



November 19th, 2023

Entry Deadline: October 22nd, 2023

The Rinks Westminster ICE

13071 Springdale St. Westminster, CA 92683

Westminster.therinks.com

Hosted by The Rinks Westminster ICE

Sanctioned by U.S. Figure Skating (#33846)

Entries will be accepted through www.entryeeze.com

For more information, please contact the Competition Director, Carrie Harris

charris@therinks.com



ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to all eligible skaters who are current members of either Learn to Skate USA and/or those who are full members of U.S. Figure Skating (including Aspire). 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

Test level: 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 skating skills or individual dances.

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
- 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)

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

Paper entries will not be accepted. Late entries will be accepted until October 29th and 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 Westminster ICE.

- Snowplow Sam 1 – Freeskate 6: First Event-\$75.00. Additional Event/or Compulsory only- \$35.00
- Well Balanced, Adult, Showcase and Excel - First Event-\$75.00. 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 Westminster 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 1st - 4th places. Ribbons will be given to any placements beyond 4th. 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 Entryeeze no later than October 27th, 2023!

- File Format: MP3 (the online system will automatically check this)
- Bit Rate: 192 kbps or higher (this will be checked by the music chairperson and they may request you upload a corrected file)
- Sample Rate: 44,100 kHz (this will be checked by the music chairperson and they may request you upload a corrected file)
- 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. Professional awards photography, as well as professional videography will be available for purchase on site.

VENDORS - Several vendors have been invited to participate. We encourage everyone to visit all the booths and find something of interest!

Questions regarding Sunshine Skate should be directed to Carrie Harris, Competition Director at charris@therinks.com

EVENTS OFFERED

This event is utilizing the following requirements: September 1-December 31, 2023

COMPETE USA EVENTS	JUDGING	1ST EVENT PRICE	2ND EVENT PRICE
Snowplow Sam-Basic 6 Program w/ Music	6.0	75.00	35.00
Pre-Free Skate-Free Skate 1-6 Program w/ Music	6.0	75.00	35.00
Excel Free Skate (Beg. – Preliminary Plus)	IJS	75.00	35.00
No Test – Preliminary Free Skate	IJS	75.00	35.00
Adult 1-6 Program w/ Music	6.0	75.00	35.00
Adult Free Skate (Beg. – Bronze)	6.0	75.00	35.00
Snowplow Sam – Basic 6 Elements	6.0	35.00 (If only entering Elements event)	35.00
Pre-Free Skate-Free Skate 1-6 Compulsory Moves	6.0	35.00 (If only entering Compulsory Moves)	35.00
Excel Compulsory Moves (Beg. – Excel Preliminary)	6.0	35.00 (If only entering Compulsory Moves)	35.00
Adult 1-6, Beginner – Bronze Compulsory Moves	6.0	35.00 (If only entering Compulsory Moves)	35.00
Compete USA – Spin Challenge	N/A	N/A	N/A
Compete USA – Jump Challenge	N/A	N/A	N/A
Compete USA – Hockey 1-4 Elements & Skills Challenge	N/A	N/A	N/A
Compete USA – Team Compulsory	N/A	N/A	N/A
Compete USA - Theatre On Ice	N/A	N/A	N/A
Compete USA – Showcase	6.0	75.00	35.00
Compete USA – Solo Dance	N/A	N/A	N/A
Special Olympics Badges	N/A	N/A	N/A
Special Olympics – Free Skate Program 1-4	N/A	N/A	N/A
Special Olympics – Pairs 1-2 & Ice Dance 1-2	N/A	N/A	N/A
Aspire Synchro 1-4	6.0	\$50 + \$5/Skater	N/A

PRACTICE ICE:

Practice Ice will be available in DaySmart once the final schedule is posted.

