

2017 Moran Memorial Championships

August 25-27, 2017

REGISTER ONLINE FOR THIS COMPETITION AT ICEHOUSENJFSC.ORG

Sanctioned by

U.S. Figure Skating

and Learn to Skate USA Approval

Sanction # 25058

*****This is a USFS Sanctioned Trial Judge Competition*****

Hosted by

Ice House of New Jersey Figure Skating Club

www.icehousenjfs.org

at

ICE HOUSE

111 Midtown Bridge Approach

Hackensack, NJ 07601

201-487-8444 ext.232 www.icehousenj.com

Entry Registration: www.Entryeeze.com

2017 Moran Memorial Championships

DATES: August 25-27, 2017

LOCATION: ICE HOUSE
111 Midtown Bridge Approach
Hackensack, NJ 07601

COMMUNICATION: Telephone: 201-487-8444 ext. 232 Fax: 201-498-1250
Website: www.icehousenjpsc.org or www.icehousenj.com

COMPETITION CHAIRS: Maria Morin 201-398-8726
Edward VanCampen 201-487-8444 ext. 232

REFEREE: IlanaPrusock

GENERAL: You may enter the events for which you have passed the required test, or one level higher (i.e., skaters may skate up one level) based on tests passed as of August 1, 2017. Short and long programs are separate events. You may skate at only one level per event category (e.g., Juvenile Free Skate and Intermediate Short Program, but not Juvenile Free Skate and Intermediate Free Skate). The 6.0 system will be used for all events **except** Intermediate, Novice, Junior, and Senior Short Programs, and Juvenile, Intermediate, Novice, Junior, and Senior Free Skate events. **IJS** will be used for these events. U.S. Figure Skating program content rules in effect for the 2018 regional qualifying competitions shall apply

ELIGIBILITY: All entrants must be members in good standing of U.S. Figure Skating, U.S. Figure Skating Basic Skills, or a foreign federation. Test requirements for event categories are as of the closing date of August 1, 2017. Juvenile and Open Juvenile test qualification as of closing date, August 1, 2017. Also age requirements as of closing date; Open Juvenile 14 years of age or older; Juvenile under age 14.

LIABILITY: U.S. Figure Skating, 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 U. S. Figure Skating rule CR10.12.

RULES: The competition will be conducted according to the rules of U.S. Figure Skating as set forth in the 2017-2018 Rulebook.

FACILITY: The rinks measure 200' x 85' with rounded corners and a hockey barrier.

ENTRY INFORMATION: Online entry at www.Entryeeze.com. The Competition is open to all amateur skaters who are members in good standing with U.S. Figure Skating, USFS Basic Skills or a foreign federation. The competition will be governed by the rules specified in the 2017 U.S. Figure Skating rule book including new amended provisions passed at the 2017 Governing Council. The local organizing committee reserves the right to limit the number of competitors in each flight and in event and to combine or divide groups. As soon as the schedule is available, it will be posted on our website, www.icehousenjpsc.org and www.icehousenj.com. Skaters are responsible for being present at their own events, and it is suggested that they be ready to skate at least one hour before the scheduled time. Skaters must register **AT LEAST ONE HOUR BEFORE THE SCHEDULED TIME OF THE COMPETITION EVENT.**

IJS EVENTS:

Singles and Pairs: Juvenile through Senior. Short and Long Programs are considered separate events.

1st Event: \$175.00

2nd Event and all additional events: \$60.00

Pairs should split the event entry fees. If doing both Singles and Pairs events, Singles event will be your first event.

6.0 EVENTS:

Singles and Pairs: Beginner through No Test FS, Pre Preliminary through Senior Test Track, Pre Preliminary through Open Juvenile Well Balanced, Basic 1 through Preliminary Compulsory Moves, and Showcase Events. Duets split the entry fee. If doing two events, Showcase should be 2nd event

1st Event:\$95.00

2nd Event: \$45.00

3rd Event:\$20.00

BASIC SKILLS:

Program and Elements for Snow Plow, Basic 1-6, Pre FS - FS6, Showcase Events and Spin/Jump Challenge.

1st Event:\$70.00

2nd Event:\$40.00

3rd Event:\$20.00

ADULT EVENTS:

Adult Freeskate1-6 : \$70.00 Pre-Bronze thru Gold:\$95.00

SOLO DANCE PATTERN EVENTS:

Preliminary through Bronze Dances – Canasta Tango, Rhythm Blues, Cha-Cha, Fiesta Tango, Willow Waltz and Ten Fox

1st Event: \$95.00 (FOR 2 DANCES)

*****NO REFUNDS WILL BE GIVEN FOR ANY REASON EXCEPT IN CASE OF CANCELLATION OF AN EVENT*****

FINAL ROUNDS:

There will be final rounds for JUVENILE GIRLS and INTERMEDIATE LADIES events. The number of skaters advancing to the FINAL ROUND will be determined by the number of entries received and will be posted at the rink. The HELEN OAK TROPHY will be presented to the first place finisher of the Juvenile Girls Final Round event. The FRANK E. HEANEY TROPHY will be presented to the first place finisher of the Intermediate Ladies Final Round Event.

