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**Autumn Skate 2022**  
**The Skating Club of Wilmington, Inc.**  
**1301 Carruthers Lane, Wilmington, DE 19803**  
**www.skatewilm.com**  
**302-656-5005**  
**November 18-20, 2022**

**REGISTRATION OPENS: September 30, 2022**  
**REGISTRATION DEADLINE: October 20, 2022**  
<http://comp.entryeeze.com/Home.aspx?cid=125>

**Skating Orders & Results-TBD**

**Autumn Skate 2022 will be offering Adult Competition Series events.**

**CHAIRPERSON:** Sharon Hatcherson/Sheila Chambers **CHIEF REFEREE:** Diana Wisner

*Registration for this competition will be accepted via [Entryeeze](#)*

**I: COMPETITION OVERVIEW:**

Autumn Skate 2022 will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the [current rulebook](#), and/or current Compete USA handbook as well as any pertinent updates that have been posted on the U.S. Figure Skating [website](#).

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules.

Skaters must be a currently registered member of a U.S. Figure Skating member club or a Learn to Skate USA member, a collegiate club or who is an individual member in accordance with the current rulebook. For non-U.S. citizens, please refer to the [rulebook](#) for more information.

**COVID-19 INFORMATION:** For the most recent U.S. Figure Skating COVID-19 policy requirements, [CLICK HERE](#). Skaters and coaches will be emailed any updates to the SC of Wilmington Covid policies prior to the competition.

**ADULT COMPETITION SERIES:** Adult 1-6, adult beginner, adult high beginner, adult pre-bronze and adult bronze program/free skate events that meet Adult Competition Series guidelines are offered at this competition. Adult Competition Series participants must submit a photo, scanned copy, email attachment or screenshot of the results sheet to [adultcompetitionseries@gmail.com](mailto:adultcompetitionseries@gmail.com) by the deadline published in the most recent [Adult Competition Series](#) handbook to receive series credit and points.

### **ELIGIBILITY/TEST LEVEL:**

**Test Level:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Note, "skating up" one level is permitted by the LOC, but athletes may not skate down in any event.

**Age restrictions/requirements:** Age is determined as of the entry deadline in the discipline the skater is entering. Singles free skate events (well-balanced program) have the following requirements:

Juvenile: Girls – 12 years or younger; Boys – 13 years or younger

Open Juvenile: Girls – 13 years or older; Boys – 14 years or older

Intermediate must be under the age of 18

Adults must be 21 years or older

Skaters entering pre-juvenile and lower events will be divided as closely as possible by age should the number of entries warrant more than one group.

### **Adult Events:**

Age classes for all free skate and showcase events:

- Young Adult: 18 years through 20 years
- Class I: 21 years through 35 years
- Class II: 36 years through 45 years
- Class III: 46 years through 55 years
- Class IV: 56 years through 65 years
- Class V: 66 years and older

Age classes for all solo free dance and solo pattern dance events:

- Young Adult/Class I/II: 18 years through 45 years
- Class III/IV/V: 46 years and older

All age classes may be divided or combined depending on the number of entries and at the discretion of the chief referee and/or the competition committee. The chief referee reserves the right to request proof of age.

### **EVENTS OFFERED:**

[Click HERE to view the program requirements for the current season.](#)

All registration fees are credit card only through Entryeeze and include a processing fee paid by the skater (processing fee not included in price below). **All skaters competing will receive a video link of their performance.**

If a skater enters both an IJS and a 6.0 event, the first event is priced as an IJS event (\$195 for singles event), the second event is priced as a second 6.0 event (\$110).

If a skater enters multiple types of IJS events, the first event is priced (\$195 for singles event), with additional IJS events priced as secondary IJS events (\$140 for single event).

