



Iowa Games

Saturday, July 27, 2019

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 competition is open to all residents of Iowa including United States Figure Skating (USFS) members, Ice Skating Institute (ISI) members, and skaters not affiliated with any club. This is a USFS sanctioned event, but membership in USFS is NOT required. Registered members of USFS and ISI must be in good standing.

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

- Juvenile: Girls – 12 years of age or younger; Boys – 13 years of age or younger
- Open Juvenile: Girls – 13 years of age or older; Boys – 14 years of age or older
- Intermediate must be under the age of 18
- Adults must be 21 years of age or older

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

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 27, 2019.

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 26

Online: Wednesday, June 26

FINAL REGISTRATION DEADLINE

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

Online Only: Thursday, June 27 – Friday, July 5

NO ON-SITE REGISTRATIONS WILL BE ACCEPTED

REFUND POLICY: Entry fees will not be refunded after July 5, 2019 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.

SCHEDULE: Competitors may be scheduled on any day or time for the announced dates of the competition. Notification of competition and practice ice times will be available online at www.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 by music upload. If there are any problems with the skater's music, you will be notified before the competition. Have a duplicate copy readily available on phone/MP3/etc. the day of the competition. There will be no music played during competition practice ice.

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.

REGISTRATION: Registration will begin online March 1, 2019 and end online July 5, 2019. 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 19th and the practice ice schedule will be posted by July 25th at 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 frequently for any schedule changes and/or additional information. Skaters are requested to arrive one hour prior to their event time. We reserve the right to run up to 45 minutes early of the scheduled time. A tentative schedule of events will be posted prior to the competition.

IMPORTANT NOTICE FOR ALL COACHES:

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

Coaching U.S. Figure Skating athletes:

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

Coaching Compete USA athletes:

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

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

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

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

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

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

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

ADDITIONAL INFORMATION:

- Athletes will receive a colored T-shirt.

When you register the athletes, there is the 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.

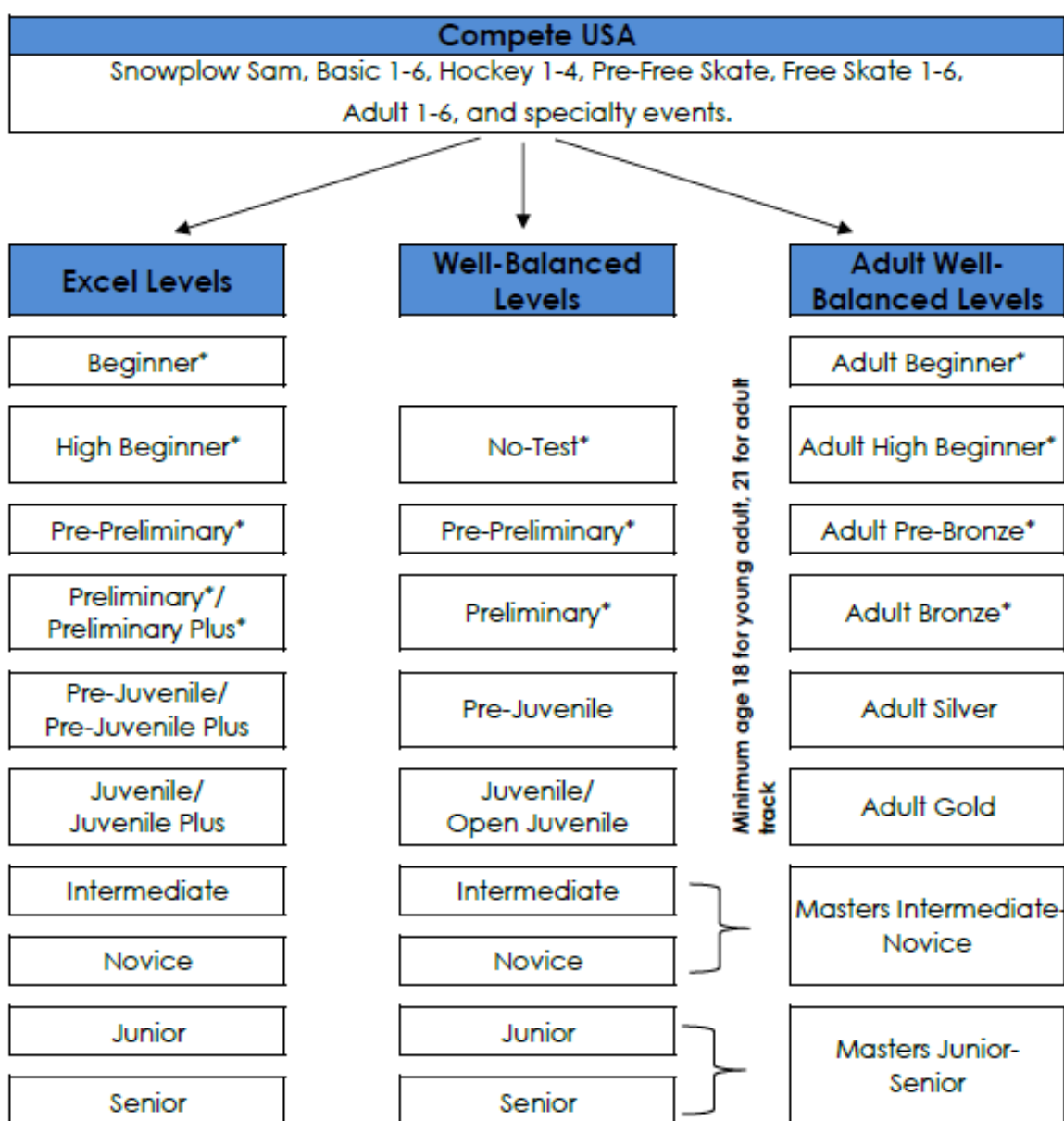
SECTION 2: Events Offered

FREE SKATE & SHORT PROGRAM SINGLES



COMPETITIVE PROGRESSION THROUGH THE LEVELS OF U.S. FIGURE SKATING

Singles athletes begin with Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well-Balanced or Adult levels as appropriate for their ability, test level, and age. Test requirements are the same for the Excel and Well-Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development, but may not enter the same type of event in multiple tracks. Competitive level is determined by highest free skate test passed.



*Indicates an introductory level that may be held at Compete USA competitions. Beginner, High Beginner, No-Test, Pre-Preliminary & Pre-Bronze require a current Learn to Skate USA and/or U.S. Figure Skating full membership; all other levels require a current full U.S. Figure Skating membership.



SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

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

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

PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC

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

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

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

Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Creative step sequence using a variety of three turns, Mohawks and toe steps • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/ half-loop/Salchow jump sequence • Beginning Axel jump
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2018-2019 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

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

*Denotes required element

Last updated 2/1/2019



Effective: September 1, 2018

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



2018-2019 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

<p>Excel Preliminary Plus 1:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, including single Axel <ul style="list-style-type: none"> ◦ No double, or higher jumps allowed ◦ Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) ◦ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> ◦ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) ◦ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ◦ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position* • One spin may change feet and/or position • No flying entry • Minimum 3 revolutions • Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ◦ Must use one-half of the ice surface ◦ Moves in the field and spiral sequences are allowed but will not be counted as elements ◦ Jumps may be included in the step sequence
<p>Excel Pre-Juvenile 2:00 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> • No single Axels, double, or higher jumps allowed • Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ◦ Jump sequence is any listed jump immediately followed by a waltz jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ◦ Minimum 6 revolutions ◦ No flying entry • 1 spin with only 1 position* <ul style="list-style-type: none"> ◦ No change of foot ◦ No flying entry ◦ Minimum 4 revolutions <p>Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ◦ Must fully utilize the ice surface ◦ Moves in the field and spiral sequences are allowed but will not be counted as elements ◦ Jumps may be included in the choreographic step sequence
<p>Excel Pre-Juvenile Plus 2:00 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including the single Axel, allowed. • Only 1 double jump may be attempted (limited to double Salchow or double toe loop) <ul style="list-style-type: none"> ◦ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed. ◦ Axel plus up to 1 allowable double jump may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> ◦ Jump combination limited to 2 jumps. One 3 jump combination is allowed ◦ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ◦ Minimum 6 revolutions ◦ No flying entry • 1 spin with only 1 position* <ul style="list-style-type: none"> ◦ No change of foot ◦ Spin may start with flying entry ◦ Minimum 4 revolutions <p>Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ◦ Must fully utilize the ice surface ◦ Moves in the field and spiral sequences are allowed but will not be counted as elements ◦ Jumps may be included in the choreographic step sequence

*Denotes required element

Last updated 2/1/2019



Effective: September 1, 2018

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



2018-2019 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

<p>Excel Juvenile 2:20 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, including Axel <ul style="list-style-type: none"> ◦ No double or higher jumps allowed ◦ Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) ◦ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> ◦ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) ◦ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ◦ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ◦ Minimum 6 revolutions ◦ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ◦ No change of foot ◦ Minimum 5 revolutions <p>Both Spins may start with a flying entry Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ◦ Must fully utilize the ice surface
<p>Excel Juvenile Plus 2:20 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> ◦ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed ◦ Only the Axel and 2 different double jumps may be repeated as solo jumps or part of a jump sequence or jump combination • Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> ◦ Jump combination limited to 2 jumps. One 3 jump combination is allowed ◦ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ◦ Minimum 6 revolutions ◦ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ◦ No change of foot ◦ Minimum 5 revolutions <p>Both Spins may start with a flying entry Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ◦ Must fully utilize the ice surface
<p>Excel Intermediate 3:00 +/- 10 sec (effective 2/1/2019)</p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 6 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop allowed <ul style="list-style-type: none"> ◦ Double flip, double Lutz, double Axel and higher jumps not allowed ◦ Only the Axel and 2 different double jumps may be repeated as solo jumps or part of a jump sequence or jump combination • Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps. One 3 jump combination is permitted. ◦ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ◦ Minimum 6 revolutions ◦ Minimum 2 revolutions in each position • 1 spin with only 1 position* <ul style="list-style-type: none"> ◦ No change of foot ◦ Minimum 5 revolutions <p>Both Spins may start with a flying entry Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ◦ Must fully utilize the ice surface

*Denotes required element

Last updated 2/1/2019



Effective: September 1, 2018



2018-2019 Excel Program Requirements

Skaters must compete at their free skate test level or one level higher.

<p>Excel Novice 3:30 +/- 10 seconds (effective 2/1/2019)</p> <p>Must not have passed higher than U.S. Figure Skating novice free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 7 jump elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop, double flip allowed <ul style="list-style-type: none"> ◦ Double Lutz, double Axel and higher jumps not allowed ◦ No more than 1 Axel and 3 different double jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence ◦ There is no limit to the number of single jumps that can be repeated, but no allowable double jump can be included more than twice • Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps. One 3 jump combination with a maximum of 3 jumps is allowed ◦ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ◦ Minimum 8 revolutions ◦ Minimum 2 revolutions in each position • 1 flying spin with no change of foot or position* ◦ Minimum 6 revolutions • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ◦ Must fully utilize the ice surface
<p>Excel Junior 3:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating junior free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* ◦ All single and double jumps allowed, except the double Axel. ◦ Double Axel and higher jumps not allowed ◦ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence ◦ Maximum 3 jump combinations or sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed ◦ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ◦ Minimum 10 revolutions ◦ All 3 basic positions with minimum 2 revolutions in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ◦ Minimum 6 revolutions • 1 spin with only one position* <ul style="list-style-type: none"> ◦ Minimum 6 revolutions <p>All spins may change feet and start with a flying entry Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ◦ Must fully utilize the ice surface
<p>Excel Senior 4:00 +/-10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating senior free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* ◦ All single and double jumps allowed, including the double Axel. ◦ Triple and higher jumps not allowed ◦ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence ◦ Maximum 3 jump combinations or sequences ◦ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ◦ Jump sequence is any listed jump immediately followed by an axel type jump. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ◦ Minimum 10 revolutions ◦ All 3 basic positions with minimum 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ◦ Minimum 6 revolutions • 1 spin with only one position* <ul style="list-style-type: none"> ◦ Minimum 6 revolutions <p>All spins may change feet and start with a flying entry Spins must be of a different character</p>	<p>Maximum 2 Sequences:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ◦ Must fully utilize the ice surface • One Choreographic Sequence* (ChSq) <ul style="list-style-type: none"> ◦ Must be clearly visible

*Denotes required element

Last updated 2/1/2019



Effective: September 1, 2018

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



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



2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>NO TEST</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> All single jumps allowed except for the single Axel <ul style="list-style-type: none"> No single Axels, double, triple or quadruple jumps allowed Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump). 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE- PRELIMINARY</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> No double, triple or quadruple jumps allowed Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRELIMINARY</p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump or a waltz jump* All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> No double Axels, triple or quadruple jumps allowed 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 Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot Min 4 revs <p>Both spins may start with a flying entry These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must fully utilize the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

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 2018-19 FS Elements Version 5.0 – 12/5/18 AB



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



2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>JUVENILE and OPEN JUVENILE</p> <p>2:20 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps, including the double Axel, <u>and one triple jump</u> are allowed <ul style="list-style-type: none"> No <u>additional triple jumps</u> and no quadruple jumps are allowed No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump can be included more than twice. <u>The triple jump can only be included once.</u> Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps, except one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed. <u>If double Axel or triple jump is part of 3-jump combination, then 2 other double jumps may be included.</u> Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 8 revs Min 2 revs in each position 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> One choreographic step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
<p>INTERMEDIATE</p> <p>2:40 +/- 10 sec (through 1/31/19)</p> <p>3:00 +/- 10 sec (begins 2/1/19)</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated 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"> 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 No double or triple jump can be included more than twice Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 8 revs Min 2 revs in each position 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Max Level 2. Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level. Must fully utilize the ice surface
<p>NOVICE LADIES</p> <p>3:00 +/- 10 sec (through 1/31/19)</p> <p>3:30 +/- 10 sec (begins 2/1/19)</p> <p>*means element is required</p>	<p>Max 6 Jump Elements (Beginning 2/1/19, Max 7 Jump Elements)</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> 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"> 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 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 Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs Min 2 revs in each position 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> Min 6 revs 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
<p>NOVICE MEN</p> <p>3:30 +/- 10 sec</p> <p>Ladies will follow men's requirements beginning 2/1/19</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be as part of a jump combination or sequence. <ul style="list-style-type: none"> 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 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 Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs Min 2 revs in each position 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> Min 6 revs 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface

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2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>JUNIOR LADIES</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> 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 No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs All 3 basic positions with min 2 revs in each position for highest base value 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
<p>JUNIOR MEN</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> 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 No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs All 3 basic positions with min 2 revs in each position for highest base value 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
<p>SENIOR LADIES</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> Of the 2 repetitions only 1 can be a quad jump. Only 1 quad jump can be repeated. No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs All 3 basic positions with min 2 revs in each position for highest base value 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface One choreographic sequence* <ul style="list-style-type: none"> Must be clearly visible
<p>SENIOR MEN</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples and quads, only 2 can be executed twice <ul style="list-style-type: none"> Of the 2 repetitions only 1 can be a quad jump. Only 1 quad jump can be repeated. No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs All 3 basic positions with min 2 revs in each position for highest base value 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface One choreographic sequence* <ul style="list-style-type: none"> Must be clearly visible

