



**17th Annual**

# **ICE HOUSE**

**Basic Skills Competition**

**Sunday  
April 09, 2017**

**Approved by US Figure Skating #24764**

**Hosted by Ice House of NJ Figure Skating Club**  
[www.icehousenjpsc.org](http://www.icehousenjpsc.org)

**Entry Deadline: March 17, 2017**

**Entry info and announcement: [www.icehousenjpsc.org](http://www.icehousenjpsc.org)**

The purpose of the New Jersey Learn to Skate Series is to give skaters a chance to develop within Learn to Skate USA in a fun competitive environment. During the competition season the skaters have the chance to compete at many different clubs and arenas and earn points for a final standing. You do not have to be a NJ resident to participate.

A skater may participate in either Freeskate Programs and/or Compulsory/Elements events (Snow Plow Sam-Basic 6, Pre-Freeskate – FS 6) in any of the New Jersey Learn to Skate Series Competitions to be eligible for accumulating points. Awards will be presented to skaters with the highest point totals. These awards will take place at the end of the season at Ice Vault Arena in Wayne, NJ during 2017 Garden State Games, and will be hosted by the North Jersey Figure Skating Club.

**Series Points:** The Basic (SS-BS6) & Free Skating Program (Pre-FS-FS6) events and the Compulsory/Elements events in each of the series competitions will be eligible for accumulating points. Each event will have a maximum of 6 SKATERS. The system of scoring points for the final award will be as follows:

1 <sup>st</sup> Place	6 points
2 <sup>nd</sup> Place	5 points
3 <sup>rd</sup> Place	4 points
4 <sup>th</sup> Place	3 points
5 <sup>th</sup> Place	2 points
6 <sup>th</sup> Place	1 points

If an event has 2-6 skaters, the points will be awarded as if there were 6 skaters in the group. If there is only one skater in the group, they will be awarded 3 points. At the end of the Series, in the case of total points tied, all skaters tied for a place will be awarded a medal/trophy, no ties will be broken.

**Points are accumulated for Basic (SS-BS6) and Freeskate (Pre-FS-FS6). Elements/Compulsory and Free Skate Program accumulate points separately.** Medals or ribbons will be awarded in each level as highlighted in each announcement. Levels beyond the Basic and Freeskate **will NOT** be part of the Series. Jumps, Spins, Dance, Pairs, Theatre on Ice, Synchronized Teams, Showcase Events, etc. **will NOT** be counted. At the end of the Series Season, any skaters who moved up a level will be awarded 6 bonus points (6 points only, whether they move up one level or more). All points follow the skater throughout the year.

Please Note: The USFS New Jersey Learn to Skate USA Series is sponsored equally by all the participating ice rinks and/or USFS member clubs. Competition announcements and packages will be available at the participating rinks and the club websites. Each competition will have its own entry forms and specific rules. Please make sure to read the entire announcement for each competition.

### **2016-2017 NJ Learn to Skate USA Series Competitions**

Frankenskate, Jersey Coast FSC: October 22, 2016.

Little Swizzle Basic Skills Competition, Skating Club of Morris: November 5, 2016.

15th Annual Winter ESCapade, Essex Skating Club of New Jersey: January 15, 2017.

6th Annual Staten Island Pavilion Basic Skills, North Jersey FSC: February 26, 2017.

8th Annual Skylands Ice World Basic Skills, North Jersey FSC: March 19, 2017.

Morris Open, Skating Club of Morris: March 31 – April 2, 2017.

Ice House Basic Skills: April 9, 2017

10th Annual Ice Vault Basic Skills, North Jersey FSC: May 7, 2017.