Snowplow Sam - Basic 6 Elements

THERE ARE 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.**
 - Skaters with physical disabilities may register for standard track or Skate United Track for events

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 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 swizzles, 6-8 in a row • Beginning snowplow stop on one or two feet • 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, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward 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 half-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, clockwise and counterclockwise, 4-6 consecutive • Backward half-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, clockwise and counterclockwise, 4-6 consecutive • 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 • Mohawk, right to left and left to right • Bunny hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position • T-stop, right or left

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
- Skaters with physical disabilities may register for standard track or Skate United Track for events

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 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 swizzles, 6-8 in a row • Beginning snowplow stop on one or two feet • 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 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 half-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, clockwise and counterclockwise, 4-6 consecutive • Backward half-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, clockwise and counterclockwise, 4-6 consecutive • 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 • Mohawk, right to left and left to right • Bunny hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position • T-stop, right or left

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 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.
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
PRE-FREE SKATE	1:15 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
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 3s, 2-3 consecutive sets, right or left • Sit spin, minimum 3 revolutions • Half loop jump • Flip jump
FREE SKATE 5	1:15 max	<ul style="list-style-type: none"> • Backward outside three-turn, mohawk (backward power three-turn), 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

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
- Skaters with physical disabilities may register for standard track or Skate United Track for events

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

Well-Balanced Free Skate Program

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.
- Skaters with physical disabilities may register for standard track or Skate United Track for events
- Step sequence clarification: Implementation date December 1, 2023: pChSq (confirmed or no value)

NO TEST — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> • Only single jumps allowed except single Axel <ul style="list-style-type: none"> o No single Axels o 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"> o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed o Jump sequence is any listed jump immediately followed by a waltz jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs. 	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> o Must use one-half the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence If IJS is used, then ChSt

PRE-PRELIMINARY — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps, including single Axel, allowed <ul style="list-style-type: none"> o No double, triple or quadruple jumps allowed o Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels) o 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"> o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed o Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs. 	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> o Must use one-half the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence If IJS is used, then ChSt

PRELIMINARY — 2:00 +/- 10 SECONDS

JUMPS	SPINS	STEP SEQUENCES
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 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"> o Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed 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 o 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"> 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 o Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs. 	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> o Choreographic step sequence full ice o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence If IJS is used, then ChSt

Adult 1-6, Beginner-Bronze Compulsory

- The skating order of the elements is optional; elements may only be attempted once
- To be skated on half ice in simple program format with limited connecting steps
- A 0.2 deduction will be taken for each element missing, repeated or from a higher level

ADULT 1 — 1:30 MAX

ELEMENTS

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

ADULT 2 — 1:30 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 3 — 1:30 MAX

ELEMENTS

- 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

ELEMENTS

- 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

ELEMENTS

- 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

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 — 1:30 MAX

ELEMENTS

- 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

ELEMENTS

- Waltz jump
- ½ flip
- Forward upright spin – minimum 2 revolutions
- Forward 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

ELEMENTS

- Single toe loop
- 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 or 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

ELEMENTS

- Single Salchow
- Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination or 3 jumps in a sequence
- Solo spin in one position with no change of foot (min. 3 revolutions)
- Forward inside three-turn, right and left
- Spiral sequence (Minimum 2 spirals)

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
- 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 counterclockwise
- 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

GENERAL EVENT PARAMETERS:

- 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"> • 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 <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed 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"> • 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: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests

ADULT PRE-BRONZE — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ◦ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps ◦ Jump sequence is any listed jump immediately followed by a waltz 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 (<u>half flip and half lutz are permitted</u>) • No single Lutz, single Axel, double or triple jumps are permitted 	Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E) • Min 3 revs • Spins with a flying entry are not permitted • 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 	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"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ◦ 1 combination may contain 3 jumps, and the other may contain only 2 jumps ◦ Jump sequence is any listed jump immediately followed by a waltz 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: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted 	Max 1 Sequence: <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such. 	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

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 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*
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
BEGINNER	1:15 max	<ul style="list-style-type: none"> • Waltz Jump • Salchow jump • One-foot upright spin, minimum 3 revolutions • Choreographic step sequence
HIGH BEGINNER	1:15 max	<ul style="list-style-type: none"> • Loop jump • Salchow-toe loop jump 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 • Camel spin, minimum 3 revolutions • 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