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 2018-19 FS Elements Version 5.0 – 12/5/18 AB





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



EVENT: Adult Introductory Levels 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"> • Jumps limited to bunny hop, mazurka, ballet, waltz • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same jump 	Max. 2 spins <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	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"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ Flip, ½ Lutz, Toe Loop • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump. 	Max 2 spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate Test



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



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

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 2018-2019 Version 1.1– 7/5/18 LMF



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



2018-19	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<p>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</p> <p>2:10 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ○ 1 combination may contain 3 jumps, and the other may contain only 2 jumps ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> • Non-listed jumps of not more than 1 revolution performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps, including single Axel, are permitted • No double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • <u>Max Level 2</u> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>ADULT BRONZE</p> <p>1:50 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ○ 1 combination may contain 3 jumps, and the other may contain only 2 jumps ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • <u>Max Level 1</u> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>ADULT PRE BRONZE</p> <p>1:40 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ○ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps ○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are permitted • No single Lutz, single Axel or double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • <u>Max Level 1</u> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs • Spins with a flying entry are not permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Connecting steps throughout the program are required

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 2018-2019 Version 1.1– 7/5/18 LMF



COMPULSORY MOVES – SINGLES



SNOWPLOW SAM – BASIC 6 ELEMENTS

Two format options for the Elements Event:

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)

Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice (determined by the LOC)
- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- **All elements must be skated in the order listed.**

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

		<ul style="list-style-type: none"> Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry T-stop, right or left
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PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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

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

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



Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum 3 revolutions • Waltz jump-loop jump combination • Lutz jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Forward power pulls, minimum 3 on each foot • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Beginning Axel jump



EXCEL COMPULSORY

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

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



U.S. Figure Skating Nonqualifying Competitions

EVENT: COMPULSORY MOVES

General event parameters:

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

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none">• Loop jump• Jump combination to include a toe loop (may not use a loop or Axel)• Upright spin with change of foot – minimum 3 revolutions on each foot• Choreographic step sequence
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none">• Lutz jump• Jump combination: single/single (no Axel)• Spin with one change of position and no change of foot – minimum 6 revolutions total• Choreographic step sequence
Preliminary	1:15 max.	<ul style="list-style-type: none">• Axel jump• Jump combination: single/single (may include Axel)• Spin with one change of foot and one change of position – minimum 3 revolutions on each foot• Choreographic step sequence
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none">1. Axel or double Salchow2. Jump combination: single/single (may include Axel)3. Layback spin or camel spin - minimum three revolutions4. Step sequence – must include rotating in both directions
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none">1. Double Salchow or double toe loop2. Jump combination: single/single or double/single3. Layback spin or camel spin - minimum four revolutions4. Step sequence – must include 3 difficult turns and rotating in both directions
Intermediate	1:30 max.	<ol style="list-style-type: none">1. Double Salchow, double toe loop or double loop2. Jump combination: single/single or double/single, double/double3. Flying spin, minimum five revolutions4. Step sequence – must include 4 difficult turns and rotations in both directions
Novice	1:30 max.	<ol style="list-style-type: none">1. Double loop or double flip2. Jump combination: double/single or double/double3. Flying spin - minimum six revolutions4. Step sequence – must include 5 difficult turns and rotations in both directions



Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip or double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot) 4. Step sequence - must include 7 difficult turns and rotations in both directions
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Double Lutz or double Axel 2. Jump combination: double/double or triple/double 3. Combination spin - all 3 basic positions required (min. 6 on each foot) 4. Step sequence - must include 7 difficult turns and rotations in both directions



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"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:30 MAX	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3	1:30 MAX	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Forward chasses on a circle, clockwise and counterclockwise • Backward skating to a long two-foot glide • Backward snowplow stop, Right and Left
Adult 4	1:30 MAX	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Hockey stop, both directions • Backward one-foot glides, right and left
Adult 5	1:30 MAX	<ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin (min 2 revs)
Adult 6	1:30 MAX	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)

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



Adult Beginner	1:30 MAX	<ul style="list-style-type: none"> • Bunny hop • <u>Mazurka</u> • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open Mohawk (right and left) – heel to instep • <u>Alternating right and left forward inside and outside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</u>
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • <u>Forward upright spin (Min. 3 revolutions)</u> • <u>Backward outside 3-turn right and left</u> • <u>Alternating right and left backward outside and inside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</u>
Adult Pre-Bronze	1:30 MAX	<ul style="list-style-type: none"> • Single Toe Loop • Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in combination and 3 jumps in a sequence • Forward upright spin (Min. 3 revolutions) • 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 either direction • <u>Forward spiral (any edge)</u>
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> • Single Salchow • Waltz jump – toe loop combination jump • Backward Upright Spin – entry optional (Min. 3 revolutions) • Backward inside 3-turn right and left • Spiral sequence (Min. 2 spirals)

Compete USA competitions may include through the Adult Bronze compulsory level.

PARTNERED DANCE

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



Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCE	TWIZZLES	ADDITIONAL INFORMATION
PRE-JUVENILE 2:00 +/- 10 sec	Max 1 1 type of Short Lift max 7 secs Chosen from straight line lift, curve lift or stationary lift Rotational lifts and combination lifts not permitted. May be skated anywhere in the program except in the required step sequence	Max 1 1 Spin Spin – min 3 revs. on one foot by both partners Combination Spins are not permitted. May be skated anywhere in the program except in the required step sequence	Max 1 Choreographic Step 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. Serpentine and not touching types of sequences are not permitted Not Permitted Elements: Stops, pattern retrogressions and loops are not permitted in the step sequence. Dance spins and pirouettes are stops.	Max 1 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.	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 by the technical panel. Touching the ice with hand(s) is not allowed Illegal Elements - 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
JUVENILE 2:15 +/- 10 sec	Max 2 2 different types of Short Lifts max 7 secs Combination lifts not permitted. May be skated anywhere in the program except in the required step sequence	Max 1 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	Max 1 Choreographic Step 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. Serpentine and not touching types of sequences are not permitted Not Permitted Elements: Stops, pattern retrogressions and loops are not permitted in the step sequence. Dance spins and pirouettes are stops.	Max 1 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.	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 by the technical panel. Touching the ice with hand(s) is not allowed Illegal Elements - 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

