



Fort Collins Classic 2017

March 30 – April 2, 2017
Edora Pool Ice Center (EPIC)
1801 Riverside Ave.
Fort Collins, Colorado 80525

*Secure Online Registration and Credit Card payment will be available at:
www.fortcollinsfsc.org*

Skater and Coaches schedules will be posted on the web at: www.fortcollinsfsc.org

**Sponsored by:
The Fort Collins Figure Skating Club**

Sanctioned by:



**Chief Referee: Mary Ann Wilcox & Hannah Katz
Chief Accountant: Sheldrin Zhu
Technical Accountant: Kathy Bosworth**

The Fort Collins Figure Skating Club participates in the
2017 National Solo Dance Series

For further information, please contact: email preferred

Dawn Cramer
SinjinAZ@icloud.com
(602) 403-3176

Kelly Cann
kelly.cann79@gmail.com
(970) 237-9842

RULES AND ELIGIBILITY: Fort Collins Classic 2017 will be conducted according to the 2016/17 USFS Rulebook, as well as any pertinent updates which have been posted on the US Figure Skating website. The 2017-2018 Short Program rules will be followed. This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current Rulebook. Refer to the current rule book for non-U.S. Citizens. Singles' events offered are Free skating-only and Short Program-only. **No combined singles' events are offered.**

ELIGIBILITY/TEST LEVEL:

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

Age restrictions/requirements: Skaters entering Juvenile Free Skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering Open Juvenile Free Skate events (Well Balanced Program) must be at least 14 years of age at the close of entries. There are no age restrictions for Test Track Free skating.

Skaters entering Beginner – Pre preliminary events will be divided as closely as possible by age, should the number of entries warrant more than one groups.

JUDGING SYSTEM:

The International Judging System (IJS) will be used for the following events:

*Well Balanced Program Free Skate events- Preliminary – Senior
Short Program Events, Open Juv, Juvenile – Senior
Pairs Free Skate events, Juvenile – Senior
Pairs Short Program events, Intermediate – Senior
Adult Gold/Championship Gold, Masters Intermediate – Senior*

IJS Preliminary through Pre Juvenile events will be called according to the standard rules of IJS.

Step sequences will be called as CHSt.

Spins will be limited to a maximum of level 2.

The ½ loop jumps when executed in combination/sequences will be considered a listed jump and called 1 Lo

Free skate events have 3 components: Skating skills and transitions, performance and execution and choreography and interpretation.

All competitors skating in these events need to submit the PLANNED PROGRAM CONTENT FORM ONLINE. This form is found at www.usfigureskating.org in the member's only section. The deadline to submit the form is entry **March 13th, 2017 at 11.59pm. There will be a \$25 late fee PRIOR TO SKATING for skaters who do not turn in their PPC.**

The 6.0 Majority Judging System will be used for:

*Well Balanced Program Free Skate events, Pre-preliminary & Ltd Pre-preliminary
Introductory Free Skate events (Beginner, High Beginner, No Test)
Basic Skills – Snowplow Sam through Basic 8 & Free skate 1 through Free skate 6
All Test Track events
All specialty singles events (Spins, Jumps, Compulsory Moves, Showcase & Theatre on Ice)
All Solo Dance events
Adult pre-bronze - Silver*

ENTRIES: Registrations must be entered by midnight February 28th, 2017. **ONLINE**

REGISTRATION ONLY using EntryEeze. Link available at www.fortcollinsfsc.org. Entries after February 28th, 2017 will be considered late, and will be accepted at the discretion of the Chief Referee. Late entries will be assessed a \$50.00 late fee. Please contact us before making a late registration. Any entry form changes made after February 28th, 2017 will be assessed a \$30 change fee.

The competition committee reserves the right to limit entries in any event or to cancel an event. Entry fees will only be refunded in accordance with refund policy below. Notification of competition and practice ice times will **NOT** be available by phone or mail. Skater and Coaches schedules will be available via the web at www.fortcollinsfsc.org in addition an email will be sent out to skaters and coaches. **Age is set by skater's age as of February 28th, 2017.**

REFUND POLICY: Entry fees will not be refunded after February 28, 2017 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Contested credit card charges will be issued a \$30 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

IMPORTANT NOTICE FOR ALL COACHES:

To coach at a U.S. Figure Skating sanctioned non-qualifying event, a professional coach or choreographer must be listed as Coaches Education Requirement (CER) Category A or B compliant for the current season, and have completed the Coaches Registration process and be a current member of both U.S. Figure skating and the PSA. Only Category C compliant is needed for Basic Skills." A chart of U.S. Figure Skating requirements for coaches can be found at:

<http://www.usfigureskating.org/Content/Coaches%20Requirements%20Chart.pdf>

The local organizing committee (LOC) will be provided with a list of coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential. Coaches who are NOT on the list will need to show proof of membership in both U.S. Figure Skating and the PSA, a Coaches Registration card, proof of Category A compliance in CER, and a photo I.D. at check in.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them.

SPECIAL ANNOUNCEMENTS: This complete announcement and registration forms plus all urgent notices will be posted on the Fort Collins Figure Skating Club website at www.fortcollinsfsc.org. Please visit this site on a regular basis.

Entry Fees

First IJS Event	\$110.00
First 6.0 Event (Includes Natl Solo Dance)	\$100.00
Additional Events (per event)	\$45.00
Critiques	\$10.00
Special Olympics First Event	\$40.00
Special Olympics Additional Events (per event)	\$25.00
Pairs (as an only event)	\$55.00 per partner
Pairs (as an additional event)	\$27.50 per partner
Synchronized Skating	\$100.00 per team plus \$5.00 per skater
Groups (Mini Production & Production)	\$100.00 per team plus \$5.00 per skater
Critiques (IJS, Dance)	\$10.00
Theatre On Ice Choreographic Element & Free skate (includes 10 minute official practice)	\$250.00
First Basic Skills event	\$60.00
Additional Basic Skills events	\$20.00

****Pairs may not be taken as your first event unless it is the only event you are entering. Short and long programs for singles and pairs are being offered as separate events.***

REGISTRATION: *The registration desk is located at Skate Rental in the main (west) lobby and will be open half hour to hour prior to, and during competition events.* Skaters are required to check at the Official Bulletin Board located in this area for any changes. Posting of such notices, changes, or announcements shall be considered sufficient notice to all participants.

MUSIC: For all events, music must be submitted electronically. Each music file must be:

in MP3 format

File name must contain the following:

- Skater's name (first name and last name)
- Skating level
- Event

Files must be e-mailed to FortCollinsMusic@gmail.com - Or directly through Entryeeze (depending on new software launch February 2015) Music submitted to either place will be acceptable.

CD's will be only be accepted at registration if the electronic file could not be downloaded by the music staff. You will be prompted to provide a cd at registration if this is the case.

It is recommended that all competitors have at least two (2) CD's with them at competition. The LOC will accept no responsibility for damage or loss.

AWARDS: Medals will be awarded to all first place through sixth place skaters.

FACILITIES: The Edora Pool Ice Center (EPIC) has two NHL-sized ice surfaces, indoor with rounded corners.

FOR INFORMATION, PLEASE CONTACT: (Please no calls after 9:00 p.m. MST) – Email preferred

Dawn Cramer
SinjinAZ@icloud.com
(602) 403-3176

Kelly Cann
kelly.cann79@gmail.com
(970) 237-9842

LIABILITY: U.S. Figure Skating, (Fort Collins FSC), and (EPIC) accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

CRITIQUES: Critiques will be offered for all IJS Free Skate, Short, and Dance events based on officials availability. You must request critiques in advance via online registration by signing up and paying on Entryeeze. Check with registration desk and/or the official bulletin board at the competition for specific schedules.

There will be a \$10 charge for all critiques.

PRACTICE ICE: Practice ice will be available starting Thursday, March 30th ****Practice ice is available at a cost of \$15 per person if purchased before competition deadline February 28th, 2017.**

****Basic Skills Practice ice will be available starting the evening of Saturday April 1st and will be in 15 minute increments at \$6.00 per session if purchased before competition deadline.**

****Synchronized skating un-official exclusive practice ice is available in 30 minute increments at \$100.00.**

We will allow additional practice ice sales online for \$18.00 per session, (\$7.50 basic skills) after the schedule has been posted and once those that pre-register for sessions have had time to select their sessions. PRACTICE ICE SESSIONS ARE NOT REFUNDABLE AFTER CLOSE OF ENTRIES. Additional practice ice will be available for purchase during the competition and will cost \$20 at the Practice Ice Desk, \$9.00 basic skills)

Practice ice may or may not take place on the competition ice surface. There is **NO** "official practice ice". **No Music will be played on any practice ice or warm up session. Assigned practice ice is non-refundable.** If you have questions, please contact the practice ice chair, Kelly Cann, kelly.cann79@gmail.com.

WARM-UP ICE is available only for levels Juvenile and above competing in free skate and/or short program events (this includes pairs, test track and adult events). Warm-up ice is NOT available for dance, spins, jumps, artistic or compulsories. Warm-up sessions are 20 minutes in length, they will most likely **not** be on the competition surface, and no music will be played. You may request only one official session and one warm-up session per event entered. **Warm-up ice is available at a cost of \$10 per person.**

You must request warm-up ice in advance via the online registration form.

HOTELS: Please check the website for www.fortcollinsfsc.org for hotel information and reservation link.

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

ADMISSION: The competition is open to the general public for viewing at no charge. ***Please, no flash photography!***

COMPETITION EVENTS AND REQUIREMENTS: Two entries in a division will constitute a competition. **Entrants may skate one level above that for which they are qualified. Test level is determined by entry deadline February 28th, 2017. Age is determined by the age of the skater by February 28th, 2017.**

Open Pre Juvenile and Open Juvenile may be combined with Pre Juvenile and Juvenile events if there are not enough entrants. Beginner, High Beginner, No Test, Pre Preliminary, Preliminary, and Pre Juvenile events will be split by age. Genders may be combined in compulsory events, jumps, spins, Showcase events basic skills and test track events. Travel plans should not be based solely upon any tentative schedule published prior to the start of the competition. Please be at the rink one hour before the start of your event.

