY

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

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

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

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).



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: COMPULSORY MOVES

General event parameters:

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

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



## ADULT 1-6 AND INTRODUCTORY COMPULSORY

General event parameters:

- The skating order of the elements is optional.
- Element may only be attempted once
- To be skated in program format with limited connecting steps
- To be skated on ½ ice
- A 0.2 deduction will be taken for each element MISSING, REPEATED or from a higher level

Level	Time	Elements
Adult 1	1:30 MAX	<ul style="list-style-type: none"> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>
Adult 2	1:30 MAX	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
Adult 3	1:30 MAX	<ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Backward snowplow stop, Right and Left</li> </ul>
Adult 4	1:30 MAX	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Hockey stop, both directions</li> <li>• Backward one-foot glides, right and left</li> </ul>
Adult 5	1:30 MAX	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin (min 2 revs)</li> </ul>
Adult 6	1:30 MAX	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (min 2 revs on 1 foot)</li> </ul>
Adult Beginner	1:30 MAX	<ul style="list-style-type: none"> <li>• Bunny hop or mazurka</li> <li>• Forward beginning one-foot spin from backward crossovers (min 2 revs)</li> <li>• Forward moving inside open Mohawk (right and left) – heel to instep</li> <li>• Alternating right and left forward outside edges across the width of the ice</li> <li>• Alternating right and left forward inside edges across the width of the ice</li> <li>• Backward moving outside 3-turn right and left</li> </ul>
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• ½ Flip</li> <li>• Alternating right and left backward outside edges across the width of the ice</li> <li>• Alternating right and left backward inside edges across the width of the ice</li> <li>• Backward moving inside 3-turn right and left</li> </ul>





## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Adult Compulsory Moves

#### General event parameters:

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

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



## SINGLES JUMPS CHALLENGE



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Jumps Challenge

#### General event parameters:

12. Each jump may be attempted twice; the best attempt will be counted.
13. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice
14. Jumps with an "\*" must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. ½ flip or ½ Lutz</li> <li>3. Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. Single Salchow</li> <li>3. Jump combination – waltz jump-toe loop</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single loop</li> <li>3. Jump combination – Any two ½ or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single flip</li> <li>3. Jump combination - Any two ½ or single revolution jumps (no Axel)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>5. Single flip</li> <li>6. Single Lutz</li> <li>7. Jump combination – Any single jump + single loop (may be Axel)</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>5. Single Axel</li> <li>6. Single or double jump</li> <li>7. Jump combination – single/single (no Axel)</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>5. Single Axel</li> <li>6. Double Salchow</li> <li>7. Jump combination – single/single or double/single (no Axel)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>5. Single Axel</li> <li>6. Double loop*</li> <li>7. Jump combination – double/single (no Axel)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>5. Double loop</li> <li>6. Double flip*</li> <li>7. Jump combination – double/double (may be double Axel)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>5. Choice of double or triple jump</li> <li>6. Double or triple flip*</li> <li>7. Jump combination – double/double (may be double Axel)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>5. Choice of double or triple jump</li> <li>6. Double or triple Lutz*</li> <li>7. Jump combination – double/double or triple/double (may be double Axel)</li> </ol>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Adult Jumps Challenge

#### General event parameters:

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

Level	Time	Elements
Adult Beginner	1:00	<ol style="list-style-type: none"><li>Bunny Hop</li><li>Mazurka or ballet jump</li></ol>
Adult Pre-Bronze	1:00	<ol style="list-style-type: none"><li>Waltz or toe loop jump</li><li><math>\frac{1}{2}</math> flip, <math>\frac{1}{2}</math> Lutz or <math>\frac{1}{2}</math> loop</li></ol>
Adult Bronze	1:00	<ol style="list-style-type: none"><li>Single Salchow</li><li>Single toe loop</li><li>Any single jump + single toe loop combination (No Axels allowed)</li></ol>
Adult Silver	1:15	<ol style="list-style-type: none"><li>Single flip</li><li>Single loop</li><li>Single/single combination (Axel is permitted)</li></ol>
Adult Gold	1:15	<ol style="list-style-type: none"><li>Single Axel</li><li>Single Lutz</li><li>Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)</li></ol>
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"><li>Axel</li><li>Double Salchow, double toe loop or double loop</li><li>Jump combination (double/double, single/double or double/single) that may include double Salchow, double toe loop or double loop and any single jump including Axel</li></ol>
Masters Junior/Senior	1:30	<ol style="list-style-type: none"><li>Double loop or double flip</li><li>Double Lutz</li><li>Jump combination that may include any double jump</li></ol>



## SINGLES SPINS CHALLENGE



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Spins Challenge

#### General event parameters:

18. 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.
19. All events are skated on ½ ice.
20. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
High Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
No-Test	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>4. Upright one-foot spin (3)</li> <li>5. Upright back scratch spin (3)</li> <li>6. Sit spin (3)</li> </ol>
Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>8. Forward scratch to back scratch spin (3)</li> <li>9. Combination spin with no change of foot (4)</li> <li>10. Sit spin (3)</li> </ol>
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> <li>8. Camel spin (3)</li> <li>9. Combination spin – camel to sit spin; no change of foot (6)</li> <li>10. Forward to backward scratch spin (3 per foot)</li> </ol>
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> <li>8. Sit spin (4)</li> <li>9. Combination spin – with change of foot; optional change of position (4 per foot)</li> <li>10. Girls – layback spin (4); Boys – camel spin (4)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>8. Flying camel spin (5)</li> <li>9. Sit spin to backward sit spin (4 per foot)</li> <li>10. Combination spin – change of foot &amp; change of position (4 per foot)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>8. Choice of camel, sit or layback spin (6)</li> <li>9. Camel spin to backward camel spin (4 per foot in position)</li> <li>10. Combination spin – change of foot &amp; two changes of position (2 per position &amp; 5 per foot)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>8. Flying sit spin or flying reverse sit spin (6)</li> <li>9. Solo spin of choice (6) – may not fly</li> <li>10. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>8. Flying spin of choice (6)</li> <li>9. Solo spin of choice (6) – may not fly</li> <li>10. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>