Free Dance 2018-2019 Version 3.0 – 9/21/18 PR



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



Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	ADDITIONAL INFORMATION
INTERMEDIATE 2:30 +/- 10 sec	Max 2 2 different types of Short Lifts max 7 secs Combination lifts not permitted. May be skated anywhere in the program except in the required step sequence	Max 1 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	Max 1 Circular, Midline or Diagonal in Hold Must utilize the full ice surface Serpentine and not touching types of sequences are not permitted The step sequence in hold will utilize the calling specifications of Style B. Specifications of Style B: <ul style="list-style-type: none"> • Retrogression: one (1) permitted, must not exceed two measures of music. • Separations permitted, no more than 2 arm lengths apart and must not exceed 5 seconds. • Loops NOT permitted (a narrow loop is an acceptable shape in the retrogression). • Hand-in-hand hold not permitted with fully extended arms. • Stops NOT permitted. Dance spins and pirouettes are stops.	Max 1 Combination Set of Synchronized Twizzles At least two Twizzles for each partner, with up to 3 steps maximum between Twizzles. Partners may be in hold during connecting steps. The required set of synchronized twizzles may be skated anywhere in the program except in the required step sequence.	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 by the technical panel. Touching the ice with hand(s) is not allowed Illegal Elements - 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
NOVICE 3:00 +/- 10 sec	Max 2 1 Combination Lift Or 2 Different Types of Short Lifts ***** Combination Lifts - max 12 secs Short Lifts - max 7 secs May be skated anywhere in the program except in the required step sequences	Max 1 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 sequences	Max 2 1 Midline Step Sequence in Hold or Not Touching or a combination of both. <u>Maybe skated on the long axis or short axis (between blue lines)</u> AND 1 Step Sequence in Hold to be selected from Circular, Diagonal or Serpentine in Hold Midline step sequence in hold or not touching or combination to be skated as a <u>choreographic step sequence</u> . Other step sequence to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. For U.S. NOVICE ONLY, the <u>midline</u> step sequence will utilize the calling specifications of a <u>Choreographic Step Sequence</u> . The step sequence in hold will utilize the calling specifications of Style B. The order of performing these elements is free. Specifications of Style B: <ul style="list-style-type: none"> • Retrogression: one (1) permitted, must not exceed two measures of music. • Separations permitted, no more than 2 arm lengths apart and must not exceed 5 seconds. • Loops NOT permitted (a narrow loop is an acceptable shape in the retrogression). • Hand-in-hand hold not permitted with fully extended arms. • Stops NOT permitted. Dance spins and pirouettes are stops.	Max 1 Combination Set of Synchronized Twizzles At least two Twizzles for each partner, with up to 3 steps maximum between Twizzles. Partners may be in hold during connecting steps. The required set of synchronized twizzles may be skated anywhere in the program except in the required step sequences.	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 by the technical panel. Touching the ice with hand(s) is not allowed Illegal Elements - 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

Free Dance 2018-2019 Version 3.0 – 9/21/18 PR

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



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



Free Dance	LIFTS	SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT	ADDITIONAL INFORMATION
JUNIOR 3:30 +/- 10 sec	Max 2 1 Combination Lift Or 2 Different Types of Short Lifts ***** Combination Lifts - max 12 secs Short Lifts - max 7 secs May be skated anywhere in the program except in the required step sequences	Max 1 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 sequences	Max 2 1 Step Sequence in Hold (Style B): Midline, Diagonal, Circular or Serpentine To be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Specification to Style B: <u>Retrogression: one (1) permitted, must not exceed two measures of music.</u> Separations permitted, <u>no more than 2 arm lengths apart and must not exceed 5 seconds.</u> <u>Loops NOT permitted (a narrow loop is an acceptable shape in the retrogression).</u> <u>Hand-in-hand hold not permitted with fully extended arms.</u> <u>Stops NOT permitted.</u> AND 1 Combination One Foot Step Sequence Turns performed simultaneously on one foot by each partner <u>not touching</u> Dance spins and pirouettes are stops.	Max 1 Combination Set of Synchronized Twizzles At least two Twizzles for each partner, with up to 3 steps maximum between Twizzles. <u>Partners may be in hold during connecting steps.</u> May be skated anywhere in the program except in the required step sequences.	2 Different Choreographic Dance Lift Or Choreographic Spinning Movement Or Choreographic Twizzling Movement Or <u>Choreographic Sliding Movement</u> Or <u>Choreographic Character Step Sequence</u> See ISU Communication #2148 for definitions of choreographic elements. Note: <u>Choreographic Spinning Movement, Choreographic Sliding Movement and Choreographic Character Step Sequence</u> may be skated anywhere in the program. The Choreographic Dance Lift and Choreographic Twizzling Movement are to be performed after its respective required element.	Music should adhere to Rule 6095 (E) and ISU Communication #2148. Stops After clock started, couple must not remain on one place for more than 10 seconds During program: unlimited full stops of 5 seconds max. are allowed Separations Number of separations to execute transitional footwork or moves is not restricted; Distance allowed is maximum 2 arms length during separations; Durations of each separation (outside Req. Elements) is 5 seconds max; Separations at beginning and/or end of program are permitted up to 10 seconds, no restrictions on distance of separation. Touching Ice with Hands Touching the ice with the hand(s) is not allowed (<u>except Choreographic Sliding Movement</u>). Illegal Elements - 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

Free Dance 2018-2019 Version 3.0 – 9/21/18 PR

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



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



Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT	ADDITIONAL INFORMATION
<p>SENIOR</p> <p>4:00 +/- 10 sec</p>	<p>Max 3</p> <p>1 Short Lift and 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>Or</p> <p>3 Different Types of Short Lifts</p> <p>****</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>Max 1</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>Max 2</p> <p>1 Step Sequence in Hold (Style B): 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>Specification to Style B: <u>Retrogression: one (1) permitted, must not exceed two measures of music.</u></p> <p>Separations permitted, <u>no more than 2 arm lengths apart and must not exceed 5 seconds.</u></p> <p><u>Loops NOT permitted (a narrow loop is an acceptable shape in the retrogression).</u></p> <p><u>Hand-in-hand hold not permitted with fully extended arms.</u></p> <p><u>Stops NOT permitted.</u></p> <p>AND</p> <p>1 Combination One Foot Step Sequence</p> <p><u>Turns performed simultaneously on one foot by each partner not touching</u></p> <p>Dance spins and pirouettes are stops.</p>	<p>Max 1</p> <p><u>Combination Set of Synchronized Twizzles</u></p> <p>At least two Twizzles for each partner, with up to 3 steps maximum between Twizzles. <u>Partners may be in hold during connecting steps.</u></p> <p>May be skated anywhere in the program except in the required step sequences.</p>	<p>3 Different</p> <p>1 of which must be a Choreographic Character Step Sequence</p> <p>2 additional chosen from:</p> <p>Choreographic Dance Lift Or Choreographic Spinning Movement Or Choreographic Twizzling Movement Or <u>Choreographic Sliding Movement</u></p> <p>See ISU Communication #2148 for definitions of choreographic elements.</p> <p>Note: <u>Choreographic Spinning Movement, Choreographic Sliding Movement and Choreographic Character Step Sequence</u> may be skated anywhere in the program. The <u>Choreographic Dance Lift and Choreographic Twizzling Movement</u> are to be performed after its respective required element.</p>	<p>Music should adhere to Rule 6005 (E) and ISU Communication #2148.</p> <p>Stops After clock started, couple must not remain on one place for more than 10 seconds</p> <p>During program: unlimited full stops of 5 seconds max. are allowed</p> <p>Separations Number of separations to execute transitional footwork or moves is not restricted;</p> <p>Distance allowed is maximum 2 arms length during separations;</p> <p>Durations of each separation (outside Req. Elements) is 5 seconds max;</p> <p>Separations at beginning and/or end of program are permitted up to 10 seconds, no restrictions on distance of separation.</p> <p>Touching Ice with Hands Touching the ice with the hand(s) is not allowed (<u>except Choreographic Sliding Movement</u>).</p> <p>Illegal Elements - 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>