**There will be no final rounds for events with more than one group.**

SINGLES	JUDGING	1 <sup>st</sup> Event Price	2 <sup>nd</sup> Event Price
<a href="#">Excel Free Skate</a> (Beginner, High Beginner, Pre-Preliminary, Preliminary, and Pre-Juvenile)	<i>6.0</i>	\$140	\$110
<a href="#">Excel Free Skate</a> (Preliminary Plus, Pre-Juvenile Plus, Juvenile, Juvenile Plus, Intermediate, Intermediate Plus, Novice, Junior, and Senior)	<i>IJS</i>	\$195	\$140
<a href="#">Well Balanced Short Program</a> (2022-23) (Juvenile, Intermediate, Novice, Junior and Senior)	<i>IJS</i>	\$195	\$140
<a href="#">Well Balanced Free Skate</a> (2022-23) (No Test, Pre-Preliminary, Preliminary and Open Juvenile)	<i>6.0</i>	\$140	\$110
<a href="#">Well Balanced Free Skate</a> (2022-23) (Pre-Juvenile through Senior)	<i>IJS</i>	\$195	\$140
<a href="#">Adult Free Skate</a> (Adult Pre-Bronze – Master Jr/Sr)	<i>IJS</i>	\$195	\$140
<a href="#">Adult Beginner &amp; High Beginner Free Skate</a>	<i>6.0</i>	\$140	\$110
PARTNERED ICE DANCE	JUDGING	1 <sup>st</sup> Event Price	2 <sup>nd</sup> Event Price
Open Partnered Pattern Dance – see dances offered below	<i>6.0</i>	\$85	\$55
ADULT SOLO DANCE	JUDGING	1 <sup>st</sup> Event Price	2 <sup>nd</sup> Event Price
<a href="#">Adult Solo Pattern Dance</a>	<i>6.0</i>	\$140	\$110
<a href="#">Adult Solo Free Dance</a>	<i>6.0</i>	\$140	\$110
SPECIALTY	JUDGING	1 <sup>st</sup> Event Price	2 <sup>nd</sup> Event Price
<a href="#">Compulsory Moves</a> (No Test–Senior)	<i>6.0</i>	\$140	\$110
<a href="#">Excel Compulsory Moves</a> (Excel Beg.–Excel Prelim.)	<i>6.0</i>	\$140	\$110
<a href="#">Adult Compulsory Moves</a> (Adult Beginner–Masters Jr/Sr)	<i>6.0</i>	\$140	\$110
Jumps Challenge (Beginner–Senior)	<i>6.0</i>	\$140	\$110
<a href="#">Adult Jumps Challenge</a> (Adult Beginner–Masters Jr/Sr)	<i>6.0</i>	\$140	\$110
Spins Challenge (Beginner–Senior)	<i>6.0</i>	\$140	\$110
<a href="#">Adult Spins Challenge</a> (Adult Beginner–Masters Jr/Sr)	<i>6.0</i>	\$140	\$110
SHOWCASE	JUDGING	1 <sup>st</sup> Event Price	2 <sup>nd</sup> Event Price
Emotional Performance (No Test – Senior, Adult)	<i>6.0</i>	\$140	\$110
Choreographic Artistry (No Test - Senior, Adult)	<i>6.0</i>	\$140	\$110
Lyrical Pop (No Test - Senior, Adult)	<i>6.0</i>	\$140	\$110
COMPETE USA EVENTS	JUDGING	1 <sup>st</sup> Event Price	2 <sup>nd</sup> Event Price
<a href="#">Snowplow Sam-Basic 6 Program w/ Music</a>	<i>6.0</i>	\$75	\$55
<a href="#">Pre-Free Skate – Free Skate 1-6 Program w/ Music</a>	<i>6.0</i>	\$75	\$55

<a href="#">Adult 1-6 Program w/ Music</a>	6.0	\$75	\$55
<a href="#">Adult Free Skate (Beg. – Bronze)</a>	6.0	\$75	\$55
<a href="#">Snowplow Sam – Basic 6 Elements</a>	6.0	\$75	\$55
<a href="#">Pre-Free Skate – Free Skate 1-6 Compulsory Moves</a>	6.0	\$75	\$55
<a href="#">Adult 1-6 Compulsory Moves</a>	6.0	\$75	\$55
<a href="#">2021-22 Compete USA Manual</a>			

## **II. ELIGIBILITY:**

**TEST LEVEL:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. At this competition, skating up is permitted. Note: Athletes may not skate down in any event.

