



Louisville Skating Academy
 Fall **Compete USA** Competition
 &
 2019-20 Adult Competition Series Event

November 9, 2019
 Louisville, KY

Hosted By: Louisville Skating Academy, Inc
www.skatelouisville.org

Approved By: US Figure Skating *Learn to Skate USA*

Event Location: Iceland Sports Complex
 1701 UPS Drive, Louisville, KY 40223

Competition Chair: Rebecca Hatch-Purnell (502) 415-0962
 hatchpurnell@gmail.com

GENERAL RULES:

The 2019 Louisville Skating Academy Fall **Compete USA** Competition is approved by U.S. Figure Skating, *Learn to Skate USA*, and will be conducted under the rules set forth in the 2019 edition of the *Compete USA Manual*, the *2019-20 Adult Competition Series Handbook* and this announcement.

ELIGIBILITY AND LIABILITY:

Eligibility will be based on skill level as of closing date of entries.

All **Snowplow Sam and Basic Skills 1-6** skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.

For the **Pre-free skate, free skate 1-6, Excel, Well Balanced, and Adult levels**, eligibility will be based only upon highest free skate test level passed (Moves in the Field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition.

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

Adult Skaters who are registered for the 2019-20 Adult Competition Series will compete in the Adult Compulsory and Free Skate events for which they are eligible as stated above. There is more information on this series at the end of this announcement.

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.

ENTRIES, REFUNDS AND FEES:

A secure online registration is available until midnight **October 10, 2019** through Entryeeze. The link may also be found at www.skatelouisville.org. Late entries may be accepted at the discretion of LSA, and will be charged a \$25.00 late fee. **No refunds will be given after the October 10, 2019, unless the event is cancelled for lack of entries. If you register online, the processing fee is not refundable for any reason at any time.** Skaters who request changes to levels after incorrectly entering information may be assessed a \$25 charge.

ENTRY FEES

First Event (Beginner and above)	\$70.00
Basic Skills First Event	\$50.00
Additional Events	\$40.00 per event
Synchro Team	\$50.00 + \$10/skater

JUDGING SYSTEM:

The 6.0 system will be used for all events.

PRACTICE ICE:

Skaters who wish to pre-purchase practice ice may do so online with their entry. 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 October 10, 2019 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. Free skate practice ice and dance practice ice will be limited to 20 skaters.

EVENT SCHEDULES:

A final competition and practice ice schedule will be posted at www.skatelouisville.org approximately 10 days prior to the competition. The competition schedule is set by the official referee.

FACILITY:

All events will be held at Iceland Sports Complex, 1701 UPS Drive, Louisville, KY 40223. Iceland Sports Complex is a year round facility with ample seating and parking capacity. The arena houses two 85' X 200' ice surfaces. The facility offers a snack bar with seating and vending machines. Locker rooms will be available for competitors. Visiting vendors will offer skating related products. Admission to the competition is free. The rink areas are cold so please plan accordingly.

MUSIC:

The skater must provide their own music for all **Free Skate, and Showcase** events. The official competition music must be uploaded through entryeze by October 25, 2019. A duplicate CD should be readily available at rinkside. Rules governing music selection can be found in the U. S. Figure Skating rulebook, rules 4040.

LSA will provide music for Snowplow Sam through Basic Skills 6 Program events. This music is the same music used in other SEGL area competitions for Basic Skills program events. Coaches should contact Rebecca Hatch-Purnell at (502) 415-0962 or hatchpurnell@gmail.com if you would like a file of the music.

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. Skaters should arrive at the facility a minimum of one hour before their scheduled skate time and should check in with the ice monitor twenty minutes prior to their event.

An official bulletin board will be maintained with information regarding schedules and important announcements. Such announcements shall constitute sufficient notice to competitors, coaches, chaperones and officials.

VIDEO AND PHOTOGRAPHY:

LSA will make every effort to have photography and/or video services available for purchase. Flash photography is not allowed in the arena during the warm-up or during the competition, as it is a safety hazard to the skaters.

AWARDS:

Medals will be given to the 1st, 2nd, 3rd and 4th places in all events. Ribbons will be given to 5th through 6th place for Basic Skills events through Preliminary events. Awards presentations will take place 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.