# ICE HOUSE Basic Skills Competition

**WHEN:** Sunday, April 09, 2017

**LOCATION:** Ice House  
111 Midtown Bridge Approach  
Hackensack, NJ 07601  
(201) 487- 8444

**CHAIRMAN:** Edward VanCampen  
figureskating@icehousenj.com

**CHIEF REFEREE:** Patricia Lynch

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

Eligibility will be based on skill level as of closing date of entries March 17, 2017. All SNOWFLOW SAM and BASIC SKILLS 1-6 SKATERS must skate at highest level passed, or one level higher, and NO US Figure Skating test maybe have been passed including Movies in the Field or individual dances, and not both levels in the same event during the same competition.

For the Pre freeskate, Free skate 1-6, Test Track and Well Balanced levels, 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.

**RULES:** The competition will be conducted according to the rules in the 2016-2017 Rule Book except as stated herein. **The 6.0 judging system will be used for this competition.**

**LIABILITY:** The USFS, the Ice House of NJFSC, and the Ice House accept no responsibility for injury or damage sustained by any participant in this competition; competitors assume the risk of competing in accordance with US Figure Skating rule CR 10.12

**PRACTICE ICE:** Information and applications will be posted on the Ice House of New Jersey FSC site [www.icehousenjpsc.org](http://www.icehousenjpsc.org) and the Ice House site [www.icehousenj.com](http://www.icehousenj.com).

**SCHEDULE:** **Do not send self-addressed, stamped envelopes.** A tentative schedule will be available approximately one week before the competition. Individual group assignments and schedule will be determined by Chief Referee. The Groups/times will be posted on the Ice House NJFSC website, [www.icehousenjpsc.org](http://www.icehousenjpsc.org). We cannot accommodate schedule changes to coordinate with skaters other activities for the day of the competition. Please check website for schedule updates prior to traveling to the competition.

**MUSIC:** Only CD's will be accepted. They must be clearly labeled with competitor's name and event. Please submit CD's in a paper sleeve at the registration desk on arrival (at least one hour prior to scheduled event). **No CD's in RW format will be accepted. Only one track per CD please. No IPODs or cell phones will be accepted.** Please pick up CD's promptly after the event. The Ice House assumes no responsibility or liability due to loss or damage to any CD's. Competitors should have duplicate CD's with them at their scheduled event (in case of problems with the original music). If for any reason IPOD or cell phone needs to be used, a \$25.00 cash fine will be imposed (before skater can take the ice)

**RINK:** Oval, 200 x 85 feet

**AWARDS:** Medals will be presented for First through Fourth places in each event.

**VIDEO:** **There will be professional videotaping available for purchase. Please do not videotape and no flash photography.**

**DEADLINE:** Online entry will end at 11:59pm on March 17, 2017. Paper applications must be accompanied by entry fee and must be postmarked no later than March 17, 2017. Late entries will be accepted at the discretion of the Competition Chair and will require **DOUBLE** the entry fee. **THERE WILL BE NO REFUNDS** except for the cancellation of an event. Make checks payable to **Ice House of NJFSC.**

**ENTRY FEES:** If entered through Entryeeze 1<sup>st</sup> Event: \$60.00, 2<sup>nd</sup> Event: \$40.00, 3<sup>rd</sup> Event: \$20.00  
If paper entry 1<sup>st</sup> Event: \$70.00, 2<sup>nd</sup> Event: \$40.00, 3<sup>rd</sup> Event: \$20.00

**Please log onto [WWW.ENTRYEEZE.COM](http://WWW.ENTRYEEZE.COM) or  
[WWW.ICEHOUSENJFSC.ORG](http://WWW.ICEHOUSENJFSC.ORG) sites for online entry.**

**EVENT CHANGE FEE:** Please review your application closely with your coach to ensure you have entered the correct events/levels. Once names have been submitted to the Chief Referee, no changes will be made except those due to an error by the LOC. After the deadline date any change in registration because of an error on your application will result in a \$25.00 fee per change.

