



4th ANNUAL COMPETE USA CHAMPIONSHIPS

November 23 & 24, 2019
Entry deadline: October 26, 2019



The Rinks Lakewood ICE
3975 Pixie Ave. Lakewood, CA 90712
562 429-1805 X6228
www.Lakewoodice.com
Jpalmore@the-rinks.com



THE RINKS LAKEWOOD ICE

4th Annual Compete USA Championships

November 23-24, 2019

Dear Learn to Skate USA Members,

On behalf of The Rinks Lakewood Ice, we would like to cordially invite you to attend our 4th Annual Compete USA Championships in Lakewood, California. We are excited to be hosting this event in participation with All Year Figure Skating Club. Our facility has 3 full size ice surfaces all under one roof. The Rinks is located next to Long Beach Airport, close to all of Long Beach's many attractions and hotels.

Enclosed, please find all necessary forms and information about our competition. Please turn in applications to The Rinks Lakewood ICE Program Office by the deadline of Saturday, October 26, 2019. A competition schedule will be posted on our web site www.Lakewoodice.com no later than November 2, 2019. Professional video by John Hurd and still photography by Bob Young will be available. For your convenience, there is a full-service snack bar. Locker rooms will be available for competitors during the competition.

If you have any questions or need assistance please feel free to contact Jacqui Palmore at jpalmore@the-rinks.com (562) 429-1805 ext 6228.

Please turn in application to the Program Office, mail or scan all entry forms to:

The Rinks Lakewood Ice Program Office
Attention: Jacqui Palmore, Figure Skating Manager
3975 Pixie Ave.
Lakewood, Ca 90712
jpalmore@the-rinks.com

We look forward to seeing you at the competition!

THE RINKS LAKEWOOD ICE STAFF:

Diana Bosetti
Aimee Cruz
Derrick Delmore
Ivan Dinev
Peter Kongkasem
Skye Koachway
Britney Krugman
Anna Malkova
Garry Mallett

Jami Mitchell
Nha Quyen Nguyen
Angela Nikodinov
Jacqui Palmore
Lisa Parisi
Angel Sarkisova
Michael Villarreal
Laura Wishart

Eligibility Rules and Competition Information

Competition Dates

Saturday & Sunday, November 23-24, 2019

Entry Form Deadline

Saturday, October 26, 2019. Late entries, if accepted will be charged an additional \$50 late fee.

Address

The Rinks Lakewood Ice
3975 Pixie Ave
Lakewood, CA 90712

Eligibility Rules for Participant:

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either Learn to Skate USA and those who are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but must be registered with Learn to Skate USA or a member club. There will be no more than six competitors maximum in an event and all six should receive an award.

Eligibility and Test Requirements:

Eligibility will be based on skill level as of closing date of entries. All **Snowplow Sam and Basic 1-6** skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.

For the **Pre-Free Skate, Free Skate 1-6, Excel, Well Balanced, and Adult levels** eligibility will be based only upon highest free skate test level passed. Moves in the Field test level will not determine skater's competitive level. Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee (LOC) discovers that a skater has been placed in a category that is below his/her class level, the chair and referee will have the option to move the skater into the proper division, even if it is the day of the competition. This will ensure that every event is as fair as possible to the competitors. It is an ethical violation for coaches to sandbag an event.

ELIGIBILITY RULES FOR INSTRUCTORS/COACHES

When hosting a Compete USA competition, it is important that you verify the compliance of each coach/instructor who plans to coach on-site at the event. You can verify the status of coaches/instructors by checking the lists on www.usfigureskating.org by going to the Coaches page and clicking on the Information for Clubs. For Learn to Skate USA instructor verification, log in to the Management System, then Program Admin, Program Management and Instructor Compliance.

