



**October 22<sup>nd</sup>, 2022**

**Entry Deadline: September 24<sup>th</sup>, 2022**

***The Rinks Lakewood ICE***

*3975 Pixie Ave, Lakewood CA 90712*

*Lakewoodice.therinks.com*

Hosted by The Rinks Lakewood ICE and Sanctioned by U.S. Figure Skating

Entries will be accepted through [www.entryyeeze.com](http://www.entryyeeze.com)

For more information, please contact the Competition Director,

Braden Overett [boverett@therinks.com](mailto:boverett@therinks.com)



### ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current members of either Learn to Skate USA and/or those who are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but must be a current registered member of Learn to Skate USA or a full member of U.S. Figure Skating.

### *ELIGIBILITY AND TEST REQUIREMENTS:*

The competition is open to all eligible skaters who are current members of U. S. Figure Skating. Event eligibility is determined according to age and test level as of July 1, 2022.

**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.

### ELIGIBILITY RULES FOR COACHES/INSTRUCTORS

To be credentialed at a Compete USA event, individual's coaches are required to have:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Safe Sport 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)

ENTRIES AND FEES -All entries must be registered through Entryeeze.com

Paper entries will not be accepted. Late entries will be accepted only if the limit has not been reached, at the discretion of the organizers and will be subject to a \$25 late fee. Entry fees are per person. NO refunds after closing date unless event is canceled by The Rinks Lakewood ICE.

Basic Skills-First Event-\$80.00 Additional Event/or Compulsory only- \$35.00

Well Balanced, Adult, and Excel-\$80.00 Additional Event or Compulsory only -\$35.00

Team Fee-\$50 + \$5 per skater

REGISTRATION: The registration desk will be in the lobby of The Rinks Lakewood ICE and will be open during the competition beginning 1 hour prior to the first event through the end of the last event. Regardless of coach's preference, it is the skater's sole responsibility to check in with the registration desk a minimum of one 1) hour prior to your event. Failure to check in with the registration desk within the required time frame may result in the skater's withdrawal.

AWARDS –Medals will be awarded to 1<sup>st</sup> -4<sup>th</sup> places. Ribbons will be given to any placements beyond 4<sup>th</sup>. All awards will be given immediately following the posting of results.

SCHEDULE OF EVENTS – A complete schedule of events and groupings will be posted on Entryeeze.com approximately 14 days prior to the start of competition.

PRACTICE ICE -Practice ice will be available on DaySmart once the final schedule is posted.

**MUSIC** - The music for all free skating programs and showcase must be downloaded through Entryeze no later than October 1st!

1. File Format: MP3 (the online system will automatically check this)
2. Bit Rate: 192 kbps or higher (this will be checked by the music chairperson and they may request you upload a corrected file)
3. Sample Rate: 44,100 kHz (this will be checked by the music chairperson and they may request you upload a corrected file)
4. Leaders and trailers (the silence or "dead space" before and after the actual start and end of the program music) may not exceed two (2) seconds. We prefer that there be NO leaders or trailers at all. Excessive leaders and trailers may disrupt the playing of the music during competition.

**PHOTOGRAPHY AND VIDEO** - Spectators are reminded that flash photography is dangerous and will be strictly prohibited. A professional photographer will be available in the awards area. Skaters who have placed in their event are encouraged to have a group photo taken, purchase of photo is optional. Individual photos will be taken upon request regardless of placement.

**VENDORS** - Several vendors have been invited to participate. We encourage everyone to visit all the booths and find something of interest! Professional awards photography, as well as professional videography will be available for purchase on site.

Questions regarding the Spooktacular should be directed to:

Braden Overett, Competition Director

[boverett@therinks.com](mailto:boverett@therinks.com)

## Snowplow Sam -Basic 6 Elements

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 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 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 swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on one or two feet</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, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward 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 half-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, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Backward half-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, clockwise and counterclockwise, 4-6 consecutive</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>• Mohawk, right to left and left to right</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 and entry position</li> <li>• T-stop, right or left</li> </ul>

## Snowplow Sam – Basic 6 Program with Music

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

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 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 swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on one or two feet</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 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 half-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, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Backward half-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, clockwise and counterclockwise, 4-6 consecutive</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>• Mohawk, right to left and left to right</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 and entry position</li> <li>• T-stop, right or left</li> </ul>

## Pre-Free Skate - Free Skate 1-6 Compulsory

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

- To be skated on half-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"> <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 3s, 2-3 consecutive sets, right or left</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> </ul>
FREE SKATE 5	1:15 max	<ul style="list-style-type: none"> <li>• Backward outside three-turn, mohawk (backward power three-turn), 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