**RETURNED CHECKS:** There will be a \$30.00 fee charged for every returned check.

**If mailing in paper entry please mail to this address and add appropriate entry fees**

**MAIL TO:** Edward VanCampen  
c/o: Basic Skills Competition  
ICE HOUSE  
111 Midtown Bridge Approach  
Hackensack, NJ 07601

**REGISTRATION:** Please arrive 1 hour prior to your scheduled event. Report to the Registration Desk where you will hand in your music. 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.

***NOTICE:*** ***You must fill out the entire form. Notice that the current USFS member number/Basic Skills member numbers are mandatory. Also mandatory is the highest level passed and the signatures of Coach and Rink/Club Official to verify membership and approval of levels. Failure to do so will result in return of application. NO APPLICATIONS MAY BE HANDED IN – COMPLETED APPLICATIONS MUST BE MAILED AND POSTMARKED NO LATER THAN March 17, 2017, TO BE ACCEPTED.***

**COACHES:** Coaches Information: All coaches must comply with U.S. Figure Skating Rule MR 5.11. All coaches must check in at the registration desk upon arrival at the rink. The LOC will have a list of compliant coaches who are cleared for a credential at the competition. Upon checking in, coaches will have to show a photo ID to receive a credential. If a coach cannot provide a photo ID, and is not known to the LOC, 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. Please allow ample time to check in prior to your skater's event. 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 compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

***Please contact USFS or Learn to Skate USA for Coaching information.***



## ILLUSTRATION OF THE PROGRESSION THROUGH THE LEVELS OF U.S FIGURE SKATING

Singles athletes begin with the Learn to Skate USA program, then progress to the "introductory levels," and finally choose whether to follow the test track or Well Balanced program category. Athletes may choose to move between test track and Well Balanced program at any point.

**LEARN TO SKATE USA PROGRAM**

Competition levels for skaters within Compete USA include:  
 Snowplow Sam  
 Basic 1-6, Adult 1-6, Hockey 1-4  
 Pre-Free Skate and Free Skate 1-6



Skaters may begin or advance to the "introductory levels," which are an introduction to competitive figure skating.

Beginner

High Beginner

**INTRODUCTORY LEVELS**

Once skaters have competed at the introductory level, and begin the official U.S. Figure Skating test structure, they may then choose whether to enter the "Test Track Free Skate" or "Well Balanced Free Skate" program. Test requirements for both categories are the same, it is completely the choice of the athlete which track to follow.



**TEST TRACK FREE SKATE**

- Pre-Preliminary
- Preliminary
- Pre-Juvenile
- Juvenile
- Intermediate
- Novice
- Junior
- Senior

**WELL BALANCED PROGRAM FREE SKATE**

- No-Test
- Pre-Preliminary
- Preliminary
- Pre-Juvenile
- Juvenile/Open Juv.
- Intermediate
- Novice
- Junior
- Senior

Skaters may choose, at any point, which track to follow. They may not, however, enter both events at the same competition. They may also move between the tracks at different nonqualifying competitions

Last Name	First	MI	Sex	Birthdate	Age	USFS/BS # (mandatory)
Street Address	City	State		Zip Code		
e-mail	Home phone			Cell Phone		
Home club or rink	Coach	Coach's e-mail		Coach's phone		
Highest USFS/BS/ISI test level passed as of 3/17/2017: _____ (mandatory)						