**SKATESAFE COMPLIANCE:** For full details about SkateSafe compliance at U.S. Figure Skating competitions, refer to the U.S. Figure Skating SkateSafe webpage: [www.usfigureskating.org/skatesafe](http://www.usfigureskating.org/skatesafe). We follow all SafeSport policies and guidelines of U.S. Figure Skating and the United States Olympic and Paralympic Committee.

**IMPORTANT NOTICE FOR ALL COACHES:** To be an eligible credentialed coach at a sanctioned non-qualifying competition, coaches must meet the compliance requirements and verified by the U.S. Figure Skating website. Coach compliance falls into three categories, Coach/Choreographer, Learn to Skate USA Instructor, or Foreign Coach/Choreographer. Details regarding compliance requirements can be found [HERE](#). All compliance requirements must be met at the time of check-in to access the competition, no exceptions. Coaches will need to check in at the event registration desk prior to the start of their first skater's event and show a government issued photo I.D. to receive a credential. All coaches are responsible to bring proof of compliance if the U.S. Figure Skating website has not been updated. 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. ***Coaches are not allowed to be at the boards coaching without a credential. There can be no exceptions to this policy.***

**MANDATORY ATHLETES:** Athletes age 18+ as of the competition start date who will be competing on a team (i.e., synchro, ice dance, pairs, shadow dance, theatre, etc.) with at least one Minor Athlete must complete SafeSport™ Training. \*

Minor athletes who turn 18 mid-season are encouraged to seek parental consent to take the online SafeSport™ Training early to avoid any disruptions in their ability to participate as the training is required upon turning 18. The athlete will not be SkateSafe compliant until they have completed the training and their Members Only portal reflects completion. Please email [skatesafe@usfigureskating.org](mailto:skatesafe@usfigureskating.org) for instructions or questions regarding parental consent.

## **III. REGISTRATION INFORMATION**

Entries will be accepted via [Entryzee](#) with credit card only and will include a processing fee.

**Registration Deadline: 10/20/2022 at 11:59 ET**

**Late Registration Deadline: 10/22/2022 at 11:59 ET + \$50 Late Fee**

Late Registrations will be evaluated by the Chief Referee and Competition Chair on a first come first-serve basis.

## **PARTNERED EVENTS:**

Only one partner will complete registration for the team. During the registration process, you will be asked to identify your partner and verify their test information. **The registered partner will be responsible for managing all aspects of the competition for the team including music/PPC upload, practice ice sales, etc.**

**TEST CREDIT:** Skaters that meet the requirements for test credit may request their test credit forms at registration. There will be blank test credit request forms at registration and also available in advance from the SCW website at [www.skatewilm.com](http://www.skatewilm.com). The test credit package will be emailed to you at the conclusion of the competition. The charge for the test credit package will be \$5 and paid at the registration desk via check or credit card, no cash accepted.

**CRITIQUES:** There will be no critiques offered at Autumn Skate 2022.

**REFUND POLICY:** Entry fees will not be refunded after entry deadline of October 20, 2022 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. Online processing fees are not refundable.

**LIABILITY:** U.S. Figure Skating and The Skating Club of Wilmington 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.

**FACILITIES:** The competition will be held at The Skating Club of Wilmington which is a 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) at the end of the golf course. First aid facilities are available at the rink. Locker rooms will be open for the competition, unless informed otherwise. Restrooms are at the far end of the rink. Warmup areas are outside or on the far side of the rink past the snack bar. The upstairs lounge will be a restricted area for officials only.

