



Louisville Skating Academy 2018 Spring Invitational Competition

March 16-18, 2018

Hosted by:



The Louisville Skating Academy 2018 Spring Invitational Competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. citizens.

Host and Facilities: The LSA Spring Invitational Competition will take place from March 16-18, 2018 and will be hosted by Louisville Skating Academy ("LSA") and held at Iceland Sports Complex in Louisville, KY. Iceland Sports Complex is located at 1701 UPS Drive, Louisville, KY 40223. The facility has two ice surfaces. LSA expects to hold events on the North surface with some practice sessions on the south surface. Both ice surfaces are 85'x 200' with slightly rounded corners. Iceland has a concession stand with a seating area and several locker rooms. There will be ample parking during the competition.

Contact Information: If you have questions about this event, please contact the Competition Chairperson, Rebecca Hatch-Purnell, at hatchpurnell@gmail.com or at (502) 415-0962.

USFS Sanction # 26405

Liability: U.S. Figure Skating, Louisville Skating Academy, Inc., and Iceland Sports Complex accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

Eligibility and Test Level: A skater's competition level is at the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher levels.

Skaters entering juvenile free skate events (Well Balanced Program) must be under 13 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program) must be at least 13 years of age at the close of entries.

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

Entries, Refunds and Fees: All entries must be completed on Entryeeze by February 10, 2018. No refunds will be made unless the event is canceled due to lack of entries.

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| General Events: | |
| First Event Pre Free Skate and higher | \$90.00* |
| First Event Basic Skills | \$55.00* |
| Additional Events | \$35.00 per event |

* A free DVD is included in this fee.

Any change to the entry form after the Feb. 10, 2018 deadline is subject to a \$25 change fee. Late entries will be accepted only at the discretion of the Chief Referee and LSA and must be accompanied by a \$25 late fee. By registering online, the processing fee is not refundable for any reason at any time. For more information regarding fees and events, please contact Rebecca Hatch-Purnell, hatchpurnell@gmail.com.

No admission will be charged to spectators.

Judging System: The International Judging System (IJS) will be used for the all ***Preliminary through Senior*** "Well Balanced Program" free skate events, all Juvenile through Senior short program events, and all Juvenile through Senior spins and jumps events. Skaters competing in IJS free skate or short program events must submit a planned program content form online through Entryeeze. The deadline to submit the form is February 28, 2018.

All other events will use the 6.0 Majority Judging System.

Music: The skater must provide their own music for all **Free Skate, Short Program, and Showcase events**. The official competition music must be turned in at the registration table at the time of check-in. All music must be on CD's only. *Due to compatibility and reliability reasons no music may be submitted on re-recorded "CD-RW" discs.* CDs should be clearly marked with the name of the skater, event entered and length of music (not skating time). A duplicate CD should be readily available at rink

side. Music may be picked up at the registration table following each event. LSA shall not be responsible for CDs left at the conclusion of the competition. Rules governing music selection can be found in the U. S. Figure Skating rulebook, rules 4040.

LSA will provide music for Basic Skills Program 1-6. Music for Basic Skills Programs 1-6 is the same music used in other SEGL area competitions for Basic Skills events. Coaches should contact Rebecca Hatch-Purnell at (502) 415-0962 or hatchpurnell@gmail.com if you would like a CD of the music to be sent to your rink.

Registration: Registration will be open one to two hours before the first event and run through the last event of the day. The registration table will be located in the outer lobby of Iceland. Please register promptly upon arrival.

Practice Ice: Skaters who wish to pre-purchase practice ice may do so online. Phone or email reservations will not be accepted. The fee to pre-purchase practice ice is \$12.00 per 20 minute session if arranged prior to the **February 10, 2018 date**. Skaters who pre-register will need to go online after the entry deadline during the "selection period" to select their practice ice sessions. After the designated "selection period" but before the start of the competition, skaters may go online to purchase practice ice at the regular event rate of \$12.00 per 20 minute session and may select from the sessions with remaining availability. Additional practice ice, if space allows, will be sold at the event at the rate of \$15.00 per 20 minute session. Most practice ice sessions will be limited to 20 skaters.

Photography and Videography: Photography and video services will be available for purchase. Videos may not be available for certain half ice events. Flash photography is not allowed in the arena as it is a safety hazard to the skater.

Awards: Medals will be given to first through 4 place finishers in all events. Ribbons will be given to 5th through 8th place for Basic Skills events through Pre-Juvenile events. Awards will be presented immediately following the posting of the results for each event or as early as is possible. Skaters should report to the awards area promptly in competition attire and skates. A **team trophy** will be awarded to the club, other than the host club, that accumulates the most team points.