**Please check the event(s) you are entering:**

<b>Basic Elements (A)</b> (no music - half ice)  _____ Snowplow Sam 1-3 _____ Basic 1    _____ Basic 4 _____ Basic 2    _____ Basic 5 _____ Basic 3    _____ Basic 6	<b>Basic Program (B)</b> (with music – full ice)  _____ Snowplow Sam 1-3 _____ Basic 1    _____ Basic 4 _____ Basic 2    _____ Basic 5 _____ Basic 3    _____ Basic 6	<b>Pre Freeskate - Freeskate 6 Compulsory (C)</b> (no music – half ice)  _____ Pre Freeskate    _____ Free skate 4 _____ Freeskate 1    _____ Free skate 5 _____ Freeskate 2    _____ Free skate 6 _____ Freeskate 3
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<b>Pre Freeskate-Freeskate 6 Program (D)</b> (with music – full ice)  _____ Pre Freeskate _____ Freeskate 1 _____ Freeskate 2 _____ Freeskate 3 _____ Freeskate 4 _____ Freeskate 5 _____ Freeskate 6	<b>Introductory Levels Compulsory Moves (E)</b> (no music–half ice)  _____ Beginner _____ High Beginner	<b>Introductory Levels Freeskate (F)</b> (with music-full ice)  _____ Beginner _____ High Beginner	<b>Compulsory Moves (G)</b> (no music-half ice)  _____ No Test _____ Pre-Preliminary _____ Preliminary	<b>Well Balanced Program Freeskate (H)</b> (with music– full ice)  _____ No Test _____ Pre-Preliminary _____ Preliminary
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<b>Test Track Freeskate</b> (with music – full ice)  _____ Pre-preliminary _____ Preliminary	<b>Adult Event (J)</b> (with music – full ice)  _____ Adult 1    _____ Adult 4 _____ Adult 2    _____ Adult 5 _____ Adult 3    _____ Adult 6 _____ Pre Bronze    _____ Bronze _____ Silver    _____ Gold	<b>Artistic/Showcase Event (K)</b> (with music – full ice)  _____ Single _____ Duet	<b>Spin Challenge (L)</b> (no music – half ice)  _____ Beginner    _____ No Test _____ High Beginner    _____ Pre-Pre _____ Preliminary
<b>Jump Challenge (M)</b> (no music – half ice) _____ Beginner    _____ No Test _____ High Beginner    _____ Pre-Pre _____ Preliminary			

**Endorsement of coach** \_\_\_\_\_

*“These are the correct events for this skater.” (Mandatory)*

**Online Entry Fee: \$60.00 1st Event \$40.00 2nd Event \$20.00 3rd Event**

**Paper Entry Fee: \$70.00 1st Event \$40.00 2nd Event \$20.00 3rd Event**

**Deadline: March 17, 2017. Make Checks Payable to: ICE HOUSE NJFSC Total fees enclosed \$ \_\_\_\_\_**

**Please review your entry form carefully as all event changes due to your error will incur a \$25.00 fee per change. Entry forms postmarked later than March 17, 2017 must pay double entry fee as late fee if accepted**

I understand that I, my son or daughter, skate at this competition at my/their own risk and hereby release the ICE HOUSE, its directors and volunteers, its Director and professional staff, and all other personnel from all liability.

Signature (Parent of Skater if under 18) \_\_\_\_\_ (mandatory)

Rink/Club Authorized Signature \_\_\_\_\_ (mandatory)

## EVENT: Basic Elements: SNOWPLOW SAM – BASIC 6

(A)

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice.
- No music.
- **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> <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, 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 counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, both directions</li> <li>• Beginning two-foot spin, 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</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, both directions</li> <li>• Advanced two-foot spin, 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</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>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>

## EVENT: Basic Program: SNOWPLOW SAM – BASIC 6

(B)

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

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

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> <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, 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 counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, both directions</li> <li>• Beginning two-foot spin, 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</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, both directions</li> <li>• Advanced two-foot spin, 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</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>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>



## Compete USA Competitions

### EVENT: Pre-Free Skate – Free Skate 6 Compulsory

(C)

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"> <li>• Forward inside open Mohawk from a standstill position (R to L and L to R)</li> <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, clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Backward outside three-turns, right and left</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 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 and inside spirals on a continuous axis (2 sets)</li> <li>• Backward inside three-turns, right and left</li> <li>• Beginning back spin, up to two 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, clockwise and counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</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 three revolutions</li> <li>• 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), both directions</li> <li>• Camel spin - minimum three 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, right and left</li> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Axel jump</li> </ul>

## EVENT: Pre-Free Skate – Free Skate 6 Program

(D)