Free Dance 2018-2019 Version 3.0 – 9/21/18 PR



Pattern Dances Drawn for 2018-2019

Event	Regionals	Sectionals, Championships & Adult Championships
Novice		STARLIGHT WALTZ PASO DOBLE
Intermediate		ROCKER FOXTROT EUROPEAN WALTZ
Juvenile		WILLOW WALTZ FIESTA TANGO
Pre-Juvenile <i>Initial Round</i>	RHYTHM BLUES CANASTA TANGO	
Pre-Juvenile <i>Final Round</i>	CHA CHA SWING DANCE	
Championship Adult		BLUES QUICKSTEP
Adult Gold		QUICKSTEP ARGENTINE TANGO
Adult Pre-Gold		BLUES STARLIGHT WALTZ
Masters Open		QUICKSTEP TANGO ROMANTICA
Adult Silver <i>Initial Round</i>		FOXTROT AMERICAN WALTZ
Adult Silver <i>Final Round</i>		BLUES
Adult Pre-Silver <i>Initial Round</i>		TEN-FOX EUROPEAN WALTZ
Adult Pre-Silver <i>Final Round</i>		FOURTEENSTEP
Adult Bronze <i>Initial Round</i>		SWING DANCE FIESTA TANGO
Adult Bronze <i>Final Round</i>		WILLOW WALTZ
Adult Pre-Bronze <i>Initial Round</i>		CANASTA TANGO SWING DANCE
Adult Pre-Bronze <i>Final Round</i>		CHA CHA
Adult Centennial <i>Initial Round</i>		EUROPEAN WALTZ ROCKER FOXTROT
Adult Centennial <i>Final Round</i>		BLUES
Adult Gold <i>Solo Dance</i>		BLUES QUICKSTEP
Adult Pre-Gold <i>Solo Dance</i>		TANGO KILIAN
Adult Silver <i>Solo Dance</i>		EUROPEAN WALTZ ROCKER FOXTROT
Adult Pre-Silver <i>Solo Dance</i>		HICKORY HOEDOWN FOXTROT
Adult Bronze <i>Solo Dance</i>		CHA CHA HICKORY HOEDOWN

Pattern Dance 2018-2019 Version 1.0-04/24/18 PSR

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



SOLO DANCE



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 30th – July 2nd), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2nd quarter).
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 st	April 1 st – June 30 th	July 1 st – September 30 th	October 1 st – December 31 st
Preliminary	1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz
Pre-bronze	1. Swing 2. Cha-Cha	1. Fiesta Tango 2. Swing	1. Cha-Cha 2. Fiesta Tango	1. Swing 2. Cha-Cha
Bronze	1. Hickory Hoedown 2. Willow Waltz	1. Ten Fox 2. Hickory Hoedown	1. Willow Waltz 2. Ten Fox	1. Hickory Hoedown 2. Willow Watz
Pre-silver	1. Fourteenstep 2. European Waltz	1. Foxtrot 2. Fourteenstep	1. European Waltz 2. Foxtrot	1. Fourteenstep 2. European Waltz
Silver	1. American Waltz 2. Silver Tango	1. Rocker Foxtrot 2. American Waltz	1. Silver Tango 2. Rocker Foxtrot	1. American Waltz 2. Silver Tango
Pre-gold	1. Killian 2. Blues	1. Paso Doble 2. Starlight Waltz	1. Killian 2. Blues	1. Paso Doble 2. Starlight Watz
Gold	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep	1. Viennese Waltz 2. Argentine Tango	1. Westminster Waltz 2. Quickstep



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



2018-19	EDGE ELEMENTS	SPIN	STEP SEQUENCES	TWIZZLES	DANCE STOPS
<p>ADULT GOLD SOLO FREE DANCE</p> <p>2:40 +/- 10 seconds</p>	<p>Max 3</p> <p>1 combination edge element (12 sec max)</p> <p>2 different short edge elements (6 sec max)</p> <p>Each <u>portion</u> must be held in <u>position</u> for a minimum of 3 seconds.</p> <p>Edge elements must have different positions</p>	<p>Max 1</p> <p>Choreographic dance spin or <u>choreographic dance combination spin*</u> – min 3 revs on <u>one/each</u> foot</p> <p>Flying spins not permitted</p>	<p>Max 2</p> <p>2 different step sequences, 1 from Group A and 1 from Group B</p> <p><i>Group A</i> – Straight line (midline or diagonal)</p> <p><i>Group B</i> – Curved (circular or serpentine)</p> <p>Must use full ice surface</p> <p>Should include a variety of steps and turns and must include brackets, counters, rockers, choctaws and twizzles</p> <p>Not Permitted: Stops, pattern regressions, loops, jumps of more than ½ revolution, dance spins and pirouettes</p>	<p>Max 2</p> <p><i>Twizzle Series A</i> - Must have a different entry edge and different direction for the 2 twizzles. Minimum of 2 revolutions is required on each twizzle. No more than 3 steps are allowed between twizzles. Twizzles must be different than those used in Twizzle Series B.</p> <p><i>Twizzle Series B</i> - Must have 2 twizzles. Minimum of 2 revolutions is required on each twizzle. No more than 1 step is allowed between twizzles. Twizzles must be different than those used in Twizzle Series A.</p> <p><i>When judged with IJS: The first attempted set of twizzles will be evaluated as the Series A by the technical panel.</i></p>	<p>Max 1</p> <p>Full stop to express the character of the music, <u>must be at least three seconds, but not to exceed six</u> seconds.</p> <p>The stops must come at least 10 seconds after the start of the program and at least 10 seconds before the end of the program.</p>
<p>ADULT SILVER SOLO FREE DANCE</p> <p>2:00 +/- 10 seconds</p>	<p>Max 2</p> <p>2 short edge elements (6 sec max)</p> <p>Each edge must be held in <u>position</u> for a minimum of 3 seconds.</p> <p>Edge elements must have different positions</p>	<p>Max 1</p> <p>Choreographic dance spin or <u>choreographic dance combination spin*</u> – min 3 revs on <u>one/each</u> foot</p> <p>Flying spins not permitted</p>	<p>Max 1</p> <p>Midline, circular, or diagonal step sequence</p> <p>Must use full ice surface</p> <p>Should include a variety of steps and turns and must include three-turns, mohawks, brackets and counters.</p> <p>Not Permitted: Stops, pattern regressions, loops, jumps of more than ½ revolution, dance spins and pirouettes</p>	<p>Max 1</p> <p>Twizzle series - min 2 revs each twizzle</p> <p>No more than 3 steps between twizzles</p>	<p>Max 1</p> <p>Full stop to express the character of the music, <u>must be at least three seconds, but not to exceed six</u> seconds.</p> <p>The stop must come at least 10 seconds after the start of the program and at least 10 seconds before the end of the program.</p>
<p>ADULT BRONZE SOLO FREE DANCE</p> <p>1:40 +/- 10 seconds</p>	<p>Max 1</p> <p>1 short edge element (6 sec max)</p> <p>Edge must be held in <u>position</u> for a minimum of 3 seconds</p>	<p>Max 1</p> <p>Choreographic dance spin* – min 3 revs on 1 foot</p> <p>Spin combinations and flying spins not permitted.</p>	<p>Max 1</p> <p>Midline, circular, or diagonal step sequence</p> <p>Must use full ice surface</p> <p>Should include a variety of steps and turns and must include three-turns and mohawks.</p> <p>Not Permitted: Stops, pattern regressions, loops, jumps of more than ½ revolution, dance spins and pirouettes</p>	<p>Max 1</p> <p>Twizzle - min 1 rev</p>	<p>Max 1</p> <p>Full stop to express the character of the music, <u>must be at least three seconds, but not to exceed six</u> seconds.</p> <p>The stop must come at least 10 seconds after the start of the program and at least 10 seconds before the end of the program.</p>

* A choreographic dance spin is on one foot only and may include any number of changes of position. A choreographic dance combination spin must have a change of foot and may include any number of positions on either foot. This element should relate to the music and enhance the overall program.

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.