**2017-2018 Short program rules will be used.
-intermediate short max 2:10.**

**2107-18 Intermediate Free Skate, Short and Test Track
Free Skate rules will be used.**

**-See alert posted on the front of Fort Collins Classic
Entryeeze or go to USFSA.**

*****As of February 1, 2017-New Intermediate free skate
times of 2:40 +/- 10 will be used.**

**Leveled step sequence for Juv short program will be
used.**

Secure Online Registration available at www.fortcollinsfsc.org

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>NO TEST</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps allowed except for the single Axel ○ No single Axels, double, triple or quadruple jumps allowed ○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. ○ Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE- PRELIMINARY</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps, including the single Axel, allowed ○ No double, triple or quadruple jumps allowed ○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted. ○ Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRELIMINARY</p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel or a waltz jump* • All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) ○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences ○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted ○ Jump sequences limited to a maximum of 3 single or double jumps. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed except for the double Axel ○ No triple or quadruple jumps allowed ○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted ○ Jump sequences limited to a maximum of 3 single or double jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* ○ May start with a flying entry ○ Min 6 revs • 1 spin with only 1 position* ○ No change of foot ○ May start with a flying entry ○ Min 4 revs <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence ○ Must fully utilize the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>JUVENILE and OPEN JUVENILE</p> <p>2:15 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps, including the double Axel, allowed ○ No triple or quadruple jumps allowed ○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> ▪ If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump can be included more than twice • Max 2 jump combinations or sequences ○ Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* ○ Min 8 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 spin with only 1 position; no change of foot* ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic step sequence* ○ Must fully utilize the ice surface
<p>INTERMEDIATE</p> <p>2:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps allowed ○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated ○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> ▪ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double or triple jump can be included more than twice • Max 3 jump combinations or sequences ○ Combinations are limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* ○ Min 8 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 spin with only 1 position; no change of foot* ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic step sequence* ○ Must fully utilize the ice surface
<p>NOVICE LADIES</p> <p>3:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* ○ Min 10 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 flying spin with no change of foot or position* ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* ○ Must fully utilize the ice surface
<p>NOVICE MEN</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* ○ Min 10 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 flying spin with no change of foot or position* ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* ○ Must fully utilize the ice surface

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>JUNIOR LADIES</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* ○ Min 10 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 spin with a flying entry* ○ Min 6 revs • 1 spin with only 1 position* ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* ○ Must fully utilize the ice surface
<p>JUNIOR MEN</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* ○ Min 10 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 spin with a flying entry* ○ Min 6 revs • 1 spin with only 1 position* ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* ○ Must fully utilize the ice surface
<p>SENIOR LADIES</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* ○ Min 10 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 spin with a flying entry* ○ Min 6 revs • 1 spin with only 1 position* ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* ○ Must fully utilize the ice surface • One choreographic sequence* ○ Must be clearly visible
<p>SENIOR MEN</p> <p>4:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* ○ Min 10 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 spin with a flying entry* ○ Min 6 revs • 1 spin with only 1 position* ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* ○ Must fully utilize the ice surface • One choreographic sequence* ○ Must be clearly visible

2016-17 Adult Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2016.



2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<p>CHAMPIONSHIP MASTERS JUNIOR-SENIOR & MASTERS JUNIOR-SENIOR</p> <p>3:40 maximum * means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Max 3 combinations or sequences • 1 jump combination may contain three jumps; the remaining jump combinations are limited to two jumps • Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted • No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE & MASTERS INTERMEDIATE-NOVICE</p> <p>3:10 maximum * means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Max 3 combinations or sequences • 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop • Only one double-double jump combination or sequence is permitted • Double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 5 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>CHAMPIONSHIP ADULT GOLD & ADULT GOLD</p> <p>2:40 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 3 combinations or sequences • 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps, including the single Axel, are permitted, as are the following double jumps: double toe loop, double Salchow. • No double-double jump combinations or sequences are permitted • Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 4 revs total if no change of foot • Min 4 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

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

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

6.0 System Penalties:

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

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



2016-17	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<p>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</p> <p>2:10 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences • 1 combination/sequence may consist of three jumps, and the other may have only two jumps • Additional jump sequences which contain non-listed jumps of not more than one revolution performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted, including single Axel. • No double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Sequence</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence or • Spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p> <p>If IJS is used, then: ChSt</p>
<p>ADULT BRONZE</p> <p>1:50 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences; • 1 combination/sequence may consist of three jumps, and the other may have only two jumps • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted 	<p>Max 1 Sequence</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence or • Spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p> <p>If IJS is used, then: ChSt</p>
<p>ADULT PRE BRONZE</p> <p>1:40 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included • 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps. • 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 allowed • No single Lutz, single Axel or double jumps are allowed 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Min 3 revs • Spins with a flying entry are not permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Connecting steps throughout the program are required

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

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

6.0 System Penalties:

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

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

<p>INTERMEDIATE LADIES/MEN 2:00 max.</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or the triple jump used in the combination</p>	<p>Jump Combination Single/Double, Double/Double, Single/Triple, or Double/Triple May not repeat Axel jump or solo jump performed</p>	<p>Spin Only one position No change of foot May start with a fly Min. 5 revs.</p>		<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Choreographic Step Sequence Fully utilizing the ice surface</p>
<p>NOVICE LADIES 2:30 max.</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or either jump in combo</p>	<p>Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed</p>	<p>Layback or Sideways Leaning Spin, Sit or Camel Spin No change of foot No flying entry Min. 6 revs.</p>		<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Fully utilizing the ice surface</p>
<p>NOVICE MEN 2:30 max.</p>	<p>Single or Double Axel</p>	<p>Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or either jump in combo</p>	<p>Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed</p>	<p>Camel or Sit Spin With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot</p>		<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Fully utilizing the ice surface</p>
<p>JUNIOR LADIES <u>2:40 +/- 10 sec</u></p>	<p>Double Axel</p>	<p>Double or Triple Loop Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed</p>	<p>Flying Camel Spin <u>Flying pos. may be different than landing pos.</u> Min. 8 revs.</p>	<p>Layback, Sideways Leaning or Sit Spin without change of foot No flying entry Min. 8 revs.</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Fully utilizing the ice surface</p>
<p>JUNIOR MEN <u>2:40 +/- 10 sec</u></p>	<p>Double or Triple Axel</p>	<p>Double or Triple Loop Immediately preceded by connecting steps or other free skating movements</p>	<p>Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed</p>	<p>Flying Camel Spin <u>Flying pos. may be different than landing pos.</u> Min. 8 revs.</p>	<p>Sit Spin With only 1 change of foot No flying entry Min. 6 revs. each foot</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Fully utilizing the ice surface</p>
<p>SENIOR LADIES <u>2:40 +/- 10 sec</u></p>	<p>Double or Triple Axel</p>	<p>Any Triple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo</p>	<p>Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed</p>	<p>Flying Spin Landing position different than <u>spin in 1 position</u> Min. 8 revs.</p>	<p>Layback, Sideways Leaning, Sit or Camel Spin without change of foot No flying entry Min. 8 revs.</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Fully utilizing the ice surface</p>

<p>SENIOR MEN <u>2:40 +/- 10 sec</u></p>	<p>Double or Triple Axel</p>	<p>Any Triple or Quadruple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo</p>	<p>Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed</p>	<p>Flying Spin Landing position different than spin in 1 position Min. 8 revs.</p>	<p>Camel or Sit Spin With only 1 change of foot No flying entry Min. 6 revs. each foot</p>	<p>Spin Combination With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p>Leveled Step Sequence Fully utilizing the ice surface</p>
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2016-17	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
<p>PRE-JUVENILE PAIRS</p> <p>2:00 +/- 10 sec</p>	<p>1 Lift</p> <p>Group 1 Lift or Group 2 Waist Lift</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted</p>	N/A	<p>1 (optional) Throw Jump</p> <p>Single</p>	<p>1 Solo Jump</p> <p>Single</p>	<p>1 Jump Sequence</p> <p>No limit to the number of jumps in jump sequence</p> <p>Single jumps only</p> <p>Jump combination not permitted</p>	<p>1 Solo Spin</p> <p>Min 3 revs</p> <p>No change of foot or position</p>	<p>1 Pair Spin</p> <p>Min 3 revs</p> <p>No change of foot or position</p>	<p>1 (optional) Pivot Figure</p> <p>No minimum requirements</p> <p>Pivot figure not eligible for features</p>	<p>1 Step Sequence</p> <p>Utilizing one-half the ice surface*</p> <p>Stroking both forward and backward, clockwise and counterclockwise</p> <p>*If IJS is used, then: ChSt</p>
<p>JUVENILE PAIRS</p> <p>2:30 +/- 10 sec</p>	<p>Max 1 Lift</p> <p>Lift may be chosen from Group 1 or Group 2</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted</p> <p>Min 1 rev and max 3 ½ revs by man</p>	N/A	<p>Max 1 Throw Jump</p> <p>Single only</p>	<p>Max 1 Solo Jump</p> <p>Single or double</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Max 2 jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> <p>Single or double jumps only</p>	<p>Max 1 Solo Spin or Solo Spin Combination</p> <p>Min 5 revs</p> <p>Change of foot, change of position, and flying entry are optional</p> <p><u>If combination, must have all 3 basic positions to receive full value.</u></p>	<p>Max 1 Pair Spin</p> <p>Min 3 revs</p> <p>Change of position optional</p> <p>No change of foot</p>	<p>Max 1 Pivot Figure</p> <p>Regular 1-hand-to-1-hand hold required</p> <p>Pivot figure not eligible for features</p> <p>When the position is attained, both partners must execute min ½ rev with the man clearly in pivot position</p>	<p>Max 1 Choreographic Sequence</p> <p><u>Must be clearly visible</u></p>

