



**2020 WINTER IOWA GAMES  
FIGURE SKATING ANNOUNCEMENT**

**Sunday, February 9, 2020**

**Chief Referee: Devon Beck**

**Chief Accountant: Deb Dryburgh**

## GENERAL INFORMATION

The 2020 Winter Iowa Games Figure Skating Competition is a merged U.S. Figure Skating sanctioned event endorsed by the ISI. For skaters in the ISI program, a conversion chart is provided to help determine your appropriate competition level.

This competition 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.

The 2020 Winter Iowa Games Figure Skating Competition is a qualifying competition for the 2021 National State Games of America Championships (SGA). Skaters may choose to enter each event at SGA that they qualify for by placing first, second or third at the State Games of Iowa competition.

All figure skaters residing in Iowa and neighboring states are invited to compete. Open to all skaters including United States Figure Skating (USFS) and Ice Skating Institute (ISI) members.

The Winter Iowa Games Figure Skating Competition is a U.S. Figure Skating sanctioned event endorsed by the ISI but membership in U.S. Figure Skating and/or ISI is NOT required.

## ELIGIBILITY/TEST LEVEL

**Test level:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

**Age restrictions/requirements:** Skaters entering Juvenile free skate events (Well Balanced Program) must be under 12 years of age for girls or 13 years of age for boys at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 13 years of age for girls or 14 years of age for boys at the close of entries. Skaters entering Intermediate free skate events (Well Balanced Program) must be under 18 years of age. Skaters entering Adult free skate events (Well Balanced Program) must be 21 years of age or older.

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

## DATE(S)

Sunday, February 9, 2020

## DEADLINE

### Early Registration Deadline

*(\$80 Entry Fee for first event, \$25 for each additional event)*

Postmark: Monday, January 6, 2020, Mail to: 1421 S. Bell Ave Ste. 104, Ames, IA 50010.

Online: Monday, January 6, 2020

### Late Registration Deadline

*(\$100 Entry Fee for first event, \$25 for each additional event)*

Online only: Monday, January 13, 2020

## **FACILITIES**

The competition will be held at:

Cedar Rapids Ice Arena  
1100 Rockford Rd SW  
Cedar Rapids, IA 52404  
(319) 398-0100  
www.cricearena.com

Rink size: OLY Rink 100' x 200', NHL Rink 85' x 200'

## **PRACTICE ICE**

The Cedar Rapids Ice Arena (CRIA) will be offering practice sessions. All practice ice reservations and scheduling will be available through Entryeze. \*\*Practice session times are subject to change if the competition needs to start earlier.

## **MUSIC**

**Music will be played from CDs only.** The CD must contain only the selection for the event. Music must be clearly marked with the skater's name, event, group, and correct playing time in minutes and seconds. The official competition music must be turned in at the registration table at the time of check-in. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Cedar Rapids Ice Arena cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

## **PHOTOGRAPHY/VIDEOGRAPHY**

Hand-held video equipment is only permitted in the bleacher area and should be used to record only your skater. Flash photography is NOT allowed during competition events or warm-ups.

## **AWARDS**

Medals will be presented to the top three athletes in each division and will be presented at the conclusion of each level.

## **REGISTRATION**

Registration will be open one to two hours before the first event and run through the last event of the day. The registration table will be located in the lobby of the Cedar Rapids Ice Arena. Please register promptly upon arrival.

## **OFFICIAL NOTICES**

An official bulletin board will be maintained at the registration desk at the Cedar Rapids Ice Arena. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 60 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

## **LIABILITY**

U.S. Figure Skating and the Cedar Rapids 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.

## INFORMATION REGARDING COACHES

U.S. Figure Skating Rule MR 5.11 Coach and Instructor Compliance.

All coaches must complete the following requirements on an annual basis by July 1:

### A. Coach Compliance:

1. Must be a current full member of U.S. Figure Skating — either through a member club or as an individual member.
2. If 18 years of age or older, must submit the proper payment of \$30 through the U.S. Figure Skating Members Only website, and submit information for and successfully pass an annual background check.
3. Must complete the SafeSport training course and any additional courses as required in rule GR 4.02.
4. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.
5. Must be a current full PSA member if coaching skaters/teams in qualifying events at U.S. Figure Skating qualifying competitions. See rule 1022.

### B. Professional Group Instructor Compliance:

1. Must be registered as a Learn to Skate USA instructor member and complete the annual online certification course.
2. If 18 years of age or older, must have successfully passed the annual background check.

For deadline and penalties, see rules GR 4.03 and GR 4.04.

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

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

For more information regarding Coach Compliance, please refer to:

<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

## REFUNDS

There will be NO refunds of entry fees for events canceled due to weather or other acts of nature.

The only exceptions to the no-refund policy are:

- Entries received after the maximum number has been accepted.
- Entries received in a division that is cancelled due to minimal entries.
- Entries of non-qualified participants.
- Entries received after the deadline. In this case, there will be a \$5.00 processing fee assessed to all refunds.

NO REFUND WILL BE PERMITTED BECAUSE AN ENTRANT FAILS TO PARTICIPATE OR IS REMOVED FROM COMPETITION.

NO REFUND WILL BE PERMITTED ONCE TOURNAMENT SCHEDULES HAVE BEEN SET OR RECEIVED FROM SPORT COMMISSIONERS

## CONTACT INFORMATION

If you have questions, please contact Tonya Frost at [t.frost@cricearena.com](mailto:t.frost@cricearena.com)

## OTHER

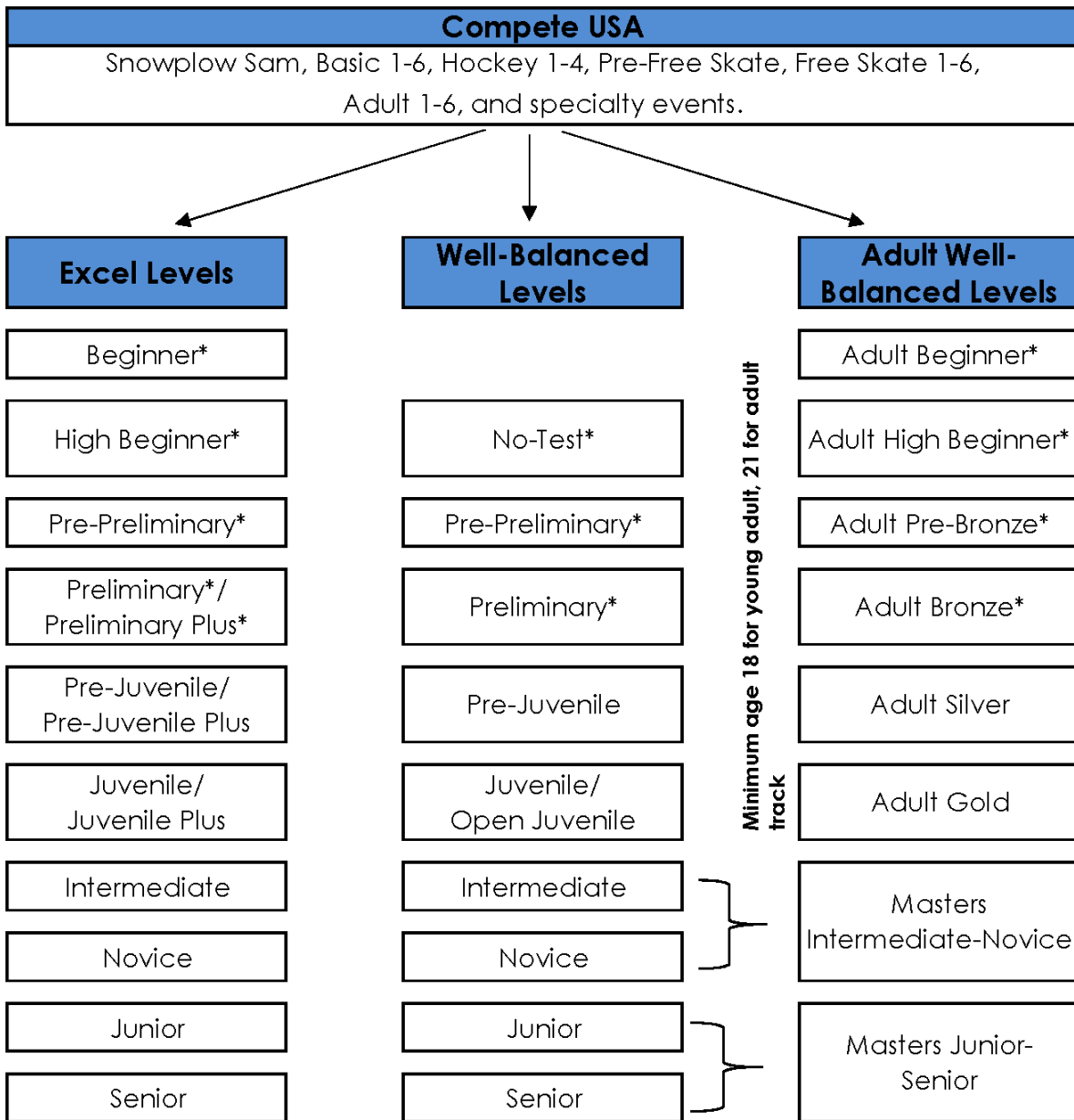
Competition schedule will be available on ENTRYEEZE site approximately seven days prior to competition.