ENTRY DEADLINE: Entries will only be accepted by online registration only at www.Entryeeze.com. The deadline will be August 1, 2017.

PLANNED PROGRAM CONTENT INFORMATION:Please enter Planned Program Content online by August 5, 2017. U.S. Figure Skating members, please use the USFS website to enter your PPC.

CRITIQUES: There will be critiques for all FREE SKATE for Juvenile, Intermediate, Novice, Junior and Senior events. These critiques will be conducted by national, international and world judges as well as a Technical Panel member. Coaches and competitors are invited to attend. Critiques will begin approximately 15 minutes after the posting of the results for the event. Critiques will be held upstairs above Rink 2.

MUSIC: Competitors must provide music for all events, as appropriate.

Competition music for all events that require music must be submitted electronically via the online registration system ([www. Entryeeze.com](http://www.Entryeeze.com)) by the music deadline of August 5, 2017 at 11:59 pm.

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

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

Music Criteria:

- 1) File Format: MP3 (the online system will automatically check this)
- 2) Bit Rate: 192 kbps or higher (this will be checked by the music chairperson and they may request you upload a corrected file)
- 3) Sample Rate: 44,100 kHz (this will be checked by the music chairperson and they may request you upload a corrected file)
- 4) 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 bring a copy of their competition music on CD as a backup in case of technical difficulties and must be turned in at the registration desk at the time of check-in. Only CDs (standard CD-R format only) will be accepted. CD-RWs will **NOT** be accepted due to compatibility issues. CDs must be clearly marked with the competitor's name, event, and running time. CDs must only have one piece of music per CD. The official competition CD turned in at the Registration Desk is reserved for use during the event. **NO MUSIC IS ALLOWED TO BE PLAYED ON PRACTICE ICE.**

Music continued:

Please keep additional copies of your music readily available rink side during competition events. Music may be picked up at the registration desk following each event. Every reasonable care will be taken, but the hosting club cannot be responsible for music left at the end of the competition. Any questions regarding the MP3 format please contact Jim Chen at **JCHEN428@aol.com**.

AWARDS: Medals will be awarded for the first, second, third and fourth place winners in each group. Award presentations will be made based on the schedule, which will be posted at the rink.

PRACTICE ICE: Practice ice sessions will be available approximately 1 week prior to the competition on Entryeze.com. All competitors will receive an email when they are able to purchase practice ice.

VIDEO and PHOTOGRAPHY: A professional video service will be available throughout the competition. They will have a designated area in the lobby area. **THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED IN THE RINK.**

IMPORTANT NOTICE FOR ALL 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.

For more information regarding Coach Compliance, please refer to:

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

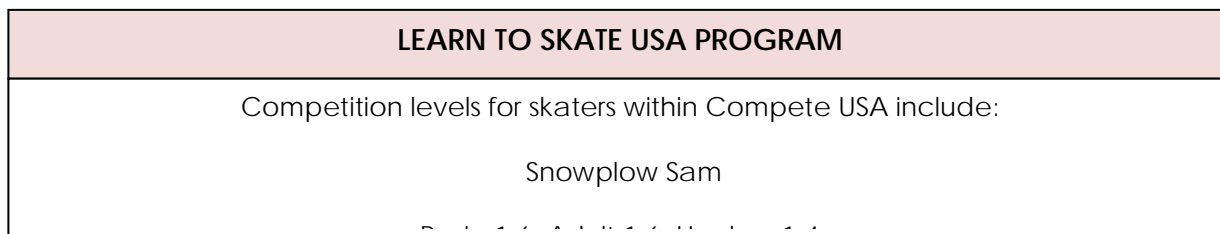
VENDORS: A variety of vendors will be onsite during the competition within the lobby area of the rink.

ACCOMMODATIONS: Please check our website, www.icehousenjpsc.org, for a list of hotels located in the area where room blocks and special rates have been set up. Please be sure to mention that you are attending the Moran Memorial Championships at the ICE HOUSE for these special rates.

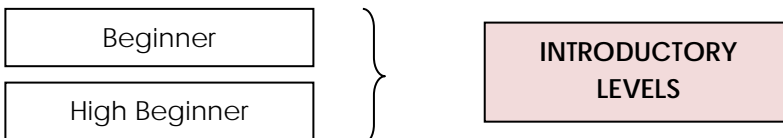


ILLUSTRATION OF THE PROGRESSION THROUGH THE LEVELS OF U.S FIGURE SKATING

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.



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



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 ...