Adult Solo Free Dance 2018-19 Version 1.0 – 5/17/2018 LMF



PAIRS

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



2018-19	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
<p>PRE-JUVENILE PAIRS</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> <p>Min ½ rev by man (no max)</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><u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></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>*If LJS is used, then: ChSt</p>
<p>JUVENILE PAIRS</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 by man (no max)</p>	N/A	<p>Max 1 Throw Jump</p> <p>Any throw single jump</p> <p><u>OR</u></p> <p><u>Throw double Salchow</u></p> <p><u>OR</u></p> <p><u>Throw double loop</u></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><u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></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 Choreographic Sequence</p> <p>Must be clearly visible</p>

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.

Pairs Free Skate 2018-19 Version 5.0 7/5/18 WG



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



2018-19	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
<p>INTERMEDIATE PAIRS</p> <p>3:00 +/- 10 sec</p>	<p>Max 2 Overhead Lifts</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 by man (<u>no max</u>)</p>	<p>Max 1 Twist Lift</p> <p>Single</p> <p>Take off must be flip or Lutz</p>	<p>Max 2 Throw Jumps</p> <p>Single or double</p> <p>Must be different</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><u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></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>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>Max 1 Death Spiral or 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 1/2 rev with the knees of the man clearly bent and in full pivot position</p>	<p>Max 1 Leveled Step Sequence</p> <p><u>Step sequence can achieve up to Level 2</u></p> <p>Must be clearly visible</p>
<p>NOVICE PAIRS</p> <p>3:30 +/- 10 sec</p>	<p>Max 2 Overhead Lifts</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 by man (<u>no max</u>)</p>	<p>Max 1 Twist Lift</p> <p>Single or double</p> <p>Take off must be flip or Lutz</p>	<p>Max 2 Throw Jumps</p> <p>Single, double or triple</p> <p>Must be different</p>	<p>Max 1 Solo Jump</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>Max 1 Jump Sequence or Jump Combination</p> <p>Max 2 jumps in jump combination</p> <p><u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></p> <p>Both may include jumps with same name</p> <p>Single, double or triple jumps permitted</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>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>Max 1 Pair Spin or Pair Spin Combination</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>Max 1 Death Spiral</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>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>

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.

Pairs Free Skate 2018-19 Version 5.0 7/5/18 WG



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



2018-19	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL	STEP SEQUENCE
JUNIOR PAIRS 3:30 +/- 10 sec	<p>Max 2 Overhead Lifts</p> <p>Not all from <u>the same group</u></p> <p>Full extension of the lifting arms required</p> <p><u>Both lifts may include a carry feature, but only first attempt counts for level</u></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 by man (<u>no max</u>)</p>	<p>Max 1 Twist Lift</p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, loop, Lutz or Axel</p>	<p>Max 2 Throw Jumps</p> <p>Must be different</p> <p>No limit to the number of revs</p>	<p>Max 1 Solo Jump</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>Max 1 Jump Sequence or Jump Combination</p> <p>Jump combination may consist of 2 or 3 jumps</p> <p><u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	<p><u>No longer required/allowed in junior pairs free skate</u></p>	<p>Max 1 Pair Spin Combination</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>Max 1 Death Spiral</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>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>
SENIOR PAIRS 4:00 +/- 10 sec	<p>Max 3 Overhead Lifts</p> <p>Not all from <u>the same group</u></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><u>All lifts may include a carry feature, but only first attempt counts for level</u></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 by man (<u>no max</u>)</p>	<p>Max 1 Twist Lift</p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, flip, Lutz or Axel</p>	<p>Max 2 Throw Jumps</p> <p>Must be different</p> <p>No limit to the number of revs</p>	<p>Max 1 Solo Jump</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>Max 1 Jump Sequence or Jump Combination</p> <p>Jump combination may consist of 2 or 3 jumps</p> <p><u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	<p><u>No longer required/allowed in senior pairs free skate</u></p>	<p>Max 1 Pair Spin Combination</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>Max 1 Death Spiral</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>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>

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.

Pairs Free Skate 2018-19 Version 5.0 7/5/18 WG



SPECIALITY EVENTS – SINGLES



U.S. Figure Skating Nonqualifying Competitions

EVENT: Jumps Challenge

General event parameters:

7. Each jump may be attempted twice; the best attempt will be counted.
8. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may include Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 5. Single Axel or double Salchow 6. Single or double jump 7. Jump combination – single/single (may include Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 5. Single Axel 6. Double Salchow or double toe loop 7. Jump combination – single/single or double/single (may include single Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 5. Single Axel 6. Double toe loop or double loop 7. Jump combination – double/single or double/double (may include single Axel)
Novice	1:30 max.	<ol style="list-style-type: none"> 5. Double loop 6. Double flip 7. Jump combination – double/double (may include double Axel)
Junior	1:30 max.	<ol style="list-style-type: none"> 5. Choice of double or triple jump (Salchow, toe loop, loop, Lutz) 6. Double or triple flip 7. Jump combination – double/double (may include double Axel)
Senior	1:30 max.	<ol style="list-style-type: none"> 3. Choice of double or triple jump (Salchow, toe loop, loop, flip) 4. Double or triple Lutz 5. Jump combination – double/double or triple/double (may include double Axel)





U.S. Figure Skating Nonqualifying Competitions

EVENT: Spins Challenge

General event parameters:

9. 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.
10. All events are skated on ½ ice.
11. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3 revs) 2. Upright back spin (3 revs) 3. Sit spin (3 revs)
High Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (4 revs) 2. Upright spin with change of foot (3 revs on each foot) 3. Sit spin (3 revs)
No-Test	1:30 max.	<ol style="list-style-type: none"> 1. Upright spin with change of foot (3 revs on each foot) 2. Sit spin (3 revs) 3. Camel spin (3 revs)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 4. Spin with one change of position* and no change of foot (6 revs) 5. Backward sit spin (3 revs) 6. Camel spin (4 revs)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 4. Spin with one change of foot and one change of position* (min. 3 revs each foot) 5. Combination sit spin with change of foot (min. 3 revs each foot) 6. One position spin – skater’s choice (upright, sit or camel), (4 revs)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> 8. Backward entry Camel spin (4 revs) 9. Combination spin – All 3 basic positions are required (camel, sit, upright), (2 revs in each position) 10. Forward to backward scratch spin (min 4 revs per foot)
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> 8. Sit spin (4) 9. Combination spin – with change of foot; all 3 basic positions required 2 revs in each position (min. 4 revs per foot) 10. Girls – layback spin (6 revs); Boys – camel spin (5 revs)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 8. Flying camel spin-basic camel position required (5 revs) 9. Sit spin to backward sit spin-basic sit position required (4 revs per foot) 10. Combination spin – change of foot & all 3 basic positions required (2 revs in each position & min 5 revs per foot)
Novice	1:30 max.	<ol style="list-style-type: none"> 8. Illusion to back scratch spin; may change feet (6 revs) 9. Camel spin to backward camel spin (4 revs per foot) 10. Combination spin – change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)
Junior	1:30 max.	<ol style="list-style-type: none"> 8. Flying sit spin or flying reverse sit spin (6 revs) 9. Solo spin of choice – may not fly (8 revs) 10. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)
Senior	1:30 max.	<ol style="list-style-type: none"> 6. Flying spin of choice (8 revs) 7. Solo spin of choice (8 revs) – may not fly 8. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)

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





U.S. Figure Skating Nonqualifying Competitions

EVENT: Moves in the field

General event parameters:

1. Levels are based on the skaters' highest Moves in the field test passed.
2. A moves in the field competition event will consist of the skater performing two moves in the field patterns.
3. The patterns to be skated depend on which quarter of the year the competition is held. The skater will perform the two patterns listed for their level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30th – July 2nd), the moves will be selected based on the start date of the competition listed in the announcement (in this example, the 2nd quarter).
4. Each skater will complete both of their required patterns consecutively in the order listed, pausing briefly in between.
5. The host club may choose to play background music, at a low volume, at their discretion.

