



The Skating Club of Wilmington, Inc.

AUTUMN SKATE 2018



Sanctioned by

FRIDAY, NOVEMBER 16 through SUNDAY, NOVEMBER 18, 2018

**** ****

This is a 2018 Adult Series competition

NEW! Our Autumn Skate competition is now IJS and 6.0

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:** Sue Miller

DEADLINE: **Secure Online Registration and credit card payment at www.skatewilm.com no later than midnight October 22, 2018.**

RULES/JUDGING SYSTEM:

Autumn Skate 2018 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 Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, Senior, Adult Silver, Adult Gold and Masters levels. The 6.0 majority judging system will be used for all other events (including all Excel 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. Members of other organizations are eligible to compete but must be registered with Learn to Skate USA or a member club. There will be no more than six competitors maximum in an event and all competitors will receive an award

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, Excel 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 may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition.

Skaters in Juvenile Free Skate must be under 13 years of age as of the entry deadline. Skaters in Open Juvenile Free Skate must be 13 or older as of the entry deadline. Skaters in Adult events must be at least 21 years old.

ADULT SERIES: The 2018 Adult Series Information at <http://www.usfigureskating.org/story?id=90613>. Skaters must adhere to Adult Series rules in order to receive points.

SINGLES 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 Excel, 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. Please note: Adult Series events are governed by Adult Series rules (see above).

PARTNERED

DANCE EVENTS: Partnered Pattern Dance are separate events. Skaters may enter any event(s) for which they qualify and also one level higher.

FINAL ROUNDS: There will be no final rounds. Depending on the number of entries, entries may be divided into groups. Groups will be judged separately with awards for each group. If there are multiple groups for a category with a trophy, the trophy will be awarded to the competitor with the highest total IJS score.

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 Autumn Skate 2018 competition.**

ENTRIES: **Secure Online Registration and credit card payment will be available at www.skatewilm.com. Online entry must be completed by midnight on October 22, 2018.**

PLANNED PROGRAM

CONTENT FORMS: If you are registering for an IJS event, you are required to complete the Planned Program Element form online at by **November 9, 2018** through the Entryeeze secure online registration system at www.skatewilm.com (go to your account and click the Planned Program Content tab.

ENTRY FEES:

Singles events:	First IJS Event - \$140; each additional IJS event \$90 First non-IJS Event - \$105; each additional event \$65 Jumps, Spin and CM Moves events only - \$45 per event
Solo Dance events (6.0):	First Solo Dance Event - \$105 Second Solo Dance Event-\$65
Free Dance & Short Dance:	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

*** 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 \$50; 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.
- 4) Competitors who arrive after their warm-up group begins will be allowed to skate only at the discretion of the Referee. If they do not skate, they will forfeit all fees for that event.

ADMISSION: No admission fee will be charged for spectators.

MUSIC: **All competitors should submit their music online, following the process below.**

For the Autumn Skate 2018 online music submission is the ONLY acceptable method to submit program music. Competition music must be submitted electronically via the on-line registration system Entryeeze at www.skatewilm.com by 11/11/18 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.

Event trophies:

- The **Florence Sewing Trophy** for Juvenile Girls Free Skating
- The **Edmund LeFevre Trophy** for Juvenile Boys Free Skating
- The **Dorothy Baker Trophy** for Open Juvenile Girls Free skating
- The **Hinterleiter Trophy** for Pre-Juvenile Girls Free Skating
- The **Baumeister Trophy** for Pre-Juvenile Boys Free Skating
- The **Renault Trophy** for Intermediate/Novice Spins
- The **Janet Loper Trophy** for Intermediate/Novice Dramatic/Light Entertainment

**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. The vendor will be located in the rink for convenience to view photos and ordering of their services.

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:

<https://www.usfigureskating.org/content/CoachCompliance1718.pdf>

SAFESPORT: We follow all SafeSport policies and guidelines of USFS and the USOC, including those pertaining to locker rooms and changing areas. Restrooms in the locker rooms may only be used by competitors and one parent of the same sex. Public restrooms are located at the far end of the rink (Zamboni end).

TEST CREDIT: In accordance with Rules TR 3.00, 4.01 and 4.02, athletes may receive test credit for meeting minimum scores at any competition held under the International Judge System (IJS). The athlete must "skate "up" to the event the level they are seeking test credit for, in addition to having already passed any prerequisites prior to the competition event. Please complete the form at the registration desk for a Test Credit Packet. Pick up your packet at the registration desk approximately 30 minutes after the completion of the event. The charge is \$5.

Events eligible: Singles Free Skate-Juvenile, Intermediate, Novice, Junior, Senior and Adult Gold

CONTACTS: Any questions regarding registration and/or applications can be e-mailed to lbetzler17@gmail.com or www.skatewilm.com

Music related questions can be emailed to Debbie Martin, music chair at martindf@optonline.net.

COMPOSITION OF IJS EVENTS

IJS Singles Short Program and Free Skate – Events will be offered from **Pre-Juvenile and Juvenile (free skate only) and Intermediate 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 2018-2019 Rulebook for General Rules related to the discipline of Singles skating.

Adult IJS Singles Free Skate – The following levels will be offered: **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=59254>. In addition, please refer to the 2018-2019 Rulebook for General Rules related to the discipline of Singles skating.