Well-Balanced Levels Compulsory

FORMAT: 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*
- Skaters with physical disabilities may register for standard track or Skate United Track for events

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 • Single jump-single jump (no Axel) combination • 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 • Single jump-single jump (may not include Axel) combination • Spin combination with one change of foot, minimum 3 revolutions on each foot • Choreographic step sequence

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
- Skaters with physical disabilities may register for standard track or Skate United Track for events

EXCEL BEGINNER — 1:40 MAX

Learn to Skate USA membership OR full U.S. Figure Skating membership required

JUMPS	SPINS	STEP SEQUENCES
Maximum 4 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: Salchow, toe loop only • Eulers (half loops) are not allowed • Maximum 2 jump combinations or sequences. Combination jumps permitted <ul style="list-style-type: none"> • Waltz jump/toe loop and/or • Salchow/toe loop Sequence permitted <ul style="list-style-type: none"> • Waltz jump/ waltz jump (no turns or hops in between) Maximum 2 of any same jump	Maximum 2 spins: <ul style="list-style-type: none"> • Two upright spins • No change of foot • No flying entry Minimum 3 revolutions Max Level: Base	Maximum 1 Sequence: <ul style="list-style-type: none"> • Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> o Must use one-half of the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o 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

JUMPS	SPINS	STEP SEQUENCES
Maximum 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: toe loop, Salchow, Euler (half loop), loop • Flip, Lutz, and 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: <ul style="list-style-type: none"> • Both spins must be in a single position • No change of foot • No flying entry • Permitted forward spins: upright, sit, camel • Permitted back spins: upright Minimum 3 revolutions Max Level: Base Both spins may be of the same character	Maximum 1 Sequence: <ul style="list-style-type: none"> • Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> o Must use one-half of the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence

EXCEL PRE-PRELIMINARY — 1:40 MAX

Must not 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

JUMPS	SPINS	STEP SEQUENCES
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> Only single jumps allowed No single Axels Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded <p>Maximum 2 jump combinations or jump sequences</p> <ul style="list-style-type: none"> Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be in a single position with no change of foot* One spin may change feet or position, but not both No flying entry <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"> Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence

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"> Only single jumps allowed No single Axels Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded <p>Maximum 2 jump combinations or jump sequences</p> <p>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be a camel or layback spin with no change of foot and no change of position* One spin may change feet and/or position No flying entry <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"> Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> Full ice 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 — 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"> 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 <p>Maximum 2 jump combinations or jump sequences</p> <p>All single jumps, including the single Axel, are allowed as part of a jump combination or sequence (no double jumps)</p> <p>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be in a single position* No change of foot No flying entry One spin may change feet and/or position No flying entry <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"> Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> Full ice Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence

Showcase Events

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 with physical disabilities may register for standard track or Skate United track. Skaters with intellectual disabilities may register for Special Olympics events. 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.

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.

** For specific guidelines regarding the conduct of showcase competitions, refer to the nonqualifying showcase guidelines posted on usfigureskating.org.*

Showcase categories may include:

- Levels can be subdivided or combined, if necessary, depending on entry numbers and event set up to ensure performances are contested as per the guidelines. Example combined events: Character Performance and Comedic Impressions.
- **Emotional (formerly Dramatic) Performance:** Programs should portray a story, expressing conflict, resolution and/or depth of emotion. Skater should provoke an emotional response with the audience - through related skating movements, gestures and choreographic processes. The entire spectrum of emotions should be considered when selecting the theme (e.g. love, loss, longing, fulfillment, happiness, melancholy, sadness, etc.).
 - Lip synching is not permitted.
 - Props and Scenery are permitted.
 - No Technical Limitations.
- **Character Performance:** Skaters will impersonate a character, original or adapted, on the ice. Performances as a character from a movie, musical, book, original idea, original adaptation are all welcome here.
 - Lip synching is required
 - Props and Scenery are permitted
 - No Technical Limitations
- **Comedic Impressions:** A humorous performance intentionally designed to achieve continuous/multiple chuckles, laughs, or audible rises from viewers. Performance is projected outward towards audience and entertaining through skating movements, gestures and physical actions deemed comedic.
 - Lip synching is permitted
 - Props and Scenery are permitted
 - No Technical Limitations
- **Lyrical Pop:** Perform to your favorite song containing lyrics, without lip-synching.
 - Lip synching is not permitted
 - Props and Scenery are not permitted
 - No Technical Limitations
- **Duets/Trios:** Theatrical/artistic performances by 2 to 3 skaters.
- **Mini production ensembles:** Mini production ensembles: Theatrical performances by three to seven competitors. 2:00 maximum length.
- **Production ensembles:** Production ensembles: Theatrical performances by eight to 30 skaters. 2:30 maximum length. NOTE: Skaters may only enter one duet, one mini production, and one production ensemble.