Critiques: Individual critiques by a judge along with a technical specialist or controller will be offered to skaters and coaches after each IJS free skate event, Juvenile through Senior.

Official Notices: An official bulletin board will be maintained in the main lobby of the rink. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 1 hour prior to the scheduled time of their event.

Event Schedule: A final competition and practice ice schedule will be posted on the Entryeeze link for this event approximately 10 days prior to the competition. The competition schedule is set by the referee, and no changes will be made to the schedule once it is announced unless an error has been made by the referee.

Test Session: LSA plans to host a test session on March 16 in conjunction with this competition, as time allows. Skaters who wish to test may find a test application on the LSA website, www.skatelouisville.org. Test forms for this test session will be due by Feb. 6, 2018. Space may be limited. Out-of-club applicants must include a "Permission

to Test" letter from their home club.

Information Regarding Coaches:

U.S. Figure Skating Rule MR 5.11 Coach Registration is in effect for this competition. In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

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

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

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

For more information regarding Coach Compliance, please refer to:

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

Hotel Information: The following hotels have agreements with LSA to provide room blocks for skaters at discounted group rates. LSA has worked with these hotels on numerous occasions and is confident they will provide excellent service to our guests. All are conveniently located. When possible, please use the reservation links posted for your convenience- they go directly to the LSA Invitational block.

SpringHill Suites Marriott,

10101 Forest Green Blvd, Louisville, KY 40223 (approx. ½ mi. from rink)

PH. 502 326-3895

\$99 Double

Last day to book: 2/9/17

Link to special group rate:

Put link here (right click here)

Embassy Suites

9940 Corporate Campus Drive, Louisville, KY 40223 (approx. ½ mile from rink)

PH. 502 426-9191

\$129.00/night Double suite, cook to order breakfast, Managers reception included

http://embassysuites.hilton.com/en/es/groups/personalized/S/SDFEMES-LSA-20180313/index.jhtml?WT.mc_id=POG

EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 6

Each skater will perform each element as directed by a judge or referee. Referee will ask all skaters to perform first element before moving on to the next element and so on.

- 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 |

USFS Sanction # 26405

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| | | <ul style="list-style-type: none"> position and entry T-stop, right or left |
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Compete USA Competitions

EVENT: Basic Program Event: SNOWPLOW SAM – BASIC 6

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 1/2 ice.
- Music is the same as used at other SEGL area competitions for Basic Skills. Coaches should contact Rebecca Hatch-Purnell at (502) 415-0962 or hatchpurnell@gmail.com if you would like a CD of the music to be sent to your rink.
- 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 |

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| Basic 6 | 1:10 max. | <ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left |
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Compete USA Competitions

EVENT: Pre-Free Skate – Free Skate 1 Compulsory Event

- The program shall be in simple form, using a limited number of connecting steps. The skating order of the required elements is optional.
- To be skated on ½ ice with no music.
- 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.

| 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 (Right and Left) • 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 |