To be credentialed at a Compete USA event, coaches/instructors are required to have:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- SafeSport training completed (for coaches/instructors 18 years old and older)
- Background check successfully passed (for coaches/instructors 18 years old and over)
- Learn to Skate USA Instructor Certification completed OR U.S. Figure Skating compliant coach (for coaches under 18 years old)

*SafeSport training is available through www.usfsaonline.org for full members of U.S. Figure Skating and through Learn to Skate USA portal for instructors. There is no cost to this training. If a coach/instructor attempts to work at your event without the proper credentials, he or she is in violation of U.S. Figure Skating ethics and code of conduct rules and, as such, is subject to disciplinary action. All officials and adult volunteers attending Compete USA events must also be SafeSport compliant.

Registration

All skaters are to check in at the registration desk **at least one hour prior** to their scheduled event. If the competition is running ahead of schedule, an event may begin up to 30 minutes earlier than its scheduled time.

Music

CDs are to be turned in at the registration desk and clearly labeled with skater's name, age, and event. There should be no more than one program on a tape or CD. Extra music copies should be readily accessible to your skaters' coach in case of music problems. Music left at the end of the competition will be discarded after 10 days. The Rinks Lakewood Ice assumes no responsibility for lost, broken, or poorly recorded CD's.

Rink Size

Ice surface is 200' x 100' with rounded corners.

Awards

All skaters will receive an award. Awards will be presented upon the posting of each individual event. Any competitors who are not present during the awards presentation are welcome to pick up their awards the following week in The Rinks Lakewood Ice Program Office.

Schedule of Events

A preliminary schedule of events will be posted on our web site www.Lakewoodice.com by November 2, 2019.

Refunds

No refunds will be granted after the close of entries unless submitted with a doctor's note.