## **ADDRESS:**

1301 Carruthers Lane, Wilmington, DE 19803  
(302) 656-5005, [www.skatewilm.com](http://www.skatewilm.com)

**FOOD:** There is full service cafe located off the lobby. It serves breakfast, lunch, dinner, and snacks. The cafe will be open every day of the competition. All food is also available for carryout. Outside food should not be brought into the rink.

**LOCKER ROOMS AND CHANGING AREAS:** At this time, locker rooms will be available at this competition. This is subject to change if COVID-19 conditions worsen and competitors will be informed of any such change. Locker rooms and changing areas at U.S. Figure Skating competitive events are for athletes only, will be labeled with regard to specific use and where identified will be gender specific. An exception can be made for athletes 11 years old and younger that will allow for one parent of the same sex to assist their child immediately prior to and after their skating event(s). Please review the Locker Room and Changing Area Policy and the SkateSafe Handbook (both found on the [U.S. Figure Skating SkateSafe](#) page). Athletes will be provided with an area to put skates on if they do not wish to use locker rooms, but will not be permitted to change clothes or skates in public restrooms. Public restrooms are at the Skate Rental end of the rink.

**U.S. FIGURE SKATING TRAVEL POLICY:** All travel must strictly adhere to Two-Deep Leadership requirements. An Adult Participant cannot transport a Minor Athlete one-on-one and Two-Deep Leadership requirements must be adhered to at all times during In-Program travel, by transporting at least

two minors or a second Adult Participant. An Adult Participant cannot share a hotel room or other sleeping arrangement with a Minor Athlete(s). Full details of the SkateSafe Travel Policy and any exceptions can be found starting on page 12 of the [SkateSafe Handbook](#).

**OFFICIAL NOTICES:** Any official notices prior to the competition start date will be emailed to competitors. During the competition, official notices will be posted at the registration window. It is the responsibility of each competitor, parent and coach to check the registration window frequently for any schedule changes and/or additional information. Skaters are requested to arrive one hour prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

**SKATING ORDERS AND RESULTS:** Skating orders and results will be posted online, there will be no posting of paper in the rink during the competition. A QR code link will be emailed to the competitors and coaches prior to the competition and there will be business cards with the QR code available at the registration desk.

**SCHEDULE:** Competitors may be scheduled on any day or time during the announced dates of the competition. The competition and practice ice schedule will be available on Entryeze after the close of entries. All participants will be notified via email once available. We cannot accommodate special requests for the date or time of your event.

**PRACTICE ICE:** Practice ice will be offered at after the close of entries when the schedule is published. Competitors and coaches will receive an email stating practice ice registration is open. Practice ice is first come first serve on Entryeze.

#### **EXHIBITIONS/SINGLE SKATER EVENTS:**

##### **ORIGINAL SCHEDULING:**

**IJS:** If there is only one skater entered in an IJS event, it may be scheduled as an exhibition at the discretion of the chief referee, unless the skater wishes to cancel.

**6.0:** There will be no planned exhibitions for 6.0 events. If there is only one skater in a 6.0 event, the event will be canceled and the skater will receive a refund.

##### **SUBSEQUENT CHANGES:**

**IJS:** If withdrawals after the posting of the schedule reduce an IJS event to one skater, 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.

**6.0:** If withdrawals after the posting of the schedule reduce a 6.0 event to one skater, the remaining skater will be contacted and offered the option of moving to another event or receiving a refund of the entry fee for that event.

##### **ENTRYEEZE MUSIC UPLOAD:**

**DEADLINE: October 28, 2022 11:59 pm ET or a late fee of \$15 will be assessed.**

Competitors participating in events with music are required to upload their music to Entryeze no later than **October 28, 2022 at 11:59 pm**. After this date, skaters will be subject to a **\$15 late fee**. The late fee will automatically be added to each skater's cart who doesn't meet this requirement by the deadline. Late fees will not be removed under any circumstances and must be paid prior to receiving the skater credential onsite.