## U.S. Figure Skating Nonqualifying Competitions

### 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"><li>1. Pivot</li><li>2. Two-foot upright spin (2)</li></ol>
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"><li>1. One-foot upright spin (3)</li><li>2. Two-foot upright spin (3)</li></ol>
Adult Bronze	1:15	<ol style="list-style-type: none"><li>1. One-foot upright spin (4)</li><li>2. One-foot back spin (3)</li><li>3. Sit spin (3)</li></ol>
Adult Silver	1:30	<ol style="list-style-type: none"><li>1. Camel spin (3)</li><li>2. Layback, sideways leaning or sit spin (4)</li><li>3. Combination spin with at least one change of position, no change of foot (3 in each position)</li></ol>
Adult Gold	1:30	<ol style="list-style-type: none"><li>1. Solo spin, no change of foot (4)</li><li>2. Second solo spin, different from the first; change of foot optional (4)</li><li>3. Combination spin with only one change of foot and at least one change of position (4 each foot)</li></ol>
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"><li>1. Solo spin of skater's choice (Min. 6 revolutions)</li><li>2. Second solo spin, different from the first; change of foot optional (4) May have a flying entry</li><li>3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot)</li></ol>
Masters Junior/Senior	1:30	<ol style="list-style-type: none"><li>1. Solo spin of skater's choice (Min. 8 revolutions)</li><li>2. Solo spin with a flying entry</li><li>3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot). May have a flying entry</li></ol>



## SINGLES STEP SEQUENCES



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Step Sequences

#### General event parameters:

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

Level	Time	Required elements
Pre-Preliminary	1:00 max.	Each of the two step sequences must include: <ul style="list-style-type: none"> <li>- Forward outside 3-turn</li> <li>- Inside mohawk</li> <li>- Demonstration of forward outside &amp; forward inside edges</li> </ul>
Preliminary	1:00 max.	Each of the two step sequences must include: <ul style="list-style-type: none"> <li>- At least two consecutive forward outside power 3-turns</li> <li>- Forward inside 3-turn</li> <li>- At least one set of alternating 3-turns (outside or inside)</li> </ul>
Pre-Juvenile	1:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>4. Backward inside 3-turns on each foot</li> <li>5. Backward outside 3-turns on each foot</li> <li>6. At least 2 consecutive power pulls (backward or forward)</li> </ol>
Juvenile & Open Juv.	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. Forward outside double 3 (either foot)</li> <li>2. Forward inside double 3 (either foot)</li> <li>3. At least 2 consecutive cross strokes (backward or forward)</li> </ol>
Intermediate	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>11. Choice of backward double 3</li> <li>12. At least 2 different brackets with clear entry &amp; exit edges</li> <li>13. Forward inside 1 ½ twizzle</li> <li>14. Forward outside 1 ½ twizzle</li> </ol>
Novice	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>11. At least 2 different counters with clear entry &amp; exit edges</li> <li>12. Forward outside &amp; forward inside loop (either foot)</li> <li>13. Backward outside double twizzle</li> <li>14. Backward inside double twizzle</li> </ol>
Junior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>11. At least 2 different rockers with clear entry &amp; exit edges</li> <li>12. At least 2 different choctaws</li> <li>13. Backward outside &amp; backward inside loop (either foot)</li> <li>14. A combination of at least 3 different turns done on one foot</li> </ol>
Senior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> <li>1. At least 1 of each of the following turns: 3-turn, bracket, rocker, counter, choctaw, loop, and twizzle.</li> <li>2. A combination of at least 3 different turns, to be selected from counter, rocker, bracket, twizzle and loop, done on one foot.</li> </ol>



		<p>3. An upper body movement. (Any movements of the arms, head and torso that have an effect on the balance of the main body core.)</p> <p><i>Note: If necessary, skaters may combine items 1 &amp; 2. For example, performing 3 different consecutive turns on one foot may also count towards the requirement of demonstrating all seven of the listed turns/steps.</i></p>
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## PAIRS FREE SKATING EVENTS

**2017-18 Pairs Free Skate Requirements** – This chart has been updated with changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2017.



2017-18	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
<p><b>PRE-JUVENILE PAIRS</b></p> <p>2:00 +/- 10 sec</p>	<p>1 Lift</p> <p>Group 1 Lift or Group 2 Waist Lift</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted</p>	N/A	<p>1 (optional) Throw Jump</p> <p>Single</p>	<p>1 Solo Jump</p> <p>Single</p>	<p>1 Jump Sequence</p> <p>No limit to the number of jumps in jump sequence</p> <p>Single jumps only</p> <p>Jump combination not permitted</p>	<p>1 Solo Spin</p> <p>Min 3 revs</p> <p>No change of foot or position</p>	<p>1 Pair Spin</p> <p>Min 3 revs</p> <p>No change of foot or position</p>	<p>1 (optional) Pivot Figure</p> <p>No minimum requirements</p> <p>Pivot figure not eligible for features</p>	<p>1 Step Sequence</p> <p>Utilizing one-half the ice surface</p> <p>Stroking both forward and backward, clockwise and counterclockwise</p> <p><b>*If IJS is used then: ChSt</b></p>
<p><b>JUVENILE PAIRS</b></p> <p>2:30 +/- 10 sec</p>	<p>Max 1 Lift</p> <p>Lift may be chosen from Group 1 or Group 2</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted</p> <p>Min 1 rev and max 3 ½ revs by man</p>	N/A	<p>Max 1 Throw Jump</p> <p>Single only</p>	<p>Max 1 Solo Jump</p> <p>Single or double</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Max 2 jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> <p>Single or double jumps only</p>	<p>Max 1 Solo Spin or Solo Spin Combination</p> <p>Min 5 revs</p> <p>Change of foot, change of position, and flying entry are optional</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p>Max 1 Pair Spin</p> <p>Min 3 revs</p> <p>Change of position optional</p> <p>No change of foot</p>	<p>Max 1 Pivot Figure</p> <p>Regular 1-hand-to-1-hand hold required</p> <p>Pivot figure not eligible for features</p> <p>When the position is attained, both partners must execute min ½ rev with the man clearly in pivot position</p>	<p>Max 1 Choreograph Sequence</p> <p>Must be clearly visible</p>