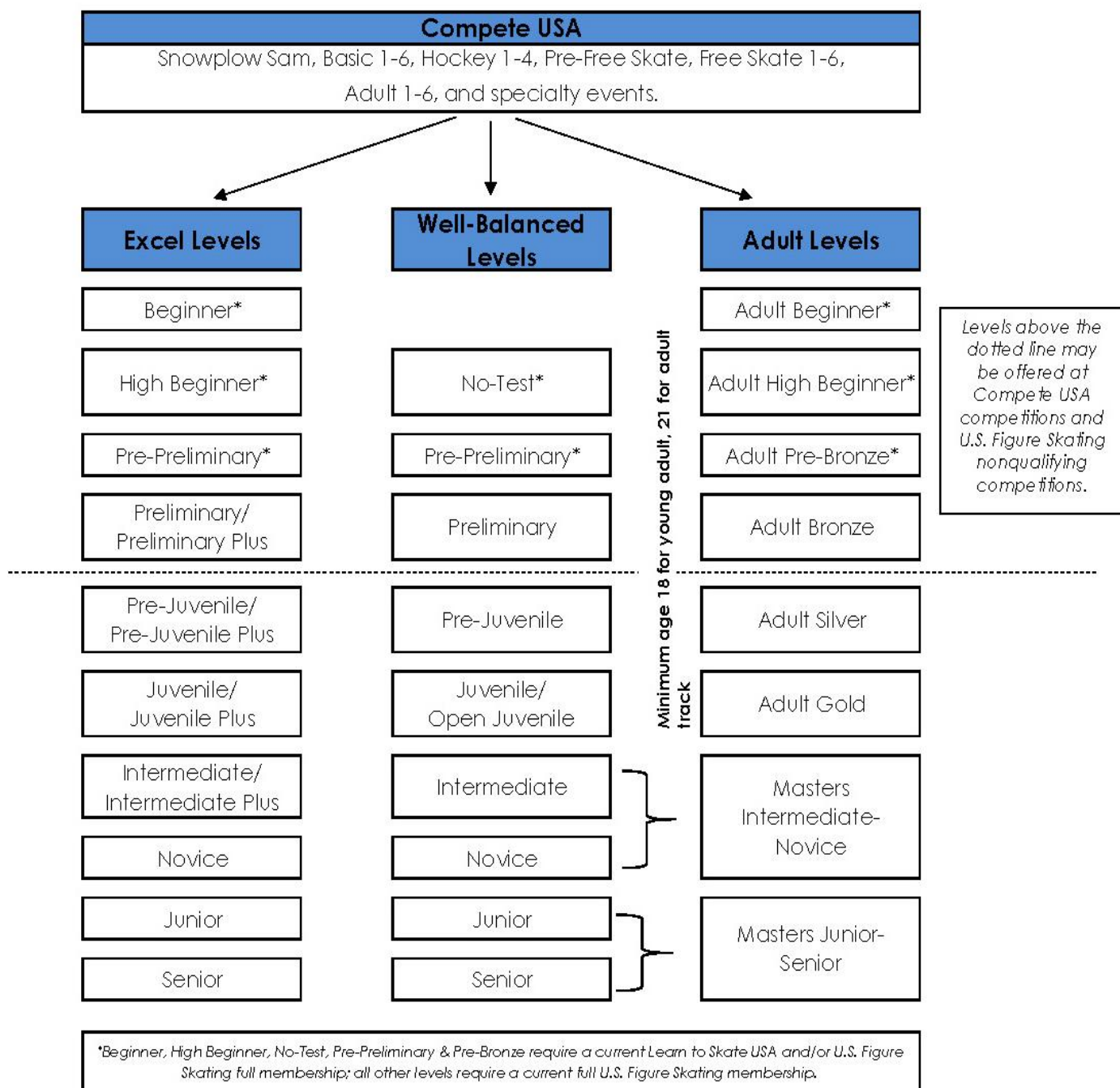
LIST OF EVENTS

EVENT	LEVEL
Solo Pattern Dance	Preliminary
Figure 8	Preliminary
Program with Music	Snowplow Sam – Basic 6
Program with Music	Pre Free Skate – Free Skate 6
Well Balanced Program Free Skate	No Test – Preliminary
Excel Free Skate	Excel Beginner – Excel Preliminary Plus
Basic Elements Event	Snowplow Sam – Basic 6
Compulsory Event	Pre Free Skate – Free Skate 6
Excel Compulsory Event	Excel Beginner – Excel Preliminary
Well Balanced Compulsory Moves	No Test – Preliminary
Adult Compulsory	Adult 1 – Bronze
Adult Freeskate with Music	Adult 1 – Adult 6, Adult Beginner – Bronze
Showcase Event/Holiday Showcase	All Levels
Interpretive	All Levels
Special Olympics	1-12
Synchronized Skating	Snowplow Sam – Preliminary



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.



EVENT: Solo Pattern Dance

General event parameters:

- Levels are based upon the skaters' highest pattern dance test passed.
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
- 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 his/her level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30th – July 2nd), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2nd quarter).
- 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.

Level	January 1 st – March 31 st	April 1 st – June 30 th	July 1 st – September 30 th	October 1 st – December 31 st
Preliminary	1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz
Pre-Bronze	1. Swing Dance 2. Cha-Cha	1. Fiesta Tango 2. Swing Dance	1. Cha-Cha 2. Fiesta Tango	1. Swing Dance 2. Cha-Cha

Level	Qualifications	Selected Dances for the Season (<i>Number of sequences to be danced in parenthesis</i>)			
		2019-2020 2023-2024	2020-2021 2024-2025	2021-2022 2026-2027	2022-2023 2027-2028
Adult Preliminary	No higher than one pre-bronze dance test <i>(partnered, solo, standard, adult/adult 21+ or adult 50+/masters)</i>	Dutch Waltz (2) Rhythm Blues (2)	Rhythm Blues (2) Canasta Tango (2)	Dutch Waltz (2) Canasta Tango (2)	Rhythm Blues (2) Canasta Tango (2)
Adult Pre-Bronze	The complete preliminary dance test and no higher than one bronze dance test <i>(partnered, solo, standard, adult/adult 21+ or adult 50+/masters)</i>	Canasta Tango (2) Cha Cha (2)	Dutch Waltz (2) Fiesta Tango (2)	Rhythm Blues (2) Swing Dance (2)	Canasta Tango (2) Swing Dance (2)

FIGURES – PRELIMINARY

Regular figures are based on the original “school” figure eights. Skaters perform a required figure patterns 3 times on each foot. Judging is based on the size & shape of the circles, cleanliness of edges & pattern. Centers may be marked.