## COMPETITION INFORMATION



## 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 and High Beginner 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.

## **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



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



## SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

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





## 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.

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

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



## 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.

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

## THERAPEUTIC SKATING 2-12 - ELEMENTS

### Two format options for the Elements Event:

0. Each skater will perform each element when directed by a judge/referee OR
1. 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 1/2 ice
  - No music
  - **All elements must be skated in the order listed.**
  - Time is 1:10 max or as allowed by the referee

<p><b><u>Therapeutic 2</u></b></p> <ol style="list-style-type: none"> <li>A. Stand on ice</li> <li>B. Review falling and standing up</li> <li>C. March forward 4-5 steps</li> <li>D. Dip/moderate knee bend in place</li> <li>E. Forward two-foot glide from 3 marches</li> </ol>	<p><b><u>Therapeutic 8</u></b></p> <ol style="list-style-type: none"> <li>A. Forward outside edge on a circle – R &amp; L (3 counts each)</li> <li>B. Forward inside edge on a circle – R &amp; L (3 counts each)</li> <li>C. Forward crossovers – clockwise and counterclockwise</li> <li>D. Backward one-foot glide – R &amp; L (4-5 counts each)</li> <li>E. Beginning two-foot spin – up to 2 revolutions</li> </ol>
<p><b><u>Therapeutic 3</u></b></p> <ol style="list-style-type: none"> <li>A. Forward two-foot glide from 5 marches</li> <li>B. Forward swizzles – 3 in a row</li> <li>C. Backward wiggle or walk – 3 in a row</li> <li>D. Beginning snowplow stop – one or two feet</li> </ol>	<p><b><u>Therapeutic 9</u></b></p> <ol style="list-style-type: none"> <li>A. Backward outside edge on a circle – R &amp; L (3 counts each)</li> <li>B. Backward inside edge on a circle – R &amp; L (3 counts each)</li> <li>C. Introductory forward outside 3-turn – R &amp; L</li> <li>D. Backward crossovers – clockwise and counterclockwise</li> </ol>
<p><b><u>Therapeutic 4</u></b></p> <ol style="list-style-type: none"> <li>A. Scooter pushes – R &amp; L, 3-4 each foot</li> <li>B. Forward one-foot glides – R &amp; L</li> <li>C. Backward wiggles into backward two-foot glide – 3 counts</li> <li>D. Rocking horse – repeat twice</li> </ol>	<p><b><u>A. Therapeutic 10</u></b></p> <ol style="list-style-type: none"> <li>B. Forward outside 3-turn – R &amp; L</li> <li>C. Backward alternating ½ swizzle pumps</li> <li>D. Side toe hop/Side stepping – R &amp; L</li> <li>E. Two-foot spin – 2-3 revolutions</li> <li>F. Hockey stop – both directions</li> </ol>
<p><b><u>Therapeutic 5</u></b></p> <ol style="list-style-type: none"> <li>A. Backward swizzles – 3 in a row</li> <li>B. Two-foot turn, forward to backwards in place – clockwise and counterclockwise</li> <li>C. Curves</li> <li>D. Moving snowplow stop – one or two feet</li> </ol>	<p><b><u>Therapeutic 11</u></b></p> <ol style="list-style-type: none"> <li>A. Introductory forward inside 3-turn – R &amp; L</li> <li>B. Moving two-foot turn, backward to forward, on a circle clockwise and counterclockwise</li> <li>C. Forward power stroking</li> <li>D. Two-foot to one-foot spin</li> </ol>
<p><b><u>Therapeutic 6</u></b></p> <ol style="list-style-type: none"> <li>A. Backward skating into backward two-foot glide – 5 counts</li> <li>B. Beginning forward stroking</li> <li>C. Forward ½ swizzle pumps on a circle – 3-4 consecutive, clockwise and counterclockwise</li> <li>D. Moving two-foot turn, forward to backward on a circle – clockwise and counterclockwise</li> </ol>	<p><b><u>Therapeutic 12</u></b></p> <ol style="list-style-type: none"> <li>A. Forward inside 3-turn – R &amp; L</li> <li>B. Bunny hop, lunge, or shoot the duck – skater’s choice, R or L</li> <li>C. Forward spiral or forward extension on a straight line – R or L</li> <li>D. One-foot spin – 2 or more revolutions</li> <li>E. T-stop – R or L</li> </ol>
<p><b><u>Therapeutic 7</u></b></p> <ol style="list-style-type: none"> <li>A. Forward slalom</li> <li>B. Beginning backward one-foot glide, R&amp;L (2 counts each)</li> <li>C. Backward ½ swizzle pumps on a circle – 3-4 consecutive, clockwise and counterclockwise</li> <li>D. Forward pivot – clockwise or counterclockwise</li> <li>E. Backward snowplow stop – R or L</li> </ol>	

## THERAPEUTIC SKATING 2-12 - PROGRAM

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.
- Time is 1:10 max for all levels.