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2017-18	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
<p><b>INTERMEDIATE PAIRS</b></p> <p>3:00 +/- 10 sec</p>	<p><b>Max 2 Overhead Lifts</b></p> <p>Lifts can be selected from Groups 1-4 and must be different</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted; however, if a pair executes a platter lift, the release of the lady's hands after the lift extension has been achieved is not a violation of this rule.</p> <p>Min 1 rev and max 3 ½ revs by man</p>	<p><b>Max 1 Twist Lift</b></p> <p>Single</p> <p>Take off must be flip or Lutz</p>	<p><b>Max 2 Throw Jumps</b></p> <p>Single or double</p> <p>Must be different</p>	<p><b>Max 1 Solo Jump</b></p> <p>Single or double</p>	<p><b>Max 1 Jump Sequence or Jump Combination</b></p> <p>Max 2 jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> <p>Single or double jumps only</p>	<p><b>Max 1 Solo Spin or Solo Spin Combination</b></p> <p>Min 5 revs</p> <p>Change of foot, change of position and flying entry are optional</p> <p>Both partners must achieve a basic position (sit/camel/upright) for at least 2 revs</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	N/A	<p><b>Max 1 Death Spiral or Pivot Figure</b></p> <p>Regular 1-hand-to-1-hand hold required</p> <p>Pivot figure not eligible for features</p> <p>When the position is attained, both partners must execute min ½ rev with the knees of the man clearly bent and in full pivot position</p>	<p><b>Max 1 Choreograph Sequence</b></p> <p>Must be clearly visible</p>
<p><b>NOVICE PAIRS</b></p> <p>3:30 +/- 10 sec</p>	<p><b>Max 2 Overhead Lifts</b></p> <p>Lifts must be from different groups, and 1 must be from Group 3 or Group 4</p> <p>Variations of lady's position, no-handed, 1-handed, combo lifts and lifts that turn in both directions ARE permitted</p> <p>Carry lifts and carry features are NOT permitted</p> <p>Min 1 rev and max 3 ½ revs by man</p>	<p><b>Max 1 Twist Lift</b></p> <p>Single or double</p> <p>Take off must be flip or Lutz</p>	<p><b>Max 2 Throw Jumps</b></p> <p>Single, double or triple</p> <p>Must be different</p>	<p><b>Max 1 Solo Jump</b></p> <p>Single, double or triple</p> <p>If double Axel or triple, must be different from jumps executed in the jump sequence / combination</p>	<p><b>Max 1 Jump Sequence or Jump Combination</b></p> <p>Max 2 jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> <p>Both may include jumps with same name</p> <p>Single, double or triple jumps permitted</p>	<p><b>Max 1 Solo Spin or Solo Spin Combination</b></p> <p>Min 5 revs</p> <p>Change of foot, change of position and flying entry are optional</p> <p>Both partners must achieve a basic position (sit/camel/upright) for at least 2 revs</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p><b>Max 1 Pair Spin or Pair Spin Combination</b></p> <p>Min 5 revs</p> <p>If pair spin combination, must have at least 1 change of foot and 1 change of position by each partner</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p><b>Max 1 Death Spiral</b></p> <p>Regular 1-hand-to-1-hand hold required</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p><b>Max 1 Choreograph Sequence</b></p> <p>Must be clearly visible</p>





**2017-18 Pairs Free Skate Requirements** – This chart has been updated with changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2017.



2017-18	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL	STEP SEQUENC
<b>JUNIOR PAIRS</b> 4:00 +/- 10 sec	<p><b>Max 2 Overhead Lifts</b></p> <p>Not all from Group 5</p> <p>Full extension of the lifting arms required</p> <p>Only 1 lift may include a carry feature</p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only)</p> <p>Min 1 rev and max 3 ½ revs by man</p>	<p><b>Max 1 Twist Lift</b></p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, loop, flip, Lutz or Axel</p>	<p><b>Max 2 Throw Jumps</b></p> <p>Must be different</p>	<p><b>Max 1 Solo Jump</b></p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination</p>	<p><b>Max 1 Jump Sequence or Jump Combination</b></p> <p>Jump combination may consist of 2 or 3 jumps</p> <p>No limit to number of jumps in jump sequence</p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	<p><b>Max 1 Solo Spin Combination</b></p> <p>Must be combination</p> <p>Min 10 revs</p> <p>Optional change of foot (min 3 revs before and after change of foot, if performed)</p> <p>Optional flying entry</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</p>	<p><b>Max 1 Pair Spin Combination</b></p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With a least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</p>	<p><b>Max 1 Death Spiral</b></p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p><b>Max 1 Choreograph Sequence</b></p> <p>Must be clear visible</p>
<b>SENIOR PAIRS</b> 4:30 +/- 10 sec	<p><b>Max 3 Overhead Lifts</b></p> <p>Not all from Group 5</p> <p>Full extension of the lifting arms required</p> <p>If 2 Group 5 lifts are executed, each must have a different take off (toe, step, reverse, backward or Axel)</p> <p>Only 1 lift may include a carry feature</p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only)</p> <p>Min 1 rev and max 3 ½ revs by man</p>	<p><b>Max 1 Twist Lift</b></p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, flip, Lutz or Axel</p>	<p><b>Max 2 Throw Jumps</b></p> <p>Must be different</p>	<p><b>Max 1 Solo Jump</b></p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination</p>	<p><b>Max 1 Jump Sequence or Jump Combination</b></p> <p>Jump combination may consist of 2 or 3 jumps</p> <p>No limit to number of jumps in jump sequence</p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	<p><b>Max 1 Solo Spin Combination</b></p> <p>Must be combination</p> <p>Min 10 revs</p> <p>Optional change of foot (min 3 revs before and after change of foot, if performed)</p> <p>Optional flying entry</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</p>	<p><b>Max 1 Pair Spin Combination</b></p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With at least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</p>	<p><b>Max 1 Death Spiral</b></p> <p>Must be different from the death spiral in the short program</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p><b>Max 1 Choreograph Sequence</b></p> <p>Must be clear visible</p>



## PAIRS SHORT PROGRAM EVENTS

Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

- A. Intermediate short program – Rule 5230
- B. Novice short program – Rule 5220
- C. Junior short program – Rule 5210
- D. Senior short program – Rule 5200

**2017-18 Pairs Short Program Requirements** – This chart has been updated with changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2017.