2016-17	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
<p>INTERMEDIATE PAIRS</p> <p>3:00 +/- 10 sec</p>	<p>Max 2 Overhead Lifts</p> <p>Lifts can be selected from Groups 1-4 and must be different</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted; however, if a pair executes a platter lift, the release of the lady's hands after the lift extension has been achieved is not a violation of this rule.</p> <p>Min 1 rev and max 3 ½ revs by man</p>	<p>Max 1 Twist Lift</p> <p>Single</p> <p>Take off must be flip or Lutz</p>	<p>Max 2 Throw Jumps</p> <p>Single or double</p> <p>Must be different</p>	<p>Max 1 Solo Jump</p> <p>Single or double</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Max 2 jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> <p>Single or double jumps only</p>	<p>Max 1 Solo Spin or Solo Spin Combination</p> <p>Min 5 revs</p> <p>Change of foot, change of position and flying entry are optional</p> <p>Both partners must achieve a basic position (sit/camel/upright) for at least 2 revs</p> <p><u>If combination, must have all 3 basic positions to receive full value.</u></p>	N/A	<p>Max 1 Death Spiral or Pivot Figure</p> <p>Regular 1-hand-to-1-hand hold required</p> <p>Pivot figure not eligible for features</p> <p>When the position is attained, both partners must execute min ½ rev with the knees of the man clearly bent and in full pivot position</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>
<p>NOVICE PAIRS</p> <p>3:30 +/- 10 sec</p>	<p>Max 2 Overhead Lifts</p> <p>Lifts must be from different groups, and 1 must be from Group 3 or Group 4</p> <p>Variations of lady's position, no-handed, 1-handed, combo lifts and lifts that turn in both directions ARE permitted</p> <p>Carry lifts and carry features are NOT permitted</p> <p>Min 1 rev and max 3 ½ revs by man</p>	<p>Max 1 Twist Lift</p> <p>Single or double</p> <p>Take off must be flip or Lutz</p>	<p>Max 2 Throw Jumps</p> <p>Single, double or triple</p> <p>Must be different</p>	<p>Max 1 Solo Jump</p> <p>Single, double or triple</p> <p>If double Axel or triple, must be different from jumps executed in the jump sequence / combination</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Max 2 jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> <p>Both may include jumps with same name</p> <p>Single, double or triple jumps permitted</p>	<p>Max 1 Solo Spin or Solo Spin Combination</p> <p>Min 5 revs</p> <p>Change of foot, change of position and flying entry are optional</p> <p>Both partners must achieve a basic position (sit/camel/upright) for at least 2 revs</p> <p><u>If combination, must have all 3 basic positions to receive full value.</u></p>	<p>Max 1 Pair Spin or Pair Spin Combination</p> <p>Min 5 revs</p> <p>If pair spin combination, must have at least 1 change of foot and 1 change of position by each partner</p> <p><u>If combination, must have all 3 basic positions to receive full value.</u></p>	<p>Max 1 Death Spiral</p> <p>Regular 1-hand-to-1-hand hold required</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>

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

2016-17	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL	STEP SEQUENCE
<p>JUNIOR PAIRS</p> <p>4:00 +/- 10 sec</p>	<p>Max 2 Overhead Lifts</p> <p>Not all from Group 5</p> <p>Full extension of the lifting arms required</p> <p>Only 1 lift may include a carry feature</p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only)</p> <p>Min 1 rev and max 3 ½ revs by man</p>	<p>Max 1 Twist Lift</p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, loop, flip, Lutz or Axel</p>	<p>Max 2 Throw Jumps</p> <p>Must be different</p>	<p>Max 1 Solo Jump</p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Jump combination may consist of 2 or 3 jumps</p> <p>No limit to number of jumps in jump sequence</p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	<p>Max 1 Solo Spin Combination</p> <p>Must be combination</p> <p>Min 10 revs</p> <p>Optional change of foot (min 3 revs before and after change of foot, if performed)</p> <p>Optional flying entry</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. <u>Must have all 3 basic positions to receive full value.</u></p>	<p>Max 1 Pair Spin Combination</p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With a least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. <u>Must have all 3 basic positions to receive full value.</u></p>	<p>Max 1 Death Spiral</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>
<p>SENIOR PAIRS</p> <p>4:30 +/- 10 sec</p>	<p>Max 3 Overhead Lifts</p> <p>Not all from Group 5</p> <p>Full extension of the lifting arms required</p> <p>If 2 Group 5 lifts are executed, each must have a different take off (toe, step, reverse, backward or Axel)</p> <p>Only 1 lift may include a carry feature</p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only)</p> <p>Min 1 rev and max 3 ½ revs by man</p>	<p>Max 1 Twist Lift</p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, flip, Lutz or Axel</p>	<p>Max 2 Throw Jumps</p> <p>Must be different</p>	<p>Max 1 Solo Jump</p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Jump combination may consist of 2 or 3 jumps</p> <p>No limit to number of jumps in jump sequence</p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	<p>Max 1 Solo Spin Combination Must be combination Min 10 revs</p> <p>Optional change of foot (min 3 revs before and after change of foot, if performed)</p> <p>Optional flying entry</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. <u>Must have all 3 basic positions to receive full value.</u></p>	<p>Max 1 Pair Spin Combination Must be combination Min 8 revs</p> <p>With at least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. <u>Must have all 3 basic positions to receive full value.</u></p>	<p>Max 1 Death Spiral</p> <p>Must be different from the death spiral in the short program</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>

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

2016-17	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
<p>INTERMEDIATE PAIRS SHORT PROGRAM</p> <p>2:30 Max</p>	<p>One lift selected from Groups 1-4.</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combination lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted; however, if a pair executes a platter lift, the release of the lady's hands after the lift extension has been achieved is not a violation of this rule.</p> <p>Min 1 and max 3 ½ revs. by man</p>	<p>Single</p> <p>Take off must be flip or Lutz</p>	<p>Not allowed in the Intermediate Pairs Short Program</p>	<p>Single or Double (any take off)</p>	<p>Pair Spin</p> <p>No change of foot and optional change of position</p> <p>Min. 5 revs. total</p> <p>May NOT be commenced with a jump</p> <p>The rotation must be continuous, and no stop is permitted</p>	<p>One Death Spiral or Pivot Figure</p> <p>Regular hand-to-hand hold required</p> <p>In the final position when the lady is performing the actual death spiral or pivot figure, both the man and the lady must execute a minimum of one-half rev. with the knees of the man clearly bent and in full pivot position</p>	<p>Choreographic Step Sequence</p> <p>Must fully utilize the ice surface</p>
<p>NOVICE PAIRS SHORT PROGRAM</p> <p>2:50 Max</p>	<p><u>One lift selected from Group 4 or 5</u></p> <p>Min 1 and max 3 ½ revs. by man</p> <p>One-handed variations and changes of hold or of the lady's position during the lift are permitted</p> <p>The lift may not include a carry feature or be a carry lift</p>	<p>Single or Double</p> <p>Take off must be flip or Lutz</p>	<p>Single, Double or Triple Toe Loop or Flip/Lutz</p>	<p>Double Loop or Double Axel</p>	<p>Solo Spin</p> <p>No change of foot and optional change of position</p> <p>Min. 5 revs. total</p> <p>May be commenced with a jump</p> <p>The rotation must be continuous, and no stop is permitted</p>	<p><u>Backward Inside</u></p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p>Leveled Step Sequence</p> <p>Must fully utilize the ice surface</p>

2016-17	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
JUNIOR PAIRS SHORT PROGRAM <u>2:40 +/- 10 sec</u>	<u>Any lasso lift take off (Group 5)</u> Full extension of the lifting arm(s) is required Min 1 and max 3 ½ revs. by man	Double or Triple Take off must be flip or Lutz	Double or Triple <u>Toe Loop or Flip/Lutz</u>	Double <u>Loop or Double Axel</u>	<u>Solo Spin Combination</u> Only one change of foot (made at the same time by both partners) <u>Min. 5 revs. on each foot, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</u> <u>May be commenced with a jump</u> The rotation must be continuous, and no stop is permitted	<u>Backward Inside</u> When death spiral position is attained, both partners must execute one revolution with man in full pivot position Lady's head must reach the level of her skating knee	<u>Leveled Step Sequence</u> Must fully utilize the ice surface
SENIOR PAIRS SHORT PROGRAM <u>2:40 +/- 10 sec</u>	<u>Any lasso lift take off (Group 5)</u> Full extension of the lifting arm(s) is required Min 1 and max 3 ½ revs. by man	Double or Triple Take off must be flip or Lutz	Double or Triple (any take off)	Double or Triple (any take off)	<u>Solo Spin Combination</u> Only one change of foot (made at the same time by both partners) <u>Min. 5 revs. on each foot, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</u> <u>May be commenced with a jump</u> The rotation must be continuous, and no stop is permitted	<u>Backward Inside</u> When death spiral position is attained, both partners must execute one revolution with man in full pivot position Lady's head must reach the level of her skating knee	<u>Leveled Step Sequence</u> Must fully utilize the ice surface