Level	
Preliminary	1. Rt. Forward O 8 2. Lt. Waltz 8

EVENT: SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

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



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

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

EVENT: WELL BALANCED PROGRAM 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 competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up one level higher.



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

EVENT: 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 competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher

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

EVENT: SNOWPLOW SAM – BASIC 6 ELEMENTS

Two format options for the Elements Event:

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

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

EVENT: PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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



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

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

EVENT: EXCEL COMPULSORY

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

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

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

EVENT: WELL BALANCED LEVELS COMPULSORY

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

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

Level	Time	Skating rules/standards
No Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (no Axel) • Spin with one change of position and no change of foot – minimum 6 revolutions total • Choreographic step sequence
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Axel jump • Jump combination: single/single (may include Axel) • Spin with one change of foot and one change of position – minimum 3 revolutions on each foot • Choreographic step sequence

EVENT: ADULT 1-6, BEGINNER-BRONZE COMPULSORY

- 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"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:30 Max.	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3	1:30 Max.	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Forward chasses on a circle, clockwise and counterclockwise • Backward skating to a long two-foot glide • Backward snowplow stop, Right and Left
Adult 4	1:30 Max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Hockey stop, both directions • Backward one-foot glides, right and left
Adult 5	1:30 Max.	<ul style="list-style-type: none"> • Backward outside edge and backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin (min 2 revs)
Adult 6	1:30 Max.	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)
Adult Beginner	1:30 Max.	<ul style="list-style-type: none"> • Mazurka • Waltz jump • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open Mohawk (right and left) – heel to instep • Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult High Beginner	1:30 Max.	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • Forward upright spin – minimum 3 revolutions • Backward outside three- turn, right and left • Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult Pre-Bronze	1:30 Max.	<ul style="list-style-type: none"> • Single toe loop jump • 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 • Forward upright spin - minimum 3 revolutions • Two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • Forward spiral (any edge)
Adult Bronze	1:30 Max.	<ul style="list-style-type: none"> • Single Salchow jump • 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 • Solo spin with no change of foot (min. 3 revolutions) • Backward inside three-turn, right and left • Spiral sequence (Minimum 2 spirals)- must change edge or foot

EVENT: ADULT 1-6 FREE SKATE WITH MUSIC

General event parameters:

- The skating order of the required elements is optional.
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.
- To be skated on full ice
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

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

EVENT: ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC

General event parameters:

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

Level and Time	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements Jumps limited to bunny hop, mazurka, ballet and Waltz jump Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same jump	Max. 2 spins Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1
Adult High Beginner 1:40 Maximum	Max 4 jump elements: Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same type jump.	Max 2 spins: Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
Adult Pre-Bronze 1:40 Maximum	Max 4 Jump Elements: Max 2 combinations or sequences 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) Only single and half-revolution jumps are permitted No single Lutz, single Axel, double or triple jumps are permitted	Max 2 Spins: Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 6103 E) Min 3 revs Spins with a flying entry are not permitted	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate
Adult Bronze 1:50 maximum	Max 4 Jump Elements: Max 2 combinations or sequences 1 combination may contain 3 jumps, and the other may contain only 2 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except single Axel) No single Axel, double or triple jumps are permitted	Max 2 Spins: Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 6103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position No flying spins are permitted	Max 1 Sequence: 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

EVENT: ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC



General event parameters:

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

Level and Time	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements Jumps limited to bunny hop, mazurka, ballet and Waltz jump Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same jump	Max. 2 spins Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1
Adult High Beginner 1:40 Maximum	Max 4 jump elements: Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same type jump.	Max 2 spins: Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
Adult Pre-Bronze 1:40 Maximum	Max 4 Jump Elements: Max 2 combinations or sequences 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) Only single and half-revolution jumps are permitted No single Lutz, single Axel, double or triple jumps are permitted	Max 2 Spins: Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 6103 E) Min 3 revs Spins with a flying entry are not permitted	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate
Adult Bronze 1:50 maximum	Max 4 Jump Elements: Max 2 combinations or sequences 1 combination may contain 3 jumps, and the other may contain only 2 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except single Axel) No single Axel, double or triple jumps are permitted	Max 2 Spins: Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 6103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position No flying spins are permitted	Max 1 Sequence: 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

INTERPRETIVE PROGRAM:

Competition Format

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

Levels: Levels should be broken by ability with ages divided appropriately. **Judging Rules:** Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression. Spins and jumps performed must be appropriate to competition level. **Coaching** - There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.