2017-18	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
<b>INTERMEDIATE PAIRS SHORT PROGRAM</b>  2:30 Max	<p><b>One lift selected from Groups 1-4.</b></p> <p>Variations of the lady's position, no-handed and one-handed lifts, combination lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted; however, if a pair executes a platter lift, the release of the lady's hands after the lift extension has been achieved is not a violation of this rule.</p> <p>Min 1 and max 3 ½ revs. by man</p>	<p><b>Single</b></p> <p>Take off must be flip or Lutz</p>	<p>Not allowed in the Intermediate Pairs Short Program</p>	<p><b>Single or Double (any take off)</b></p>	<p><b>Pair Spin</b></p> <p>No change of foot and optional change of position</p> <p>Min. 5 revs. total</p> <p>May NOT be commenced with a jump</p> <p>The rotation must be continuous, and no stop is permitted</p>	<p><b>One Death Spiral or Pivot Figure</b></p> <p>Regular hand-to-hand hold required</p> <p>In the final position when the lady is performing the actual death spiral or pivot figure, both the man and the lady must execute a minimum of one-half rev. with the knees of the man clearly bent and in full pivot position</p>	<p><b>Choreographic Step Sequence</b></p> <p>Must fully utilize the ice surface</p>
<b>NOVICE PAIRS SHORT PROGRAM</b>  2:50 Max	<p><b>One lift selected from Group 3</b></p> <p>Min 1 and max 3 ½ revs. by man</p> <p>One-handed variations and changes of hold or of the lady's position during the lift are permitted</p> <p>The lift may not include a carry feature or be a carry lift</p>	<p><b>Single or Double</b></p> <p>Take off must be flip or Lutz</p>	<p><b>Single, Double or Triple Loop</b></p>	<p><b>Double Lutz</b></p>	<p><b>Pair Spin</b></p> <p>No change of foot and optional change of position</p> <p>Min. 5 revs. total</p> <p>May NOT be commenced with a jump</p> <p>The rotation must be continuous, and no stop is permitted</p>	<p><b>Forward Inside</b></p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p><b>Leveled Step Sequence</b></p> <p>Must fully utilize the ice surface</p>



**2017-18 Pairs Short Program Requirements** – This chart has been updated with changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2017.



2017-18	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENC
<b>JUNIOR PAIRS SHORT PROGRAM</b> 2:40 +/- 10 sec	Any <u>hip</u> lift take off (Group 3) Full extension of the lifting arm(s) is required Min 1 and max 3 ½ revs. by man	Double or Triple Take off must be flip or Lutz	Double or Triple <u>Loop</u>	Double <u>Lutz</u>	<b>Pair Spin Combination</b> Only one change of foot (made at the same time by both partners) <u>Min. 8 revs. total, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each</u> May <u>NOT</u> be commenced with a jump The rotation must be continuous, and no stop is permitted	<b>Forward Inside</b> When death spiral position is attained, both partners must execute one revolution with man in full pivot position Lady's head must reach the level of her skating knee	<b>Leveled Step Sequence</b> Must fully utilize the ice surface
<b>SENIOR PAIRS SHORT PROGRAM</b> 2:40 +/- 10 sec	Any <u>hip</u> lift take off (Group 3) Full extension of the lifting arm(s) is required Min 1 and max 3 ½ revs. by man	Double or Triple Take off must be flip or Lutz	Double or Triple (any take off)	Double or Triple (any take off)	<b>Pair Spin Combination</b> Only one change of foot (made at the same time by both partners) <u>Min. 8 revs. total, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each</u> May <u>NOT</u> be commenced with a jump The rotation must be continuous, and no stop is permitted	<b>Forward Inside</b> When death spiral position is attained, both partners must execute one revolution with man in full pivot position Lady's head must reach the level of her skating knee	<b>Leveled Step Sequence</b> Must fully utilize the ice surface



## SOLO DANCE SERIES PATTERN DANCE

The Solo Dance Series pattern dance event is comprised of two dances at each level.



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Solo Pattern Dance

General event parameters:

1. Levels are based upon the skaters' highest pattern dance test passed.
2. A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
3. 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 30<sup>th</sup> – July 2<sup>nd</sup>), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2<sup>nd</sup> quarter).
4. 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 <sup>st</sup>	April 1 <sup>st</sup> – June 30 <sup>th</sup>	July 1 <sup>st</sup> – September 30 <sup>th</sup>	October 1 <sup>st</sup> – December 31 <sup>st</sup>
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 Waltz
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 Waltz
Gold	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep

## PATTERN DANCE (PARTNERED)

<b>Novice</b>	ARGENTINE TANGO QUICKSTEP
<b>Intermediate</b>	TANGO FOURTEENSTEP
<b>Juvenile</b>	FOXTROT CHA CHA
<b>Pre-Juvenile</b>	DUTCH WALTZ CHA CHA

## SHORT DANCE (PARTNERED)

**2017-2018 Short Dance Requirements** – This chart has been updated with the changes from ISU Communication #2076 and the U.S. Figure Skating Governing Council that will go into effect July 1, 2017.