<p>SENIOR TEAM</p> <p>4:30 +/- 10 secs</p> <p><u>9 Elements</u></p>	<p><u>Two (2) Different Group Lift Elements</u></p> <p>The second Group Lift must be different from the first</p>	<p><u>Two Different Intersection Elements</u></p> <p><u>One Intersection – Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly</u></p> <p><u>One Intersection – Additional Feature (Point of Intersection (pi)) will not be counted</u></p> <p>Teams are encouraged to be creative in all phases of this intersection</p>	<p><u>One No Hold Element ± Step Sequence (ss)</u></p>	<p><u>One Pair Element</u></p> <p><u>Pair Pivot Element</u> OR <u>Pair Spin Element</u> OR <u>Pair Step Sequence Element</u></p>	<p><u>One Traveling Element - Wheel</u></p>	<p><u>One Move Element</u> OR <u>One Synchronized Spin Element</u></p>	<p>One Creative Element OR One Combined Element</p>
<p>JUNIOR TEAM</p> <p>4:00 +/- 10 secs</p> <p><u>7 Elements</u></p>	<p><u>Two Different Intersection Elements</u></p> <p><u>One Intersection – Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly</u></p> <p><u>One Intersection – Additional Feature (Point of Intersection (pi)) will not be counted</u></p> <p>Teams are encouraged to be creative in all phases of this intersection</p>	<p><u>One No Hold Element ± Step Sequence (ss)</u></p>	<p><u>One Traveling Element - Wheel</u></p>	<p><u>One Pair Element</u></p> <p><u>Pair Pivot Element</u> OR <u>Pair Spin Element</u> OR <u>Pair Step Sequence Element</u></p>	<p><u>One Move Element</u> OR <u>One Synchronized Spin Element</u></p>	<p>One Creative Element OR One Combined Element</p>	
<p>NOVICE TEAM</p> <p>3:30 +/- 10 secs</p> <p><u>7 Elements</u></p>	<p><u>One Intersection Element + Point of Intersection (pi)</u></p>	<p><u>Move Element</u></p>	<p><u>One No Hold Element + Step Sequence (ss)</u></p>	<p>One Pivoting Element - Block</p>	<p><u>One Traveling Element - Wheel</u></p>	<p><u>One Rotating Element - Circle</u> OR <u>One Linear Element - Line</u></p>	<p>One Creative Element OR One Combined Element</p>
<p>INTERMEDIATE TEAM</p> <p>3:30 +/- 10 secs</p> <p><u>7 Elements</u></p>	<p>One Pivoting Element - Block</p>	<p><u>One No Hold Element ± Step Sequence (ss)</u></p>	<p>One Rotating Element - Circle</p>	<p>One Creative Element OR One Combined Element</p>	<p>One Intersection Element + Point of Intersection (pi)</p>	<p>One Linear Element - Line</p>	<p>One Traveling Element - Wheel</p>

<p>JUVENILE TEAM 3:00 +/- 10 secs 6 Elements</p>	<p>One <u>Pivoting</u> Element – <u>Pivoting Block</u> <u>Teams may attempt any level but the highest call will be Level 2.</u></p>	<p>One <u>Rotating</u> Element – Circle</p>	<p>One <u>Creative</u> Element <u>OR</u> <u>Combined Element</u></p>	<p>One <u>Linear</u> Element – Line</p>	<p>One <u>Intersection</u> Element <u>Teams may attempt any level but the highest call will be Level 2.</u> <u>Additional Features may be attempted but no level will be awarded.</u></p>	<p>One <u>Traveling</u> Element – <u>Traveling Wheel</u> <u>Teams may attempt any level but the highest call will be Level 2.</u></p>
<p>OPEN JUVENILE TEAM 2:30 +/- 10 secs 6 Elements</p>	<p>One <u>Block</u> Element</p>	<p>One <u>Circle</u> Element</p>	<p>One <u>Creative</u> Element</p>	<p>One <u>Intersection</u> Element</p>	<p>One <u>Line</u> Element</p>	<p>One <u>Wheel</u> Element</p>
<p>PRE-JUVENILE TEAM 2:15 +/- 10 secs 6 Elements</p>	<p>One <u>Block</u> Element</p>	<p>One <u>Circle</u> Element</p>	<p>One <u>Creative</u> Element</p>	<p>One <u>Intersection</u> Element Forward only</p>	<p>One <u>Line</u> Element</p>	<p>One <u>Wheel</u> Element</p>
<p>PRELIMINARY TEAM 2:00 +/- 10 secs 5 Elements</p>	<p>One <u>Block</u> Element</p>	<p>One <u>Circle</u> Element</p>	<p>One <u>Intersection</u> Element Forward only</p>	<p>One <u>Line</u> Element</p>	<p>One <u>Wheel</u> Element</p>	
<p>COLLEGIATE TEAM 4:00 +/- 10 secs 7 Elements</p>	<p><u>Two Different Intersection Elements</u> <u>One Intersection – Additional Feature (Point of Intersection (pi)) is permitted and will be counted if executed correctly</u> <u>One Intersection – Additional Feature (Point of Intersection (pi)) will not be counted Teams are encouraged to be creative in all phases of this intersection</u></p>	<p>One <u>No Hold Element+ Step Sequence (ss)</u></p>	<p>One <u>Traveling Element - Wheel</u></p>	<p>One <u>Pair Element</u> <u>Pair Pivot Element</u> <u>OR</u> <u>Pair Spin Element</u> <u>OR</u> <u>Pair Step Sequence Element</u></p>	<p>One <u>Move Element</u> <u>OR</u> <u>One Synchronized Spin Element</u></p>	<p>One <u>Creative Element</u> <u>OR</u> <u>One Combined Element</u></p>

2016-17 Synchronized Free Skating Requirements – This chart has been updated with changes from the 2016 U.S. Figure Skating Governing Council and the ISU Congress, which go into effect July 1, 2016.



OPEN COLLEGIATE TEAM 3:00 +/- 10 secs 6 Elements	One Block Element	One Circle Element	One Creative Element	One Line Element	One Intersection Element	One Wheel Element
ADULT TEAM 3:15 +/- 10 secs 6 Elements	One Pivoting Element - Block	One Rotating Element - <u>Circle</u>	One Creative Element OR One Combined Element	One Intersection Element ± <u>Point of Intersection (pi)</u>	One Linear Element - Line	One Traveling Element - <u>Wheel</u>
MASTERS TEAM 3:00 +/- 10 secs 6 Elements	One Block Element	One Circle Element	One Creative Element	One Line Element	One Intersection Element	One Wheel Element
OPEN ADULT TEAM 2:30 +/- 10 secs 5 Elements	One Block Element	One Circle Element	One Intersection Element	One Line Element	One Wheel Element	
OPEN MASTERS TEAM 2:30 +/- 10 secs 5 Elements	One Block Element	One Circle Element	One Intersection Element	One Line Element	One Wheel Element	



U.S. Figure Skating Nonqualifying Competitions

EVENT: 2016-17 Test Track Free Skate – Pre-Preliminary through Senior levels

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate or Introductory Level event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. 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.
4. Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
5. The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 maximum	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre- preliminary free skate test
Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile 2:00 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test

Level	Jumps	Spins	Step Sequences	Qualifications
Juvenile 2:15 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps, including Axel, are permitted. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One solo spin in one position, no change of foot (Min. 4 revolutions). One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) Only solo spin may fly 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test
Intermediate 2:30 +/- 10 sec.	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow and double toe loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One must be a flying spin (min 5 revolutions), One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test
Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) The other spins are the option of the skater (min 6 revolutions per foot) All spins may fly 	One step sequence or spiral sequence fully utilizing ice surface (see rule 4104 & 4105 for remarks)	Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test

Level	Jumps	Spins	Step Sequences	Qualifications
Junior Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.	<i>Maximum of 8 jump elements for men and 7 for ladies:</i> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<i>Maximum of 3 spins of a different nature:</i> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot) 	One step sequence fully utilizing ice surface (See rule 4105 for remarks)	Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test
Senior Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.	<i>Maximum of 8 jump elements for men and 7 for ladies:</i> <ul style="list-style-type: none"> Any single jumps. Must include at least four different double jumps, one must be a double Lutz. Triple jumps are not permitted Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<i>Maximum of 3 spins of a different nature:</i> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks) Ladies: One step sequence of advanced difficulty, covering the full ice surface and either one spiral sequence or choreographic sequence. (See rule 4104 & 4105 for remarks.)	Skaters must have passed at least the U.S. Figure Skating junior free skate test



U.S. Figure Skating Nonqualifying Competitions

EVENT: COMPULSORY MOVES

General event parameters:

1. Basic Skills – Juvenile: Elements skated on ½ ice
2. Intermediate – Senior: Elements skated on full-ice
3. Elements may be performed only once
4. Music is not allowed

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip (for competitions held before December 31, 2014) Single Toe Loop (for competitions held after January 1, 2015) 2. Jump combination: single/single (no Axel) 3. Sit spin or camel spin - minimum three revolutions 4. Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single/single (may include Axel) 3. Back upright spin - minimum three revolutions 4. Forward inside spiral
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single jump (may include Axel) 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – circular
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Flying spin, minimum five revolutions 4. Step sequence – straight line
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Jump combination: double/single or double/double 3. Flying spin - minimum five revolutions 4. Step sequence – straight line
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Compulsory Moves

General event parameters:

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

Level	Time	Elements
Adult Beginner	1:15	<ol style="list-style-type: none"> 1. Forward crossovers (Min. 5 consecutive) 2. Waltz jump 3. Two foot upright spin 4. Forward spiral (any edge)
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> 1. Backward crossovers (Min. 5 consecutive) 2. Waltz jump 3. Forward upright spin (Min. 3 revolutions) 4. Forward outside spiral
Adult Bronze	1:15	<ol style="list-style-type: none"> 1. Single Salchow 2. Waltz jump – toe loop combination jump 3. Sit spin (Min. 3 revolutions) 4. Spiral sequence (Min. 2 spirals)
Adult Silver	1:30	<ol style="list-style-type: none"> 1. Single loop 2. Single/single jump combination 3. Sit spin (Min. 3 revolutions) 4. Straight line step sequence
Adult Gold	1:30	<ol style="list-style-type: none"> 1. Single Lutz or Axel 2. Single/single or single/double jump combination 3. Camel spin (Min. 4 revolutions) 4. Straight line step sequence
Masters Intermediate/Novice	2:00	<ol style="list-style-type: none"> 1. Axel, double Salchow , double toe loop or double loop 2. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel 3. Solo spin of skater's choice (Min. 6 revolutions) 4. Straight line step sequence
Masters Junior/Senior	2:00	<ol style="list-style-type: none"> 1. Choice of any double jump 2. Jump combination that may include any double jump 3. Solo spin of skater's choice (Min. 8 revolutions) 4. Straight line step sequence



U.S. Figure Skating Nonqualifying Competitions

EVENT: Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice
3. Jumps with an “**” must be preceded with connecting steps (intermediate – senior)

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



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Adult silver and lower will be skated $\frac{1}{2}$ ice; adult gold – masters junior/senior will be skated on full ice
3. Jumps with an “*” must be preceded with connecting steps (intermediate – senior)