TEST SESSION:

LSA plans to host a test session on Friday, November 8, 2019 if 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 October 29, 2019. 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 Compliance. To be credentialed at a Compete USA event, individuals coaching are required to have:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- SafeSport training completed (for coaches/instructors 18 years old and older)
- Background check successfully passed (for coaches/instructors 18 years old and over)
- Learn to Skate USA Instructor Certification completed OR U.S. Figure Skating compliant coach (for coaches under 18 years old)

*SafeSport training is available through www.usfsaonline.org for full members of U.S. Figure Skating and through Learn to Skate USA portal for instructors. There is no cost to this training.

If a coach/instructor attempts to work at this event without the proper credentials, he or she is in violation of U.S. Figure Skating ethics and code of conduct rules and, as such, is subject to disciplinary action. All officials and adult volunteers attending Compete USA events must also be SafeSport compliant.

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 compliance 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 compliance is an ethics violation which shall be 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>

CONTACT INFORMATION: If you have questions, please contact the Competition Chairperson, Rebecca Hatch-Purnell, at (502) 415-0962 or hatchpurnell@gmail.com.

HOTEL INFORMATION: The following hotels have agreements with LSA to provide room blocks for skaters at discounted group rates. LSA has worked with this hotel on numerous occasions and is confident they will provide excellent service to our guests. It is conveniently located.

SpringHill Suites Marriott Louisville Hurstbourne/North
10101 Forest Green Blvd.
Louisville, KY 40223
(502) 326-3895

Approx. 1 mi. from Iceland; suites w/ bkfst. included \$95.00.

A 72 hr. cancellation notice is required

LSA Fall COMPETE USA competition- Skaters' Block

- **Last Day to Book: Monday, October 21, 2019**
- **Start Date: Thursday, November 7, 2019**
- **End Date: Saturday, November 9, 2019**

Block expires October 21, 2019. Reservations can be made via the provided link.

[Book your group rate for LSA Fall COMPETE USE competition- Skaters' Block](#)



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

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

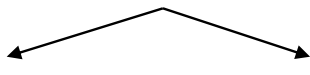
LEARN TO SKATE USA PROGRAM
<p>Competition levels for skaters within Compete USA include: Snowplow Sam Basic 1-6, Adult 1-6, Hockey 1-4 Pre-Free Skate and Free Skate 1-6</p>

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.

Beginner	}	INTRODUCTORY LEVELS
High Beginner		

TEST TRACK FREE SKATE
Pre-Preliminary
Preliminary
Pre-Juvenile
Juvenile
Intermediate
Novice
Junior
Senior



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

WELL BALANCED PROGRAM FREE SKATE
No-Test
Pre-Preliminary
Preliminary
Pre-Juvenile
Juvenile/Open Juv.
Intermediate
Novice
Junior
Senior

SNOWPLOW SAM – BASIC 6 ELEMENTS

- Each skater will perform each element when directed by a judge/referee
- To be skated on 1/2 ice
- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> • 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 (no variations), 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 counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
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, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry • T-stop, right or left

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

- To be skated on 1/2 ice
- **LSA will provide music for Snowplow Sam through Basic Skills 6 Program events.** This music is the same music used in other SEGL area competitions for Basic Skills program events. Coaches should contact Rebecca Hatch-Purnell at (502) 415-0962 or hatchpurnell@gmail.com if you would like a file of the music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • 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 (no variations), 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 counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
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, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position • T-stop, right or left

PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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

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

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

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



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

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

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

EXCEL COMPULSORY

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

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

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

WELL BALANCED 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
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (no Axel) • Spin with one change of position and no change of foot – minimum 6 revolutions total • Choreographic step sequence
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Axel jump • Jump combination: single/single (may include Axel) • Spin with one change of foot and one change of position – minimum 3 revolutions on each foot • Choreographic step sequence

EXCEL FREE SKATE

General event parameters:



- Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same 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.

