



The Skating Club of Wilmington, Inc.
51st Annual Summer Competition

Skate Wilmington 2017



Sanctioned by

THURSDAY, JULY 20 through SUNDAY, July 23, 2017

- LOCATION:** The Skating Club of Wilmington
1301 Carruthers Lane
Wilmington, DE 19803
(302) 656-5005
www.skatewilm.com
- RINK:** Single-surface facility, 85' by 197' with plastic hockey boards. Located at Carruthers Lane, off East Park Drive near the intersection of I-95 and Route 202 (Concord Pike). Snack bar on premises will be open throughout the competition.
- CHAIRPERSON:** Luci N. Betzler **CHIEF REFEREE:** Diana Wisner
- DEADLINE:** **Secure Online Registration and credit card payment at www.skatewilm.com no later than midnight June 22, 2017.**
- RULES/JUDGING SYSTEM:** Skate Wilmington 2017 will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website. In Singles, the International Judging System (IJS) will be used for Short Program and Free Skating for Juvenile, Intermediate, Novice, Junior, Senior, Adult Gold and Masters levels. In Partnered Dance, the IJS System will be used for Juvenile through Senior Pattern Dance, Short Dance, and Free Dance. The 6.0 majority judging system will be used for all other events. All skaters in events to be judged using IJS are required to submit a planned program content form online (see instructions below).
- AGE AND ELIGIBILITY:** 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. Please refer to the current rulebook for non-U.S. Citizens.
- The Learn to Skate/Compete USA events are open to all skaters who are current eligible (ER 1.00) members of the Learn to Skate USA program and those who 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 Learn to Skate USA or a member club.
- Eligibility will be based on test level as of closing date of entries. All **Snowplow Sam and Basic Skills 1-6** skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.
- For the **Pre-Free skate, Free Skate 1-6, Test Track and Well-Balanced singles events**, eligibility will be based only upon highest free skate test level passed (Moves in the Field test level will not determine skater's competitive level).
- Skaters in Juvenile Free Skate must be under 14 years of age as of the entry deadline. Skaters in Open Juvenile Free Skate must be 14 or older as of the entry deadline. Skaters in Adult events must be at least 21 years old.
- NATIONAL SOLO DANCE SERIES:** Skate Wilmington 2017 is a participating competition within the 2017 Solo Dance Series. The solo pattern dance event, combined event and shadow dance events are being offered as part of the 2017 U.S. Figure Skating Solo Dance Series and will be conducted in accordance with the 2017 Solo Dance Series Handbook found at www.usfigureskating.org/Programs.asp?id=479. Please refer to the 2017 Solo Dance Series handbook for the current Series rules, levels and event requirements that will be in effect for this competition. Each skater who registers with U.S. Figure Skating as a participant in the 2017 Series will receive a Solo Dance Series Participant number upon successful payment and registration. This registration and number is required to enter the solo dance events. The Solo Dance Series events are **tentatively** scheduled for Thursday.
- SINGLES AND PAIRS EVENTS:** Short Program and Free Skate are separate events. Skaters may enter any event for which they qualify or one level higher, but not both levels in the same event. Skaters may enter either well-balanced singles events or competitive test track, but not both. A skater that decides to skate up a level in one event is not required to skate up a level in all events.
- DANCE EVENTS:** Pattern Dance, Short Dance and Free Dance are separate events. Skaters may enter any event(s) for which they qualify and also one level higher, except in the Solo Dance Series.