<p><b><u>Therapeutic 2</u></b></p> <p>F. Stand on ice G. Review falling and standing up H. March forward 4-5 steps I. Dip/moderate knee bend in place J. Forward two-foot glide from 3 marches</p>	<p><b><u>Therapeutic 8</u></b></p> <p>F. Forward outside edge on a circle – R &amp; L (3 counts each) G. Forward inside edge on a circle – R &amp; L (3 counts each) H. Forward crossovers – clockwise and counterclockwise I. Backward one-foot glide – R &amp; L (4-5 counts each) J. Beginning two-foot spin – up to 2 revolutions</p>
<p><b><u>Therapeutic 3</u></b></p> <p>E. Forward two-foot glide from 5 marches F. Forward swizzles – 3 in a row G. Backward wiggle or walk – 3 in a row H. Beginning snowplow stop – one or two feet</p>	<p><b><u>Therapeutic 9</u></b></p> <p>E. Backward outside edge on a circle – R &amp; L (3 counts each) F. Backward inside edge on a circle – R &amp; L (3 counts each) G. Introductory forward outside 3-turn – R &amp; L H. Backward crossovers – clockwise and counterclockwise</p>
<p><b><u>Therapeutic 4</u></b></p> <p>E. Scooter pushes – R &amp; L, 3-4 each foot F. Forward one-foot glides – R &amp; L G. Backward wiggles into backward two-foot glide – 3 counts H. Rocking horse – repeat twice</p>	<p><b><u>G. Therapeutic 10</u></b></p> <p>H. Forward outside 3-turn – R &amp; L I. Backward alternating ½ swizzle pumps J. Side toe hop/Side stepping – R &amp; L K. Two-foot spin – 2-3 revolutions L. Hockey stop – both directions</p>
<p><b><u>Therapeutic 5</u></b></p> <p>E. Backward swizzles – 3 in a row F. Two-foot turn, forward to backwards in place – clockwise and counterclockwise G. Curves H. Moving snowplow stop – one or two feet</p>	<p><b><u>Therapeutic 11</u></b></p> <p>E. Introductory forward inside 3-turn – R &amp; L F. Moving two-foot turn, backward to forward, on a circle clockwise and counterclockwise G. Forward power stroking H. Two-foot to one-foot spin</p>
<p><b><u>Therapeutic 6</u></b></p> <p>E. Backward skating into backward two-foot glide – 5 counts F. Beginning forward stroking G. Forward ½ swizzle pumps on a circle – 3-4 consecutive, clockwise and counterclockwise H. Moving two-foot turn, forward to backward on a circle – clockwise and counterclockwise</p>	<p><b><u>Therapeutic 12</u></b></p> <p>F. Forward inside 3-turn – R &amp; L G. Bunny hop, lunge, or shoot the duck – skater’s choice, R or L H. Forward spiral or forward extension on a straight line – R or L I. One-foot spin – 2 or more revolutions J. T-stop – R or L</p>
<p><b><u>Therapeutic 7</u></b></p> <p>F. Forward slalom G. Beginning backward one-foot glide, R&amp;L (2 counts each) H. Backward ½ swizzle pumps on a circle – 3-4 consecutive, clockwise and counterclockwise I. Forward pivot – clockwise or counterclockwise J. Backward snowplow stop – R or L</p>	

## EXCEL COMPULSORY

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

6. To be skated on ½ ice.
7. No music
8. The skater must demonstrate the required elements listed
9. A 0.2 deduction will be taken for each element performed from a higher level.
10. *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"> <li>• Toe loop jump</li> <li>• Salchow jump</li> <li>• One-foot upright spin - minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
Excel High Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Salchow/toe loop combination</li> <li>• Sit spin - minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
Excel Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Flip jump</li> <li>• Loop/loop jump combination</li> <li>• Upright spin with change of foot – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
Excel Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Flip/loop jump combination</li> <li>• Camel, sit combination spin – minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>

## 2019-2020 Excel Free Skate

General event parameters:

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

\*Denotes required element

**Excel events may be run as either 6.0 or IJS subject to the individual competition announcement. Events will be run in accordance with the Excel Technical Handbook on the Excel Program webpage, regardless of which judging system is used.**

<p><b>Excel Beginner Free Skate</b> 1:40 Max</p> <p><u>LTS USA or full U.S. Figure Skating membership permitted</u></p>	<p><b>Maximum 4 jump elements:</b></p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front)</li> <li>• Single rotation jumps: Salchow, toe loop only</li> <li>• Eulers (Half Loops) are not allowed.</li> <li>• Maximum 2 jump combinations or sequences. One 3-jump combination is allowed               <ul style="list-style-type: none"> <li>○ Jump sequence is any listed jump immediately followed by a waltz jump.</li> </ul> </li> <li>• Maximum 2 of any same jump</li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• Two upright spins</li> <li>• No change of foot</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt)               <ul style="list-style-type: none"> <li>○ Must use one-half of the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
<p><b>Excel High Beginner Free Skate</b> 1:40 Max</p> <p><u>LTS USA or full U.S. Figure Skating membership permitted</u></p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front)</li> <li>• Single rotation jumps: toe loop, Salchow, Euler (half-loop), loop</li> <li>• Flip, Lutz, &amp; Axel NOT permitted</li> <li>• Maximum 2 jump combinations or sequences. . One 3-jump combination is allowed               <ul style="list-style-type: none"> <li>○ Jump sequence is any listed jump immediately followed by a waltz jump.</li> </ul> </li> <li>• Maximum 2 of any same jump</li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• Both spins must be in a single position</li> <li>• <u>No change of foot.</u></li> <li>• No flying entry</li> <li>• Permitted forward spins: upright, sit, camel</li> <li>• Permitted back spins: upright</li> <li>• Minimum 3 revolutions</li> <li>• <del>Spins must be of a different character</del></li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt)               <ul style="list-style-type: none"> <li>○ Must use one-half of the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>

<p><b>Excel Pre-Preliminary</b> 1:40 Max</p> <p>Must not have passed higher than U.S. Figure Skating pre-preliminary free skate test</p> <p>*means required element</p> <p><u>LTS USA or full U.S. Figure Skating membership permitted</u></p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, except for the Axel <ul style="list-style-type: none"> <li>○ No single Axels, double, or higher jumps allowed</li> <li>○ Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by a waltz jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin must be in a single position <b><u>with no change of foot*</u></b></li> <li>• One spin may change feet and/or position, <b><u>but not both</u></b></li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must use one-half of the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
<p><b>Excel Preliminary</b> 1:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, except for the Axel <ul style="list-style-type: none"> <li>○ No single Axels, double, or higher jumps allowed</li> <li>○ Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by a waltz jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• <b><u>One spin must be a camel or layback spin with no change of foot and no change of position*</u></b></li> <li>• One spin may change feet and/or position</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must use one-half of the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
<p><b>Excel Preliminary Plus</b> 1:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, including single Axel <ul style="list-style-type: none"> <li>○ No double, or higher jumps allowed</li> <li>○ 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)</li> <li>○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)</li> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin must be in a single position* <ul style="list-style-type: none"> <li>○ <b><u>No change of foot</u></b></li> <li>○ <b><u>No flying entry</u></b></li> </ul> </li> <li>• One spin may change feet and/or position</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must use one-half of the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>

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



<p><b>Excel Juvenile</b></p> <p><b>**Beginning Dec 1, 2019, program length will be 2:30 +/- 10 sec and 2<sup>nd</sup> half bonus will begin at 1:15</b></p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, including Axel <ul style="list-style-type: none"> <li>○ No double or higher jumps allowed</li> <li>○ 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)</li> <li>○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)</li> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> <li>• Both Spins may start with a flying entry.</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>Excel Juvenile Plus</b></p> <p><b>**Beginning Dec 1, 2019, program length will be 2:30 +/- 10 sec and 2<sup>nd</sup> half bonus will begin at 1:15</b></p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed.</li> <li>• Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> <li>○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed</li> <li>○ <b><u>No double jump can be included more than twice, and if repeated, at least 1 attempt must be part of a jump combination or sequence.</u></b></li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combination limited to 2 jumps. One 3 jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> <li>• Both Spins may start with a flying entry.</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>