Level	Skating rules/standards
<p>Excel Beginner Free Skate</p> <p>1:40 max.</p> <p>LTS USA or full US Figure Skating membership permitted.</p>	<p>Maximum 4 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: Salchow, toe loop only • Eulers (half loops) are not allowed. • Maximum 2 jump combinations or sequences • One 3 jump combination is allowed • Maximum 2 of any same jump • jump sequence is any listed jump immediately followed by a waltz jump <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Two upright spins • No change of foot • No flying entry • Minimum 3 revolutions • Max Level: Base <p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence
<p>Excel High Beginner Free Skate</p> <p>1:40 max.</p> <p>LTS USA or full US Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: toe loop, Salchow, Euler (half-loop), loop • Flip, Lutz, & Axel NOT permitted • Maximum 2 jump combinations or sequences • One 3 jump combination is allowed • jump sequence is any listed jump immediately followed by a waltz jump • Maximum 2 of any same jump <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Both spins must be in a single position • No change of foot • No flying entry • Permitted forward spins: upright, sit, camel • Permitted back spins: upright • Minimum 3 revolutions • Max Level: Base <p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence

*means required element

<p>Excel Pre-Preliminary</p> <p>1:40 max.</p> <p>Must not have passed higher than U.S. Figure Skating Pre- preliminary free skate test.</p> <p>Learn to Skate USA membership <u>OR</u> full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel • No single Axels, double, or higher jumps allowed • Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences • Jump combinations limited to 2 jumps. • One 3-jump combination is allowed • Jump sequence is any listed jump immediately followed by a waltz jump <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position with no change of foot* • One spin may change feet or position, but not both • No flying entry • Minimum 3 revolutions • Spins must be of a different character • Max Level: 1 <p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence
<p>Excel Preliminary</p> <p>1:30 +/- 30 sec.</p> <p>Must not have passed higher than U.S. Figure Skating Pre- preliminary free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel • No single Axels, double, or higher jumps allowed • Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences • Jump combinations limited to 2 jumps. One 3-jump combination is allowed • Jump sequence is any listed jump immediately followed by a waltz jump <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be a camel or layback spin with no change of foot and no change of position* • One spin may change feet or position • No flying entry • Minimum 3 revolutions • Spins must be of a different character • Max Level: 1 <p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence

*means required element

<p>Excel Preliminary Plus</p> <p>1:30 +/- 30 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Pre- preliminary free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, including single Axel • No double, or higher jumps allowed • Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (max 2 single Axels) • Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences • All single jumps, including the single Axel, are allowed as part of a jump combination or sequence (no double jumps) • Jump combinations limited to 2 jumps. One 3-jump combination is allowed • Jump sequence is any listed jump immediately followed by an Axel type jump <p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position* with No change of Foot • One spin may change feet and/or position • No flying entry • Minimum 3 revolutions • Spins must be of a different character • Max Level: 1 <p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence
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*means required element

WELL BALANCED FREE SKATE PROGRAM



General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and an Excel Free Skate event at the same competition.
- 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 one level higher.
- **Per ISU rules, the new definition for a jump sequence will be in effect. A jump sequence consists of two jumps; beginning with any listed jump immediately followed by an Axel-type jump.

Level	Skating rules/standards
No-Test 1:40 max.	<p>Maximum 5 Jump Elements:</p> <ul style="list-style-type: none"> • All single jumps allowed except for the single Axel <ul style="list-style-type: none"> ◦ No single Axels, double, triple or quadruple jumps allowed ◦ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max. 2 jump combinations or jump sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump) <p>Maximum 2 Spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min. 3 revs. • These spins must be of a different character • (For definition see U.S. Figure Skating rule 4103 (E)) <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ◦ Must use one-half the ice surface ◦ Moves in the field and spiral sequences are allowed but will not be counted as elements ◦ Jumps may be included in the step sequence
Pre-Preliminary 1:40 max.	<p>Maximum 5 Jump Elements:</p> <ul style="list-style-type: none"> • All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> ◦ No double, triple or quadruple jumps allowed ◦ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (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 jump sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump <p>Maximum 2 Spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min. 3 revs. • These spins must be of a different character • (For definition see U.S. Figure Skating rule 4103 (E)) <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ◦ Must use one-half the ice surface ◦ Moves in the field and spiral sequences are allowed but will not be counted as elements ◦ Jumps may be included in the step sequence

Level	Skating rules/standards
<p>Preliminary</p> <p>1:40 max.</p>	<p>Maximum 5 Jump Elements:</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including the single Axel, allowed. • Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps 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 a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max. 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed • Jump sequence is any listed jump immediately followed by an Axel-type jump <p>Maximum 2 Spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min. 3 revs. • These spins must be of a different character • (For definition see U.S. Figure Skating rule 4103 (E)) <p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence

ADULT 1-6, BEGINNER-BRONZE COMPULSORY

- The skating order of the elements is optional. Element may only be attempted once.
- To be skated in simple program format with limited connecting steps, ½ ice.
- A 0.2 deduction will be taken for each element MISSING, REPEATED or from a higher level
- **Adult Skaters who are registered for the 2019-20 Adult Competition Series will compete in the Adult Compulsory and Free Skate events for which they are eligible as stated above. There is more information on this series at the end of this announcement.**



Level	Time	Elements
Adult 1	1:30 max.	<ul style="list-style-type: none"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:30 max.	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3	1:30 max.	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Forward chasses on a circle, clockwise and counterclockwise • Backward skating to a long two-foot glide • Backward snowplow stop, Right and Left
Adult 4	1:30 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Hockey stop, both directions • Backward one-foot glides, right and left
Adult 5	1:30 max.	<ul style="list-style-type: none"> • Backward outside edge and backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin (min 2 revs)
Adult 6	1:30 max.	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)
Adult Beginner	1:30 max.	<ul style="list-style-type: none"> • Mazurka • Waltz jump • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open Mohawk (right and left) – heel to instep • Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult High Beginner	1:30 max.	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • Forward upright spin – minimum 3 revolutions • Backward outside three- turn, right and left • Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult Pre-Bronze	1:30 max.	<ul style="list-style-type: none"> • Single toe loop jump • Jump combination or sequence consisting of only half revolution jumps (½ flip, ½ lutz, ½ loop, waltz), toe loop, or salchow – maximum of 2 jumps in combination and 3 jumps in a sequence • Forward upright spin - minimum 3 revolutions • Two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • Forward spiral (any edge)
Adult Bronze	1:30 max.	<ul style="list-style-type: none"> • Single salchow jump • Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – Maximum 2 jumps in a combination and 3 jumps in a sequence • Solo spin with no change of foot (Minimum 3 revolutions) • Backward inside three-turn, right and left • Spiral sequence (Minimum 2 spirals)- must change edge or foot

ADULT 1-6 FREE SKATE WITH MUSIC



General event parameters:

- The skating order of the required elements is optional.
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.
- To be skated on full ice
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.
- **Adult Skaters who are registered for the 2019-20 Adult Competition Series will compete in the Adult Compulsory and Free Skate events for which they are eligible as stated above. There is more information on this series at the end of this announcement.**

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

ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC

General event parameters:

- Skaters will skate to the music of their choice and vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description. Revolutions must be in position.
- **Adult Skaters who are registered for the 2019-20 Adult Competition Series will compete in the Adult Compulsory and Free Skate events for which they are eligible as stated above. There is more information on this series at the end of this announcement.**

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 max.	Max 4 jump elements: <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet and Waltz jump • Max. 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same jump 	Max 2 spins: <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1
Adult High Beginner 1:40 max.	Max 4 jump elements: <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz • Max. 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump. 	Max 2 spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
Adult Pre-Bronze 1:40 max.	Max 4 Jump Elements: <ul style="list-style-type: none"> • Maximum 2 combinations or sequences • 1 jump combination may contain three jumps, and the other may contain only two jumps. • Jump sequence is any listed jump immediately followed by an axel type jump • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are permitted • No single Lutz, single Axel or double jumps are allowed 	Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E) • Minimum 3 revolutions • Spins with flying entry are not permitted 	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Bronze 1:50 max.	Max 4 Jump Elements: <ul style="list-style-type: none"> • Max 2 combinations or sequences • 1 combination may contain three jumps, and the other may contain only two jumps • Jump sequence is any listed jump immediately followed by an Axel type jump • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted 	Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted 	Max 1 Sequence: <ul style="list-style-type: none"> • Choreographic Step Sequence, fully utilizing at least ½ ice surface (may include Moves in the Field and spirals). • Additional moves in the field, spirals and step sequences will not be counted as elements but will be counted as transitions and marked as such. 	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

SHOWCASE EVENTS



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

Show costumes are permitted, as long as they do not touch or drag on the ice. Costuming and make-up for showcase programs should enhance the feeling created by the performance, and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. A 0.1 deduction will be taken. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for each ten seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

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

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

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

Levels can be subdivided, if necessary, depending on entry numbers and event set up.

NOTE: Dramatic and light entertainment will not be separated. They will compete in the same event.

NOTE: Skaters may enter only one each duet, mini production or production event.