EVENT: Pre-Free Skate – Free Skate 1 Program Event

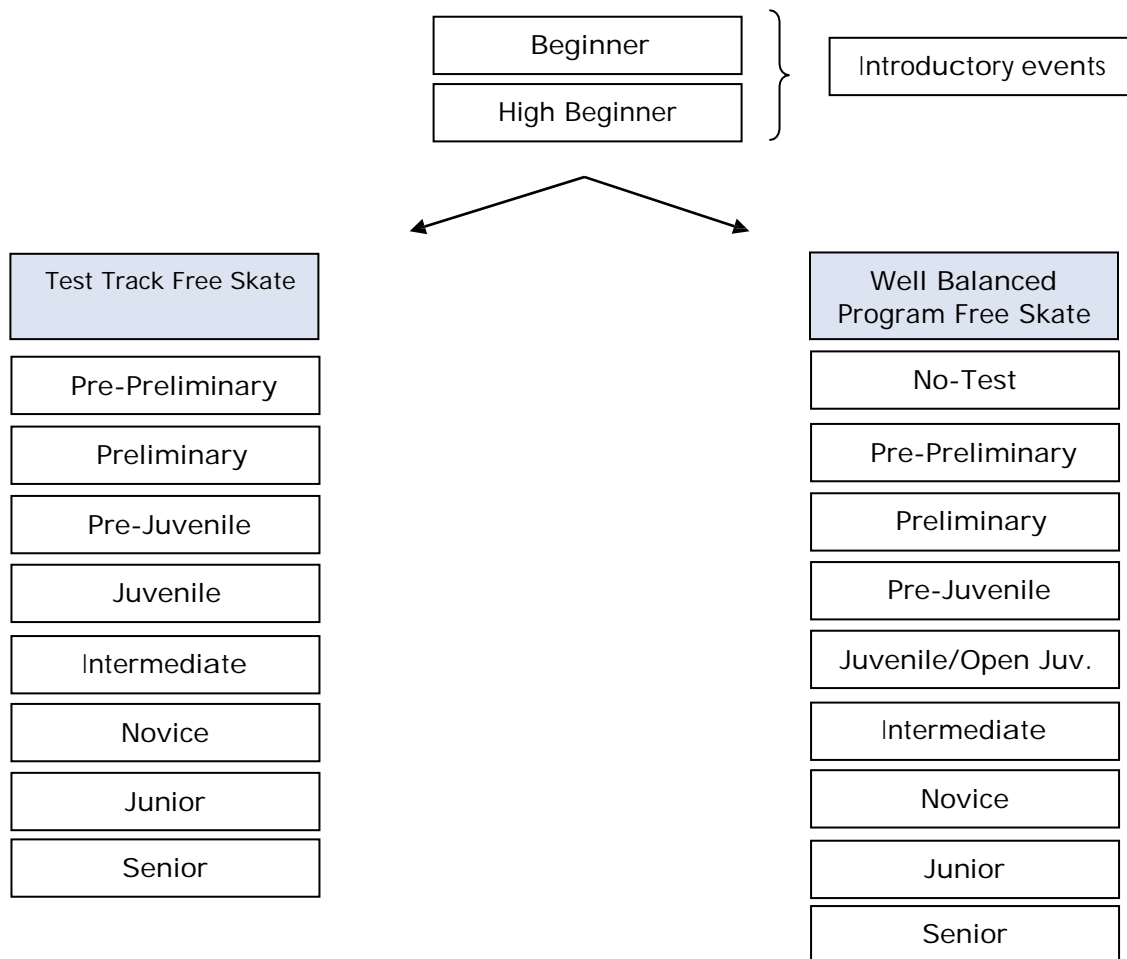
The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice.
- Skater will skate to music of their choice
- 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 (Right and Left) • 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 |

Chart of Singles Free Skating Events

Below is an Illustration of Singles Free Skating Events to help skaters understand the levels and options available. Please refer to the current USFS rulebook for more information relating to rules and requirements.



EVENT: Introductory Levels Free Skate Program - Beginner, High Beginner and No Test Levels

General event parameters:

- 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 is in parentheses following the spin description. Revolutions must be in position.

| 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>Max. 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>Max. 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 |
| No-Test 1:40 Maximum | <p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> • Single jumps, with the exception of the single Axel, are allowed • 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 (half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination) • No single Axels, double | <p><i>Max. 2 spins:</i></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> | <ul style="list-style-type: none"> • Step sequence* • Must use one-half the ice surface • Moves in the field and spiral sequences are permitted but will not be counted as elements. • Jumps may be included in the step sequence | |

EVENT: Test Track 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 non-qualifying 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 is 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 1:30 +/- 10 sec. | <i>Maximum of 5 jump elements:</i> <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>) • Singlerotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump | <i>Maximum of 2 spins:</i> <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. | <i>Maximum of 5 jump elements:</i> <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 | <i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) | 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 |

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| <p>Pre-Juvenile 2:00 +/- 10 sec.</p> | <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. | <p>One step sequence fully utilizing ice surface</p> | <p>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</p> |
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| <p>Juvenile</p> <p>2:20 +/- 10 sec.</p> | <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> | <p>One step sequence fully utilizing ice surface</p> | <p>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</p> |
| <p>Intermediate</p> <p>2:40 +/- 10 sec.</p> | <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) | <p>One step sequence fully utilizing ice surface</p> | <p>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</p> |
| <p>Novice</p> <p>Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p> | <p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></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><i>Maximum of 3 spins, of a different nature:</i></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) <i>All spins may fly</i> | <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. Men: 4:00 +/- 10 sec.</p> | <p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></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><i>Maximum of 3 spins of a different nature:</i></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> |

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| <p>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p> | <p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></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><i>Maximum of 3 spins of a different nature:</i></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 revolutions per foot) | <p><i>Men:</i></p> <p>Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p><i>Ladies:</i></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> |
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EVENT: Well Balanced Program Free Skate

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted.
- 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.
- Either IJS or the 6.0 judging system may be used for this event. See general info above.
- All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under "Technical Information," then "Singles/Pairs".

<http://www.usfsa.org/content/2017-18%20Singles%20FS%20Chart.pdf>

EVENT: Well Balanced Short Program

The short program events listed below will be skated. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

Juvenile/Open Juvenile: 2.00 min max. Same jump and spin elements as intermediate as outlined below. The choreographed step sequence will not be leveled.