<p><b>Excel Intermediate</b></p> <p>3:00 +/- 10 seconds</p> <p><b><u>2<sup>nd</sup> half bonus: 1:30</u></b></p> <p><u>Must not have passed higher than U.S. Figure Skating Intermediate free skate test</u></p> <p>*means required element</p> <p><u>Full U.S. Figure Skating membership required</u></p>	<p><b>Maximum 6 jump elements:</b></p> <ul style="list-style-type: none"> <li>• <u>1 must be an Axel-type jump*</u></li> <li>• <u>All single jumps, including the single Axel, allowed.</u></li> <li>• <u>Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop).</u> <ul style="list-style-type: none"> <li>○ <u>Double flip, double Lutz, double Axel and higher jumps not allowed</u></li> <li>○ <b><u>Single Axel and only 1 double jump may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination.</u></b></li> <li>○ <u>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded.</u></li> </ul> </li> <li>• <u>Maximum 3 jump combinations or sequences</u> <ul style="list-style-type: none"> <li>○ <u>Jump combinations limited to 2 jumps. One 3 jump combination is permitted.</u></li> <li>○ <u>Jump sequence is any listed jump followed by an axel type jump.</u></li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• <u>1 spin combination, with or without change of foot*</u> <ul style="list-style-type: none"> <li>○ <u>Minimum 6 revolutions</u></li> <li>○ <u>Minimum 2 revolutions in each position</u></li> </ul> </li> <li>• <u>1 spin with only 1 position*</u> <ul style="list-style-type: none"> <li>○ <u>No change of foot</u></li> <li>○ <u>Minimum 5 revolutions</u></li> </ul> </li> <li>• <u>Both Spins may start with a flying entry.</u></li> <li>• <u>Spins must be of a different character</u></li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• <u>Choreographic Step Sequence* (ChSt)</u> <ul style="list-style-type: none"> <li>○ <u>Must fully utilize the ice surface</u></li> </ul> </li> </ul>
<p><b><u>Excel Intermediate Plus</u></b></p> <p>3:00 +/- 10 seconds</p> <p><b><u>2<sup>nd</sup> half bonus: 1:30</u></b></p> <p><u>Must not have passed higher than U.S. Figure Skating Intermediate free skate test</u></p> <p>*means required element</p> <p><u>Full U.S. Figure Skating membership required</u></p>	<p><b>Maximum 6 jump elements:</b></p> <ul style="list-style-type: none"> <li>• <u>1 must be an Axel-type jump*</u></li> <li>• <u>All single jumps, including the single Axel, allowed.</u></li> <li>• <u>Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip).</u> <ul style="list-style-type: none"> <li>○ <u>Double Lutz, double Axel and higher jumps not allowed</u></li> <li>○ <b><u>Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination.</u></b></li> <li>○ <u>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded.</u></li> </ul> </li> <li>• <u>Maximum 3 jump combinations or sequences</u> <ul style="list-style-type: none"> <li>○ <u>Jump combinations limited to 2 jumps. One 3 jump combination is permitted.</u></li> <li>○ <u>Jump sequence is any listed jump followed by an axel type jump.</u></li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• <u>1 spin combination, with or without change of foot*</u> <ul style="list-style-type: none"> <li>○ <u>Minimum 6 revolutions</u></li> <li>○ <u>Minimum 2 revolutions in each position</u></li> </ul> </li> <li>• <u>1 spin with only 1 position*</u> <ul style="list-style-type: none"> <li>○ <u>No change of foot</u></li> <li>○ <u>Minimum 5 revolutions</u></li> </ul> </li> <li>• <u>Both Spins may start with a flying entry.</u></li> <li>• <u>Spins must be of a different character</u></li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• <u>Choreographic Step Sequence* (ChSt)</u> <ul style="list-style-type: none"> <li>○ <u>Must fully utilize the ice surface</u></li> </ul> </li> </ul>

<p style="text-align: center;"><b>Excel Novice</b></p> <p style="text-align: center;"><b>3:30 +/- 10 seconds</b></p> <p style="text-align: center;"><b><u>2nd half bonus: 1:45</u></b></p> <p>Must not have passed higher than U.S. Figure Skating novice free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 7 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop, double flip allowed <ul style="list-style-type: none"> <li>○ Double Lutz, double Axel and higher jumps not allowed</li> <li>○ <b><u>No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence.</u></b></li> <li>○ 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</li> </ul> </li> <li>• Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps. One 3 jump combination with a maximum of 3 jumps is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 8 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 3<sup>rd</sup> spin is option of skater</li> <li>• All spins may start with a flying entry.</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• <b><u>One leveled step sequence*</u></b> <ul style="list-style-type: none"> <li>○ <b><u>Only Minimum Variety (5 turns) &amp; Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level.</u></b></li> <li>○ <b><u>Must fully utilize the ice surface.</u></b></li> </ul> </li> </ul>
<p style="text-align: center;"><b>Excel Junior</b></p> <p style="text-align: center;"><b>3:30 +/- 10 seconds</b></p> <p style="text-align: center;"><b><u>2nd half bonus 1:45</u></b></p> <p>Must not have passed higher than U.S. Figure Skating junior free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 7 jump elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump* <ul style="list-style-type: none"> <li>○ All single and double jumps allowed, except the double Axel.</li> <li>○ Double Axel and higher jumps not allowed</li> <li>○ 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</li> </ul> </li> <li>• Maximum 3 jump combinations or sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>• Jump sequence is any listed jump followed by an axel type jump.</li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 10 revolutions</li> <li>○ All 3 basic positions with minimum 2 revolutions in each position for highest base value</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 1 spin with only one position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• All spins may start with a flying entry.</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• <b><u>One leveled step sequence*</u></b> <ul style="list-style-type: none"> <li>○ <b><u>Only Minimum Variety (5 turns) &amp; Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level.</u></b></li> <li>○ <b><u>Must fully utilize the ice surface.</u></b></li> </ul> </li> </ul>

<p><b>Excel Senior</b></p> <p><b>4:00 +/-10 seconds</b></p> <p><b><u>2<sup>nd</sup> half bonus: 2:00</u></b></p> <p><u>Must have passed at least the U.S. Figure Skating junior free skate test.</u></p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 7 jump elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump* <ul style="list-style-type: none"> <li>○ All single and double jumps allowed, including the double Axel.</li> <li>○ Triple and higher jumps not allowed</li> <li>○ 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</li> <li>○ Maximum 3 jump combinations or sequences</li> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 10 revolutions</li> <li>○ All 3 basic positions with minimum 2 revs in each position for highest base value</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 1 spin with only one position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• All spins may start with a flying entry.</li> <li>• Spins must be of a different character</li> </ul>	<p><b>Maximum 2 Sequences:</b></p> <ul style="list-style-type: none"> <li>• <b><u>One leveled step sequence*</u></b> <ul style="list-style-type: none"> <li>○ <b><u>Only Minimum Variety (5 turns) &amp; Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level.</u></b></li> <li>○ <b><u>Must fully utilize the ice surface.</u></b></li> </ul> </li> </ul> <p><u>Max Level 2:</u>  <u>Once Choreographic Sequence (ChSq)</u>  <u>Must be clearly visible</u></p>
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## U.S. Figure Skating Nonqualifying Competitions

### STANDARD 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"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Upright spin with change of foot – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Jump combination: single/single (no Axel)</li> <li>• Spin with one change of position and no change of foot – minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>
Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Axel jump</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Spin with one change of foot and one change of position – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Axel or double Salchow</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence – must include rotating in both directions</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>1. Double Salchow or double toe loop</li> <li>2. Jump combination: single/single or double/single</li> <li>3. Layback spin or camel spin - minimum four revolutions</li> <li>4. Step sequence – must include 3 difficult turns and rotating in both directions</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Salchow, double toe loop or double loop</li> <li>2. Jump combination: single/single or double/single, double/double</li> <li>3. Flying spin, minimum five revolutions</li> <li>4. Step sequence – must include 4 difficult turns and rotations in both directions</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Double loop or double flip</li> <li>2. Jump combination: double/single or double/double</li> <li>3. Flying spin - minimum six revolutions</li> <li>4. Step sequence – must include 5 difficult turns and rotations in both directions</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double flip or double Lutz</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot)</li> <li>4. Step sequence – must include 7 difficult turns and rotations in both directions</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Lutz or double Axel</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - all 3 basic positions required (min. 6 on each foot)</li> <li>4. Step sequence – must include 7 difficult turns and rotations in both directions</li> </ol>



## U.S. Figure Skating Nonqualifying Competitions

### ADULT 1-6 ELEMENTS

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

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



## U.S. Figure Skating Nonqualifying Competitions

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



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Adult Compulsory Moves

General event parameters:

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

Level	Time	Elements
Adult Beginner	1:30 MAX	<ul style="list-style-type: none"> <li>• Mazurka</li> <li>• <u>Waltz jump</u></li> <li>• Forward beginning one-foot spin from backward crossovers (min 2 revs)</li> <li>• Forward moving inside open mohawk (right and left) – heel to instep</li> <li>• Alternating right and left forward inside and outside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</li> </ul>
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• ½ flip</li> <li>• Forward upright spin (Min. 2 revolutions)</li> <li>• Backward outside 3-turn right and left</li> <li>• 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)</li> </ul>
Adult Pre-Bronze	1:30 MAX	<ul style="list-style-type: none"> <li>• <u>Single toe loop</u></li> <li>• <u>Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence</u></li> <li>• Forward upright spin (Min. 3 revolutions)</li> <li>• Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge either direction</li> <li>• Forward spiral (any edge)</li> </ul>
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> <li>• Single Salchow</li> <li>• <u>Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination and 3 jumps in a sequence</u></li> <li>• <u>Solo spin with no change of foot (min. 3 revolutions)</u></li> <li>• Backward inside 3-turn right and left</li> <li>• Spiral sequence (min. 2 spirals)</li> </ul>
Adult Silver	1:30 MAX	<ul style="list-style-type: none"> <li>• Single loop</li> <li>• Single/single jump combination</li> <li>• <u>Solo spin with no change of foot (min. 3 revolutions)</u></li> <li>• Straight line step sequence</li> </ul>
Adult Gold	1:30 MAX	<ul style="list-style-type: none"> <li>• Single Lutz or Axel</li> <li>• <u>Jump combination (Single/single, single/double, double/single) that may include any single jump, double Salchow, or double toe loop</u></li> <li>• <u>Solo spin with no change of foot (min 4 revolutions)</u></li> <li>• Straight line step sequence</li> </ul>
Masters Intermediate/Novice	1:30 MAX	<ul style="list-style-type: none"> <li>• <u>Choice of any solo jump (any single jump, double Salchow, double toe loop or double loop allowed)</u></li> <li>• <u>Jump combination that may include any single jump, double Salchow, double toe loop or double loop</u></li> <li>• Solo spin of skater's choice (min. 6 revolutions)</li> <li>• Straight line step sequence</li> </ul>
Masters Junior/Senior	1:30 MAX	<ul style="list-style-type: none"> <li>• <u>Choice of any solo jump (all single and double jumps allowed)</u></li> <li>• <u>Jump combination that may include any single or double jump</u></li> <li>• Solo spin of skater's choice (min. 8 revolutions)</li> <li>• Straight line step sequence</li> </ul>





# U.S. Figure Skating Nonqualifying Competitions

## WELL BALANCED PROGRAM FREE SKATE



**2019-20 Singles Free Skating Requirements** – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019. This includes any changes from the 2019 Governing Council.

2019-20	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>NO TEST</b></p> <p><b>1:40 maximum</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed except for the single Axel               <ul style="list-style-type: none"> <li>○ No single Axels, double, triple or quadruple jumps allowed</li> <li>○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump).</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence               <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p><b>PRE-PRELIMINARY</b></p> <p><b>1:40 maximum</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps, including the single Axel, allowed               <ul style="list-style-type: none"> <li>○ No double, triple or quadruple jumps allowed</li> <li>○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence               <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p><b>PRELIMINARY</b></p> <p><b>1:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)               <ul style="list-style-type: none"> <li>○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> </ul> </li> <li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Max 2 jump combinations or sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence               <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>

<p><b>PRE-JUVENILE</b></p> <p><b>2:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> <li>○ No double Axels, triple or quadruple jumps allowed</li> <li>○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Min 4 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
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2019-20	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>JUVENILE and OPEN JUVENILE GIRLS &amp; BOYS</b></p> <p><b>2:30 +/- 10 sec</b></p> <p><b>2<sup>nd</sup> half bonus: 1:15**</b></p> <p>*means element is required</p> <p><b>** Beginning Dec 1, 2019, program length with be 2:30 +/- 10 sec and 2<sup>nd</sup> half bonus ill begin at 1:15</b></p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps, including the double Axel, and one triple jump are allowed <ul style="list-style-type: none"> <li>○ No <u>additional</u> triple jumps and no quadruple jumps are allowed</li> <li>○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> <li>▪ If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump can be included more than twice. <u>The triple jump can only be included once.</u></li> </ul> </li> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed. <u>If double Axel or triple jump is part of 3-jump combination, then 2 other double jumps may be included.</u></li> <li>○ <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 8 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> <li>○ Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One choreographic step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>INTERMEDIATE LADIES &amp; MEN</b></p> <p><b>3:00 +/- 10 sec</b></p> <p><b>2<sup>nd</sup> half bonus: 1:30</b></p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> <li>○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</li> <li>○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> <li>▪ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double or triple jump can be included more than twice</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 8 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> <li>○ Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Max Level 2. Only Minimum Variety (5 turns) &amp; Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level.</li> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>

<p><b>NOVICE LADIES &amp; MEN</b></p> <p><b>3:30 +/- 10 sec</b></p> <p><b>2<sup>nd</sup> half bonus: 1:45</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> <li>○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. <ul style="list-style-type: none"> <li>• If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>2019-20</b></p>	<p><b>JUMP ELEMENTS</b></p>	<p><b>SPINS</b></p>	<p><b>STEP SEQUENCES</b></p>
<p><b>JUNIOR LADIES &amp; MEN</b></p> <p><b>3:30 +/- 10 sec</b></p> <p><b>2<sup>nd</sup> half bonus: 1:45</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ All 3 basic positions with min 2 revs in each position for highest base value</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>SENIOR LADIES &amp; MEN</b></p> <p><b>4:00 +/- 10 sec</b></p> <p><b>2<sup>nd</sup> half bonus: 2:00</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice</li> <li>○ <u>Of the 2 repetitions only 1 can be a quad jump. Only 1 quad jump can be repeated.</u></li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ All 3 basic positions with min 2 revs in each position for highest base value</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 2 Sequences</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> <li>• One choreographic sequence* <ul style="list-style-type: none"> <li>○ Must be clearly visible</li> </ul> </li> </ul>

**SINGLES SHORT PROGRAM**



2019-20 Singles Short Program Requirements – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019. This includes any changes from the 2019 Governing Council.

**OPTIONAL FOR NONQUALIFYING COMPETITIONS – NOT A SEGMENT AT QUALIFYING COMPETITIONS**

(Juvenile events at regional championships, sectional championships and U.S. Championships will still consist of a free skate only.)