- FINAL ROUNDS:** For Intermediate through Senior Events, final rounds will be held if entries are divided into multiple groups (e.g. Junior Ladies FS Group A and Group B). The top three skaters in each group will advance to the final round. There will be no alternates; if any qualified skater chooses not to skate in the final round, the fourth or lower placed skaters may not advance.
- CRITIQUES:** Critiques will be held for Intermediate and higher singles short program and free skate events. Critiques will be held for all IJS short dance, free dance and adult events. Critiques will be held for all pairs. No critiques for final rounds. Skaters and coaches are invited to gather in the Mitchell Lounge (upstairs) for their critique approximately 30 minutes after the conclusion of the event.
- EXHIBITIONS:** If there is only one skater entered in an IJS event, it will be scheduled as an exhibition, unless the skater wishes to cancel. There will be no planned exhibitions for 6.0 events. If there is only one skater in a 6.0 event when the competition schedule is ready to be published, the event will be cancelled and the skater will receive a refund. If withdrawals subsequent to the posting of the schedule reduce the number of entries in an event to one, the remaining skater will be contacted and offered the option of skating an exhibition or receiving a refund of the entry fee for that event.
- PRACTICE ICE:** Practice Ice sign-up will be available online one or two days after the schedule is posted.
- SCHEDULE:** Skater and Coaches schedules will be posted at www.skatewilm.com, all participating skaters and coaches will be notified via email when the schedule is posted. **Please make sure you have entered the correct email for the skater and the coach. Email is the only communication we use to notify skaters and coaches of any updates and changes regarding Skate Wilmington 2017 competition.**
- ENTRIES:** **Secure Online Registration and credit card payment will be available at www.skatewilm.com. Online entry must be completed by midnight on June 22, 2017.**

PLANNED PROGRAM

CONTENT FORMS: If you are registering for an IJS event, you are required to complete the Planned Program Element form online at www.usfigureskating.org by July 15, 2017. This form can be found in the Members Only section of the US Figure Skating website. Go to online event registration > event manager > program content > 07/21/17 51th Annual Skate Wilmington > add new form. You may also complete the Planned Program Element form through the Entryeze secure online registration system at www.skatewilm.com (go to your account and click the Planned Program Content tab) by July 15, 2017.

- ENTRY FEES:**
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| Singles events: | First IJS Event - \$135; each additional IJS event \$90
First non-IJS Event - \$105; each additional event \$65
Spin and CM Moves events only - \$45 per event |
| Solo Dance events: | First Solo Dance Event - \$115
Second Solo Dance Event-\$100
Combined Solo Dance Event - \$130
Shadow Event - \$115 per team |
| Pairs, Free Dance & Short Dance: | First IJS Event - \$135 per team; each additional IJS event \$90 per team
First non-IJS Event -\$105 per team; each additional event \$65 per team |
| Open Partnered Pattern Dance: | All have been structured as one-dance events. |
| Partnered Pattern Dance: | First pattern dance for each team \$60; each additional dance \$30
If same skater has two different partners, must be considered entered as separate teams. |
| Mini Production & Prod Ensembles: | First Event - 85 per team; each additional event \$85 per team plus \$25 per skater |

*** If a skater enters one IJS event and one 6.0 event, the skater is to pay the first event fee for both events.**

Compete USA Events: First Compete USA event \$45; additional Compete USA event \$30.

REFUNDS: **NO REFUNDS** will be granted after the Entry Deadline for any reason, **INCLUDING MEDICAL WITHDRAWALS**, unless no competition exists or the event is cancelled by the Chief Referee. Online processing fees are not refundable.

LATE ENTRIES: At the discretion of the Local Organizing Committee, late entries may be accepted, subject to a \$50.00 fee (\$20 for Compete USA).

REGISTRATION: A registration desk will open approximately one hour before the first event of each day and stay open throughout the competition

- 1) All skaters should register at the front desk one hour before their first event at which time they will receive a welcome gift.
- 2) 20 minutes before the scheduled event time the skater is required to check in with the ice monitor.
- 3) Skaters who have not checked in with the ice monitor before their event warm-up begins will be considered withdrawn.

ADMISSION: No admission fee will be charged for spectators.

MUSIC: **All competitors except National Solo Dance Competitors participating in Pattern and Shadow Dance events should submit their music online, following the process below.**

For the Skate Wilmington 2017 online music submission is the ONLY acceptable method to submit program music. Competition music must be submitted electronically via the on-line registration system Entryeze at www.skatewilm.com by 07/15/17 at 11:59 p.m.

After you have paid for your events, the on line system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can logout of your account and return later to upload your music by going to the "competition" tab and then selecting "my music".

Your music must meet the following criteria. If you have questions about what format you have, please contact your coach and obtain a new version of your music that meets the criteria listed below.

Music Criteria:

- 1) File Format: MP3 (the online system will automatically check this).
- 2) Bit Rate: 192 kbps or higher (this will be checked by the music chairperson and they may request you upload a corrected copy).
- 3) Sample Rate: 44,100 kHz (this will be checked by the music chairperson and they may request you upload a corrected file).