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

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

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

## EVENT: Introductory Levels Compulsory

(E)

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

## EVENT: Introductory Levels Free Skate Program

(F)

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



# Compete USA Competitions

## EVENT: COMPULSORY MOVES

(G)

General event parameters:

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

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"><li>• Loop jump</li><li>• Jump combination to include a toe loop (may not use a loop or Axel)</li><li>• Solo spin - sit <u>or</u> camel spin - minimum three revolutions</li><li>• Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li></ul>
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"><li>• Toe Loop jump</li><li>• Jump combination: single/single (no Axel)</li><li>• Sit spin or camel spin - minimum three revolutions</li><li>• Spiral sequence with one forward spiral and one backward spiral (any edge)</li></ul>
Preliminary	1:15 max.	<ul style="list-style-type: none"><li>• Lutz jump</li><li>• Jump combination: single/single (may include Axel)</li><li>• Back upright spin - minimum three revolutions</li><li>• Forward inside spiral</li></ul>

## EVENT: WELL BALANCED PROGRAM FREE SKATE

(H)

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice.
- Level will be determined by highest freeskiate test passed. Skaters may compete at highest level they have passed, or skate up one level higher.

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

## EVENT: Test Track Free Skate

(I)

General event parameters:

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

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



# Compete USA Competitions

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

(J)

### Adult 1-6 Free Skate, Pre-Bronze and Bronze Silver and Gold:

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+/-10sec unless otherwise noted

<b>Adult 1</b> <ul style="list-style-type: none"> <li>• Falling and Recovery</li> <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>	<b>Adult 4</b> <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>
<b>Adult 2</b> <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>	<b>Adult 5</b> <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>
<b>Adult 3</b> <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>	<b>Adult 6</b> <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</li> </ul>
<b>Adult Pre-Bronze:</b> Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test. Time: 1:40 maximum Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.	<b>Adult Bronze:</b> Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 maximum Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.

**Adult Silver:** Please refer to rule #4580 in current USFS Rulebook

**Adult Gold:** Please refer to rule #4570 in current USFS Rulebook



## Compete USA Competitions

### SHOWCASEEVENTS:

(K)

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

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

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

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

\* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on [www.usfigureskating.org](http://www.usfigureskating.org).

Showcase categories may include:

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

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



## EVENT: Spins Challenge

(L)

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ul style="list-style-type: none"> <li>• Upright one-foot spin (3)</li> <li>• Upright two-foot spin (3)</li> <li>• Sit spin (3)</li> </ul>
High Beginner	1:30 max.	<ul style="list-style-type: none"> <li>• Upright one-foot spin (3)</li> <li>• Upright two-foot spin (3)</li> <li>• Sit spin (3)</li> </ul>
NoTest	1:30 max.	<ul style="list-style-type: none"> <li>• Upright one-foot spin (3)</li> <li>• Upright two-foot spin (3)</li> <li>• Sit spin (3)</li> </ul>
Pre – Preliminary	1:30 max.	<ul style="list-style-type: none"> <li>• Upright one-foot spin (3)</li> <li>• Upright back-scratch spin (3)</li> <li>• Sit spin (3)</li> </ul>
Preliminary	1:30 max.	<ul style="list-style-type: none"> <li>• Forward scratch to back scratch spin (3)</li> <li>• Combination spin with no change of foot (4)</li> <li>• Sit spin (3)</li> </ul>

## EVENT: Jumps Challenge

(M)

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on ½ ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. ½ flip or ½ Lutz</li> <li>3. Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. Single Salchow</li> <li>3. Jump combination – Waltz jump-toe loop</li> </ol>
NoTest	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single loop</li> <li>3. Jump combination – Any two ½ or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single flip</li> <li>3. Jump combination - Any two ½ or single revolution jumps (no Axel)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single Lutz</li> <li>3. Jump combination – Any single jump + single loop (may be Axel)</li> </ol>