<p><b>JUVENILE and OPEN JUVENILE GIRLS/BOYS</b> 2:10 max.</p>	<p><b>Single or Double Axel</b></p>	<p><b>Single or Double Jump</b>  May not repeat Axel jump jumps used in the combination</p>	<p><b>Jump Combination</b>  Single/Double or Double/Double  May not repeat Axel jump or solo jump performed</p>	<p><b>Spin</b>  Only one position No change of foot May start with a fly Min. 5 revs.</p>	<p><b>Spin Combination</b>  With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p><b>Choreographic Step Sequence</b>  Fully utilizing the ice surface</p>
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**REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS**

<p><b>INTERMEDIATE LADIES/MEN</b> 2:10 max.</p>	<p><b>Single or Double Axel</b></p>	<p><b>Double or Triple Jump</b>  May not repeat double Axel or the triple jump used in the combination</p>	<p><b>Jump Combination</b>  Single/Double, Double/Double, Single/Triple, Double/Triple or Triple/triple  May not repeat Axel jump or solo jump performed</p>	<p><b>Spin</b>  Only one position No change of foot May start with a fly Min. 5 revs.  Men: Must be a camel spin</p>	<p><b>Spin Combination</b>  With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b>  Max Level 2_Only Simple Variety (5 turns) or Minimum Variety (7 turns) &amp; rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level.  Fully utilizing the ice surface</p>
<p><b>NOVICE LADIES</b> 2:30 max.</p>	<p><b>Single or Double Axel</b></p>	<p><b>Double or Triple Jump</b>  Immediately preceded by connecting steps  May not repeat double Axel or either jump in combo</p>	<p><b>Jump Combination</b>  Double/Double, Double/Triple or Triple/Triple  May not repeat double Axel or solo jump performed</p>	<p><b>Layback, Sideways Leaning, Sit or Camel Spin</b>  No change of foot No flying entry Min. 6 revs.</p>	<p><b>Spin Combination</b>  With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b>  Fully utilizing the ice surface</p>
<p><b>NOVICE MEN</b> 2:30 max.</p>	<p><b>Single or Double Axel</b></p>	<p><b>Double or Triple Jump</b>  Immediately preceded by connecting steps  May not repeat double Axel or either jump in combo</p>	<p><b>Jump Combination</b>  Double/Double, Double/Triple or Triple/Triple  May not repeat Double Axel or solo jump performed</p>	<p><b>Camel Spin</b>  With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot</p>	<p><b>Spin Combination</b>  With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b>  Fully utilizing the ice surface</p>

<b>JUNIOR LADIES</b> 2:40 +/- 10 sec <b>2<sup>ND</sup> half bonus: 1:20</b>	<b>Double Axel</b>	<b>Double or Triple Loop</b>	<b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple  May not repeat Double Axel or solo jump performed	<b>Flying Sit Spin</b> Flying pos. may be different than landing pos. Min. 8 revs.	<b>Layback, Sideways Leaning or Camel Spin without change of foot</b> No flying entry Min. 8 revs.	<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b>  Fully utilizing the ice surface
<b>JUNIOR MEN</b> 2:40 +/- 10 sec <b>2<sup>ND</sup> half bonus: 1:20</b>	<b>Double or Triple Axel</b>	<b>Double or Triple Loop</b>	<b>Jump Combination</b> Double/Triple or Triple/Triple  May not repeat Axel jump or solo jump performed	<b>Flying Sit Spin</b> Flying pos. may be different than landing pos. Min. 8 revs.	<b>Camel Spin</b> With only 1 change of foot No flying entry Min. 6 revs. each foot	<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b>  Fully utilizing the ice surface
<b>SENIOR LADIES</b> 2:40 +/- 10 sec <b>2<sup>ND</sup> half bonus: 1:20</b>	<b>Double or Triple Axel</b>	<b>Any Triple Jump</b>  May not repeat Triple Axel or either jump in combo	<b>Jump Combination</b> Double/Triple or Triple/Triple  May not repeat Axel jump or solo jump performed	<b>Flying Spin</b> Landing position different than spin in 1 position Min. 8 revs.	<b>Layback, Sideways Leaning, Sit or Camel Spin without change of foot</b> No flying entry Min. 8 revs.	<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b>  Fully utilizing the ice surface
<b>SENIOR MEN</b> 2:40 +/- 10 sec <b>2<sup>ND</sup> half bonus: 1:20</b>	<b>Double or Triple Axel</b>	<b>Any Triple or Quadruple Jump</b>  May not repeat Triple Axel or either jump in combo	<b>Jump Combination</b> Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple  May not repeat Axel jump or solo jump performed	<b>Flying Spin</b> Landing position different than spin in 1 position Min. 8 revs.	<b>Camel or Sit Spin</b> With only 1 change of foot No flying entry Min. 6 revs. each foot	<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b>  Fully utilizing the ice surface

**PAIRS FREE SKATE**



**2019-20 Pairs Free Skate Requirements** – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019. This includes any changes from the 2019 Governing Council.

2019-20	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
<p><b>PRE-JUVENILE PAIRS</b></p> <p>2:00 +/- 10 sec</p>	<p>1 Lift</p> <p>Group 1 Lift or Group 2 Waist Lift</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted</p> <p>Min ½ rev by man (<u>no max</u>)</p>	N/A	<p>1 (optional) Throw Jump</p> <p>Single</p>	<p>1 Solo Jump</p> <p>Single</p>	<p>1 Jump Sequence or Jump Combination</p> <p><u>Max 2 jumps in jumping combination</u></p> <p>Jump sequence is any listed jump immediately followed by an Axel-type jump</p> <p>Single jumps only</p>	<p>1 Solo Spin</p> <p>Min 3 revs</p> <p>No change of foot or position</p>	<p>1 Pair Spin</p> <p>Min 3 revs</p> <p>No change of foot or position</p>	<p>1 (optional) Pivot Figure</p> <p>No minimum requirements</p> <p>Pivot figure not eligible for features</p>	<p>1 Step Sequence*</p> <p>Utilizing one-half the ice surface*</p> <p>Stroking both forward and backward, clockwise and counterclockwise</p> <p><b>*If IJS is used, then: ChSt</b></p>
<p><b>JUVENILE PAIRS</b></p> <p>2:30 +/- 10 sec</p>	<p>Max 1 Lift</p> <p>Lift may be chosen from Group 1 or Group 2</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted</p> <p>Min 1 rev by man (<u>no max</u>)</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>

<p><b>INTERMEDIATE PAIRS</b></p> <p>3:00 +/- 10 sec</p>	<p><b>Max 2 Overhead Lifts</b></p> <p>Lifts can be selected from Groups 1-4 and must be different</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted; however, if a pair executes a platter lift, the release of the lady's hands after the lift extension has been achieved is not a violation of this rule.</p> <p>Min 1 rev by man (no max)</p>	<p><b>Max 1 Twist Lift</b></p> <p>Single</p> <p>Take off must be flip or Lutz</p>	<p><b>Max 2 Throw Jumps</b></p> <p>Single or double</p> <p>Must be different</p>	<p><b>Max 1 Solo Jump</b></p> <p>Single or double</p>	<p><b>Max 1 Jump Sequence or Jump Combination</b></p> <p>Max 2 jumps in jump combination</p> <p><u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></p> <p>Single or double jumps only</p>	<p><u>N/A</u></p>	<p><b>Max 1 Pair Spin</b></p> <p><u>Min 5 revolutions</u></p> <p><u>No change of foot</u></p> <p><u>Optional change of position</u></p> <p><u>May not be connected with a jump</u></p>	<p><b>Max 1 Death Spiral or Pivot Figure</b></p> <p>Regular 1-hand-to-1-hand hold required</p> <p>Pivot figure not eligible for features</p> <p>When the position is attained, both partners must execute min ½ rev with the knees of the man clearly bent and in full pivot position</p>	<p><b>Max 1 Leveled Step Sequence</b></p> <p><u>Step sequence can achieve up to level 2</u></p> <p>Must be clearly visible</p>
<p><b>NOVICE PAIRS</b></p> <p>3:30 +/- 10 sec</p>	<p><b>Max 2 Overhead Lifts</b></p> <p>Lifts must be from different groups, and 1 must be from Group 3 or Group 4</p> <p>Variations of lady's position, no-handed, 1-handed, combo lifts and lifts that turn in both directions ARE permitted</p> <p>Carry lifts and carry features are NOT permitted</p> <p>Min 1 rev by man (no max)</p>	<p><b>Max 1 Twist Lift</b></p> <p>Single or double</p> <p>Take off must be flip or Lutz</p>	<p><b>Max 2 Throw Jumps</b></p> <p>Single, double or triple</p> <p>Must be different</p>	<p><b>Max 1 Solo Jump</b></p> <p>Single, double or triple</p> <p>If double Axel or triple, must be different from jumps executed in the jump sequence / combination</p>	<p><b>Max 1 Jump Sequence or Jump Combination</b></p> <p>Max 2 jumps in jump combination</p> <p><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><u>N/A</u></p>	<p><b>Max 1 Pair Spin or Pair Spin Combination</b></p> <p>Min 5 revs</p> <p>If pair spin combination, must have at least 1 change of foot and 1 change of position by each partner</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p><b>Max 1 Death Spiral</b></p> <p>Regular 1-hand-to-1-hand hold required</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p><b>Max 1 Choreographic Sequence</b></p> <p>Must be clearly visible</p>