Level	Time	Elements
Adult Beginner	1:00	<ol style="list-style-type: none">1. Bunny Hop2. Mazurka or ballet jump
Adult Pre-Bronze	1:00	<ol style="list-style-type: none">1. Waltz or toe loop jump2. $\frac{1}{2}$ flip, $\frac{1}{2}$ Lutz or $\frac{1}{2}$ loop
Adult Bronze	1:00	<ol style="list-style-type: none">1. Single Salchow2. Single toe loop3. Any single jump + single toe loop combination (No Axels allowed)
Adult Silver	1:15	<ol style="list-style-type: none">1. Single flip2. Single loop3. Single/single combination (Axel is permitted)
Adult Gold	1:15	<ol style="list-style-type: none">1. Single Axel2. Single Lutz3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none">1. Axel2. Double Salchow , double toe loop or double loop3. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel
Masters Junior/Senior	1:30	<ol style="list-style-type: none">1. Double loop or double flip2. Double Lutz3. Jump combination that may include any double jump



U.S. Figure Skating Nonqualifying Competitions

EVENT: Spins Challenge

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
High Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
No-Test	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 4. Upright one-foot spin (3) 5. Upright back scratch spin (3) 6. Sit spin (3)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 8. Forward scratch to back scratch spin (3) 9. Combination spin with no change of foot (4) 10. Sit spin (3)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> 8. Camel spin (3) 9. Combination spin – camel to sit spin; no change of foot (6) 10. Forward to backward scratch spin (3 per foot)
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> 8. Sit spin (4) 9. Combination spin – with change of foot; optional change of position (4 per foot) 10. Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 8. Flying camel spin (5) 9. Sit spin to backward sit spin (4 per foot) 10. Combination spin – change of foot & change of position (4 per foot)
Novice	1:30 max.	<ol style="list-style-type: none"> 8. Choice of camel, sit or layback spin (6) 9. Camel spin to backward camel spin (4 per foot in position) 10. Combination spin – change of foot & two changes of position (2 per position & 5 per foot)
Junior	1:30 max.	<ol style="list-style-type: none"> 8. Flying sit spin or flying reverse sit spin (6) 9. Solo spin of choice (6) – may not fly 10. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)
Senior	1:30 max.	<ol style="list-style-type: none"> 8. Flying spin of choice (6) 9. Solo spin of choice (6) – may not fly 10. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Spins Challenge

General event parameters:

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

Level	Time	Skating rules / standards
Adult Beginner	1:15	<ol style="list-style-type: none">1. Pivot2. Two-foot upright spin (2)
Adult Pre-Bronze	1:15	<ol style="list-style-type: none">1. One-foot upright spin (3)2. Two-foot upright spin (3)
Adult Bronze	1:15	<ol style="list-style-type: none">1. One-foot upright spin (4)2. One-foot back spin (3)3. Sit spin (3)
Adult Silver	1:30	<ol style="list-style-type: none">1. Camel spin (3)2. Layback, sideways leaning or sit spin (4)3. Combination spin with at least one change of position, no change of foot (3 in each position)
Adult Gold	1:30	<ol style="list-style-type: none">1. Solo spin, no change of foot (4)2. Second solo spin, different from the first; change of foot optional (4)3. Combination spin with only one change of foot and at least one change of position (4 each foot)
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none">1. Solo spin of skater's choice (Min. 6 revolutions)2. Second solo spin, different from the first; change of foot optional (4) May have a flying entry3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot)
Masters Junior/Senior	1:30	<ol style="list-style-type: none">1. Solo spin of skater's choice (Min. 8 revolutions)2. Solo spin with a flying entry3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot). May have a flying entry

Solo Dance

Solo Dance Series competitions are U.S. Figure Skating nonqualifying competitions, as per Rule 3060 in the 2017 U.S. Figure Skating Rulebook.

OVERVIEW:

U.S. Figure Skating is pleased to announce the 2017 Solo Dance Competition Series. This program began in the 2010-11 season and is open to individual skaters within the Eastern, Midwestern and Pacific Coast sections. Skaters participating in at least two competitions within their respective sections accumulate points based upon placement that will be used to determine qualification of individual skaters to the National Solo Dance Final.

The mission of this program is to provide a fun series of events to both encourage skaters of all levels to try ice dancing and to give skaters who love ice dancing the opportunity to compete on a regular basis even though they may not have a partner.

The Solo Dance Series will be conducted in accordance with the rules of U.S. Figure Skating as set forth in the 2017 U.S. Figure Skating Rulebook. Additionally, all participants will be expected to be U.S. Figure Skating members and abide by the Code of Ethics (GR 1.01) and the Code of Conduct (GR 1.02), as set forth in the 2017 U.S. Figure Skating Rulebook.

A. 2017 SOLO DANCE SERIES SEASON DATES

The 2017 Solo Dance Series season will run from February 1 – August 13, 2017 with the National Solo Dance Final being held September 6 - 9, 2017. Skaters can compete at participating nonqualifying competitions during the Series season timeframe to accumulate points based upon placement at each event.

B. EVENTS TO BE SKATED

Solo Pattern Dance Event: The solo pattern dance event is comprised of two solo pattern dances at each level. A random draw will be held to determine the starting order. This event is offered at the preliminary through international solo dance levels. The points awarded will be based on the skaters' combined overall placement. (See page 21 for detailed explanation)

Solo Combined Dance Event: The solo combined dance event is comprised of a solo dance drawn at the competition from the two designated solo pattern dances selected by U.S. Figure Skating or a solo short dance (junior and senior only) and a solo free dance, with results combined together for an overall result. A random draw will be held to determine the starting order. The pattern dance competed will be separate from those in the solo pattern dance event and the results will not count towards the solo pattern dance event or results. This event is offered at the juvenile thru senior levels. The results from each segment are factored together to create an overall result. (See page 21 for detailed explanation for awarding of points.)

Shadow Pattern Dance Event: The shadow pattern dance event is comprised of one pattern dance at each level. A random draw will be held to determine the starting order. The dance will remain the same throughout the year. A team may be comprised of two females, two males or one female and one male. In any case, the steps skated shall be the lady's steps as specified in the 2017 U.S. Figure Skating Rulebook. This event is offered at the preliminary thru senior solo dance levels. The points awarded will be based on the final placement of the dance skated. (See page 21 for detailed explanation for awarding of points.)

C. MUSIC

Dance music selection for Pattern Dance events will be chosen from the Standardized music of the International Skating Union, per rule 6030 in the 2017 U.S. Figure Skating rulebook, and will be provided to the LOC by U.S. Figure Skating for use in the Solo Dance Series competitions.

D. AWARDS AND MEDALS

Medals will be awarded to places first through third at each event. Medals/ribbons for fourth and fifth places are at the discretion of the LOC. Trophies may be awarded at the discretion of the LOC. At the National Solo Dance Final, medals will be awarded to places first through fourth following the results from championship round events only.

E. ELIGIBILITY TO COMPETE

Athletes must be eligible members in good standing of U.S. Figure Skating, and may be members of the figure skating club of their choice. The section in which the skater competes and can qualify from will be based upon the location of the skaters' home figure skating club at the close of registration. Skaters may not switch sections during the season even if their home club changes. All participants will be expected to abide by the Code of Ethics (GR 1.01) and the Code of Conduct (GR 1.02), as set forth in the 2017 U.S. Figure Skating Rulebook.

F. SERIES REGISTRATION

Skaters interested in participating in the 2017 Solo Dance Competition Series will also need to complete the online Series registration form and pay a \$20.00 fee to U.S. Figure Skating between December 15, 2017 and April 1, 2017. This fee covers the solo pattern dance, the combined dance and the shadow dance events. For shadow dance events, skaters must designate their partner at the time of registration and must compete with that partner for the duration of the season. BOTH partners must register. The online form can be accessed on the Solo Dance Series webpage and by [clicking here](#).

In order for skaters to earn points within the Series, they must be registered with U.S. Figure Skating as a participant prior to entering and competing in a Solo Dance Series Competition that you plan to earn placement points from.

G. ENTRY FEES

Entry fees **MUST** accompany each individual competition entry form(s). The form with the specified fees will be provided to the skaters and must be sent to the host club before the individual competition deadline. All skaters must register for the individual Solo Dance series competitions within the series through the LOC hosting each individual event.

Solo Dance Series event entry fees will be set by the LOC hosting the individual competition and will be listed within their announcement. Skaters are responsible for registering directly with each competition.

Shadow Dance groups will consist of not more than 10 duos (2 side-by-side skaters) per group. If more than 10 duos are entered into a level, the duos will be split as evenly as possible into as many groups as are necessary to keep each group no larger than 10 duos total.

SOLO PATTERN DANCE EVENT

The solo pattern dance event is comprised of two pattern dances at each level. A random draw will be held to determine the starting order. The specific dances at each level will be listed within the individual competition announcements and chosen by the host club. This event is offered at the preliminary through international solo dance levels.

The solo pattern dance competitors will compete two dances at each level, with the result from both dances being combined to create a final, overall result. Points will be awarded to each skater based on the skaters' combined overall placement of the two pattern dances.

SOLO PATTERN DANCE EVENT LEVELS AND TEST REQUIREMENTS:

Level	Requirement	Dances
Preliminary	No Test or passed Preliminary	Dutch Waltz Canasta Tango
Pre-Bronze	Passed Preliminary or Pre-Bronze	Cha Cha Fiesta Tango
Bronze	Passed Pre-Bronze or Bronze	Hickory Hoedown Willow Waltz
Pre-Silver	Passed Bronze or Pre-Silver	European Waltz Foxtrot
Silver	Passed Pre-Silver or Silver	Tango Rocker Foxtrot
Pre-Gold	Passed Silver or Pre-Gold	Blues Starlight Waltz
Gold	Passed Pre-Gold, or Gold	Viennese Waltz Argentine Tango
International	Passed Gold or International	Cha Cha Congeldo Tango Romantica

a. SOLO PATTERN DANCE ENTRY RESTRICTIONS:

Each registered athlete may only compete in one level for the entire season.