Short Dance	LIFTS	STEP SEQUENCES	TWIZZLES	PATTERN DANCE REQUIREMENT	ADDITIONAL INFORMATION
<p><b>JUNIOR</b></p> <p>2:50 +/- 10 sec</p>	<p><b>1 Short Lift</b></p> <p>Short Lifts are max 7 secs</p> <p>May be skated anywhere in the program except in the required Not Touching Step Sequence.</p>	<p><b>1 Not Touching Step Sequence (Style B*): Midline, Diagonal, Circular or Serpentine</b></p> <p>Both partners may cross each other's tracing(s) and may switch from matching footwork to mirror and vice versa.</p> <p>The partners should remain as close together as possible, but they must not touch*. The distance between the skaters should generally not be more than two arm's length apart.</p> <p><u>The not touching step sequence must be skated to a different rhythm from the Cha Cha.</u></p> <p><b>*Notes for Not Touching Circular Step Sequence:</b> Rule DG 5.04(B)(2)(a), this element must be performed in either the clockwise or counterclockwise direction, utilizing the full width of the ice surface on the short axis of the rink.</p> <p>Performing this element in the clockwise direction does not constitute a violation of Rule 6090 (C) regarding the generally constant direction of the pattern.</p> <p><b>Not Permitted Elements:</b> Loops Pattern retrogressions* (exception below)</p> <p><b>For 2017/18 season Permitted:</b> <u>*One stop up to 5 sec and Pattern Retrogressions permitted during stop. See ISU Communication #2076 and/or the Additional Information column of this chart.</u> Dance spins and pirouettes are stops.</p>	<p><b>1 Set Of Sequential Twizzles</b></p> <p>Two twizzles skated simultaneously with up to one step in between twizzles.</p> <p>May be skated anywhere in the program except in the required Not Touching Step Sequence</p>	<p><b>Two (2) Sections of Cha Cha Congelado.</b> <u>skated one after the other. Section #1 (steps # 1-17) followed by Section #2 (steps#18-38), with Step #1 skated on the Judges' opposite side.</u></p> <p><u>See ISU Communication #2076 for key points.</u></p> <p><b>Timing:</b></p> <p>The PDEs must be skated in strict time to the music with the start of the first step of the Pattern Dance Element <u>Section 1</u> on beat one of a musical phrase.</p> <p>The PDE must be skated <u>on the Cha Cha</u> rhythm in the style of Cha Cha. The tempo of the music throughout the PDE must be constant and in accordance with the required tempo of the pattern dance: Cha Cha, i.e. <u>28 to 30</u> measures of 4 beats or <u>112-120</u> beats per minute.</p> <p>The Cha Cha Congelado rhythm is described in the ISU Ice Dance Music Rhythms Booklet 1995.</p>	<p><b>Music requirements:</b></p> <p><u>Any number of the following Latin American Rhythms: Cha Cha, Rhumba, Samba, Mambo, Meringue, Salsa, Bachata and any closely related Latin American Rhythms.</u></p> <p><u>For season 2017-18 After the clock is started with the first movement, the couple must not remain in one place for more than 10 seconds during the program:</u></p> <p><u>Permitted stops (junior) up to two full stops (duration must not exceed 5 seconds each) or up to one full stop (duration must not exceed 10 seconds) are permitted. During a stop the couple may or may not touch each other and choreography may be stationary or slightly moving any direction. Stop options include:</u></p> <ul style="list-style-type: none"> <li>- <u>A permitted stop up to 5 secs in Not touching step sequence</u></li> <li>- <u>A permitted stop may be used anywhere in the program excluding within the Pattern Dance Element</u></li> <li>- <u>A Choreographic Spinning Movement which travels with not be considered a stop</u></li> </ul> <p>Note: A violation of stop restrictions, pattern restrictions, touching the ice and separations must be penalized by judges for violation of choreographic restrictions.</p> <p>See Rule 6090 in the U.S. Figure Skating Rulebook for detailed rules for the short dance.</p>

**2017-2018 Short Dance Requirements** – This chart has been updated with the changes from ISU Communication #2076 and the U.S. Figure Skating Governing Council that will go into effect July 1, 2017.