Showcase Events

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

Interpretive

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.

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.

Theatre On Ice

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 web page at usfigureskating.org/skate/skating-opportunities/theatreonice. For additional information, refer to the current Theatre On Ice Guidelines.

LEARN TO SKATE USA - ASPIRE SYNCHRO (effective July 1, 2023)

The Compete USA competition program is for Learn to Skate USA 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 division in which they are competing (see program requirements).

Basic Requirements for Elements		
Block	Wheel	Circle
Must have a minimum of 3 lines	Must have at least 3 skaters in each spoke	Must have a minimum of 4 skaters

ASPIRE 1	One Circle Element	One Line Element	One Block Element	One Wheel Element	One Intersection Element	Additional Items for Aspire 1
2:10 max 5 Elements	Forward and backward skating permitted	Forward skating only	Forward skating only	Forward skating only	Must be two lines facing each other	Additional well-balanced SYS elements permitted.
Required Holds None	Must contain a forward glide on an inside or outside edge on one or two feet				Forward skating through the point of intersection	Judges will evaluate first element type presented.
Any type of holds permitted					Choice of:	Elements higher than Basic 6 not permitted.
5-20 skaters	Change of rotational direction, change of configuration, and travel not permitted	Change of axis and change of configuration not permitted	Change of configuration and pivoting not permitted	Change of rotational direction, change of configuration, and travel not permitted	Upright two foot glide	Some common elements above Basic 6 are mazurka, half flip, waltz jump, etc.
13 years of age and younger					Upright one foot glide	

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ASPIRE 2	One Circle Element	One Line Element	One Block Element	One Wheel Element	One Intersection Element	Additional Items for Aspire 2
2:10 max 5 Elements	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	Additional well-balanced SYS elements permitted.
Required Holds None	Must contain a forward glide on an inside or outside edge on one foot				Forward skating through the point of intersection	Judges will evaluate first element type presented.
Any type of holds permitted	Change of rotational direction, change of configuration, and travel not permitted	Change of axis and change of configuration not permitted	Change of configuration and pivoting not permitted	Change of rotational direction, change of configuration, and travel not permitted	Choice of: Upright two foot glide Upright one foot glide	Elements higher than Basic 6 not permitted. Some common elements above Basic 6 are mazurka, half flip, waltz jump, etc.
5-20 skaters 16 years of age and younger						

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ASPIRE 3	One Circle Element	One Line Element	One Block Element	One Wheel Element	One Intersection Element	Additional Items for Aspire 3
2:10 max 5 Elements Required Holds 2 different holds shown by the whole team for any length of time Any type of holds permitted 5-20 skaters 17 years of age and younger	Forward and backward skating permitted Must contain a backward glide on an inside or outside edge on one foot May contain any of the below features* Choice of: Change of rotational direction Change of configuration Travel	Forward and backward skating permitted May contain any of the below features* Choice of: Change of axis Change of configuration	Forward and backward skating permitted May contain any of the below features* Choice of: Change of Configuration Pivoting	Forward and backward skating permitted May contain any of the below features* Choice of: Change of rotational direction Change of configuration Travel	Must be two lines facing each other Forward skating through the point of intersection Choice of: Upright two foot glide Upright one foot glide Forward lunge	Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented. <i>*Teams may attempt any number of the listed features. However, teams may also elect to not attempt any of the listed features.</i>