A. COMBINED DANCE EVENT

The combined dance event is comprised of the following two events (as applicable by level):

- 1.) **For juvenile, intermediate and novice:** one of two solo pattern dances drawn at the competition from the two designated solo pattern dances selected by U.S. Figure Skating, as listed below.
For junior and senior: one solo short dance
- 2.) **For juvenile thru senior:** one solo free dance

The pattern dances competed in the combined dance event are separate from those in the solo pattern dance event and the results will not count toward the solo pattern dance event or results. This event is offered at the juvenile through senior levels.

Pattern Dance Selection for Juvenile: Willow Waltz and Ten Fox

Pattern Dance Selection for Intermediate: Fourteen Step and European Waltz

Pattern Dance Selection for Novice: American Waltz and Rocker Foxtrot

B. SHADOW DANCE EVENT

The shadow pattern dance event is comprised of one pattern dance at each level. A random draw will be held to determine the starting order. The specific pattern dance at each level will be listed within the individual competition announcements. This event is offered at the preliminary through senior solo dance levels.

A team may be comprised of two females, two males or one female and one male. In any case, the steps skated shall be the lady's steps as specified in the 2017 U.S. Figure Skating Rulebook.

α. SHADOW DANCE EVENT LEVELS AND TEST REQUIREMENTS:

Level	Requirement	Dance
Preliminary	One partner must not have passed higher than the complete pre-bronze dance test.	• Rhythm Blues
Juvenile	One partner must not have passed higher than the complete pre-silver dance test.	• Cha Cha
Intermediate	One partner must not have passed higher than the complete silver dance test.	• Fourteenstep
Novice	One partner must not have passed higher than the complete pre-gold dance test.	• Rocker Foxtrot
Junior	One partner must not have passed higher than the complete gold dance test.	• Kilian
Senior	Open.	• Quickstep

Showcase events are:

Dramatic Entertainment:

Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. Props and Scenery ARE permitted.

Light Entertainment:

Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions. Props and Scenery ARE permitted.

Duets:

Theatrical performances by any two competitors. Props and Scenery ARE permitted. Skaters may enter only one duet, one mini production ensemble and one production ensemble each.

Mini production ensembles:

Theatrical performances by three to seven competitors. Props and Scenery ARE permitted. Programs are performed under full arena lighting. Skaters may enter only one duet, one mini production ensemble and one production ensemble each.

Production ensembles:

Theatrical performances by eight or more competitors. NOTE: Skaters may enter only one duet, one mini production ensemble and one production ensemble each. Props and Scenery ARE permitted. Programs are performed under full arena lighting.

Skaters may enter any or all singles events for which they are qualified by test level. Skaters cannot skate in different levels of the same event (example: event-Light Entertainment Level Junior skater would not be allowed to skate Light Entertainment Junior and Senior).

Light and Dramatic Entertainment:

Beginner, High Beginner, No Test, Pre-Preliminary (these levels do not qualify for National Showcase): 1:30 max

Preliminary and pre-juvenile: 1:40 max

Juvenile thru novice: 2:10 max

Junior and senior: 2:40 max

Teen and Young adult: 2:10 max

All Adult Events: 1:40 max

Ensembles:

Duets: Same as for Light and Dramatic Entertainment (entries according to the level of the higher test skater)

Mini Production ensembles: 3:10 max

Production ensembles FS: 6:15 max

TIMING:

Timing of the program will begin with the first purposeful movement of any competitor or member of a team. For performances that are over the time allotment, standard time deductions will apply as per U.S. Figure Skating's current rulebook. Timing will cease when the last skater comes to a complete stop.

	Event	Must have passed (dance tests refer to solo or partnered standard track)	Must not have passed (dance tests refer to solo or partnered standard track)	Age	Time
Singles or Duets (Duets must compete at the highest test level of the two skaters)	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate 2 Preliminary Dances	No minimum age (max age 20)	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate or 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate Complete Preliminary Dance	Novice Free Skate Any Gold Dance	18-20	2:10 max
	Novice	Novice Free Skate One Silver Dance	Junior Free Skate Any Gold Dance	No age restriction	2:10 max
	Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed Gold Dance		2:40 max
	Senior	Senior Free Skate Complete Gold Dance			2:40 max
	Event	Must meet requirements for*	Must not have passed	Age	Time
	Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
	Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre- Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
	Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
	Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max
	Mini Production	Open			Open
Production	Open			Open	6:15 max

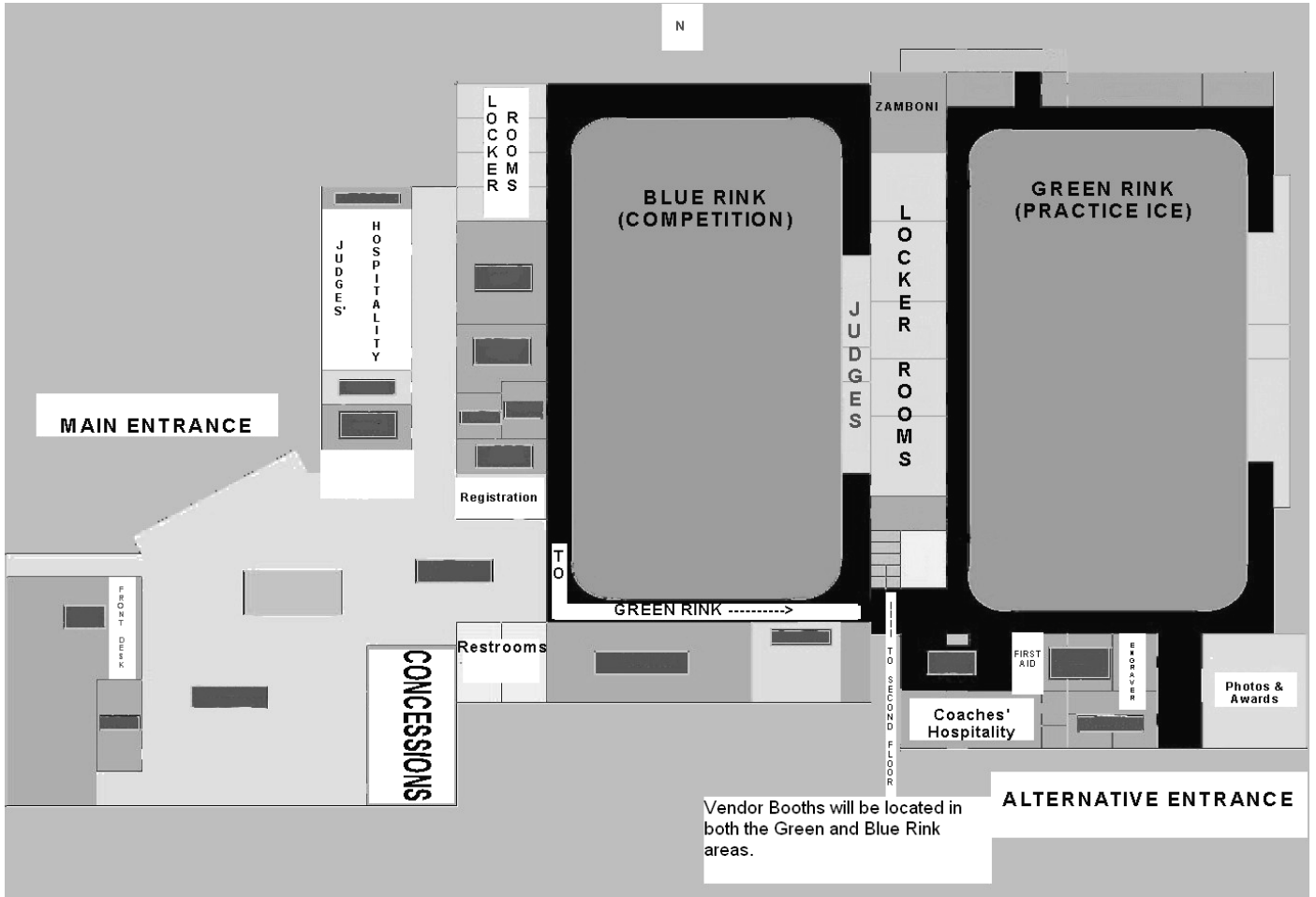
EVENT: SPECIAL OLYMPICS EVENTS

SPECIAL OLYMPICS: The Special Olympics portion of this competition will be conducted in accordance with the new Learn to Skate USA competition rule book and the current Special Olympics Winter Sports Rules. Skaters age 8 years and older are eligible to compete. Skaters will be divided into groups by skating ability (Level 1 through Level 6). Skaters must be registered as Special Olympians through the Special Olympics Office. Please see the Learn to Skate USA rules in the announcement.

THINGS TO DO IN THE FORT COLLINS VICINITY IN APRIL

You can check this website for up-to-date information on all sorts of events, driving tours, and activities just for kids: <http://www.visitftcollins.com/attractions/>.

Edora Pool Ice Center





EVENT: Basic Elements: SNOWPLOW SAM – BASIC 6

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: 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.
- No music.
- **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left



EVENT: Basic Program: SNOWPLOW SAM – BASIC 6

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.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:10 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left



EVENT: Pre-Free Skate – Free Skate 6 Compulsory

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

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 max

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Backward outside three-turns, right and left • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Backward inside three-turns, right and left • Beginning back spin, up to two 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, clockwise and counterclockwise • Advanced back spin with free foot in crossed leg position, min 3 revs • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half loop jump • Flip jump
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz jump-loop jump combination- • Lutz jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Forward power pulls, right and left • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump



EVENT: Pre-Free Skate – Free Skate 6 Program

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.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position (minimum three revolutions) • Mazurka • Waltz jump
Free Skate 1	1:40 max	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • Upright spin, entry from backward crossovers - minimum 4-6 revolutions • Toe loop jump • Half flip jump
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • Alternating forward outside and inside spirals on a continuous axis (2 sets) • Beginning back spin, up to two revolutions • Half Lutz • Salchow jump
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, min 3 revs • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half Loop jump • Flip jump
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz-loop jump combination- • Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, ½ loop, Salchow jump sequence • Axel jump



EVENT: Introductory Levels Compulsory

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

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- 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 their free skate program.*

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ul style="list-style-type: none"> • Waltz jump • ½ jump of choice • Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional) • Forward or backward spiral
High Beginner	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • Forward scratch spin - minimum three revolutions • Forward or backward spiral



EVENT: Introductory Levels Free Skate Program

General event parameters:

- 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.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	Max. 2 spins: <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests
High Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • 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 tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests



EVENT: COMPULSORY MOVES

General event parameters:

- Elements skated on ½ ice
- Elements may be performed only once
- Music is not allowed

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) • Solo spin - sit or camel spin - minimum three revolutions • Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Toe Loop jump • Jump combination: single/single (no Axel) • Sit spin or camel spin - minimum three revolutions • Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (may include Axel) • Back upright spin - minimum three revolutions • Forward inside spiral



EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying 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.