Short Dance	LIFTS	STEP SEQUENCES	TWIZZLES	PATTERN DANCE ELEMENT	ADDITIONAL INFORMATION
<p><b>SENIOR</b></p> <p>2:50 +/- 10 sec</p>	<p><b>1 Short Lift</b></p> <p>Short Lifts are max 7 secs</p> <p>May be skated anywhere in the program except in the required Not Touching Step Sequence or in the Pattern Dance Type Step Sequence.</p>	<p><b>1 Not Touching (Style B*):</b>  <b>Midline, Diagonal, Circular or Serpentine</b>  <b>and</b>  <b>1 Pattern Dance Type Step Sequence</b></p> <p><b>1 Not Touching Step Sequence (Style B*)</b></p> <p>Both partners may cross each other's tracing(s) and may switch from matching footwork to mirror and vice versa.</p> <p>The partners should remain as close together as possible, but they must not touch*. The distance between the skaters should generally not be more than two arm's length apart.</p> <p><b>*Notes for Not Touching Circular Step Sequence:</b>  Rule DG 5.04(B)(2)(a), this element must be performed in either the clockwise or counterclockwise direction, utilizing the full width of the ice surface on the short axis of the rink.</p> <p>Performing this element in the clockwise direction does not constitute a violation of Rule 6090 (C) regarding the generally constant direction of the pattern.</p> <p><b>Not Permitted Elements:</b>  Loops  Pattern retrogressions* (<u>exception below</u>)</p> <p><b>For 2017-18 season</b>  <b>Permitted:</b>  *One stop up to 5 sec and Pattern Retrogressions permitted during stop. See ISU Communication #2076 and/or the Additional Information column of this chart.</p> <p><b>One (1) Pattern Dance Type Step Sequence in Hold:</b>  - <b>Pattern:</b> <u>Up to one full circuit of the ice surface and must start on beat one of a musical measure. PSt may not start from the beginning of the program.</u>  <b>Options indicating beginning of PSt:</b> <u>1) Using one of the permitted stops, after which the couple takes the first step in a foxtrot hold indicating the first step of the PSt; 2) Performing a skidding movement within one measure of music after the last step of the PDE (Step #4). The first step after the skidding movement will indicate the starting point of PSt and must be in foxtrot hold.</u>  <b>Options indicating completion of PSt:</b> <u>1) performing one of the permitted stops; 2) a skidding movement not exceeding one measure of music; 3) ChSp which travels will not be considered as a stop; ChSp which becomes stationary and is performed on the spot will be considered as a stop.</u>  - <b>Duration:</b> any exact number of musical phrases.  - <b>Holds:</b> by exception to Rule 6090 (E), hand-in-hand hold with extended arms cannot be established, and partners must remain in contact at all times, even during changes of holds and twizzles.  Stops, Pattern Retrogressions, Loops and Separations <b>not permitted</b> in PSt. Dance spins and pirouettes are stops.</p>	<p><b>1 Set</b></p> <p>Set of Sequential Twizzles</p> <p>Two twizzles skated simultaneously with up to one step in between twizzles.</p> <p>May be skated anywhere in the program except in the required Not Touching Step Sequence or Pattern Dance Type Step Sequence.</p>	<p><b>One (1) Section of Rhumba comprised of steps # 1-16 + steps # 1-4.</b></p> <p><u>Step # 1 to be skated on the Judges' left side.</u></p> <p>See ISU Communication #2076 for key points.</p> <p><b>Timing:</b></p> <p>The PDE must be skated in strict time to the music with the start of the first step of the Pattern Dance Element <u>Section 1</u> on beat one of a musical phrase.</p> <p><u>The Pattern Dance Element shall be skated to any of the Latin American Rhythms and must be in the style of the chosen rhythm, with the range of tempo: 172-180 beats per minute.</u></p> <p>The tempo of the music throughout the Pattern Dance Element must be constant.</p> <p>The Rhumba rhythm is described in the ISU Ice Dance Music Rhythms Booklet 1995.</p>	<p><b>Music requirements:</b>  Any number of the following Latin American Rhythms: Cha Cha, Rhumba, Samba, Mambo, Merinque, Salsa, Bachata and any closely related Latin American Rhythms.</p> <p>For season 2017-18 <u>After the clock is started with the first movement, the couple must not remain in one place for more than 10 seconds during the program:</u></p> <p><u>Permitted stops (senior) up to two full stops (duration must not exceed 5 seconds each) or up to one full stop (duration must not exceed 10 seconds) are permitted. During a stop the couple may or may not touch each other and choreography may be stationary or slightly moving any direction. Stop options include:</u></p> <ul style="list-style-type: none"> <li>- <u>A permitted stop up to 5 secs in not touching step sequence</u></li> <li>- <u>A permitted stop may be used to indicate the starting point of the PSt</u></li> <li>- <u>A permitted stop may be used to indicate the completion of the PSt</u></li> <li>- <u>A permitted stop may be used anywhere in the program excluding within the Pattern Dance Element or within the PSt (a stop is only allowed at the beginning or end of the PSt)</u></li> <li>- <u>A Choreographic Spinning Movement which travels will not be considered a stop</u></li> </ul> <p>Note: A violation of stop restrictions, pattern restrictions, touching the ice and separations must be penalized by judges for violation of choreographic restrictions</p> <p>See Rule 6090 in the U.S. Figure Skating Rulebook for detailed rules for the short dance.</p>



## FREE DANCE (PARTNERED)

**2017-2018 Free Dance Requirements** – This chart has been updated with the changes from ISU Communication #2076 and The U.S. Figure Skating Governing Council that will go into effect July 1, 2017.

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCE	TWIZZLES	ADDITIONAL INFORMATION
<p><b>PRE-JUVENILE</b> 2:00 +/- 10 sec</p>	<p><b>Max 1</b> 1 type of Short Lift max 7 secs  Chosen from straight line lift, curve lift or stationary lift  <b>Rotational lifts and combination lifts not permitted.</b>  May be skated anywhere in the program except in the required step sequence</p>	<p><b>Max 1</b> 1 Spin  Spin – min 3 revs. on one foot by both partners  <b>Combination Spins are not permitted.</b>  May be skated anywhere in the program except in the required step sequence</p>	<p><b>Max 1</b>  Choreographic Sequence (Circular, Midline or Diagonal in Hold)  The choreographic step sequence must fit the definition of one of the required step sequence options (circular, midline or diagonal in hold), and must utilize the full ice surface.  <b>Serpentine and not touching types of sequences are not permitted</b>  <b>Not Permitted Elements:</b> Stops, pattern retrogressions and loops are not permitted in the step sequence.  Dance spins and pirouettes are stops.</p>	<p><b>Max 1</b>  Synchronized Twizzle  At least one full rotation by each partner. Maximum of two rotations by each partner.  The required synchronized twizzle may be skated anywhere in the program except in the required step sequence.</p>	<p>Music should adhere to Rule 6095 (E).  Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall the technical panel.  Touching the ice with hand(s) not allowed  <b>Illegal Elements</b> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose</p>
<p><b>JUVENILE</b> 2:15 +/- 10 sec</p>	<p><b>Max 2</b> 2 different types of Short Lifts max 7 secs  <b>Combination lifts not permitted.</b>  May be skated anywhere in the program except in the required step sequence</p>	<p><b>Max 1</b> Spin or Combination Spin  Spin – min 3 revs. on one foot by both partners  Combination spin – min 3 revs. in either part by both partners  May be skated anywhere in the program except in the required step sequence</p>	<p><b>Max 1</b>  Choreographic Sequence (Circular, Midline or Diagonal in Hold)  The choreographic step sequence must fit the definition of one of the required step sequence options (circular, midline or diagonal in hold), and must utilize the full ice surface.  <b>Serpentine and not touching types of sequences are not permitted</b>  <b>Not Permitted Elements:</b> Stops, pattern retrogressions and loops are not permitted in the step sequence.  Dance spins and pirouettes are stops.</p>	<p><b>Max 1</b>  Synchronized Twizzle  At least one full rotation by each partner.  The required synchronized twizzle may be skated anywhere in the program except in the required step sequence.</p>	<p>Music should adhere to Rule 6095 (E).  Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall the technical panel.  Touching the ice with hand(s) not allowed  <b>Illegal Elements</b> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose</p>