ASPIRE 4	One Circle Element	One Line Element	One Block Element	One Wheel Element	One Intersection Element	Additional Items for Aspire 4
2:10 max 5 Elements Required Holds 2 different holds shown by the whole team for any length of time Any type of holds permitted 5-20 skaters 17 years of age and younger	Forward and backward skating permitted Must contain at least one of the below features** Choice of: Change of rotational direction Change of configuration Travel	Forward and backward skating permitted Must contain at least one of the below features** Choice of: Change of axis Change of configuration	Forward and backward skating permitted Must contain at least one of the below features** Choice of: Change of Configuration Pivoting	Backward skating only Must contain at least one of the below features** Choice of: Change of rotational direction Change of configuration Travel		Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented. <i>**Teams must attempt at least one of the listed features. However, teams may include more than one of the listed features.</i>

LEARN TO SKATE USA - ASPIRE SYNCHRO (effective July 1, 2023)

The Compete USA competition program is for Learn to Skate USA 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 division in which they are competing (see program requirements).

Judges' Deductions (Applies all Aspire Synchro Divisions)	
Description	Deduction
Costume violation (see costume guidelines)	0.1 from the component mark
Costume failure	0.1 from the component mark
Program time violation every 5 seconds in excess (referee to inform judges)	0.1 from both marks for every 5 seconds in excess
Fall, 1 skater (each time)	0.1 from technical mark
Element not according to requirements	0.2 from technical mark
Omission of an element (not attempted)	0.6 from technical mark
Illegal element (see rulebook)	1.0 from both marks
Holds (incorrect number and not shown by the whole team)	0.2 from technical mark per missing hold

LEARN TO SKATE USA - ASPIRE SYNCHRO (effective July 1, 2023)

The Compete USA competition program is for Learn to Skate USA 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 division in which they are competing (see program requirements).

Eligibility Rules:

- All skaters on the team must be either full U.S. Figure Skating members, Aspire members or members of the Learn to Skate USA program. All Aspire synchronized skating teams must be registered with U.S. Figure Skating and have a team number.
- Skaters competing in the Aspire 1 through Aspire 3 divisions may have passed the preliminary skating skills, freestyle and/or dance* test, but no higher.
- Skaters competing in the Aspire 4 division may have passed the pre-bronze skating skills, freestyle and/or dance* test, but no higher.
- The skater's test level is as of October 1, 2023.
- No skater may compete on multiple Aspire synchronized skating teams and/or cross skate to any of the U.S. Figure Skating competitive divisions.

**Skaters may pass two of the three required dance tests for the pre-bronze level and still be eligible to compete in Aspire 1-Aspire 3. Skaters may pass two of three required dance tests for the bronze level and still be eligible to compete in Aspire 4.*

Age/Number of Skaters:

- The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1st.
- Each team must have between 5-20 skaters. Teams may have a maximum of 4 alternates listed on their roster, in addition to the maximum number permitted on the ice for their respective divisions.

Costume Rules/Illegal Elements:

- Aspire synchronized skating teams should follow the costume rules outlined in the rulebook
- Illegal elements outlined in the rulebook apply to all Aspire Synchronized divisions.

Compliance for Instructors/Coaches:

- To be credentialed as a coach at a Compete USA event, individuals coaching a synchronized skating team are required to have:
 - Learn to Skate USA instructor membership OR U.S. Figure Skating full membership.
 - SafeSport™ Training completed (for coaches 18 years of age and older)
 - SafeSport™ Training is available through www.usfsaonline.org for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training.
 - Background check successfully passed (for coaches 18 years of age and older).
 - Learn to Skate USA Instructor Certification completed (for coaches under 18 years of age).
 - If you have questions about compliance, the U.S. Center for SafeSport™, or U.S. Figure Skating's SkateSafe® Program, contact skatesafe@usfigurekating.org.