Leaders and Trailers: While we prefer there be NO leaders or trailers (the silence or dead space before and or after the actual start and end of the program music), we are requesting a **MAXIMUM** of no more than two (2) seconds if one is needed. Excessive leaders and trailers may disrupt the playing of the music during competition.

Competitors must also bring a copy of their competition music on CD as a backup AT RINKSIDE in case of technical difficulties. Each backup CD must contain only one track. Due to compatibility and reliability issues, no music may be submitted on re-recordable CD-RW discs.

LODGING: Please check our website at www.skatewilm.com for hotel information.

AWARDS: Awards Ceremonies will take place in the Mitchell Lounge. The award schedule will be posted at the entrance to the Mitchell Lounge. Medals will be awarded to First, Second, Third, and Fourth place winners in all 6.0 and IJS events. All Learn to Skate/Compete USA skaters will be awarded medals.

Also, the following trophies will be awarded. Winners' names will be engraved on the perpetual trophies, and keepsakes are awarded for the skater to take home.

Special Trophies:

- o The FREDERICK A. KEIDEL MEMORIAL TROPHY will be awarded to an adult couple in dance. The dance judges will choose the recipients from among all adult dance couples.
- o The DOROTHY DODSON TROPHY will be awarded to a singles skater whose performance is deemed particularly outstanding. Skaters from every level will be considered for this award.

Event Trophies:

- o The President's Trophy for Senior Ladies Free Skating, donated by Mr. & Mrs. Thomas A. Ford
- o The Joseph A. Wheelock Trophy for Senior Short Dance (previously Senior Compulsory Dance).
- o The Moyer Trophy for Junior Ladies Free Skating, donated by Mr. & Mrs. George Moyer
- o The Mersereau Trophy for Junior Short Dance (previously Junior Compulsory Dance), donated by Mr. & Mrs. Emory P. Mersereau
- o The Rule Trophy for Novice Ladies Free Skating, donated by Mr. & Mrs. Joseph M. Rule
- o The Michael M. Cohen Memorial Trophy for Novice Men Free Skating
- o The Martin Cohen Trophy for Intermediate Ladies Free Skating
- o The Frank Trainer Trophy for Intermediate Men Free Skating
- o The Gerald Renault Memorial Trophy for Intermediate/Novice Spins

**VIDEOTAPING/
PHOTOGRAPHY:**

Except for the official video photographers, only handheld (no tripod) battery operated cameras will be permitted. FLASH PHOTOGRAPHY IS NOT PERMITTED AT ANY TIME. Vision Photo & Video, LLC will be available throughout the entire competition.

FOOD: **KATHY'S KITCHEN CAFE**, a full service cafe located in the lobby. It serves breakfast, lunch, dinner, and snacks. The cafe will be open every day of the competition.

COACHES: It is each coach's responsibility to verify and approve each of their skaters' events and level on a timely basis. Please make sure the email on file with Entryeze is correct.

U.S. Figure Skating Rule MR 5.11 Coach Registration

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.

D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Learn to Skate USA ONLY coaches - Any person, 18 and older, instructing a Learn to Skate USA Program must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor.

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

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

For more information regarding Coach Compliance, please refer to:

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

SAFESPORT: We follow all SafeSport policies and guidelines of USFS and the USOC.

CONTACTS: Any questions regarding registration and/or applications can be e-mailed to rlbetzler@comcast.net or www.skatewilm.com

COMPOSITION OF IJS EVENTS

IJS Singles Short Program and Free Skate – Events will be offered from **Juvenile (free skate only) through Senior**. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions <http://www.usfsa.org/shell?id=59254>. In addition, please refer to the 2017 Rulebook for General Rules related to the discipline of Singles skating.

Adult IJS Singles Free Skate – The following levels will be offered: **Adult Gold, Masters Intermediate-Novice, and Masters Junior-Senior**. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions <http://www.usfsa.org/shell?id=59254>. In addition, please refer to the 2017 Rulebook for General Rules related to the discipline of Singles skating.