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 jump 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 2 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> <li>• <i>NOT ALLOWED – Waltz jump-toe loop or Salchow-toe loop jump 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 jump combination</i></li> </ul>
FREE SKATE 4	1:40 max	<ul style="list-style-type: none"> <li>• Forward power 3s, 2-3 consecutive sets, right or left</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> <li>• <i>NOT ALLOWED – Waltz-loop or Waltz-Euler-Salchow jump 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 spin, 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>



## Excel Compulsory

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

- To be skated on half-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"> <li>• Waltz 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 jump 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>• Camel spin, minimum 3 revolutions</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>

## Well-Balanced Levels Compulsory

To be skated on half-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"> <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>• Single jump-single jump (no Axel) combination</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>• Single jump-single jump (may <u>not</u> include Axel) combination</li> <li>• Spin combination with one change of foot, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>



## Excel Free Skate

- 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

<b>EXCEL BEGINNER — 1:40 MAX</b>		
<i>Learn to Skate USA membership OR full U.S. Figure Skating membership required</i>		
JUMPS	SPINS	STEP SEQUENCES
<p>Maximum 4 jump elements:</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.</li> </ul> <p>Combination jumps permitted</p> <ul style="list-style-type: none"> <li>• Waltz jump/toe loop and/or</li> <li>• Salchow/toe loop</li> </ul> <p>Sequence permitted</p> <ul style="list-style-type: none"> <li>• Waltz jump/ waltz jump (no turns or hops in between)</li> </ul> <p>Maximum 2 of any same jump</p>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• Two upright spins</li> <li>• No change of foot</li> <li>• No flying</li> </ul> <p>entry Minimum 3</p> <p>revolutions Max Level:</p> <p>Base</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> <li>o Must use one-half of the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>
<b>EXCEL HIGH BEGINNER — 1:40 MAX</b>		
<i>Learn to Skate USA membership OR full U.S. Figure Skating membership required</i>		
JUMPS	SPINS	STEP SEQUENCES
<p>Maximum 5 jump elements:</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, and Axel NOT permitted</li> </ul> <p>Maximum 2 jump combinations or sequences. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> <p>Maximum 2 of any same jump</p>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• Both spins must be in a single position</li> <li>• No change of foot</li> <li>• No flying entry</li> <li>• Permitted forward spins: upright, sit, camel</li> <li>• Permitted back spins: upright</li> </ul> <p>Minimum 3 revolutions</p> <p>Max Level: Base</p> <p>Both spins may be of the same character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> <li>o Must use one-half of the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>
<b>EXCEL PRE-PRELIMINARY — 1:40 MAX</b>		
<i>Must not have passed higher than U.S. Figure Skating pre- preliminary free skate test</i>		
<i>*means required element</i>		
<i>Learn to Skate USA membership <u>OR</u> full U.S. Figure Skating membership required</i>		
JUMPS	SPINS	STEP SEQUENCES
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Only single jumps allowed</li> <li>• No single Axels</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> <p>Maximum 2 jump combinations or jump sequences</p> <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>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• One spin must be in a single position with no change of foot*</li> <li>• One spin may change feet or position, but not both</li> <li>• No flying entry</li> </ul> <p>Minimum 3 revolutions</p> <p>Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> <li>o Must use one-half of the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>

**EXCEL PRELIMINARY — 2:00 +/- 10 SECONDS***Must not have passed higher than U.S. Figure Skating preliminary free skate test**\*means required element**Full U.S. Figure Skating membership required*

JUMPS	SPINS	STEP SEQUENCES
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Only single jumps allowed</li> <li>• No single Axels</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> <p>Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• One spin must be a camel or layback spin with no change of foot and no change of position*</li> <li>• One spin may change feet and/ or position</li> <li>• No flying entry</li> </ul> <p>Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt)</li> </ul> <p>○ Full ice</p> <p>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</p> <p>○ Jumps may be included in the step sequence</p>

**EXCEL PRELIMINARY PLUS — 2:00 +/- 10 SECONDS***Must not have passed higher than U.S. Figure Skating preliminary free skate test**\*means required element**Full U.S. Figure Skating membership required*

JUMPS	SPINS	STEP SEQUENCES
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>• All single jumps allowed, including single Axel</li> <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> <p>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</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• One spin must be in a single position*</li> <li>• No change of foot</li> <li>• No flying entry</li> <li>• One spin may change feet and/or position</li> <li>• No flying entry</li> </ul> <p>Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt)</li> </ul> <p>○ Full ice</p> <p>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</p> <p>○ Jumps may be included in the step sequence</p>

## Well-Balanced Free Skate Program

- 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.