Time: Music Duration: Pre-Free Skate – Free Skate 6: 1:00 Max

Beginner - Preliminary: 1:00 Max

EVENT: SHOWCASE

Showcase events are open to skaters in Snowplow Sam, Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

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 judge's 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 qualities. Technical skating skills and difficulty will not be rewarded as such; 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.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on www.usfigureskating.org.

Showcase categories may include:

- **SPECIAL HOLIDAY THEMED EVENT FOR ALL LEVELS-see max times below**
- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Character entertainment: Showcase program representing a particular character emphasizing theatrical characteristics related to the character chosen.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

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 6/ Beginner/High Beginner/ Adult 1-6/ Adult Beginner/Adult 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 or free dance tests.	Time: 1:30 max.
No Test	No prescribed or restricted elements.	Must not have passed Pre-Preliminary Free Skate or any Free Dance tests.	Time: 1:30 max.
Pre-Preliminary	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary May not have passed any free dance test.	Time: 1:30 max.
Adult Pre-Bronze	No prescribed or restricted elements.	Must have passed no higher than Adult Pre-Bronze free skate test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.
Preliminary/ Adult Bronze	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze Free Skate or Free Dance test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.

EVENT: SPECIAL OLYMPICS BADGE 1-12

Competition hosts can use the skills listed below to create either an elements event or program event for Special Olympics competitors. If doing a program, music can be used and will be 1:10 max.

<u>Badge 1</u> A) Stand unassisted for five seconds B) Sit on ice or fall and stand up unassisted C) Knee dip standing still unassisted D) March forward ten steps assisted	<u>Badge 7</u> A) Backward stroking across the rink B) Gliding backward to forward two-foot turn C) T-stop left or right D) Forward two foot turn on a circle: left and right
<u>Badge 2</u> A) March forward ten steps unassisted B) Swizzles, standing still: three repetitions C) Backward wiggle or march assisted D) Two foot glide forward for distance of at least length of body	<u>Badge 8</u> A) Five consecutive forward crossovers: left and right B) Forward outside edge: left and right C) Five consecutive backward ½ swizzles on a circle: left and right D) Two-foot spin
<u>Badge 3</u> A) Backward wiggle or march B) Five forward swizzles covering at least ten feet C) Forward skating across the rink D) Forward gliding dip covering at least length of body: left and right	<u>Badge 9</u> A) Forward outside 3 turn: left and right B) Forward inside edge: left and right C) Forward lunge or shoot the duck at any depth D) Bunny hop
<u>Badge 4</u> A) Backward two-foot glide covering at least length of body B) Two foot jump in place C) One foot snowplow stop: left and right D) Forward one foot glide covering at least length of body: left and right	<u>Badge 10</u> A) Forward inside three-turn: left and right B) Five consecutive backward crossovers: left and right C) Hockey stop D) Forward spiral three times length of body
<u>Badge 5</u> A) Forward stroking across rink B) Five backward swizzles covering at least ten feet C) Forward two-foot curves left and right across rink D) Two-foot turn front to back, on the spot	<u>Badge 11</u> A) Consecutive forward outside edges: minimum of two on each foot B) Consecutive forward inside edges: minimum of two on each foot C) Forward inside Mohawk: left and right D) Consecutive backward outside edges: minimum of two on each foot E) Consecutive backward inside edges: minimum of two on each foot
<u>Badge 6</u> A) Gliding forward to backward two-foot turn B) Five consecutive forward one-foot swizzles on circle: left and right C) Backward one foot glide length of body: left and right D) Forward pivot	<u>Badge 12</u> A) Waltz jump B) One foot spin: minimum of three revolutions Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise C) Combination of three moves chosen from badges 9-12

EVENT: THEATRE ON ICE - (use Team application)

Theatre On Ice events may be offered at Compete USA competitions for all levels. Compete USA programs are Choreographic Exercises intended to introduce skaters to choreographic processes, themes, and movements, as well as to begin to develop a movement vocabulary that skaters can utilize throughout their skating career.