IJS Dance Events - Pattern Dance (**Juvenile – Novice**), Short Dance (**Junior and Senior**) and Free Dance (**Juvenile – Senior**) Events will be offered. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions <http://www.usfsa.org/story?id=59258>. In addition, please refer to the 2017 Rulebook for General Rules related to the discipline of Ice Dance.

COMPOSITION OF 6.0 EVENTS

Learn to Skate/Compete USA, Introductory Levels - Compulsory and Program events will be offered at **Snowplow Sam through Basic 6, Pre-Free Skate through Free Skate 6, Beginner, High Beginner, Adult 1 through 6**. See requirements and restrictions in charts below. These events are tentatively scheduled for Sunday.

Well-Balanced Singles Free Skate – The following Levels will be offered: **No-Test, Pre-Preliminary, Preliminary, Pre-Juvenile and Open Juvenile**. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions <http://www.usfsa.org/shell?id=59254>. In addition, please refer to the 2017 Rulebook for General Rules related to the discipline of Singles skating. Click on the Well Balanced Program requirements link. Please note the No Test FS is being offer as part of **Introductory Free Skating Program**.

Pairs – Intermediate – Senior Short Program, **Pre-Juvenile – Senior** Free Skate will be offered. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions <http://www.usfsa.org/story?id=84109>. In addition, please refer to the 2017 Rulebook for General Rules related to the discipline of Pairs skating.

Adult Free Skate - The following events will be offered: **Adult Pre-Bronze, Adult Bronze, Adult Silver**. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions <http://www.usfsa.org/shell?id=59254>. Click on the Adult Singles Elements link. In addition, please refer to the 2017 Rulebook for General Rules related to the discipline of Adult Singles skating.

Competitive Test Track – Pre-Preliminary – Senior will be offered. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions <http://www.usfsa.org/shell?id=59254>. Click on the Test Track link. In addition, please refer to the 2017 Rulebook for General Rules related to the discipline of Singles skating.

Compulsory Moves – Age and Test requirements are the same as free skating levels. **No Test through Senior** levels will be offered. The No Test through the Juvenile categories will be skated on ½ ice. All other categories will be skated on full ice. Please refer to the following link for specific event requirements & restrictions <http://www.usfsa.org/shell?id=59255>

Adult Compulsory Moves - The following events will be offered: **Adult Beginner, Adult Pre-Bronze, Adult Bronze, Adult Silver, Adult Gold, Masters Intermediate-Novice and Masters Junior-Senior**. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions <http://www.usfsa.org/shell?id=59255>.

Spins – Test and age requirements same as free skating levels. Entry based upon highest Freestyle test passed. The categories to be competed will include **Beginner, High Beginner, No – Test, Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Open Juvenile, Intermediate, Novice, Junior and Senior** Categories. Please refer to the following link for specific event requirements & restrictions <http://www.usfsa.org/shell?id=59256>. Click on the link for Spins Challenge.

Adult Spin Challenge - The following events will be offered: **Adult Beginner, Adult Pre-Bronze, Adult Bronze, Adult Silver, Adult Gold, Masters Intermediate-Novice**. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions <http://www.usfsa.org/shell?id=59256>. Click on the Adult Spin Challenge link.

Showcase – For Singles and Duets, the following levels will be offered: **Preliminary, Pre-Juvenile, Juvenile, Teen, Intermediate, Young Adult, Novice, Junior, Senior, Adult Bronze, Adult Silver, Adult Gold, Adult Masters**. Light Entertainment and Dramatic Entertainment will be combined. Levels may also be combined. **Mini Production and Production** are also offered. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions <http://www.usfsa.org/shell?id=59260>