<b>NO TEST — 1:40 MAX</b>		
<b>JUMPS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>• Only single jumps allowed except single Axel o No single Axels</li> </ul> <p>Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</p> <p>Max 2 jump combinations or jump sequences</p> <p>Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</p> <p>Jump sequence is any listed jump immediately followed by a waltz jump</p>	<p>Max 2 Spins</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>Max 1 Sequence</p> <ul style="list-style-type: none"> <li>• Step sequence <ul style="list-style-type: none"> <li>o Must use one-half the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then ChSt</p>
<b>PRE-PRELIMINARY — 1:40 MAX</b>		
<b>JUMPS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed <ul style="list-style-type: none"> <li>o No double, triple or quadruple jumps allowed</li> <li>o Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels)</li> <li>o 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>o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>o Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p>Max 2 Spins</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>Max 1 Sequence</p> <ul style="list-style-type: none"> <li>• Step sequence <ul style="list-style-type: none"> <li>o Must use one-half the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then ChSt</p>
<b>PRELIMINARY — 2:00 +/- 10 SECONDS</b>		
<b>JUMPS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
<p>Max 5 Jump Elements</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 single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) o Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed <ul style="list-style-type: none"> <li>o An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination</li> <li>o 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>o 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>o Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p>Max 2 Spins</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>Max 1 Sequence</p> <ul style="list-style-type: none"> <li>• Step sequence o Choreographic step sequence full ice <ul style="list-style-type: none"> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul> <p>If IJS is used, then ChSt</p>

## 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.	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.	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.	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.	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.	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.	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.	Bunny hop Mazurka 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.	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.	Toe loop jump Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in combination and 3 jumps in a sequence Forward upright spin - 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.	Salchow jump Waltz jump – toe loop combination jump Backward Upright Spin – entry optional (Min. 3 revolutions) Backward inside three-turn, right and left Spiral sequence (Minimum 2 spirals)- must change edge or foot

## Adult 1-6 Free Skate with Music

- 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
- 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

### ADULT 1 — 1:40 MAX

#### ELEMENTS

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop – two feet or one foot

### ADULT 4 — 1:40 MAX

#### ELEMENTS

- 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 2 — 1:40 MAX

#### ELEMENTS

- Forward skating across the width of the ice
- Forward one-foot glides
- Forward slalom
- Backward skating
- Backward swizzles, 4-6 in a row

### ADULT 5 — 1:40 MAX

#### ELEMENTS

- 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 3 — 1:40 MAX

#### ELEMENTS

- 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 counter clockwise
- Backward snowplow stop, Right and Left

### ADULT 6 — 1:40 MAX

#### ELEMENTS

- 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 - Bronze Free Skate Program with Music

- Skaters will skate to the music of their choice; 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.

### ADULT BEGINNER — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet and waltz jump</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests

### ADULT HIGH BEGINNER — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests

### ADULT PRE-BRONZE — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences               <ul style="list-style-type: none"> <li>◦ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>◦ Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </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 (<u>half flip and half lutz are permitted</u>)</li> <li>• No single Lutz, single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)</li> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> <li>• A two-foot spin is permitted as one of the spins at this level and is of a different character than a one-foot spin</li> </ul>	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 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences               <ul style="list-style-type: none"> <li>◦ 1 combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>◦ Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </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>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</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>	Max 1 Sequence: <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>	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

## Spin Challenge

- Spins may be skated in any order
- Connecting steps are allowed but will not be taken into consideration when scoring
- Spins may not be repeated; only required elements may be included
- All events are skated on half-ice
- Minimum number of revolutions are noted in parentheses

### *BEGINNER — 1:30 MAX*

#### *ELEMENTS*

- Upright one-foot spin (3)
- Upright back spin (3)
- Sit spin (3)

### *PRELIMINARY — 1:30 MAX*

#### *ELEMENTS*

- Spin with one change of foot and one change of position (min. 3 each foot)
- Sit spin with change of foot (min 3. each foot)
- One position spin, skater's choice (upright, sit or camel) (4)

### *HIGH BEGINNER — 1:30 MAX*

#### *ELEMENTS*

- Upright one-foot spin (4)
- Upright spin with change of foot (3 each foot)
- Sit spin (3)