While intended to model a traditional Choreographic Exercise, skaters are not required to wear black; teams may wear any color, as long as the team is uniform and matching.

Detailed information, including requirements, program lengths, and elements, is available on the [Theatre On Ice webpage](#); for additional information, please refer to the [2019-2020 Theatre On Ice Guidelines](#).

SYNCHRONIZED SKATING- SNOWPLOW SAM SYNCHRO, SYNCHRO SKILLS 1-3, PRELIMINARY (use Team application)

The emphasis of the Learn to Skate USA synchronized skating competition is on mastering the Synchro Skills of synchronized skating:

- Unison of body alignment and learning to guide with the head.
- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Learning how to transition within elements with ease and clarity.
- Incorporating skills from Basic 1-6, Pre-Free Skate and Free Skate 1-2 to strengthen skating skills.
- Learning skills that will be the foundation for higher levels.
- Demonstrate ability to recognize and skate to the tempo of the music.

In order to safely practice and compete at the various levels, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level at which they are skating (see program requirements).

Eligibility Rules: All skaters on the team must either be full U.S. Figure Skating members or members of the Learn to Skate USA program. All Learn to Skate USA Synchronized Skating teams must be registered with U.S. Figure Skating and have a team number.

In order for the team to be eligible for Snowplow Sam Synchro or Synchro Skills 1-3 events, no skaters on the team may have passed higher than a preliminary test (moves in the field, freestyle or dance). The skater's test level is as of the competition entry deadline.

No skater may compete on multiple Learn to Skate USA synchronized skating teams.

Age/Number of Skaters: Varies based on the level. The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1. If the majority of the team is younger than the listed age, consider skating "up" to the level that best meets the skaters' skill levels.

Each Synchro Skills team may have between 8-16 skaters. A Snowplow Sam Synchro team may have between 5-12 skaters. Teams may have a maximum of four alternates listed on their roster, in addition to the maximum number permitted on the ice for their respective level.

Costume Rules: Learn to Skate USA synchronized skating teams should follow **Rule 9022 Clothing and Equipment** (U.S. Figure Skating Rulebook) when selecting their clothing for competition.\\

EVENT: SYNCHRONIZED SKATING SNOWPLOW SAM, SYNCHRO SKILLS 1-3

PRELIMINARY

Required elements – Each level has specific required elements that must be completed:

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
SNOWPLOW SAM SYNCHRO 5-12 skaters, majority under 7 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward inside or outside edge 1 foot glide and/or 2 foot glide. May have backwards skating.	One line, skated forward, which must cover half ice to full ice.	One block, skated forward, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, skated forward, in any shape.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
SYNCHRO SKILLS 1 8-16 skaters, majority under 9 years old Maximum 2 minutes 10 seconds	One circle, which must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and may include forward and/or backward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel of the team's choice with backward pumps.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
SYNCHRO SKILLS 2 8-16 skaters, majority under 12 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward 3-turn and must contain a backward inside and/or backward outside edge glide.	One line, which must cover full ice and may include forward and/or backward skating.	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the team's choice with backward pumps and/or chasses.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
SYNCHRO SKILLS 3 8-16 skaters, majority at least 12 years old Maximum 2 minutes 10 seconds Minimum of two different hand holds	One circle, which must contain a mohawk and must contain a backward inside and/or backward outside edge glide.	Line element, which includes a change of configuration (1 line to 2 lines or 2 lines to 1 line), and must cover full ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 different configurations.	Wheel element of the team's choice with backward pumps, chasses, and/or crossovers.	One intersection.
PRELIMINARY 8-16 skaters who are under age 12, majority under age 10 2:00 +/- 10 seconds Minimum of two different hand holds	One intersection element	One traveling element – Circle OR one traveling element – Wheel Teams may not repeat the same shape used in the rotating element Any recognizable travel is required	One pivoting element – Block Any recognizable pivoting is required	One linear element – Line	One rotating element – Wheel OR one rotating element – Circle Teams may not repeat the same shape used in the Traveling Element Features are optional