Level	January 1- March 31 st	April 1 st – June 30 th	July 1 st – September 30 th	October 1 st – December 31 st
Pre-Preliminary	1. Forward perimeter stroking (1/2 rink only) 2. Basic consecutive edges (Forward outside & forward inside only)	1. Forward perimeter stroking (1/2 rink only). 2. Waltz eight (2 patterns/foot)	1. Basic consecutive edges (Backward outside & backward inside only). 2. Forward left & right spirals	1. Waltz eight 2. Forward left & right spirals
Preliminary	1. Forward & backward crossovers 2. Forward power 3-turns	1. Forward & backward crossovers 2. Consecutive outside & inside spirals	1. Forward circle eight 2. Alternating forward 3-turns.	1. Forward circle eight 2. Forward power 3-turns.
Pre-Juvenile	1. Forward & backward perimeter stroking. 2. Forward outside and backward inside 3-turns.	1. Forward & backward power change of edge pulls. 2. Forward inside and backward outside 3-turns.	1. Five-step mohawk sequence. 2. Backward circle eight.	1. Forward outside-backward inside 3-turns. 2. Backward circle eight.
Juvenile	1. Forward power circle 2. Backward power 3-turns.	1. Backward power circle. 2. Forward double 3-turns.	1. Eight-step mohawk sequence. 2. Forward double 3-turns.	1. Forward & backward free skate cross strokes. 2. Backward power 3-turns.
Intermediate	1. Brackets in the field 2. Spiral sequence	1. Brackets in the field 2. Forward twizzles (right forward outside & right forward inside only)	1. Forward twizzles (left forward outside & left forward inside only). 2. Inside slide chasse pattern.	1. Backward double three-turns. 2. Brackets in the field
Novice	1. Inside 3-turns/rocker-choctaws 2. Twizzles (Backward outside only)	1. Forward & backward outside counters. 2. Twizzles (Backward inside only)	1. Forward & backward inside counters. 2. Forward inside & outside loops.	1. Backward rocker choctaw sequence 2. Forward inside & outside loops.
Junior	1. Forward & backward outside rockers 2. Backward loop pattern.	1. Forward & backward inside rockers 2. Choctaw sequence	1. Straight line step sequence. 2. Power pulls	1. Straight line step sequence 2. Backward loop pattern.
Senior	1. Sustained edge step 2. Serpentine step sequence	1. Spiral sequence 2. Serpentine step sequence	1. Backward outside power double 3-turns to power inside double rockers. 2. Serpentine step sequence	1. Backward inside double 3-turns to power double outside rockers 2. Serpentine step sequence





U.S. Figure Skating Nonqualifying Competitions

EVENT: Step Sequences

General event parameters:

12. Levels are based on the skaters' highest Moves in the Field test passed.
13. Music of skater's choice, including vocal music, not to exceed the maximum (less time is fine).
14. 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.
15. Each of the step sequences must include the required steps and/or turns listed for each level.
16. Each step sequence may, and is encouraged to, include additional steps or turns.
17. Each step sequence must utilize the full ice surface.
18. 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"> - Forward outside 3-turn - Inside mohawk - Demonstration of forward outside & forward inside edges
Preliminary	1:00 max.	Each of the two step sequences must include: <ul style="list-style-type: none"> - At least two consecutive forward outside power 3-turns - Forward inside 3-turn - At least one set of alternating 3-turns (outside or inside)
Pre-Juvenile	1:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 4. Backward inside 3-turns on each foot 5. Backward outside 3-turns on each foot 6. At least 2 consecutive power pulls (backward or forward)
Juvenile & Open Juv.	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. Forward outside double 3 (either foot) 2. Forward inside double 3 (either foot) 3. At least 2 consecutive cross strokes (backward or forward)
Intermediate	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 7. Choice of backward double 3 8. At least 2 different brackets with clear entry & exit edges 9. Forward inside 1 ½ twizzle 10. Forward outside 1 ½ twizzle
Novice	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 11. At least 2 different counters with clear entry & exit edges 12. Forward outside & forward inside loop (either foot) 13. Backward outside double twizzle 14. Backward inside double twizzle
Junior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 11. At least 2 different rockers with clear entry & exit edges 12. At least 2 different choctaws 13. Backward outside & backward inside loop (either foot) 14. A combination of at least 3 different turns done on one foot
Senior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. At least 1 of each of the following turns: 3-turn, bracket, rocker, counter, choctaw, loop, and twizzle. 2. A combination of at least 3 different turns, to be selected from counter, rocker, bracket, twizzle and loop, done on one foot.



		<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 & 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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SHOWCASE



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. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.
- Props and scenery ARE permitted.

General event parameters:

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

Dramatic Entertainment Levels:

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

Event	Must meet requirements*	Must not have passed	Age	Time
Snow Plow – Basic 6 <small>(does not qualify for National Showcase)</small>	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No minimum (max age 20)	1:00 max
Pre Free Skate – Free Skate 6 <small>(does not qualify for National Showcase)</small>	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No minimum (max age 20)	1:30 max
No Test <small>(does not qualify for National Showcase)</small>	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No minimum (max age 20)	1:30 max



Pre-Preliminary (does not qualify for National Showcase)	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No minimum (max age 20)	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	Under 13	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13-17	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		2:30 max
Senior	Senior Free Skate OR Senior Free Dance			2:30 max
Event	Must meet requirements* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	Age	Time
Adult Pre-Bronze (does not qualify for National Showcase)	Adult Pre-Bronze Free Skate OR Pre-Preiminary 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

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



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 3 rd 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 4 th 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 3 rd 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 5 th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3 rd Figure Test (prior to 10/1/77) OR 8 th Figure Test (10/1/77-9/30/79)		21 and older	2:10 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 Learn to Skate 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 – Light Entertainment Events

Format:

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

General event parameters:

4. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
5. The determination of level will be based upon test requirement at the entry deadline.

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



6. Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Light Entertainment Levels:

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

Event	Must meet requirements*	Must not have passed	Age	Time
Snow Plow – Basic 6 <small>(does not qualify for National Showcase)</small>	No Free Skate test passed	Pre-Preliminary Free Skate OR Any Free Dance	No minimum age (max age 20)	1:00 max
Pre Free Skate – Free Skate 6 <small>(does not qualify for National Showcase)</small>	No Free Skate test passed	Pre-Preliminary Free Skate OR Any Free Dance	No minimum age (max age 20)	1:30 max
No Test <small>(does not qualify for National Showcase)</small>	No Free Skate test passed	Pre-Preliminary Free Skate OR Any Free Dance	No minimum age (max age 20)	1:30 max
Pre-Preliminary <small>(does not qualify for National Showcase)</small>	Pre-Preliminary Free Skate	Preliminary Free Skate OR Any Free Dance	No minimum age (max age 20)	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	Under 13	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13-17	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	No age restriction	2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:30 max
Senior	Senior Free Skate OR Senior Free Dance			2:30 max

Event	Must meet requirements* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	Age	Time
Adult Pre-Bronze <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
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	2:10 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, under "Programs" on the National Showcase page.

Interpretative Events and Levels:

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

Level	Program Duration	Test Requirements (Freeskate or Free Dance)
Pre – Preliminary and below	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
Pre-juvenile - Preliminary	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline.
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.
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U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Duet Events

Format:

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

General event parameters:

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

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under “Programs” on the National Showcase page.