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Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	ADDITIONAL INFORMATI
<p><b>INTERMEDIATE</b></p> <p>2:30 +/- 10 sec</p>	<p><b>Max 2</b></p> <p>2 different types of Short Lifts max 7 secs</p> <p><b>Combination lifts not permitted.</b></p> <p>May be skated anywhere in the program except in the required step sequence</p>	<p><b>Max 1</b></p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required step sequence</p>	<p><b>Max 1</b></p> <p>Circular, Midline or Diagonal in Hold Must utilize the full ice surface</p> <p><b>Serpentine and not touching types of sequences are not permitted</b></p> <p><b>Not Permitted Elements:</b></p> <p>Stops, pattern retrogressions and loops are not permitted in the step sequence.</p> <p>Dance spins and pirouettes are stops.</p>	<p><b>Max 1</b></p> <p>Set of Synchronized Twizzles</p> <p>The required set of synchronized twizzles may be skated anywhere in the program except in the required step sequence.</p>	<p>Music should adhere to Rule 6095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall the technical panel.</p> <p>Touching the ice with hand(s) not allowed</p> <p><b>Illegal Elements</b></p> <ul style="list-style-type: none"> <li>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</li> <li>- Lying on the ice</li> <li>- Illegal Lift Movement/Pose</li> </ul>
<p><b>NOVICE</b></p> <p>3:00 +/- 10 sec</p>	<p><b>Max 2</b></p> <p>One (1) Combination Lift</p> <p>Or</p> <p>Two (2) Different Types of Short Lifts *****</p> <p>Combination lifts - max 12 secs Short lifts - max 7 secs</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p><b>Max 1</b></p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p><b>Max 2</b></p> <p>1 Midline Not Touching Step Sequence AND 1 Step Sequence in Hold to be selected from Circular, Diagonal or Serpentine in Hold</p> <p>Midline not touching step sequence to be skated as a not touching step sequence. Other step sequence to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</p> <p>For U.S. NOVICE ONLY, the not touching step sequence will utilize the calling specifications of Style A. The step sequence in hold will utilize the calling specifications of Style B. The order of performing these elements is free.</p> <p><b>Not Permitted Elements:</b></p> <p><b>Style A Step Sequence:</b> - Stops, pattern retrogressions and loops are not permitted</p> <p><b>Style B Step Sequence:</b> - Stops and loops are not permitted - One pattern retrogression is permitted, but no more. If performed, the retrogression must not exceed two measures of music. A narrow loop is an acceptable shape in the retrogression.</p> <p>Dance spins and pirouettes are stops.</p>	<p><b>Max 1</b></p> <p>Set of Synchronized Twizzles</p> <p>The required set of synchronized twizzles may be skated anywhere in the program except in the required step sequences.</p>	<p>Music should adhere to Rule 6095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall the technical panel.</p> <p>Touching the ice with hand(s) not allowed</p> <p><b>Illegal Elements</b></p> <ul style="list-style-type: none"> <li>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</li> <li>- Lying on the ice</li> <li>- Illegal Lift Movement/Pose</li> </ul>





**2017-2018 Free Dance Requirements** – This chart has been updated with the changes from ISU Communication #2076 and The U.S. Figure Skating Governing Council that will go into effect July 1, 2017.

Free Dance	LIFTS	SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT	ADDITIONAL INFORMATION
<b>JUNIOR</b> 3:30 +/- 10 sec	<p><b>Max 2</b> One (1) Combination Lift</p> <p><b>Or</b> Two (2) Different Types of Short Lifts</p> <p>**** Combination lifts - max 12 secs</p> <p>Short lifts – max 7 secs</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p><b>Max 1</b> Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p><b>Max 1</b> 1 Step Sequence in Hold (Style A): Midline, Diagonal, Circular or Serpentine</p> <p>To be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</p> <p><b>Not Permitted Elements:</b>  <b>Style A Step Sequence:</b>                      - Stops, pattern retrogressions and loops are not permitted.                      - Separations are not permitted <u>except to change hold - no more than two arm lengths apart and must not exceed one measure of music.</u>                      Dance spins and pirouettes are stops.</p>	<p><b>Max 1</b> Set of Synchronized Twizzles</p> <p>The required set of synchronized twizzles may be skated anywhere in the program except in the required step sequences.</p>	<p><b>2 Different</b>                      (1) Choreographic Dance Lift Or                      (1) Choreographic Spinning Movement Or                      (1) Choreographic Twizzling Movement</p> <p><u>Note: Choreographic spinning movement may be skated anywhere in the program. The choreographic dance lift and choreographic twizzling movement are to be performed after its respective required element</u></p>	<p>Music should adhere to Rule 6095 (E).</p> <p><b>Violations of Choreograph Restrictions</b></p> <ul style="list-style-type: none"> <li>- Separations longer than 5 sec separations at the beginning and/or end of the program may be up to 10 sec</li> <li>- After the start of the program, couple must not remain in on place longer than 10 sec. During the program, stops up to 5 sec are permitted.</li> <li>- Touching of the ice with the hand(s) is not permitted.</li> <li>- Kneeling or sliding on two knee or sitting on the ice is not allowed and will be considered as a fall by the technical panel</li> </ul> <p><b>Illegal Elements</b></p> <ul style="list-style-type: none"> <li>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</li> <li>- Lying on the ice</li> <li>- Illegal Lift Movement/Pose</li> </ul>