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, Introductory Free Skate Program (Beginner & High Beginner), Adult 1 through 6, Adult Introductory Free Skate Program (Adult Beginner & Adult High Beginner)** 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 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 2018-2019 Rulebook for General Rules related to the discipline of Singles skating. Click on the Well Balanced Program requirements link.

Adult Well-Balanced Free Skate - The following events will be offered: **Adult Pre-Bronze, Adult Bronze**. 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 2018-2019 Rulebook for General Rules related to the discipline of Adult Singles skating.

Excel Free Skate-The USFS Test Track program has been phased out and as of September 1, 2018 has been replaced by the Excel Program. All programs will follow the current USFS Rules for Excel Program events as posted on the USFS website. The following levels will be offered: **Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior and Senior**. Please refer to the link below for specific information relating to the event categories and their requirements and restrictions <http://usfigureskating.org/shell?id=59254>. Click on the Excel Free Skate link.

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 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 **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, 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=59256>. Click on the Adult Spin Challenge link.

Jumps – 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 Jumps Challenge - The following events will be offered: **Adult Beginner, Adult Pre-Bronze, Adult Bronze, Adult Silver, Adult Gold, Masters Intermediate/Novice, 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=59256>. Click on the Adult Spin Challenge link.

Showcase – For Singles and Duets, the following levels will be offered: **No Test, Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Teen, Intermediate, Young Adult, Novice, Junior, Senior, Adult Pre-Bronze, Adult Bronze, Adult Silver, Adult Gold, Masters**. Light Entertainment and Dramatic Entertainment will be combined. Levels may also be combined. 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>

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.

Level	Test/Age Req.	
Open Tango Romantica	No restrictions – coaches allowed	Two patterns
Open Quickstep	No restrictions – coaches allowed	Three patterns
Open Argentine Tango	No restrictions – coaches allowed	Two patterns
Open Paso Doble	No restrictions – coaches allowed	Two patterns
Open Starlight Waltz	No restrictions – coaches allowed	Two patterns
Open Blues	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 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 Cha Cha	No restrictions – coaches allowed	Two patterns
Open Fiesta Tango	No restrictions – coaches allowed	Two patterns
Open Swing Dance	No restrictions – coaches allowed	Two patterns
Open Rhythm Blues	No restrictions – coaches allowed	Two patterns
Open Canasta Tango	No restrictions – coaches allowed	Two patterns

SNOWPLOW SAM – BASIC 6 ELEMENTS

Each skater will perform each element in the order listed below (no excessive connecting steps).

- 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, maximum 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, maximum 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

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

- To be skated on full ice.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • 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, maximum 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, maximum 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

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. Bonus skills from the same level or below are allowed but will not be judged elements.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum

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• Beginning Axel jump
--------------	-----------	---

PRE-FREE SKATE – FREE SKATE 6 PROGRAM WITH MUSIC

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels. Bonus skills from the same level or below are allowed but will not be judged elements.
- A 0.2 deduction will be taken for each element performed from a higher level.
- 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 • Beginning Axel jump

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

•

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
-------------------------------	--	---	--	---



ADULT 1-6 AND INTRODUCTORY COMPULSORY

General event parameters:

- The skating order of the elements is optional.
- Element may only be attempted once
- To be skated in program format with limited connecting steps
- To be skated on ½ ice
- A 0.2 deduction will be taken for each element MISSING, REPEATED or from a higher level

Level	Time	Elements
Adult 1	1:30 MAX	<ul style="list-style-type: none"> Forward Marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop – two feet or one foot
Adult 2	1:30 MAX	<ul style="list-style-type: none"> Forward skating across the width of the ice Forward one-foot glides Forward slalom Backward skating Backward swizzles, 4-6 in a row
Adult 3	1:30 MAX	<ul style="list-style-type: none"> Forward stroking using the blade properly Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise Forward chasses on a circle, clockwise and counterclockwise Backward skating to a long two-foot glide Backward snowplow stop, Right and Left
Adult 4	1:30 MAX	<ul style="list-style-type: none"> Forward outside edge on a circle, right and left Forward inside edge on a circle, right and left Forward crossovers, clockwise and counterclockwise Hockey stop, both directions Backward one-foot glides, right and left
Adult 5	1:30 MAX	<ul style="list-style-type: none"> Backward outside edge 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 (min 2 revs)

Adult 6	1:30 MAX	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)
Adult Beginner	1:30 MAX	<ul style="list-style-type: none"> • Bunny hop or mazurka • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open Mohawk (right and left) – heel to instep • Alternating right and left forward outside edges across the width of the ice • Alternating right and left forward inside edges across the width of the ice • Backward moving outside 3-turn right and left
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • Alternating right and left backward outside edges across the width of the ice • Alternating right and left backward inside edges across the width of the ice • Backward moving inside 3-turn right and left

ADULT 1-6 PROGRAM WITH MUSIC

General event parameters:

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

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

ADULT INTRODUCTORY FREE SKATE PROGRAM

General event parameters:

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

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, or ballet • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same jump 	Max. 2 spins <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1 Badge Test
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump. 	Max 2 spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1 Badge Test