Level	Time	Jumps	Spins	Step Sequences
No-Test	1:40 Maximum	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> • Single jumps, with the exception of the single Axel, are allowed • No single Axels, double jumps or triple jumps • Maximum of 2 jump combinations or sequences • Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted • Jump sequences limited to a maximum of 3 single jumps <p>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</p>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a fly • Minimum 3 revs. <p>Spins must be of a different character (For definition see rule 4103E)</p>	<p>Step sequence*</p> <p>Must use one-half the ice surface</p> <p>Moves in the field and spiral sequences are permitted but will not be counted as elements.</p> <p>Jumps may be included in the step sequence</p>
Pre-Preliminary	1:40 Maximum Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps, including single Axel, allowed • No double, triple or quadruple jumps allowed • Axel may be repeated once as a solo jump, as part of a jump combination or jump sequence. (maximum of 2 single Axels) • Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max. 2 jump combinations or sequences • Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 3 jumps is permitted. • Jump sequences limited to a maximum of 3 single jumps • ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position. • Spins may start with a fly. • Minimum of 3 revolutions <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>
Preliminary	1:40 Maximum Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel or Waltz-jump type jump • All single jumps, including single Axel, allowed. Only 2 different jumps may be attempted (limited to double Salchow, double toe loop and double loop) • Double flip, double Lutz, double Axel, triple or quadruple jumps are not allowed • An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of jump combinations or jump sequences • Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or sequences • Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted. • Jump sequences limited to a maximum of 3 single or double jumps 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position. • Spins may start with a fly. • Minimum of 3 revolutions <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>

- | | | | |
|--|---|--|--|
| | <ul style="list-style-type: none"> • ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination | | |
|--|---|--|--|



EVENT: Test Track Free Skate

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
- The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 max.	Maximum of 5 jump elements: <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	Maximum of 2 spins: <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test.
Preliminary 1:40 max..	Maximum of 5 jump elements: <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels) • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	Maximum of 2 spins: <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test, but may not have passed tests higher than the preliminary free skate test.



ADULT EVENTS: This event can be used as a Compulsory or Program Event

Adult 1-6 Free Skate, Pre-Bronze and Bronze:

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.

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:30+/-10 sec unless otherwise noted

<p>Adult 1</p> <ul style="list-style-type: none"> • Falling and Recovery • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot 	<p>Adult 4</p> <ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions
<p>Adult 2</p> <ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row 	<p>Adult 5</p> <ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin
<p>Adult 3</p> <ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Backward skating to a long two-foot glide • Forward chasses on a circle, clockwise and counterclockwise • Backward snowplow stop, Right and Left 	<p>Adult 6</p> <ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin
<p>Adult Pre-Bronze: Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test. Time: 1:40 maximum Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.</p>	<p>Adult Bronze: Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 maximum Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.</p>



Compete USA Competitions Suggested Additional Events

SHOWCASE EVENTS:

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

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

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

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

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

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner/ Adult 1-6	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
No Test/ Pre-Preliminary/ Adult Pre-Bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 max.
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 max.

Basic Skills pairs:

Email Dawn Cramer if you have pairs skaters below pre juv interested in participating in this event.

Dawn Cramer
SinjinAZ@icloud.com

2017 Skate Colorado Compete USA Series



<p>Denver Invitational (South Suburban) Date: March 16-19, 2017 www.denverfsc.org 6580 So. Vine Street Centennial, CO 80121 Competition Chair: Lisa May lisa@denverfsc.org (720) 272-0290 Competition Application Deadline: Feb 5, 2017</p>	<p>Ft. Collins Classic (EPIC) Date: March 30 - April 2, 2017 www.fortcollinsfsc.org 1801 Riverside Fort Collins, CO 80525 Competition Chair: Dawn Cramer sinjinaz@icloud.com (602) 403-3176 Competition Application Deadline: March 1, 2017</p>
<p>Colorado College Cup (Honnen Ice Arena) Date: April 23, 2017 http://www.coloradocollege.edu/other/honnen 14 Cache La Poudre St. Colorado Springs, CO 80903 Competition Chair: Linda Alexander lalexander@coloradocollege.edu (719) 389-6156 Competition Application Deadline: March 30, 2017</p>	<p>Front Range Invitational (Greeley Ice Haus) Date: June 3-4, 2017 www.mountainviewskatingclub.com PO Box 336771 Greeley, CO 80633 Competition Chair: Leah Hurst competition@mountainviewskatingclub.com (970) 616-9101 Competition Application Deadline: May 1, 2017</p>
<p>Broadmoor Open (World Arena) Date: June 18, 2017 www.broadmoorskatingclub.com 3185 Venetucci Blvd Colorado Springs, CO 80906 Competition Chair: Barbara Bradley HoneyB23@aol.com Competition Application Deadline: April 28, 2017</p>	<p>Colorado Championships (Ice Centre at the Promenade) Date: Aug 3-5, 2017 www.denverfsc.org 10710 Westminster Blvd Westminster, CO 80020 Competition Chair: Cassy Papajohn coloradochampionships@gmail.com (303) 919-0303 Competition Application Deadline: July 7, 2017</p>
<p>Colorado Gold (South Suburban) Date: August 18-20, 2017 www.coloradoskatingclub.net 6580 So. Vine Street Centennial, CO 80121 Competition Chair: Valerie Powell / Mike Maciolek vailval@comcast.net / mcmaciolek@hotmail.com (303) 596-0339 / (303) 915-9570 Competition Application Deadline: July 7, 2017</p>	<p>Colorado Springs Invitational (Monument Ice Rinks) Date: September 17, 2017 www.centennialskatingclub.org 16240 Old Denver Highway Monument, CO 80132 Competition Chair: Lisa Landon Lisa_landon@comcast.net (719) 659-0912 Competition Application Deadline: Aug 4, 2017 *** All 2017 Skate Colorado Compete USA Competition Series awards will be presented at the conclusion of this competition ***</p>

MISSION STATEMENT: To provide an opportunity for Colorado skaters to develop their

skating skills in a fun, competitive environment.

AWARDS: During the competition season, skaters and teams/clubs will have the chance to compete at 8 different competitions and earn points for a final standing. **Trophies and medals will be awarded at the conclusion of the CSI Skate Colorado Compete USA competition.**

Skate Colorado Compete USA Series Team Banner (4 x 6) – 1st, 2nd, and 3rd place banners will be awarded to the club/skating school with the most points scored throughout the entire series (all 8 competitions) by skaters representing that club/skating school (points for clubs and skating schools located at the same rink will be added together to enhance and create more of a “team” concept). Points will be awarded based upon the same system as the individual points. Tie breakers will be the same as the individual tie breakers.

Free skate Program and Elements/Compulsory Series Point System

A skater must enter **BOTH** the Free skate Program **AND** the Elements/Compulsory event **IN THE SAME LEVEL** in each of at least TWO of the NINE registered Skate Colorado Compete USA Competitions to be eligible for accumulating points. Skaters must compete in a minimum of 2 competitions. Only up to the best 4 scores (free skate and compulsory/elements added together) of the season will be totaled for the final score in the series. Each event will have a maximum of six skaters. Both youth and adults may accumulate points!

The system for scoring points for the trophies will be as follows:

1 st place	6 points
2 nd place	5 points
3 rd place	4 points
4 th place	3 points
5 th place	2 points
6 th place	1 point

** A skater will earn three points toward their overall standing each time the skaters enters a level that is higher than the level competed in at the previous competition throughout the duration of the series. In order to keep the extra three points he/she must compete in that level or higher in all subsequent competitions. Move up points will be awarded for all 8 series events (even though the event point scores may not be one of the final four best scores).*

In the event that there is only one skater in an event, the skater will have the choice to skate alone OR move up a level to compete against other skaters, **HOWEVER, THE SKATER WILL HAVE TO MOVE UP IN BOTH THE ELEMENTS/COMPULSORY MOVES AND THE PROGRAMS W/MUSIC EVENTS.** In this case, those skaters will be allowed to move back to their original level to compete at the next competition and shall not be awarded the 3 point move up credit.

If an event has 2-6 skaters, the points will be awarded as if there were six skaters in the group. If there is only one skater in the group, that skater will be awarded three points.

In case of a tie, the total number of skaters that the competitor has skated against throughout the series (all competitions and not just the competitions with the 4 best scores) will be the 1st tie breaker. The total score for all free skate events during the season will be the 2nd tie breaker, the total score for all compulsory events during the season will be the 3rd tie breaker, and the number of levels increased throughout the season will be the 4th tie breaker.

All points follow the skater throughout the series, so if a skater moves up to higher levels, the

points follow the skater. Once a skater moves up a level, they may not compete at a lower level unless they moved up as a result of having no other skaters in their group.

Trophies will be awarded 1-3 place and medals will be awarded for 4-6 place in each level from Snowplow Sam through Free Skate 6 and Adult 1-6. The trophies and medals will be awarded to the skaters at their level as of the last competition in the series.

Rules and Format:

COMPETITION ANNOUNCEMENT

The **Skate Colorado Compete USA Competition Series** is sponsored equally by the 8 participating ice rinks and/or U.S. Figure Skating member clubs. Competition packages will be available at all participating ice rinks and/or via the club or rink websites. Each competition will have its own entry forms and specific rules so please make sure to read the entire announcement for each competition.

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Learn to Skate USA Program/Club or any other Learn to Skate USA Program/Club.