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT	ADDITIONAL INFORMATION
<b>SENIOR</b> 4:00 +/- 10 sec	<p><b>Max 3</b> One (1) Short Lift and One (1) Combination Lift (the type of short lift must be different from the type(s) of short lift(s) forming the combination lift).</p> <p><b>Or</b> Three (3) Different Types of Short Lifts</p> <p>**** Combination lifts - max 12 secs Short lifts - max 7 secs</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p><b>Max 1</b> Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p><b>Max 2</b> 1 selected from Group A: Midline, Diagonal 1 selected from Group B: Circular, Serpentine</p> <p>Both to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</p> <p>Notes: The first performed step sequence will be called using Style A specifications and the second with Style B specifications.</p> <p><b>Not Permitted Elements:</b>  <b>Style A Step Sequence:</b>                      - Stops, pattern retrogressions and loops are not permitted.                      - Separations are not permitted <u>except to change hold - no more than two arm lengths apart and must not exceed one measure of music</u>  <b>Style B Step Sequence:</b>                      - Stops are not permitted.                      - One pattern retrogression is permitted, but no more. If performed, it must not exceed two measures of music. A narrow loop is an acceptable shape in the retrogression.                      - Separations are permitted provided they are no more than two arm lengths in distance and do not exceed five seconds in duration.</p>	<p><b>Max 1</b> Set of Synchronized Twizzles</p> <p>The required set of synchronized twizzles may be skated anywhere in the program except in the required step sequences.</p>	<p><b>2 Different</b>                      (1) Choreographic Dance Lift Or                      (1) Choreographic Spinning Movement Or                      (1) Choreographic Twizzling Movement</p> <p><u>Note: Choreographic spinning movement may be skated anywhere in the program. The choreographic dance lift and choreographic twizzling movement are to be performed after its respective required element</u></p>	<p>Music should adhere to Rule 6095 (E).</p> <p><b>Violations of Choreograph Restrictions</b></p> <ul style="list-style-type: none"> <li>- Separations longer than 5 sec separations at the beginning and/or end of the program may be up to 10 sec</li> <li>- After the start of the program, couple must not remain in on place longer than 10 sec. During the program, stops up to 5 sec are permitted.</li> <li>- Touching of the ice with the hand(s) is not permitted.</li> <li>- Kneeling or sliding on two knee or sitting on the ice is not allowed and will be considered as a fall by the technical panel</li> </ul> <p><b>Illegal Elements</b></p> <ul style="list-style-type: none"> <li>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</li> <li>- Lying on the ice</li> <li>- Illegal Lift Movement/Pose</li> </ul>



## SHOWCASE EVENTS



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Showcase Events – Light Entertainment Events

#### Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Props and scenery are permitted.

#### General event parameters:

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

### Light Entertainment Levels:

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

Event	Must meet requirements* Must 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
Snowplow - Basic 6	No Free Skate test passed	Pre-Preliminary Free Skate OR Any Free Dance	No age restriction	1:00 max
Pre-Free skate – Free Skate 6 (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
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 <b>(max age 20)</b>	1:40 max
Pre-Juvenile	Pre-Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max



Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max
<b>Event</b>	<b>Must meet requirements*</b> Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	<b>Must not have passed</b> Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	<b>Age</b>	<b>Time</b>
Adult Pre-Bronze <small>(does not qualify for National Showcase)</small>	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

This event is a standard U.S. Figure Skating Nonqualifying Competition  
LG/7-9-17



Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3 <sup>rd</sup> Figure Test (prior to 10/1/77) OR 8 <sup>th</sup> Figure Test (10/1/77-9/30/79)		21 and older	1:40 max
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\*For the US Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete; rules 2540-2552 apply, and the same level must be chosen for all showcase events at the competition (for example, a skater may not compete in Masters Dramatic Entertainment and Adult Gold Light Entertainment events at the same competition). Adult athletes wishing to be grandfathered into a higher level based on participation at the Adult Championships or National Showcase prior to 4/30/17 may make this request to the National Vice Chair for National Showcase. For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Basic Skills levels and events, please refer to the U.S. Figure Skating Compete USA Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.



## U.S. Figure Skating Nonqualifying Competitions

**EVENT:** Showcase Events – Dramatic Entertainment Events

Format:

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

General event parameters:

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

### Dramatic Entertainment Levels:

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



<b>Event</b>	<b>Must meet requirements*</b> Must have passed Free Skating or Dance test (solo or partnered standard track)	<b>Must not have passed</b> Free Skate or Dance (solo or partnered) Test or higher	<b>Age</b>	<b>Time</b>
Snowplow - Basic 6	No Free Skate test passed	Pre-Preliminary Free Skate OR Any Free Dance	No age restriction	1:00 max
Pre-Free skate - Free Skate 6 (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
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 <b>(max age 20)</b>	1:40 max
Pre-Juvenile	Pre-Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max
<b>Event</b>	<b>Must meet requirements*</b> Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	<b>Must not have passed</b> Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	<b>Age</b>	<b>Time</b>

This event is a standard U.S. Figure Skating Nonqualifying Competition  
LG/7-9-17



Adult Pre-Bronze (does not qualify for National Showcase)	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) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	1:40 max

\*For the US Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete; rules 2540-2552 apply, and the same level must be chosen for all showcase events at the competition (for example, a skater may not compete in Masters Dramatic Entertainment and Adult Gold Light Entertainment events at the same competition). Adult athletes wishing to be grandfathered into a higher level based on participation at the Adult Championships or National Showcase prior to 4/30/17 may make this request to the National Vice Chair for National Showcase. For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Basic Skills levels and events, please refer to the U.S. Figure Skating Compete USA Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Showcase Events – Interpretive Events

Format: Interpretive is a performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the competition committee / LOC. Programs should incorporate various elements of expressive movement and skating moves, to enhance the skater's interpretation of the music, rather than technical elements.

- The music will be played continuously during a 30-minute off-ice session in a room and twice during an on-ice warm-up prior to the performance.
  - The room will be attended only by the adult monitor assigned to play the music and the competing skaters.
- **After the warm up, skaters will go back to a room, with no music being played.**
- Skaters will be brought to the ice when the previous skater finishes.
- All competitors in an event will interpret the same music.
- Props are permitted but must be brought into the room prior to listening to the music and be taken to the ice only when the skater is called to perform. Props may not be pre-positioned on the performance surface.

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

### Interpretative Events and Levels:

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

Level	Program Duration	Test Requirements (Free skate or Free Dance)
Free skate 1-3	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.
Free skate 4-6	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.
No Test and 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 and Pre-juvenile	1:00 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.



Juvenile - novice	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Junior and senior	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Teen and young adult	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
All adult events	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.