<p>Open Partnered Pattern Dance: Teams may enter multiple events and individuals may enter different events with different partners. Skaters' Choice music is optional on all partnered pattern dance events.</p>
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Level	Test/Age Req.	
Open Cha Cha Congelado	No restrictions – coaches allowed	Two patterns
Open Rhumba	No restrictions – coaches allowed	Two patterns
Open Westminster Waltz	No restrictions – coaches allowed	Two patterns
Open Paso Doble	No restrictions – coaches allowed	Two patterns
Open Kilian	No restrictions – coaches allowed	Three patterns
Open American Waltz	No restrictions – coaches allowed	Two patterns
Open Rocker Foxtrot	No restrictions – coaches allowed	Three patterns
Open Tango	No restrictions – coaches allowed	Two patterns
Open European Waltz	No restrictions – coaches allowed	Two patterns
Open Foxtrot	No restrictions – coaches allowed	Three patterns
Open Fourteenstep	No restrictions – coaches allowed	Three patterns
Open Ten Fox	No restrictions – coaches allowed	Two patterns
Open Willow Waltz	No restrictions – coaches allowed	Two patterns
Open Hickory Hoedown	No restrictions – coaches allowed	Two patterns
Open Cha Cha	No restrictions – coaches allowed	Two patterns
Open Fiesta Tango	No restrictions – coaches allowed	Two patterns
Open Rhythm Blues	No restrictions – coaches allowed	Two patterns
Open Dutch Waltz	No restrictions – coaches allowed	Two patterns

2017 U.S. Figure Skating Solo Dance Series Events

2017 Skate Wilmington is a participating competition within the 2017 Solo Dance Series.

The solo pattern dance event, solo combined event and shadow dance events are being offered as part of the 2017 U.S. Figure Skating Solo Dance Series and will be conducted in accordance with the 2017 Solo Dance Series Handbook found at <http://www.usfigureskating.org/story?id=83949&id=479>. Please refer to the 2017 Solo Dance Series handbook for the current Series rules, levels and event requirements that will be in effect for this competition.

SOLO PATTERN DANCE EVENT DANCE SELECTIONS:

Level	Requirement	Dances
Preliminary	No Test or passed Preliminary	Dutch Waltz Rhythm Blues
Pre-Bronze	Passed Preliminary or Pre-Bronze	Swing Dance Cha Cha
Bronze	Passed Pre-Bronze or Bronze	Hickory Hoedown Willow Waltz
Pre-Silver	Passed Bronze or Pre-Silver	Fourteenstep European Waltz
Silver	Passed Pre-Silver or Silver	American Waltz Rocker Foxtrot
Pre-Gold	Passed Silver or Pre-Gold	Kilian Starlight Waltz
Gold	Passed Pre-Gold, or Gold	Viennese Waltz Quickstep
International	Passed Gold or International	Silver Samba Rhumba

Solo Combined Event: The solo combined dance event is comprised of both of the following:

1.) JUVENILE, INTERMEDIATE, NOVICE: One solo pattern dance chosen by the referee out of two possible dances as selected by U.S. Figure Skating. This dance will not be posted until the starting order is posted at the competition.

Pattern Dance Selection for Juvenile: Willow Waltz and Ten Fox
 Pattern Dance Selection for Intermediate: Fourteenstep and European Waltz
 Pattern Dance Selection for Novice: American Waltz and Rocker Foxtrot
 JUNIOR, SENIOR: One solo short dance

2.) 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 towards the solo pattern dance event or results. This event is offered at the juvenile, intermediate, novice, junior and senior levels. Refer to the 2017 Solo Dance Series Handbook found at <http://www.usfigureskating.org/Programs.asp?id=479> for the combined event rules and details.

Shadow Pattern Dance: The shadow pattern dance event is offered for the preliminary through senior levels. Refer to the 2017 Solo Dance Series Handbook found at <http://www.usfigureskating.org/Programs.asp?id=479> for the shadow pattern dance rules and event details..

Compete USA Competitions



EVENT: Basic Elements: SNOWPLOW SAM – BASIC 6

Skater will perform the elements in the order listed below (no excessive connecting steps). Each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/2 ice.
- No music.
- **All elements must be skated in the order listed.**

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

Compete USA Competitions



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.
- Vocal music is allowed.
- 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
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Compete USA Competitions



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

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Compete USA Competitions



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.
- 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 1:40 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

Compete USA Competitions



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

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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	<p>Max. 5 jump elements:</p> <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. 	<p>Max. 2 spins:</p> <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
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Compete USA Competitions



EVENT: Adult Compulsory

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.

- No music.
- Skated on half 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 1:30+/-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 counter-clockwise 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 counter-clockwise Forward outside three-turn, right and left Beginning two-foot spin

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	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
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Compete USA Competitions

EVENT: Adult Program

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 counter-clockwise • 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 counter-clockwise • 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