<http://www.usfsa.org/content/2017-18%20Singles%20SP%20Chart.pdf>

EVENT: Adult Free Skating Events

Adult events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and

coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc. Adult Pre-Bronze through Adult Gold Free Skate will be offered.

<http://www.usfsa.org/content/2017-18%20Adult%20Singles%20WBP%20Chart.pdf>

EVENT: Adult Compulsory Events
Adult 1-6 Free Skate, Pre-Bronze and Bronze

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.

- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:30+/-10 sec unless otherwise noted

| | |
|--|---|
| <p>Adult 1</p> <ul style="list-style-type: none"> • 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 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 Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.</p> |

EVENT: Compulsory Events

- The program shall be in simple form, using a limited number of connecting steps. The skating order of the required elements is optional.

- To be skated on ½ ice with no music.
- The skater must demonstrate the required elements and may use additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level

| Level | Time | Skating rules/standards |
|-------------------|-----------|---|
| Beginner | 1:15 max. | <ol style="list-style-type: none"> 1. Waltz jump 2. ½ jump of choice 3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional) 4. Forward or backward spiral |
| High Beginner | 1:15 max. | <ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin - minimum three revolutions 4. Forward or backward spiral |
| 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 or 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. Single toe loop 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 |

EVENT: Jumps Challenge

- Each jump may be attempted twice. **If skated twice, the 2nd attempt will be the one counted.**
- Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice
- Jumps with an "*" must be preceded with connecting steps (intermediate – senior)

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

EVENT: Spins Challenge

- Spins may be skated in any order.
- Spins may not be repeated.
- Only required elements may be included.
- Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice
- Minimum number of revolutions is noted in parentheses.
- Connecting steps are allowed.

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

EVENT: Showcase Events

All showcase events will follow the National Showcase guidelines, which can be found at www.usfsa.org/Programs.asp?id=308. Props and scenery are permitted.

All levels will be combined events (Dramatic/Light Entertainment)

| | Event | Must have passed | Must not have passed | Age | Time |
|---------|--|---|---|-----------------------------|----------|
| | Basic Skills Note: these levels do not qualify for National Showcase | Elements only from Basic 1-6 curriculum | May not have passed any Higher than Basic 6 level | No Age restriction | 1:00 max |
| Singles | Beginner, High Beginner Note: these levels do not qualify for National Showcase | - | Pre-Preliminary Free Skate | No Age restriction | 1:30 max |
| | No Test, Pre-Preliminary Note: this level does not qualify for National Showcase | - | Preliminary Free Skate | No Age restriction | 1:30 Max |
| | Preliminary, Pre-Juvenile | Pre-Preliminary Free Skate | Juvenile Free Skate | No minimum age (max age 20) | 1:40 max |
| | Juvenile, Intermediate | Pre-Juvenile Free Skate | Novice Free Skate | Under 18 | 2:10 max |
| | | | | | |
| | Novice | Intermediate Free Skate | Junior Free Skate | No age restriction | 2:10 max |
| | Junior | Novice Free Skate | Senior Free Skate | | 2:40 max |
| | Senior | Junior Free Skate | | | 2:40 max |

EVENT: Interpretive Events

Interpretive is a performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the competition committee / LOC. Programs should incorporate various elements of expressive movement and skating moves, to enhance the skater's interpretation of the music, rather than technical elements.

- The music will be played continuously during a 30-minute off-ice session in a room and twice during an on-ice warm-up prior to the performance.
- The room will be attended only by the adult monitor assigned to play the music and the competing skaters in that group.
- After the warm up, skaters will go back to a room, with no music being played.
- Skaters will be brought to the ice when the previous skater finishes.
- All competitors in an event will interpret the same music.

| Level | Program Duration | Test Requirements |
|-----------------------------|------------------|---|
| Basic skills | 1:00 maximum | Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline. |
| No Test/ Pre-Preliminary | 1:00 maximum | Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline. |
| Preliminary | 1:00 maximum | Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline. |
| Pre-Juvenile/ Juvenile | 1:15 maximum | Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline. |
| Intermediate / Novice | 1:30 maximum | Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline. |
| Junior / Senior | 1:30 maximum | Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline. |

EVENT: Solo Pattern Dance

General event parameters:

- Levels are based upon the skaters' highest pattern dance test passed.
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
- Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances groupings.
- At all levels, there will be adult only events in solo dance for individuals who are 21 and older.

January – March patterns:

Preliminary: Dutch Waltz, Canasta Tango

Pre-Bronze: Swing, Cha-Cha

Bronze: Hickory Hoedown, Willow Waltz

Pre-Silver: Fourteen step, European Waltz

Silver: American Waltz, Tango

Pre-Gold: Killian, Blues

Gold: Viennese Waltz, Argentine Tango

International: Silver Samba, Yankee Polka