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

## **MUSIC CRITERIA:**

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

Competitors must also have available a backup copy of their competition music on a cell phone and it must be immediately available rinkside whenever the skater competes. If the phone does not have the standard round headset connector, an appropriate adapter, such as an Apple Lightning connector or Samsung USB-C adapter is required to be attached. The phone should be presented to the music person with the file ready to play, phone in airplane mode and volume turned to maximum.

## **PLANNED PROGRAM CONTENT (PPC) – IF IJS:**

**DEADLINE: October 28, 2022 11:59 pm EDT or a late fee of \$15 will be assessed.**

Competitors participating in IJS events are required to submit PPC in Entryeze no later than **October 28, 2022 at 11:59 pm**. After this date, skaters will be subject to a **\$15 late fee**. The late fee will automatically be added to each skater's cart who doesn't meet this requirement by the deadline. Late fees will not be removed under any circumstances and must be paid prior to receiving the skater credential onsite.

**ONSITE REGISTRATION/CHECK-IN:** The registration desk at the rink entrance will open approximately one hour before the first event of each day and stay open throughout the last event of the day. Please register promptly upon arrival and get your credential.

- 1) All skaters should register at the front desk one hour before their first event.
- 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.

**AWARDS:** There will be no awards ceremonies due to Covid-19. Medals will be awarded to First, Second, Third, and Fourth place in all 6.0 and IJS events and can be picked up at the awards table. All Learn-To-Skate participants will receive a medal. Winners of the trophies below will be awarded a keepsake 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

**PHOTO/VIDEO:** 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.

**All skaters competing will receive a complementary video.**

Note, per U.S. Figure Skating policy, photographing and/or recording of anyone other than your own skater is strictly prohibited. Please refer to the Basic Ice Usage and Skater Etiquette Information document found in the Club Resource section of Members Only.

**Note, per U.S. Figure Skating policy, photographing and/or recording of anyone other than your own skater is strictly prohibited.**

**HOSPITALITY:** The coach hospitality room will be located at the far end of the rink in the SCW pro room. We request you use social distancing when in the hospitality room.

**VENDORS:** There may be vendors available at this competition, but this is subject to change if Covid-19 conditions worsen.

**LODGING/TRAVEL:** Please check our website at <https://skatewilm.com/> for hotel information. The official hotel is the DoubleTree by Hilton Hotel Wilmington on Concord Pike/Route 202. The nearest airport is Philadelphia airport which is approximately 30 minutes from the rink. There is also an Amtrak train station in downtown Wilmington that is approximately 10 minutes from the rink.

**ADMISSION:** No admission fee will be charged for spectators. Note spectators may not any flowers, wrapped or unwrapped, on the ice to ensure safety of the skaters.

**CONTACT INFO:** Any questions regarding registration and/or applications can be e-mailed to the competition chairs at [SCWCompetitions@skatewilm.com](mailto:SCWCompetitions@skatewilm.com). The club website is <https://skatewilm.com/>.

Music related questions can be emailed to Debbie Martin, music chair at [d.martin6926@gmail.com](mailto:d.martin6926@gmail.com).



**OPEN PARTNERED PATTERN DANCE:** Below are the open partnered ice dances. If same skater has two different partners, must be considered entered as separate teams.

<b>Open Partnered Pattern Dances offered</b>	<b>6.0 Judging System</b>
Dutch Waltz	2 sequences
Canasta Tango	2 sequences
Rhythm Blues	2 sequences
Cha Cha	2 sequences
Fiesta Tango	2 sequences
Willow Waltz	2 sequences
Fourteenstep	4 sequences
Foxtrot	3 sequences
American Waltz	2 sequences
Tango	2 sequences
Kilian	4 sequences
Blues	2 sequences
Argentine Tango	2 sequences
Westminster Waltz	2 sequences



## SNOWPLOW SAM – BASIC 6 ELEMENTS

Two format options for the Elements Event:

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)  
 Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.
  - To be skated on 1/3 to 1/2 ice (determined by the LOC)
  - No music
  - Divide Snowplow Sam skaters by level (1-4), if registrations warrant
  - **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:00 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:00 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:00 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
Basic 5	1:00 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>



### SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

- To be skated on full ice with music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:10 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:10 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:10 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
Basic 5	1:10 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position</li> <li>• T-stop, right or left</li> </ul>



**PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY**

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- Bonus skills from the same level or below are allowed but will not be judged elements.
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max.	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position - minimum 3 revolutions</li> <li>• Mazurka – right or left</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• Backward outside three-turn, right and left</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Backward inside three-turn, right and left</li> <li>• Beginning back spin, optional entry and free-foot position - maximum 3 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position- minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum 3 revolutions</li> <li>• Euler (half loop jump)</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin - minimum 3 revolutions</li> <li>• Waltz jump/loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power pulls, minimum 3 on each foot</li> <li>• Camel, sit spin combination - minimum of 4 revolutions total</li> <li>• Waltz jump/Euler (half loop)/ Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>



**PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC:**

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.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max.	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position- minimum 3 revolutions</li> <li>• Mazurka - right or left</li> <li>• Waltz jump</li> <li>• <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i></li> </ul>
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> <li>• <i>NOT ALLOWED – Waltz jump/toe loop combination</i></li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Beginning back spin, optional entry and free-foot position, maximum 2 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> <li>• <i>NOT ALLOWED – Waltz jump/toe loop and Salchow/toe loop combination</i></li> </ul>
Free Skate 3	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> <li>• <i>NOT ALLOWED – Waltz/loop combination</i></li> </ul>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin – minimum 3 revolutions</li> <li>• Euler (half loop jump)</li> <li>• Flip jump</li> <li>• <i>NOT ALLOWED – Waltz/loop and Waltz/Euler/Salchow combination</i></li> </ul>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin – minimum 3 revolutions</li> <li>• Waltz/loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> <li>• Creative step sequence using a variety of three turns, Mohawks and toe steps, half-ice</li> <li>• Camel, sit spin combination - minimum of 4 revolutions total</li> <li>• Waltz jump/ Euler (half loop)/Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>



**ADULT 1-6 FREE SKATE/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	1:30 Max	<ul style="list-style-type: none"> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>
Adult 2	1:40 Max	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
Adult 3	1:40 Max	<ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward snowplow stop, Right and Left</li> </ul>
Adult 4	1:40 Max	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Backward one-foot glides, right and left</li> <li>• Hockey stop, both directions</li> </ul>
Adult 5	1:40 Max	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin</li> </ul>
Adult 6	1:40 Max	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (min 2 revs on 1 foot)</li> </ul>



**ADULT 1-6 COMPULSORY:**

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

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



**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. Costuming and make-up for showcase programs should enhance the feeling created by the performance and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. A 0.1 deduction will be taken. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for each ten 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](http://www.usfigureskating.org).

Showcase categories may include:

- Levels can be subdivided or combined, if necessary, depending on entry numbers and event set up to ensure performances are contested as per [the guidelines](#).
  - 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. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.
  - 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.
  - Duets: Theatrical/artistic performances by any competitors.
  - Mini production ensembles: Theatrical performances by three to seven competitors.
  - Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles.
- NOTE: Skaters may enter only one each duet, mini production or production event.

**SHOWCASE EVENTS**

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/ Adult Beginner/Adult High Beginner	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 or free dance tests.	Time: 1:30 max.



No Test	No prescribed or restricted elements.	Must not have passed Pre-Preliminary Free Skate or any Free Dance tests.	Time: 1:30 max.
Pre-Preliminary	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary May not have passed any free dance test.	Time: 1:30 max.
Adult Pre-Bronze	No prescribed or restricted elements.	Must have passed no higher than Adult Pre-Bronze free skate test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.
Preliminary/ Adult Bronze	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze Free Skate or Free Dance test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.