Duet Event Levels:

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

Event	Must meet requirements*	Must not have passed	Age	Time
No Test	Must have passed Free Skating or Dance test (solo or partnered standard track)	Free Skate or Dance (solo or partnered) Test or higher	No minimum age (max age 20)	1:30 max
No Test	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No minimum age (max age 20)	1:30 max
Pre-Preliminary	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No minimum age (max age 20)	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	Under 13	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13-17	2:10 max

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



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	No age restriction	2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:30 max
Senior	Senior Free Skate OR Senior Free Dance			2:30 max
Event	Must meet requirements* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	Age	Time
Adult Pre-Bronze	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
LE/9/1/18



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

ADULT EVENTS



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Jumps Challenge

General event parameters:

19. Each jump may be attempted twice; the best attempt will be counted.
20. Adult silver and lower will be skated ½ ice; adult gold – masters junior/senior will be skated on full ice
21. Jumps with an "*" must be preceded with connecting steps (intermediate – senior)

Level	Time	Elements
Adult Beginner	1:00	1. Bunny Hop 2. Mazurka or ballet jump
Adult Pre-Bronze	1:00	1. Waltz or toe loop jump 2. ½ flip, ½ Lutz or ½ loop
Adult Bronze	1:00	1. Single Salchow 2. Single toe loop 3. Any single jump + single toe loop combination (No Axels allowed)
Adult Silver	1:15	1. Single flip 2. Single loop 3. Single/single combination (Axel is permitted)

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



Adult Gold	1:15	<ol style="list-style-type: none"> 1. Single Axel 2. Single Lutz 3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> 1. Axel 2. Double Salchow , double toe loop or double loop 3. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> 1. Double loop or double flip 2. Double Lutz 3. Jump combination that may include any double jump



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"> 1. Pivot 2. Two-foot upright spin (2)
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> 1. One-foot upright spin (3) 2. Two-foot upright spin (3)
Adult Bronze	1:15	<ol style="list-style-type: none"> 1. One-foot upright spin (4) 2. One-foot back spin (3) 3. Sit spin (3)
Adult Silver	1:30	<ol style="list-style-type: none"> 1. Camel spin (3) 2. Layback, sideways leaning or sit spin (4) 3. Combination spin with at least one change of position, no change of foot (3 in each position)

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

THERAPEUTIC SKATING 2-14

Elements

- Skaters will have two opportunities to perform each skill.
- Judges will give a mark for each of the two skill attempts made by the skater.
- The highest mark from the two attempts will be used, and the high marks given for each skill will be added together to determine the skater's final score and placement.
- Judges will evaluate the performance of the skill using a ranking system ranging from 0.1 to 6.0, with 0.1 being the lowest and 6.0 being the highest.
- Skaters should be able to complete all the skills in the Badge they will compete in.
- To be skated on ½ the ice
- No Music

Level	Time	Elements
Therapeutic 2 – ON ICE	1:00 max	A. Stand on ice B. Fall and stand up C. Knee dip in place D. March forward 10 steps
Therapeutic 3	1:00 max	A. Three swizzles standing still B. March forward 10 steps C. Forward two-foot glide D. Backward wiggle and march assisted
Therapeutic 4	1:00 max	A. Backward wiggle or march B. Five forward swizzles C. Forward skating D. Forward gliding dip
Therapeutic 5	1:00 max	A. Backward two-foot glide B. Two-foot jump in place C. One-foot snowplow stop, R or L D. Forward one-foot glide
Therapeutic 6	1:00 max	A. Forward stroking across the rink B. Five backward swizzles C. forward two-foot curves D. Two-foot turn front to back standing still
Therapeutic 7	1:00 max	A. Gliding forward to backward two-foot turn B. Five forward one-foot swizzles, R or L C. Backward one-foot glide, R or L D. Forward pivot
Therapeutic 8	1:00 max	A. Backward stroking across the rink B. Gliding backward to forward two-foot turn C. T-stop R or L D. Forward two-foot turn on a circle, R and L
Therapeutic 9	1:00 max	A. Forward outside edge on a circle B. Forward inside edge on a circle C. Five forward crossovers D. Five backward half swizzles, R or L

Therapeutic 10	1:00 max	A. Forward outside three-turn, R and L B. Forward lunge or shoot the duck C. Back outside edge on a circle, R and L D. Back inside edge on a circle, R and L
Therapeutic 11	1:00 max	A. Forward inside three-turn, R and L B. Five backward crossovers, R and L C. Hockey stop D. Two-foot spin
Therapeutic 12	1:00 max	A. Two forward outside edges B. Two forward inside edges C. Forward Mohawk, R and L D. Forward spiral
Therapeutic 13	1:00 max	A. Backward outside edges B. Two backward inside edges C. Two-foot to one-foot spin D. Side toe hop, R or L
Therapeutic 14	1:00 max	A. One-foot spin B. Forward crossover inside Mohawk backward crossover step forward C. Backward crossovers to a back outside edge D. Waltz jump from a standing or moving position



THERAPEUTIC SKATING 2-14

Program Event

- Judges will evaluate the performance of the skill using a ranking system ranging from 0.1 to 6.0, with 0.1 being the lowest and 6.0 being the highest.
- Skaters should be able to complete all the skills in the Badge they will compete in.
- Skaters may use instrumental OR vocal music.
- Program should not exceed a maximum of one minute and ten seconds

Level	Time	Elements
Therapeutic 2 – ON ICE	1:10 max	A. Stand on ice B. Fall and stand up C. Knee dip in place D. March forward 10 steps
Therapeutic 3	1:10 max	A. Three swizzles standing still B. March forward 10 steps C. Forward two-foot glide D. Backward wiggle and march assisted
Therapeutic 4	1:10 max	A. Backward wiggle or march B. Five forward swizzles C. Forward skating D. Forward gliding dip

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LE/9/1/18*



Therapeutic 5	1:10 max	A. Backward two-foot glide B. Two-foot jump in place C. One-foot snowplow stop, R or L D. Forward one-foot glide
Therapeutic 6	1:10 max	A. Forward stroking across the rink B. Five backward swizzles C. forward two-foot curves D. Two-foot turn front to back standing still
Therapeutic 7	1:10 max	A. Gliding forward to backward two-foot turn B. Five forward one-foot swizzles, R or L C. Backward one-foot glide, R or L D. Forward pivot
Therapeutic 8	1:10 max	A. Backward stroking across the rink B. Gliding backward to forward two-foot turn C. T-stop R or L D. Forward two-foot turn on a circle, R and L
Therapeutic 9	1:10 max	A. Forward outside edge on a circle B. Forward inside edge on a circle C. Five forward crossovers D. Five backward half swizzles, R or L
Therapeutic 10	1:10 max	A. Forward outside three-turn, R and L B. Forward lunge or shoot the duck C. Back outside edge on a circle, R and L D. Back inside edge on a circle, R and L
Therapeutic 11	1:10 max	A. Forward inside three-turn, R and L B. Five backward crossovers, R and L C. Hockey stop D. Two-foot spin
Therapeutic 12	1:10 max	A. Two forward outside edges B. Two forward inside edges C. Forward Mohawk, R and L D. Forward spiral
Therapeutic 13	1:10 max	A. Backward outside edges B. Two backward inside edges C. Two-foot to one-foot spin D. Side toe hop, R or L
Therapeutic 14	1:10 max	A. One-foot spin B. Forward crossover inside Mohawk backward crossover step forward C. Backward crossovers to a back outside edge D. Waltz jump from a standing or moving position