

# 2017 White Rose Invitational

## June 10, 2017

Hosted by  
The White Rose Figure Skating Club

York City Ice Arena at Memorial Park  
941 S. Vander Ave., York, Pennsylvania



Sanctioned by:  
  
usfigureskating.org

**Chief Referee: Leon Packman**

**Accountant: Jennifer Lyon**

**Entries:** The competition is open to all eligible skaters who are members in good standing of U.S. Figure Skating or Learn to Skate USA. The competition will be conducted in accordance with United States Figure Skating rules governing non-qualifying competitions as set forth in the 2017 Official US Figure Skating Rulebook for the 2016-2017 competitive season including any new or amended provisions passed at the 2016 Governing Council meeting. The competition committee reserves the right to limit the number of competitors in each flight and in each category, to combine or divide groups, and in the events where fewer than three competitors apply, to eliminate the category. All events will be using the 6.0 judging system.

**Eligibility:** Skaters may enter as many events as they choose and for which they meet the eligibility requirements. A skater may compete at their current level or one level higher, but not both in the same event. Age and test status as of May 13, 2017 will determine the competitor's eligibility.

**Awards:** Medals will be awarded to the first, second, and third place finishers in each group. Ribbons will be awarded to fourth, fifth, and sixth place finishers in each group.

**Registration:** Registration will be online. To register online, go to <http://comp.entryeeze.com/Home.aspx?cid=123>. All on-line registrations require payment by credit card (Master Card, Visa or Discover).

**Entry Fees:** Entry fees are as follows: First Regular Event-\$80.00, Additional Regular Events-\$40.00. First Learn to Skate USA Event- \$45.00, Additional Learn to Skate USA Events -\$25.00. All entry fees will be collected through our online registration. Late entries will be accepted at the discretion of the Competition Committee. There will be an additional fee of \$30.00 for late entries. Refunds will be made in accordance with the 2016/2017 U.S. Figure Skating Rule Book.

**Deadline:** Please note that though the entry deadline is May 13, 2017, there is limited space at each level and we will close entries for events as we reach that limit. All events will be filled on a first come, first served basis.

**COACHES: Only coaches who are registered with U.S. Figure Skating and CER compliant will be allowed to be in the rinks.**

**Schedule:** The competition schedule will be available on our web site at [www.whiterosefsc.org](http://www.whiterosefsc.org) as soon as it is available. It is also available at our online registration website. You can access it there by logging into your account. A schedule will **not** be emailed to competitors.

**Practice Ice:** Practice ice will be available to purchase with your online registration and if **available** to purchase at the competition. Competitors and coaches will be able to check the practice ice schedule online with the competition schedule with your **login at <http://comp.entryeeze.com/Home.aspx?cid=123>**

**Music:** Only CD's will be accepted. CD's must be clearly marked with the name of the skater and the event. CD's should be turned in at least one hour before the event. **Competitors are reminded to bring a back-up.**

**Registration:** Please register at the registration desk upon arrival. You must register at least one hour prior to your scheduled event.

**Admission:** There will be no admission charge for spectators.

**Video:** If personal video taping is done, only battery-operated cameras may be used.

**Locker Rooms:** Locker Rooms will be available.

**Rink Facilities:** All events will be held at the York City Ice Arena which has twin ice surfaces each measuring 200' X 85'. There will be a snack bar open during the competition.

**Information:** For further information email Leanne at the email listed below, or go to our web site at [www.whiterosefsc.org](http://www.whiterosefsc.org)

<b>Name</b>	<b>Email</b>	<b>Phone</b>
Leanne Abugov	abugov@msn.com	(717) 413-6679

**Official Hotel:** The official hotel for the White Rose Invitational is the Wingate by Wyndham Hotel (717) 848-2100, [www.wingateyork.com](http://www.wingateyork.com)

### **Directions to Rink**

**From Harrisburg: I-83 South** to Exit 16-B Queen Street - North. Turn right onto Queen Street and continue to 3rd traffic light. Turn right on Rathton Road. Take 2nd left onto Edgar Street. Proceed two blocks to stop sign. Turn right on Rockdale Avenue. York City Ice Arena is approximately one block ahead on left. Parking is on the right, across from the rink.

**From Baltimore: I-83 North** to Exit 16-B , Queen Street - North. Turn right onto Queen Street and follow directions as above from Queen Street.

**From Lancaster: US 30 West** to first traffic light, at North Hills Road. Turn left onto North Hills Road. Go to 2nd traffic light and turn right onto Market Street. Take immediate right onto I-83 South. Follow directions as if coming from Harrisburg.