### *ADULT BEGINNER — 1:30 MAX*

#### *ELEMENTS*

- Pivot
- Upright two-foot spin (2)

### *NO TEST — 1:30 MAX*

#### *ELEMENTS*

- Upright spin with change of foot (3 each foot)
- Sit spin (3)
- Camel spin (3)

### *ADULT PRE-BRONZE — 1:30 MAX*

#### *ELEMENTS*

- Upright one-foot spin (3)
- Upright two-foot spin (3)

### *PRE-PRELIMINARY — 1:30 MAX*

#### *ELEMENTS*

- Spin combo without change of foot - all 3 basic positions required (3 revs)
- Backward sit spin (3)
- Camel spin (4)

### *ADULT BRONZE — 1:30 MAX*

#### *ELEMENTS*

- Upright one-foot spin (3 revs.)
- Solo spin with no change of foot (3 revs.), must be different from the upright spin – may not fly



## Jump Challenge

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on ½ ice

Level	Time	Skating rules/standards
Beginner	1:15 max.	Waltz jump (from backward crossovers) Half Flip or Lutz Single Salchow
High Beginner	1:15 max.	Waltz jump (from backward crossovers) Single Salchow Jump combination – Waltz jump-toe loop
No Test	1:15 max.	Single toe loop Single loop Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	Single Toe Loop Single flip Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	Single flip Single Lutz Jump combination – Any single jump + single loop (may be Axel)
Adult Beginner	1:15 max.	Waltz Jump Mazurka or ballet jump
Adult Pre-Bronze	1:15 max.	Single Toe Jump Half Flip, Lutz or Loop
Adult Bronze	1:15 max.	Salchow Toe loop Any single jump plus a toe loop combination (no Axles allowed)

## Solo Pattern Dance

- 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.
- Skaters will complete both 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 dance grouping.

<b>PRELIMINARY</b>			
<i>JANUARY 1–MARCH 31</i>	<i>APRIL 1–JUNE 30</i>	<i>JULY 1–SEPTEMBER 30</i>	<i>OCTOBER 1–DECEMBER 31</i>
1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz
<b>PRE-BRONZE</b>			
<i>JANUARY 1–MARCH 31</i>	<i>APRIL 1–JUNE 30</i>	<i>JULY 1–SEPTEMBER 30</i>	<i>OCTOBER 1–DECEMBER 31</i>
1. Swing Dance 2. Cha-Cha	1. Fiesta Tango 2. Swing Dance	1. Cha-Cha 2. Fiesta Tango	1. Swing Dance 2. Cha-Cha
<b>ADULT PRELIMINARY</b>			
<i>Qualifications:</i> No higher than one pre-bronze dance test (partnered, solo, standard, adult/adult 21+ or adult 50+/masters)			
SELECTED DANCES FOR THE SEASON (NUMBER OF SEQUENCES TO BE DANCED IN PARENTHESES)			
Dutch Waltz (2) Canasta Tango (2)			
<b>ADULT PRE-BRONZE</b>			
<i>Qualifications:</i> The complete preliminary dance test and no higher than one bronze dance test (partnered, solo, standard, adult/adult 21+ or adult 50+/masters)			
SELECTED DANCES FOR THE SEASON (NUMBER OF SEQUENCES TO BE DANCED IN PARENTHESES)			
Rhythm Blues (2) Swing Dance (2)			

## Interpretive

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 sound-proof 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.

**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.

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

Beginner – Preliminary: 1:00 max

**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.

## Showcase Events-Light Entertainment/Dramatic Entertainment

Showcase events are open to skaters in the Basic, Free Skate, limited beginner, preliminary and adult bronze levels. 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 skaters 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.

Show costumes are permitted if they do not touch or drag on the ice. Costuming and make up for showcase programs should enhance the feeling created by the performance and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories or anything else that may fall to the ice and be hazardous to the skaters are allowed. (a 0.1 deduction will be taken). Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for every 10 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 loss 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. The 6.0 judging system will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
BASIC 1-6	Elements only from Basic 1-6 curriculum	Must 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. Half-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: 1:20 max
NO TEST	No prescribed or restricted elements	Must not have passed pre-preliminary free skate or any free dance tests	Time: 1:20 max
PRE-PRELIMINARY	No prescribed or restricted elements	Must have passed no higher than U.S. Figure Skating pre-preliminary or any free dance test	Time: 1:20 max
PRELIMINARY	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: 1:30 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

## Aspire Synchro

The Compete USA competition program is for Learn to Skate USA-level skaters who are interested in a first competition experience while taking the Synchro 1-4 badges to the next level.