Showcase categories may include:

- **Dramatic entertainment:** Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.
- **Light entertainment:** Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- **Duets:** Theatrical/artistic performances by any competitors.
- **Mini production ensembles:** Theatrical performances by three to seven competitors.
- **Production ensembles:** Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles.

SHOWCASE EVENTS

Level	Time	Elements	Qualifications
Basic 1-6	1:00 max.	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.
Pre-Free Skate- Free Skate 6/ Beginner/High Beginner/ Adult 1- 6/ Adult Beginner/Adult High Beginner	1:30 max.	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate or free dance tests.
No Test	1:30 max.	No prescribed or restricted elements.	Must not have passed Pre-Preliminary Free Skate or any Free Dance tests.
Pre-Preliminary	1:30 max.	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary May not have passed any free dance test.
Adult Pre-Bronze	1:40 max.	No prescribed or restricted elements.	Must have passed no higher than Adult pre-Bronze free skate test. See National Showcase guidelines for more specific information regarding adults.
Preliminary/ Adult Bronze	1:40 max.	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze Free Skate or Free Dance test. See National Showcase guidelines for more specific information regarding adults.

INTERPRETIVE

Competition Format

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

Levels: Levels should be broken by ability with ages divided appropriately.

Judging Rules: Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

Time: Music Duration: All Levels: 1:00 Max.

Coaching: There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.

SPINS CHALLENGE

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright back spin (3) • Sit spin (3)
High Beginner	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (4) • Upright spin with change of foot (3 each foot) • Sit spin (3)
No Test	1:30 max.	<ul style="list-style-type: none"> • Upright spin with change of foot (3 each foot) • Sit spin (3) • Camel spin (3)
Pre – Preliminary	1:30 max.	<ul style="list-style-type: none"> • Spin with one change of position and no change of foot (6) • Backward sit spin (3) • Camel spin (4)
Preliminary	1:30 max.	<ul style="list-style-type: none"> • Spin with one change of foot and one change of position (min. 3 each foot) • Change sit spin (min 3. each foot) • One position spin – skater's choice (upright, sit or camel) (4)
Adult Beginner	1:30 max.	<ul style="list-style-type: none"> • Pivot • Two-foot upright spin (2)
Adult Pre-Bronze	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3)
Adult Bronze	1:30 max.	<ul style="list-style-type: none"> • Upright One-foot spin (4) • Solo spin with no change of foot (3) – must be different from the upright spin, may not fly

JUMPS CHALLENGE

General event parameters:

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



Level	Time	Skating rules / standards
Beginner	1:15 max.	<ul style="list-style-type: none"> • Waltz jump (from backward crossovers) • ½ flip or ½ Lutz • Single Salchow
High Beginner	1:15 max.	<ul style="list-style-type: none"> • Waltz jump (from backward crossovers) • 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)
Adult Beginner	1:15 max.	<ul style="list-style-type: none"> • Waltz Jump • Mazurka or ballet jump
Adult Pre-Bronze	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • ½ flip, ½ Lutz or ½ loop
Adult Bronze	1:15 max.	<ul style="list-style-type: none"> • Salchow • Toe loop • Any single jump plus a toe loop combination (no Axels allowed)

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.
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for his/her level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30th – July 2nd), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2nd quarter).
- 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.

Level	January 1 st – March 31 st	April 1 st – June 30 th	July 1 st – September 30 th	October 1 st – December 31 st
Preliminary	1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz
Pre-Bronze	1. Swing Dance 2. Cha-Cha	3. Fiesta Tango 4. Swing Dance	1. Cha-Cha 2. Fiesta Tango	1. Swing Dance 2. Cha-Cha

SYNCHRONIZED SKATING SNOWPLOW SAM, SYNCHRO SKILLS 1-3 PRELIMINARY



Required elements – Each level has specific required elements that must be completed:

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
SNOWPLOW SAM SYNCHRO 5-12 skaters, majority under 7 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward inside or outside edge 1 foot glide and/or 2 foot glide. May have backwards skating.	One line, skated forward, which must cover half ice to full ice.	One block, skated forward, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, skated forward, in any shape.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
SYNCHRO SKILLS 1 8-16 skaters, majority under 9 years old Maximum 2 minutes 10 seconds	One circle, which must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and may include forward and/or backward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel of the team's choice with backward pumps.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
SYNCHRO SKILLS 2 8-16 skaters, majority under 12 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward 3-turn and must contain a backward inside and/or backward outside edge glide.	One line, which must cover full ice and may include forward and/or backward skating.	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the team's choice with backward pumps and/or chasses.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
SYNCHRO SKILLS 3 8-16 skaters, majority at least 12 years old Maximum 2 minutes 10 seconds Minimum of two different hand holds	One circle, which must contain a mohawk and must contain a backward inside and/or backward outside edge glide.	Line element, which includes a change of configuration (1 line to 2 lines or 2 lines to 1 line), and must cover full ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 different configurations.	Wheel element of the team's choice with backward pumps, chasses, and/or crossovers.	One intersection.
PRELIMINARY 8-16 skaters who are under age 12, majority under age 10 2:00 +/- 10 seconds Minimum of two different hand holds	One intersection element	One traveling element – Circle or one traveling element – Wheel Teams may not repeat the shape used in the rotating element Any recognizable travel is required=	One pivoting element- Block Any recognizable pivot is required	One linear element - line	One rotating element – Wheel or one rotating element - Circle Teams may not repeat the same shape used in the traveling Element. Features are optional

Restrictions in Snowplow Sam Synchro and Synchro Skills 1:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Lines may not pivot.
- Snowplow Sam Synchro teams: backwards skating is allowed, but not required, in the circle and is not permitted in any other elements or transitions.
- Teams may not do steps higher than Basic 6.

Restrictions in Synchro Skills 2:

- Additional elements are not allowed (the team must do only their required elements).
- Wheels may not travel, change rotational direction or change configuration.
- Circles may not change rotational direction or change configuration. Traveling is allowed, but not required.
- Lines may not pivot.
- Synchro Skills 2 teams may not do steps higher than Free Skate 2, with the exception of split jumps, stag jumps and split falling leaf jumps.

Restrictions in all levels: All of the synchronized skating "illegal elements" found in Rule 7160 of the U.S. Figure Skating Rulebook.

Please reference <http://usfsa.org/programs?id=84096&menu=synchronized> for most up-to-date Learn to Skate USA Synchronized Skating rules



Announcing the 3rd Annual Adult Competition Series!

The Adult Competition Series is open to skaters in the adult 1 through adult bronze levels, age 17 and above, in the Eastern, Midwestern, and Pacific Coast sections.

Participants in the Adult Competition Series **MUST** compete in both the free skate and compulsory events in at least two participating Compete USA and non-qualifying competitions, one being the non-qualifying competition held in conjunction with their adult sectional championships. Athletes receive points based on their placement and the number of competitors in each event. These points are used to determine final series winners within each section. Sectional series awards are presented at the non-qualifying competition held in conjunction with each adult sectional championships.

The mission of this program is to provide a meaningful series of events to encourage skaters in Adult 1 through Adult Bronze to enjoy a fun, yet competitive environment where they can experience the community of adult skating.

ELIGIBILITY TO COMPETE

Athletes must be eligible members in good standing of U.S. Figure Skating and may be members of the figure skating club of their choice, an Individual Member of U.S. Figure Skating, or Learn to Skate USA (adult 1-6, Beginner, High Beginner levels). The home section in which the skater accumulates points and is eligible to receive an award will be based upon either the location of the skater's home figure skating club at the time of registration, the legal residence of the Individual Member, or the physical address of the Learn to Skate USA program in which the skater is registered. Skaters may not switch sections during the season even if their home club changes. All participants will be expected to abide by the Code of Ethics (GR 1.01) and the Code of Conduct (GR 1.02), as set forth in the current U.S. Figure Skating Rulebook.

Athletes must be 17 years of age or older as of July 1 each year in order to participate.

SERIES REGISTRATION

Skaters interested in participating in the 2019-20 Adult Competition Series will also need to complete the online Series registration form and pay a \$20.00 fee to U.S. Figure Skating between May 15 and December 31, 2019. This fee will be used to pay for and provide the trophies/medals to each level winner within each section.

The online form can be accessed on the [Adult Competition Series website](http://www.usfigureskating.org/story?id=90613&menu=adultskating):
<http://www.usfigureskating.org/story?id=90613&menu=adultskating>.

In order for skaters to earn points within the Series, they must be registered with U.S. Figure Skating as a participant prior to competing in the Adult Competition Series event from which the skaters plan to earn placement point.