Restrictions in Snowplow Sam Synchro and Synchro Skills 1:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Lines may not pivot.
- Snowplow Sam Synchro teams: backwards skating is allowed, but not required, in the circle and is not permitted in any other elements or transitions.
- Teams may not do steps higher than Basic 6.

Restrictions in Synchro Skills 2:

- Additional elements are not allowed (the team must do only their required elements).
- Wheels may not travel, change rotational direction or change configuration.
- Circles may not change rotational direction or change configuration. Traveling is allowed, but not required.
- Lines may not pivot.
- Synchro Skills 2 teams may not do steps higher than Free Skate 2, with the exception of split jumps, stag jumps and split falling leaf jumps.

Restrictions in all levels: All of the synchronized skating “illegal elements” found in Rule 9160 of the U.S. Figure Skating Rulebook.

Please reference <http://usfsa.org/programs?id=84096&menu=synchronized> for most up-to-date Learn to Skate USA Synchronized Skating rules.



Lakewood ICE
4th Annual Compete USA Championships
Program Advertising and Skater “Good Luck” Ads

Name _____ Company _____
 Address _____ Phone () _____
 City _____ State _____ Zip _____

The Lakewood ICE 2nd Annual Compete USA Championships Program finished size will be 8 ½ x 5 ½. Please check the size of your advertisement to make certain your ad fits within the specific measurements listed below. All advertisements will be printed in black and white. All advertisements must be camera ready and accompany this completed form. Deadline for submitting ads is Saturday, October 26, 2019.

Outside Back Cover	8” h x 5” w	\$130.00
Inside Front Cover	8” h x 5” w	\$110.00
Inside Back Cover	8” h x 5” w	\$ 80.00
Full Page	8” h x 5” w	\$ 50.00
Half Page	4” h x 5” w	\$ 35.00
Quarter Page (Business Card)	2” h x 5” w	\$ 20.00
Personal “Good Luck”	2 Lines (Max. 50 Characters Per Line)...	\$ 5.00

Please print or type clearly!

Line 1 _____

Line 2 _____

i.e.

SK8 Great Jamie!

Mom, Dad and Tim are so proud of you.

* * *

Good luck to all competitors.

John’s Sporting Goods of Anaheim.

* * *

DEADLINE FOR ADS IS October 26, 2019!!

(No Refunds, returned check fee \$30.00)

JPEG File must be sent by October 26, 2019 to Jacqui Palmore at **Jpalmore@the-rinks.com**

Make checks payable to and mail to:

Lakewood ICE
 Lakewood ICE Program Ad
 Attn: Jacqui Palmore
 3975 Pixie Ave.
 Lakewood, CA 90712



4th Annual COMPETE USA CHAMPIONSHIP ENTRY FORM

November 23-24, 2019

Name _____ Age _____ Sex _____
Last First

Address _____ City _____ Birth Date _____

State _____ Zip _____ Email Address _____ Area Code/Phone # _____

Learn to Skate USA Number _____ Highest Level Passed _____ Program/Club Affiliation: _____

Instructor's Name _____ Email Address _____

Please check the event(s) you are entering:

Please check the event(s) you are entering and indicate level:

Basic Elements Event:

_____ Snowplow Sam _____ Basic 1-6

Program with Music:

_____ Snowplow Sam _____ Basic 1-6

Program with music:

_____ Pre-Free Skate _____ Free Skate 1-6

Compulsory:

_____ Pre Free Skate _____ Free Skate 1-6

Showcase Event: (indicate level & type) LEVEL _____

HOLIDAY _____ Dramatic _____ Lt. Ent. _____ Character _____

Adult Freeskate w/ music :