<p style="text-align: center;"><b>JUNIOR PAIRS</b></p> <p>3:30 +/- 10 sec</p>	<p style="text-align: center;"><b>Max 2 Overhead Lifts</b></p> <p>Not all from the same group.</p> <p>Full extension of the lifting arms required</p> <p>Both lifts may include a carry feature, but only first attempt counts for level.</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 style="text-align: center;"><b>Max 1 Twist Lift</b></p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, loop, flip, Lutz or Axel</p>	<p style="text-align: center;"><b>Max 2 Throw Jumps</b></p> <p>Must be different</p>	<p style="text-align: center;"><b>Max 1 Solo Jump</b></p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination</p>	<p style="text-align: center;"><b>Max 1 Jump Sequence or Jump Combination</b></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 style="text-align: center;"><b>Solo Spin Combination</b></p> <p style="text-align: center;">N/A</p>	<p style="text-align: center;"><b>Max 1 Pair Spin Combination</b></p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With a least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</p>	<p style="text-align: center;"><b>Max 1 Death Spiral</b></p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p style="text-align: center;"><b>Max 1 Choreographic Sequence</b></p> <p>Must be clearly visible</p>
<p style="text-align: center;"><b>SENIOR PAIRS</b></p> <p>4:00 +/- 10 sec</p>	<p style="text-align: center;"><b>Max 3 Overhead Lifts</b></p> <p>Not all from Group 5</p> <p>Full extension of the lifting arms required</p> <p>If 2 Group 5 lifts are executed, each must have a different take off (toe, step, reverse, backward or Axel)</p> <p>All lifts may include a carry feature, but only the first attempt counts for level</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 (no max)</p>	<p style="text-align: center;"><b>Max 1 Twist Lift</b></p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, flip, Lutz or Axel</p>	<p style="text-align: center;"><b>Max 2 Throw Jumps</b></p> <p>Must be different</p>	<p style="text-align: center;"><b>Max 1 Solo Jump</b></p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination</p>	<p style="text-align: center;"><b>Max 1 Jump Sequence or Jump Combination</b></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 style="text-align: center;"><b>Solo Spin Combination</b></p> <p style="text-align: center;">N/A</p>	<p style="text-align: center;"><b>Max 1 Pair Spin Combination</b></p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With at least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</p>	<p style="text-align: center;"><b>Max 1 Death Spiral</b></p> <p>Must be different from the death spiral in the short program</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p style="text-align: center;"><b>Max 1 Choreographic Sequence</b></p> <p>Must be clearly visible</p>



## PAIRS SHORT PROGRAM

**2019-20 Pairs Short Program Requirements** – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019. This includes any changes from the 2019 Governing Council.

2019-20	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
<b>NOVICE PAIRS SHORT PROGRAM</b>  2:50 Max	<p>One lift selected from <b>Group 4 or 5</b> Min 1 by man (no max)</p> <p>One-handed variations and changes of hold or of the lady's position during the lift are permitted</p> <p>The lift may not include a carry feature or be a carry lift</p>	<p>Single or Double</p> <p>Take off must be flip or Lutz</p>	<p>Single, Double or Triple <u>toe loop or flip/Lutz</u></p>	<p>Double <u>Loop or Double Axel</u></p>	<p><b>Solo Spin or Solo Spin Combination</b></p> <p><u>Optional change of foot</u> and optional change of position</p> <p>Min. 5 revs. <u>by both partners</u></p> <p><u>May</u> be commenced with a jump</p> <p><i>(Will no longer alternate between solo spin and pair spin element)</i></p>	<p><b>Backward Inside</b></p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p><b>Leveled Step Sequence</b></p> <p>Must fully utilize the ice surface</p>
<b>JUNIOR PAIRS SHORT PROGRAM</b>  2:40 +/- 10 sec	<p>Any <u>lasso</u> lift take off (<b>Group 5</b>)</p> <p>Full extension of the lifting arm(s) is required</p> <p>Min 1 rev by man (<u>no max</u>)</p>	<p>Double or Triple</p> <p>Take off must be flip or Lutz</p>	<p>Double or Triple <u>toe loop or flip/Lutz</u></p>	<p>Double <u>Loop or Double Axel</u></p>	<p><b>Solo Spin Combination</b></p> <p>Only one change of foot (made at the same time by both partners)</p> <p>Min. 5 revs. On each foot and 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>May be commenced with a jump</p>	<p><b>Backward Inside</b></p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p><b>Leveled Step Sequence</b></p> <p>Must fully utilize the ice surface</p>
<b>SENIOR PAIRS SHORT PROGRAM</b>  2:40 +/- 10 sec	<p>Any <u>lasso</u> lift take off (<b>Group 5</b>)</p> <p>Full extension of the lifting arm(s) is required</p> <p>Min 1 by man (no max)</p>	<p>Double or Triple</p> <p>Take off must be flip or Lutz</p>	<p>Double or Triple (any take off)</p>	<p>Double or Triple (any take off)</p>	<p><b>Solo Spin Combination</b></p> <p>Only one change of foot (made at the same time by both partners)</p> <p>Min. 5 revs. On each foot and 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>May be commenced with a jump</p>	<p><b>Backward Inside</b></p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p><b>Leveled Step Sequence</b></p> <p>Must fully utilize the ice surface</p>

## ADULT SINGLES FREE SKATE

**2019-20 Adult Singles Free Skating Requirements** – This chart reflects the rules currently in place for the 2019-20 season, which begins July 1, 2019. This includes any changes from the 2019 Governing Council..



2019-20	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<p><b>CHAMPIONSHIP MASTERS JUNIOR-SENIOR &amp; MASTERS JUNIOR-SENIOR</b></p> <p><b>3:40 maximum</b></p> <p><b>2<sup>nd</sup> half bonus: 1:50</b> * means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• Max 3 combinations or sequences</li> <li>• 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps</li> <li>• Jump sequence is any listed jump immediately followed by an Axel type jump</li> <li>• No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence                             <ul style="list-style-type: none"> <li>• If both executions (of the same Axel or multi-rotation jump) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 5 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>
<p><b>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE &amp; MASTERS INTERMEDIATE-NOVICE</b></p> <p><b>3:10 maximum</b></p> <p><b>2<sup>nd</sup> half bonus: 1:35</b> * means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• Max 3 combinations or sequences</li> <li>• 1 jump combination/sequence may contain 3 jumps; the remaining jump combinations/sequences are limited to 2 jumps</li> <li>• Only 1 jump combination or sequence may include 2 double jumps</li> <li>• Jump sequence is any listed jump immediately followed by an Axel type jump</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence</li> <li>• If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value</li> <li>• All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop</li> <li>• Double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 5 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>
<p><b>CHAMPIONSHIP ADULT GOLD &amp; ADULT GOLD</b></p> <p><b>2:40 maximum</b></p> <p><b>2<sup>nd</sup> half bonus: 1:20</b></p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Max 3 combinations or sequences</li> <li>• 1 jump combination/sequence may contain 3 jumps; the remaining jump combinations/sequences are limited to 2 jumps</li> <li>• Each jump combination or sequence may include only 1 double jump</li> <li>• Jump sequence is any listed jump immediately followed by an Axel type jump</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence</li> <li>• If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value</li> <li>• All single jumps, including the single Axel, and the following double jumps are permitted: double toe loop, double Salchow.</li> <li>• Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Max Level 3</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 4 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>