Eligibility will be based on skill level as of the closing date of entries.

All Snowplow Sam through Basic 6 skaters are eligible to skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition and **NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.**

All Pre-Free Skate through Free Skate 6 skaters are eligible to skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition. **Skaters may have passed Pre-Preliminary MITF and no higher, Preliminary Dance and no higher, and may NOT have passed any U.S. FIGURE SKATING free skate tests.**

It is very important to the success of the series that skaters are placed in the correct divisions. If, for whatever reason, the local organizing committee and/or their Chief Referee discover that a skater has been placed in a category that is below their class level, the chair and referee will have the option to move the skater to the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors.

Elements: Snowplow Sam – Basic 6

Format: Each skater will have the option to perform one element at a time in the order listed below (no excessive connecting steps) **OR** will perform each element when directed by a judge or referee.

- To be skated on ½ ice
- No music
- **All elements must be skated in the order listed – no additional elements are allowed**
- If the description of a required move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- Time: 1:00 MAX

Compulsory: Pre-Free Skate – Free Skate 6 and Adults 1-6

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

- To be skated on ½ ice
- No music is allowed
- **The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels as connecting steps.**
- If the description of the move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 MAX Pre-Free Skate – Free Skate 6; 1:30 MAX Adult 1-6

Programs with Music: Snowplow Sam – Basic 6

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
- Vocal music is allowed
- **The skater must demonstrate the required elements listed and may use, but is not required to use, any additional elements from their current level (including bonus elements) or a previous level**
- If the description of a required move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:10 MAX

Programs with Music: Pre-Free Skate – Free Skate 6 and Adult 1 – 6

Format: The skating order of the required elements is optional. The elements are not restricted as 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.

- Vocal music is allowed.
- **The skater must demonstrate the required elements listed and may use, but is not required to use, any additional elements from their current level (including bonus elements) or a previous level**
- If the description of a required move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:40 MAX

Required Descriptions for Elements & Compulsories

Level	Skating rules / standards	Level	Skating rule/ standards
Snowplow Sam	<ul style="list-style-type: none"> March followed by a two-foot glide and dip Forward two-foot swizzles, 2-3 in a row Forward snowplow stop Backward wiggles, 2-6 in a row 	Free Skate 3	<ul style="list-style-type: none"> Alternating Mohawk/crossover sequence, right to left and left to right Waltz three-turns, clockwise and counterclockwise Advanced back spin with free foot in crossed leg position, (minimum three revolutions) Loop Waltz jump/toe loop or Salchow/toe loop combination
Basic 1	<ul style="list-style-type: none"> Forward two-foot glide and dip Forward two-foot swizzles, 6-8 in a row Beginning snowplow stop on two-feet or one-foot Backward wiggles, 6-8 in a row 	Free Skate 4	<ul style="list-style-type: none"> Forward power 3's, 2-3 consecutive sets, right or left Sit spin - minimum three revolutions Half loop Flip
Basic 2	<ul style="list-style-type: none"> Forward one-foot glide, either foot Scooter pushes, right and left foot, 2-3 each foot Moving snowplow stop Two-foot turn in place, forward to backward Backward two-foot swizzles, 6-8 in a row 	Free Skate 5	<ul style="list-style-type: none"> Backward outside three-turn, Mohawk (backward power three-turn), both directions Camel spin - minimum three revolutions Waltz jump-loop combination Lutz
Basic 3	<ul style="list-style-type: none"> Beginning forward stroking showing correct use of blade Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Forward slalom Beginning backward one-foot glide, either foot Moving forward to backward two-foot turn on a circle 	Free Skate 6	<ul style="list-style-type: none"> Forward power pulls, right and left Split jump or stag jump Camel, sit spin combination - minimum of four revolutions total Waltz jump, half loop, Salchow sequence Axel
Basic 4	<ul style="list-style-type: none"> Backward one-foot glides, right and left Forward outside edge on a circle, clockwise or counter clockwise Forward crossovers, 4-6 consecutive, both directions Beginning two-foot spin, 2-4 revolutions Backward ½ swizzle pumps on a circle, one direction only 	Adult 1	<ul style="list-style-type: none"> Forward marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop – two feet or one foot
Basic 5	<ul style="list-style-type: none"> Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, both directions Advanced two-foot spin, 4-6 revolutions Forward outside three-turn, right and left Hockey stop 	Adult 2	<ul style="list-style-type: none"> Forward skating across the width of the ice Forward one-foot glides Forward slalom Backward skating Backward swizzles, 4-6 in a row
Basic 6	<ul style="list-style-type: none"> Forward inside three-turn, right and left Bunny Hop Forward spiral on a straight line, right or left Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry T-stop, right or left 	Adult 3	<ul style="list-style-type: none"> Forward stroking using the blade properly Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise Forward chasses on a circle, clockwise and counterclockwise Backward skating to a long two-foot glide Backward snowplow stop, right and left
Pre-Free Skate	<ul style="list-style-type: none"> Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise One-foot upright spin, optional entry and free-foot position (minimum three revolutions) Mazurka Waltz jump 	Adult 4	<ul style="list-style-type: none"> Forward outside edge on a circle, right and left Forward inside edge on a circle, right and left Forward crossovers, clockwise and counterclockwise Hockey stop, both directions Backward one-foot glides, right and left
Free Skate 1	<ul style="list-style-type: none"> Forward power stroking, 4-6 consecutive strokes Backward outside three-turns, right and left Upright spin, entry from backward crossovers (minimum 4-6 revolutions) Toe loop Half flip 	Adult 5	<ul style="list-style-type: none"> Backward outside edge on a circle, right and left Backward inside edge on a circle, right and left Backward crossovers, clockwise and counterclockwise Forward outside three-turn, right and left Beginning two-foot spin
Free Skate 2	<ul style="list-style-type: none"> Alternating forward outside and inside spirals on a continuous axis (2 sets) Backward inside three-turns, right and left Beginning back spin, up to two revolutions Half Lutz Salchow 	Adult 6	<ul style="list-style-type: none"> Forward stroking with crossover end patterns Backward stroking with crossover end patterns Forward inside three-turn, right and left T-stop Lunge Two-foot spin into one-foot spin

Required Descriptions for Programs with Music

Level	Skating rules / standards	Level	Skating rule/ standards
Snowplow Sam	<ul style="list-style-type: none"> March followed by a two-foot glide and dip Forward two-foot swizzles, 2-3 in a row Forward snowplow stop Backward wiggles, 2-6 in a row 	Free Skate 3	<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 three revolutions) Loop Waltz jump-toe loop or Salchow-toe loop combination
Basic 1	<ul style="list-style-type: none"> Forward two-foot glide and dip Forward two-foot swizzles, 6-8 in a row Beginning snowplow stop on two-feet or one-foot Backward wiggles, 6-8 in a row 	Free Skate 4	<ul style="list-style-type: none"> Forward power 3's, 2-3 consecutive sets, right or left Sit spin - minimum three revolutions Half Loop Flip
Basic 2	<ul style="list-style-type: none"> Forward one-foot glide, either foot Scooter pushes, right and left foot, 2-3 each foot Moving snowplow stop Two-foot turn in place, forward to backward Backward two-foot swizzles, 6-8 in a row 	Free Skate 5	<ul style="list-style-type: none"> Backward outside three-turn, Mohawk (backward power three-turn), both directions Camel spin - minimum three revolutions Waltz jump - loop combination Lutz
Basic 3	<ul style="list-style-type: none"> Beginning forward stroking showing correct use of blade Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Forward slalom Beginning backward one-foot glide, either foot Moving forward to backward two-foot turn on a circle 	Free Skate 6	<ul style="list-style-type: none"> Split jump or stag jump Camel, sit spin combination - minimum of four revolutions total Waltz jump, half loop, Salchow sequence Axel
Basic 4	<ul style="list-style-type: none"> Backward one-foot glides, right and left Forward outside edge on a circle, clockwise or counter clockwise Forward crossovers, 4-6 consecutive, both directions Beginning two-foot spin, 2-4 revolutions Backward ½ swizzle pumps on a circle, one direction only 	Adult 1	<ul style="list-style-type: none"> Forward marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop – two feet or one foot
Basic 5	<ul style="list-style-type: none"> Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, both directions Advanced two-foot spin, 4-6 revolutions Forward outside three-turn, right and left Hockey stop 	Adult 2	<ul style="list-style-type: none"> Forward skating across the width of the ice Forward one-foot glides Forward slalom Backward skating Backward swizzles, 4-6 in a row
Basic 6	<ul style="list-style-type: none"> Forward inside three-turn, right and left Bunny Hop Forward spiral on a straight line, right or left Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry T-stop, right or left 	Adult 3	<ul style="list-style-type: none"> Forward stroking using the blade properly Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise Backward skating to a long two-foot glide Forward chasses on a circle, clockwise and counterclockwise Backward snowplow stop, right and left
Pre-Free Skate	<ul style="list-style-type: none"> Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise One-foot upright spin, optional entry and free-foot position (minimum three revolutions) Mazurka Waltz jump 	Adult 4	<ul style="list-style-type: none"> Forward outside edge on a circle, right and left Forward inside edge on a circle, right and left Forward crossovers, clockwise and counterclockwise Backward one-foot glides, right and left Hockey stop, both directions
Free Skate 1	<ul style="list-style-type: none"> Forward power stroking, 4-6 consecutive strokes Upright spin, entry from backward crossovers (minimum 4-6 revolutions) Toe loop Half flip 	Adult 5	<ul style="list-style-type: none"> Backward outside edge on a circle, right and left Backward inside edge on a circle, right and left Backward crossovers, clockwise and counterclockwise Forward outside three-turn, right and left Beginning two-foot spin
Free Skate 2	<ul style="list-style-type: none"> Alternating forward outside and inside spirals on a continuous axis (2 sets) Beginning back spin, up to two revolutions Half Lutz Salchow 	Adult 6	<ul style="list-style-type: none"> Forward stroking with crossover end patterns Backward stroking with crossover end patterns Forward inside three-turn, right and left T-stop Lunge Two-foot spin into one-foot spin