In order to safely practice and compete, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level in which they are skating.

### SNOWPLOW SAM SYNCHRO — 2:10 MAX

5 Elements	One Circle Element	One Line Element	One Block Element	One Wheel Element	One Intersection Element	Additional Items for Snowplow Sam Synchro
Number of Required Holds: <b>None</b>	Forward and backward skating permitted	Must cover at least ½ ice	Must cover at least ½ ice	Forward skating only	Must be two lines facing each other	<u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u>
Any type of holds permitted	Must contain a forward glide on an inside or outside edge on one or two feet	Forward skating only	Forward skating only	Travel, change of configuration, and change of direction <b>not</b> permitted	<u>One</u> or two foot glide(s) only through the point of intersection	Elements higher than Basic 6 <b>not</b> permitted
5-20 skaters	Travel, change of configuration, and change of direction <b>not</b> permitted	Pivoting and change of configuration <b>not</b> permitted	Pivoting and change of configuration <b>not</b> permitted			Some common elements above Basic 6 are: mohawk, mazurka, half flip, waltz jump
13 years of age and younger						

### ASPIRE BEGINNER — 2:10 MAX

5 Elements	One Circle Element	One Line Element	One Block Element	One Wheel Element	One Intersection Element	Additional Items for Aspire Beginner
Number of Required Holds: <b>None</b>	Forward and backward skating permitted	Must cover at least ½ ice	Must cover at least ½ ice	<u>Forward and backward skating permitted</u>	Must be two lines facing each other	<u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u>
Any type of holds permitted	Must contain a forward glide on an inside or outside edge on one foot	Forward and backward skating permitted	Forward and backward skating permitted	Travel, change of configuration, and change of direction <b>not</b> permitted	One or two foot glide(s) only through the point of intersection	Elements higher than Basic 6 <b>not</b> permitted
5-20 skaters	Travel, change of configuration, and change of direction <b>not</b> permitted	Pivoting and change of configuration <b>not</b> permitted	Pivoting and change of configuration <b>not</b> permitted			Some common elements above Basic 6 are: mohawk, mazurka, half flip, waltz jump
16 years of age and younger						

### ASPIRE PRE-PRELIMINARY — 2:10 MAX

5 Elements	One Circle Element	One Line Element	One Block Element	One Wheel Element	One Intersection Element	Additional Items for Aspire Pre-Preliminary
Number of Required Holds: 2 different holds shown by the whole team for any length of time	Forward and backward skating permitted	Forward and backward skating permitted	Forward and backward skating permitted	Forward and backward skating permitted	Must be two lines facing each other	<u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u>
Any type of holds permitted	Must contain a backward glide on an inside or outside edge on one foot	Must cover full ice	Must cover full ice	<u>May contain one feature</u>	Forward skating through the point of intersection.	Elements higher than Free Skate 2 <b>not</b> permitted
5-20 skaters	<u>May contain one feature</u>	<u>May contain one feature</u>	<u>May contain two features</u>	Choice of: • Change of direction • Change of configuration • Travel	Forward skating through the point of intersection.	Common elements above Free Skate 2 are: • Alternating backward cross-overs to back outside edges • Waltz three-turns • Alternating mohawk/cross-over sequence • Forward power three-turns
17 years of age and younger	Choice of: • Change of direction • Change of configuration • Travel	Choice of: • Change of direction • Change of configuration Pivoting not permitted	Choice of: • Pivoting • Change of configuration		Choice of: • Upright two foot glide • Upright one foot glide • Forward lunge	Split, stag, falling leaf permitted.

### ASPIRE PRELIMINARY — 2:10 MAX

5 Elements	One Circle Element	One Line Element	One Block Element	One Wheel Element	One Intersection Element	Additional Items for Aspire Preliminary
Number of Required Holds: 2 different holds shown by the whole team for any length of time	Forward and backward skating permitted	Must include forward and backward skating	Forward and backward skating permitted	Backward skating only		<u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u>
Any type of holds permitted	<u>Must contain one feature</u>	Must cover full ice	Must cover full ice	<u>Must contain one feature</u>		
5-20 skaters	Choice of: • Change of direction • Change of configuration • Travel	<u>Must contain one feature</u>	<u>Must contain one feature</u>	Choice of: • Change of direction • Change of configuration • Travel		
17 years of age and younger		Choice of: • Change of direction • Change of configuration • Pivoting	Choice of: • Change of configuration • Pivoting			