**SPECIALTY:**

**SPECIALTY-EXCEL COMPULSORY:**

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

- To be skated on ½ ice
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- Skaters may have the option to skate one level higher in compulsories than free skate program

Level	Time	Skating rules/standards
Excel Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Toe loop jump</li> <li>• Salchow jump</li> <li>• One-foot upright spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
Excel High Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Salchow-toe loop jump combination</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
Excel Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Flip jump</li> <li>• Loop-loop jump combination</li> <li>• Upright spin with change of foot, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
Excel Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Flip-loop jump combination</li> <li>• Camel-sit combination spin, minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>



**SPECIALTY-ADULT BEGINNER-BRONZE COMPULSORY:**

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

Level	Time	Elements
Adult Beginner	1:30 Max.	<ul style="list-style-type: none"> <li>• Mazurka</li> <li>• Waltz jump</li> <li>• Forward beginning one-foot spin from backward crossovers (min 2 revs)</li> <li>• Forward moving inside open Mohawk (right and left) – heel to instep</li> <li>• Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)</li> </ul>
Adult High Beginner	1:30 Max.	<ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• ½ Flip</li> <li>• Forward upright spin – minimum 3 revolutions</li> <li>• Backward outside three- turn, right and left</li> <li>• Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)</li> </ul>
Adult Pre-Bronze	1:30 Max.	<ul style="list-style-type: none"> <li>• Single toe loop jump</li> <li>• Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence</li> <li>• Forward upright spin - minimum 3 revolutions</li> <li>• Two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• Forward spiral (any edge)</li> </ul>
Adult Bronze	1:30 Max.	<ul style="list-style-type: none"> <li>• Single Salchow jump</li> <li>• Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination and 3 jumps in a sequence</li> <li>• Solo spin with no change of foot (min. 3 revolutions)</li> <li>• Backward inside three-turn, right and left</li> <li>• Spiral sequence (Minimum 2 spirals)- must change edge or foot</li> </ul>



**SPECIALTY-ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC:**

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 and Time	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner  1:40 Maximum	Max. 4 jump elements  Jumps limited to bunny hop, mazurka, ballet and Waltz jump  Max 1 combination or sequence consisting of only the allowed listed jumps  Max. 2 of any same jump	Max. 2 spins  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
Adult High Beginner  1:40 Maximum	Max 4 jump elements:  Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow  Max 1 combination or sequence consisting of only the allowed listed jumps  Max. 2 of any same type jump.	Max 2 spins:  Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
Adult Pre-Bronze  1:40 Maximum	Max 4 Jump Elements:  Max 2 combinations or sequences  1 jump combination may contain 3 jumps, and the other may contain only 2 jumps  Jump sequence is any listed jump immediately followed by an Axel-type jump  Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)  Only single and half-revolution jumps are permitted  No single Lutz, single Axel, double or triple jumps are permitted	Max 2 Spins:  Max Level 1  Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)  Min 3 revs  Spins with a flying entry are not permitted	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate
Adult Bronze	Max 4 Jump Elements:  Max 2 combinations or sequences	Max 2 Spins:  Max Level 1	Max 1 Sequence:  1 choreographic step sequence, fully	Skaters may not have passed tests higher than U.S. Figure Skating Adult

<p>1:50 maximum</p>	<p>1 combination may contain 3 jumps, and the other may contain only 2 jumps</p> <p>Jump sequence is any listed jump immediately followed by an Axel-type jump</p> <p>Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</p> <p>All single jumps are permitted (except single Axel)</p> <p>No single Axel, double or triple jumps are permitted</p>	<p>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</p> <p>Min 3 revs total if no change of foot</p> <p>Min 3 revs each foot if change of foot</p> <p>Min 2 revs in each position</p> <p>No flying spins are permitted</p>	<p>utilizing at least ½ of the ice surface (may include moves in the field and spirals)</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>Bronze or Preliminary Free Skate</p>
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