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

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

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

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

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

Adult Singles 2019-2020 Version 2.0 – 7/25/19 RH



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



## Adult Jumps Challenge

General event parameters:

- 1 Each jump may be attempted twice; the best attempt will be counted.
- 2 Adult silver and lower will be skated  $\frac{1}{2}$  ice; adult gold – masters junior/senior will be skated on full ice

Level	Time	Elements
Adult Beginner	1:00	<ol style="list-style-type: none"> <li>1. Mazurka or ballet jump</li> <li>2. <u>Waltz jump</u></li> </ol>
Adult Pre-Bronze	1:00	<ol style="list-style-type: none"> <li>1. Toe loop jump</li> <li>2. <math>\frac{1}{2}</math> flip, <math>\frac{1}{2}</math> Lutz or <math>\frac{1}{2}</math> loop</li> </ol>
Adult Bronze	1:00	<ol style="list-style-type: none"> <li>1. Single Salchow</li> <li>2. Single toe loop</li> <li>3. Any single jump + single toe loop combination (No Axels allowed)</li> </ol>
Adult Silver	1:15	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single loop</li> <li>3. Single/single combination (Axel is permitted)</li> </ol>
Adult Gold	1:15	<ol style="list-style-type: none"> <li>1. Single Axel <u>or waltz jump</u></li> <li>2. Single Lutz</li> <li>3. Jump combination that may include any single jump, double toe loop, or double Salchow. <u>May include only one double jump.</u></li> </ol>
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> <li>1. Single Axel <u>or waltz jump</u></li> <li>2. Salchow (<u>single or double</u>), toe loop (<u>single or double</u>) or loop (<u>single or double</u>)</li> <li>3. <u>Jump combination that may include any single jump, double toe loop, double Salchow, or double loop</u></li> </ol>
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> <li>1. Loop jump (<u>single or double</u>) or flip jump (<u>single or double</u>)</li> <li>2. Lutz (<u>single or double</u>)</li> <li>3. <u>Jump combination that may include any single or double jump</u></li> </ol>



## SINGLES SPINS CHALLENGE

### Introductory and Standard events

General event parameters:

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

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

\* 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).



## 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. Only required elements may be included.
- 2 All events are skated on ½ ice.
- 3 Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Adult Beginner	<u>1:30 max.</u>	<ol style="list-style-type: none"> <li>1. Pivot</li> <li>2. Upright two-foot spin (2 revs)</li> </ol> <p><i>Spins <b>may not</b> have a flying entry. If judged with IJS, max Level 1.</i></p>
Adult Pre-Bronze	<u>1:30 max.</u>	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3 revs)</li> <li>2. Upright two-foot spin (3 revs)</li> </ol> <p><i>Spins <b>may not</b> have a flying entry. If judged with IJS, max Level 1.</i></p>
Adult Bronze	<u>1:30 max.</u>	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3 revs)</li> <li>2. <u>Solo spin with no change of foot (3 revs) - must be different from the upright spin</u></li> </ol> <p><i>Spins <b>may not</b> have a flying entry. If judged with IJS, max Level 1.</i></p>
Adult Silver	1:30 max.	<ol style="list-style-type: none"> <li>1. <u>Solo spin with no change of foot (3 revs)</u></li> <li>2. <u>Seconds solo spin, different from the first; change of foot optional (3 revs per foot)</u></li> <li>3. Combination spin - with at least one change of position* and no change of foot (<u>2 revs in each position</u>)</li> </ol> <p><i>If judged with IJS, max Level 2.</i></p>
Adult Gold	1:30 max.	<ol style="list-style-type: none"> <li>1. Solo spin with no change of foot (4 revs)</li> <li>2. Second solo spin, different from the first; change of foot optional (4 revs per foot)</li> <li>3. Combination spin - with change of foot and at least one change of position* (<u>2 revs in each position</u> and 4 revs per foot)</li> </ol> <p><i>If judged with IJS, max Level 3.</i></p>
Masters Intermediate/Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Solo spin (<u>5 revs if one foot, 4 revs per foot if change of foot</u>)</li> <li>2. Second solo spin, different from the first (<u>5 revs if one foot, 4 revs per foot if change of foot</u>)</li> <li>3. Combination spin - with change of foot and at least one change of position* (<u>2 revs in each position</u> and 4 revs per foot)</li> </ol>
Masters Junior/Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Solo spin (<u>5 revs if one foot, 4 revs per foot if change of foot</u>)</li> <li>2. <u>Second solo spin, different from the first (5 revs if one foot, 4 revs per foot if change of foot)</u></li> <li>3. Combination spin - with change of foot and at least one change of position* (<u>2 revs in each position</u> and 4 revs per foot)</li> </ol>

\*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).



## Solo Pattern Dance

General event parameters:

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

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

## SHOWCASE EVENTS

Format: Showcase groups will be divided by number of entries and ages if possible. Vocal music is permitted and 6.0 judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Showcase categories may include:

1. Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
2. Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
3. Duets: Theatrical/artistic performances by any competitors.
4. Mini production ensembles): Theatrical performances by three to seven competitors.

NOTE: Skaters may enter only one each duet, mini production or production event.



General event parameters:

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judges' mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint for theatrical and artistic qualities. Technical skating skills and difficulty will not be rewarded; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

**Dramatic Entertainment**

Format:

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

General event parameters:

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

**Dramatic Entertainment Levels:**

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

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH	
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.	
Pre-Free Skate-Free Skate	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.	
Beginner/High Beginner/	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.	
Event	Must meet requirements*	Must not have passed	Age	Time
No Test <small>(does not qualify for National Showcase)</small>	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 <b>(max age 20)</b>	1:30 max
	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance		

Pre-Preliminary (does not qualify for National Showcase)	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No minimum <b>(max age 20)</b>	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	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
<b>Event</b>	<b>Must meet requirements*</b> Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	<b>Must not have passed</b> Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	<b>Age</b>	<b>Time</b>
Adult Pre-Bronze (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
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 3 <sup>rd</sup> 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 <sup>th</sup> 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 <sup>rd</sup> Figure Test (prior to 10/1/77) OR 8 <sup>th</sup> Figure Test (10/1/77-9/30/79)		21 and older	2:10 max

## Light Entertainment

### Format:

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

### General event parameters:

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

## Light Entertainment Levels:

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

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
Beginner/High Beginner/	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.

<b>Event</b>	<b>Must meet requirements*</b> Must have passed Free Skating or Dance test (solo or partnered standard track)	<b>Must not have passed</b> Free Skate or Dance (solo or partnered) Test or higher	<b>Age</b>	<b>Time</b>
No Test <small>(does not qualify for National Showcase)</small>	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No minimum <b>(max age 20)</b>	1:30 max
Pre-Preliminary <small>(does not qualify for National Showcase)</small>	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No minimum <b>(max age 20)</b>	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	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
<b>Event</b>	<b>Must meet requirements*</b> Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	<b>Must not have passed</b> Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	<b>Age</b>	<b>Time</b>
Adult Pre-Bronze <small>(does not qualify for National Showcase)</small>	Adult Pre-Bronze Free Skate OR Pre-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

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 <sup>rd</sup> 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 <sup>th</sup> 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 <sup>rd</sup> 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 <sup>th</sup> 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 <sup>rd</sup> Figure Test (prior to 10/1/77) OR 8 <sup>th</sup> Figure Test (10/1/77-9/30/79)		21 and older	2:10 max

## Duets

Format:

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

General event parameters:

- 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.
- The determination of level will be based upon test requirement at the entry deadline

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

## Duet Event Levels:

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

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

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

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