_____ Level 1-6 _____ Ad Beginner
_____ Ad Hi Beginner _____ Ad Pre Bronze
_____ Ad Bronze

Adult Compulsory:

_____ Level 1-6 _____ Ad Beginner
_____ Ad Hi Beginner _____ Ad Pre Bronze
_____ Ad Bronze

Well Balanced Free Skate Program:

_____ No Test
_____ Pre-Preliminary
_____ Preliminary

Excel FreeSkate:

_____ Excel Beginner
_____ Excel Hi Beginner
_____ Excel Pre Preliminary
_____ Excel Preliminary
_____ Excel Preliminary Plus

Excel Compulsory:

_____ Excel Beginner
_____ Excel Hi Beginner
_____ Excel Pre Preliminary
_____ Excel Preliminary

Well Balanced Compulsory:

_____ No Test
_____ Pre-Preliminary
_____ Preliminary

Special Olympics 1-12: _____

INDICATE LEVEL: Interpretive : _____

Solo Pattern Dance: _____

Figure Event: _____

ENTRY FEE IS \$60 PER EVENT, \$30 PER EACH ADDITIONAL EVENT, must be a current USFS Learn to Skate USA Member

First Event \$ _____

Each additional event _____ x \$ _____

Total: \$ _____ Credit Card # _____ exp date _____ CVC CODE _____

ENTRY FEES: Make checks payable to The Rinks Lakewood Ice

Entry Deadline: October 26, 2019

Late entries, if accepted, will be charged additional \$50 late fee. Returned checks will be charged a \$30 return fee. Sorry, no refunds after close of entry unless event is cancelled.

Certification of Competitor: The Competitor is eligible to enter the events checked. The competitor skates this competition at his/her own risk and hereby release Lakewood ICE, their personnel and contractors from all liabilities. Upon entering this competition, I hereby agree that any photographs or video tapes taken of me may be used exclusively for any purpose by Lakewood ICE.

Parent/Guardian Signature _____ Date _____

Competitor Signature _____ Date _____

Instructor/Coach Signature _____ Date _____

Program Director/Club Officer _____ Date _____

Please turn in to The Rinks Lakewood Ice Program Office:

Attn: Jacqui Palmore, Figure Skating Manager jpalmore@therinks.com (562) 429-1805 x6228

Team events use team event entry form



THE RINKS LAKEWOOD ICE
4th ANNUAL COMPETE USA COMPETITION

November 23 & 24, 2019

Group / Team Entry Form – DEADLINE Saturday, October 26, 2019

Name of Team _____ Home Rink _____

Coach _____ Phone # () _____

Please check the event, team category & age group:

- | | | |
|---|---|---|
| <input type="checkbox"/> Snowplow Sam Synchro | <input type="checkbox"/> Synchro Skills 1 | <input type="checkbox"/> Synchro Skills 2 |
| <input type="checkbox"/> Synchro Skills 3 | <input type="checkbox"/> Preliminary | <input type="checkbox"/> Theatre On Ice |

Name & Birthdate	√ USFS#	Age	Name & Birthdate	√ USF#	Age
1			12		
2			13		
3			14		
4			15		
5			16		
6					
7					
8					
9					
10					
11					

Certification of Competitor: The Competitor is eligible to enter the events checked. The competitor skates this competition at his/her own risk and hereby release Lakewood ICE, their personnel and contractors from all liabilities. Upon entering this competition, I hereby agree that any photographs or video tapes taken of me may be used exclusively for any purpose by Lakewood ICE.

Total # of Skaters _____ @\$25 each _____ Total Enclosed \$ _____

CREDIT CARD # _____ exp date _____ CVC CODE _____

Make checks payable to: The Rinks Lakewood Ice Deadline: Saturday, October 26, 2019
 Late entries, if accepted, must pay \$50 late fee — NO REFUNDS — Returned check fee \$30

Please turn into The Rinks Lakewood Ice Program Office
 Attn: Jacqui Palmore, Figure Skating Manager (562)429-1805 x 6228
 3975 Pixie Ave. Lakewood, CA 90712
 jpalmore@therinks.com www.Lakewoodice.com