EVENT: Basic Elements: SNOWPLOW SAM – BASIC 6

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

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

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

EVENT: Basic Program: SNOWPLOW SAM – BASIC 6

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

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

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

EVENT: Pre-Free Skate – Free Skate 6 Compulsory

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

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

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

EVENT: Pre-Free Skate – Free Skate 6 Program

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

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

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

EVENT: Introductory Levels Compulsory

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

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- *Skaters may have the option to skate one level higher in compulsories than their free skate program.*

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

EVENT: Introductory Levels Free Skate Program

General event parameters:

- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

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



Compete USA Competitions

U.S. Figure Skating Nonqualifying Competitions

EVENT: COMPULSORY MOVES

General event parameters:

1. No Test – Juvenile: Elements skated on ½ ice
2. Intermediate – Senior: Elements skated on full-ice
3. The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
4. A 0.2 deduction will be taken for each element performed from a higher level.
5. Music is not allowed.
6. Skaters may compete at their test level or one level higher.

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions 4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre-Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Toe Loop jump 2. Jump combination: single/single (no Axel) 3. Sit spin or camel spin - minimum three revolutions 4. Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single/single (may include Axel) 3. Back upright spin - minimum three revolutions 4. Forward inside spiral
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single jump (may include Axel) 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – circular
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Flying spin, minimum five revolutions 4. Step sequence – straight line
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Jump combination: double/single or double/double 3. Flying spin - minimum five revolutions 4. Step sequence – straight line
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line

EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

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



EVENT: Well Balanced Program Intermediate through Senior Short and Pre Juvenile through Senior Free Skate

Short Program Rules

Intermediate - See rule 4230 USFS Rulebook

Novice - See rule 4220 USFS Rulebook

Junior - See rule 4210 USFS Rulebook

Senior - See rule 4200 USFS Rulebook

Free Skate Program Rules

Pre Juvenile (6.0) - See rule 4250 USFS Rulebook

Open Juvenile (6.0 and 14 years of age or older) - See rule 4240 USFS Rulebook

Juvenile (under 14 years of age) - See rule 4240 USFS Rulebook

Intermediate - See rule 4230 USFS Rulebook

Novice - See rule 4220 USFS Rulebook

Junior - See rule 4210 USFS Rulebook

Senior - See rule 4200 USFS Rulebook



U.S. Figure Skating Nonqualifying Competitions

EVENT: Test Track Free Skate – Introductory through Senior levels

General event parameters:

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

2 Skaters will skate to the music of their choice. Vocal music is permitted at all levels.

3 Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.

4 Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.

5 The following deductions will be taken:

- 0.1 from each mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra element included.
- 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 maximum	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner 1:40 maximum	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Pre-Preliminary 1:40 maximum	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) 	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

	<ul style="list-style-type: none"> sequences Max. 2 of any same type jump 	<ul style="list-style-type: none"> One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 		but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile 2:00 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> Jumps with not more than one rotation (no Axels). Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One spin in one position, no change of foot (Min. 3 revolutions) One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test
Juvenile 2:15 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps, including Axel, are permitted. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One solo spin in one position, no change of foot (Min. 4 revolutions). One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) <i>Only solo spin may fly</i> 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test
Intermediate 2:40 +/- 10 sec. Effective February 1, 2017, an additional ten seconds was added to match program length. Program length is 2:40 +/- 10 seconds,	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow and double toe loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One must be a flying spin (min 5 revolutions), One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test

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

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

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

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

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

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

SHOWCASEEVENTS:

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 duet number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

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

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

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

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

Showcase categories may include:

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

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00max.
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.

Except for Adult events, skaters must compete at the highest level for which they qualify.

Event	Must meet requirements*	Must not have passed	Age	Time
No Test <small>(does not qualify for National Showcase)</small>	No Free Skate test passed	Free Skate or Dance (solo or partnered) Test or higher Pre-Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Pre-Preliminary <small>(does not qualify for National Showcase)</small>	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	3 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate or Senior Dance			2:40 max

Event	Must meet requirements*	Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	Age	Time
Adult Pre-Bronze <small>(does not qualify for National Showcase)</small>	Adult Pre-Bronze Free Skate	Adult Bronze Free Skate Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	1:40 max

EVENT: Jumps Challenge

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 5. Single flip 6. Single Lutz 7. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 5. Single Axel 6. Single or double jump 7. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 5. Single Axel 6. Double Salchow 7. Jump combination – single/single or double/single (no Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 5. Single Axel 6. Double loop* 7. Jump combination – double/single (no Axel)
Novice	1:30 max.	<ol style="list-style-type: none"> 5. Double loop 6. Double flip* 7. Jump combination – double/double (may be double Axel)
Junior	1:30 max.	<ol style="list-style-type: none"> 5. Choice of double or triple jump 6. Double or triple flip* 7. Jump combination – double/double (may be double Axel)
Senior	1:30 max.	<ol style="list-style-type: none"> 5. Choice of double or triple jump 6. Double or triple Lutz* 7. Jump combination – double/double or triple/double (may be double Axel)



U.S. Figure Skating Nonqualifying Competitions

EVENT: Spins Challenge

General event parameters:

10. 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.
11. All events are skated on ½ ice.
12. Minimum number of revolutions are noted in parentheses.

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