**From Gettysburg: US 30 East** to I-83 South- Follow directions as if coming from Harrisburg.

### **Fun Events for the entire family while you are in York**

York, Pennsylvania, our nations first capital, is located within an easy drive of the major tourist attractions of Gettysburg, Hershey, and Lancaster.

## EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

1. Skaters may NOT enter both Well Balanced Program Free Skate and Test Track Free Skate at the same competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
4. Only 6.0 judging system may be used.

### Singles Well Balanced Free Skate

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>NO TEST</b></p> <p><b>1:40 maximum</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed except for the single Axel <ul style="list-style-type: none"> <li>○ No single Axels, double, triple or quadruple jumps allowed</li> <li>○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted.</li> <li>○ Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p><b>PRE-PRELIMINARY</b></p> <p><b>1:40 maximum</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> <li>○ No double, triple or quadruple jumps allowed</li> <li>○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted.</li> <li>○ Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p><b>PRELIMINARY</b></p> <p><b>1:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel or a waltz jump*</li> <li>• 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"> <li>○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>

	<ul style="list-style-type: none"> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted</li> <li>○ Jump sequences limited to a maximum of 3 single or double jumps.</li> </ul> </li> </ul>		
<p><b>PRE-JUVENILE</b></p> <p><b>2:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> <li>○ No triple or quadruple jumps allowed</li> <li>○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</li> <li>○ Jump sequences limited to a maximum of 3 single or double jumps</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ May start with a flying entry</li> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ May start with a flying entry</li> <li>○ Min 4 revs</li> </ul> </li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>JUVENILE and OPEN JUVENILE</b></p> <p><b>2:15 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> <li>○ No triple or quadruple jumps allowed</li> <li>○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> <li>▪ If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump can be included more than twice</li> </ul> </li> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 8 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> <li>○ Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One choreographic step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>INTERMEDIATE</b></p> <p><b>2:40 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps allowed <ul style="list-style-type: none"> <li>○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</li> <li>○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> <li>▪ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double or triple jump can be included more than twice</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations are limited to 2 jumps</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 8 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> <li>○ Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One choreographic step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul>	Skating rule 4103 (E))	
<p style="text-align: center;"><b>NOVICE LADIES</b></p> <p style="text-align: center;"><b>3:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps are allowed <ul style="list-style-type: none"> <li>○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. <ul style="list-style-type: none"> <li>▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 3rd spin is option of skater All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</li> </ul>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p style="text-align: center;"><b>NOVICE MEN</b></p> <p style="text-align: center;"><b>3:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps are allowed <ul style="list-style-type: none"> <li>○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> <li>▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 3rd spin is option of skater All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</li> </ul>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
	<b>JUMP ELEMENTS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
<p style="text-align: center;"><b>JUNIOR LADIES</b></p> <p style="text-align: center;"><b>3:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>o Combinations limited to 2 jumps</li> <li>o One 3-jump combination is permitted</li> <li>o Number of jumps in a sequence is not limited</li> </ul>		
<p><b>JUNIOR MEN</b></p> <p><b>4:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 8 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>o Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>o No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>o Combinations limited to 2 jumps</li> <li>o One 3-jump combination is permitted</li> <li>o Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>o Min 10 revs</li> <li>o Min 2 revs in each position</li> <li>o <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>o Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>o Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>o Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>SENIOR LADIES</b></p> <p><b>4:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>o Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>o No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>o Combinations limited to 2 jumps</li> <li>o One 3-jump combination is permitted</li> <li>o Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>o Min 10 revs</li> <li>o Min 2 revs in each position</li> <li>o <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>o Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>o Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 2 Sequences</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>o Must fully utilize the ice surface</li> </ul> </li> <li>• One choreographic sequence* <ul style="list-style-type: none"> <li>o Must be clearly visible</li> </ul> </li> </ul>
<p><b>SENIOR MEN</b></p> <p><b>4:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 8 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>o Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>o No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>o Min 10 revs</li> <li>o Min 2 revs in each position</li> <li>o <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>o Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>o Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 2 Sequences</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>o Must fully utilize the ice surface</li> </ul> </li> <li>• One choreographic sequence* <ul style="list-style-type: none"> <li>o Must be clearly visible</li> </ul> </li> </ul>

	<ul style="list-style-type: none"><li>○ Combinations limited to 2 jumps</li><li>○ One 3-jump combination is permitted</li><li>○ Number of jumps in a sequence is not limited</li></ul>		
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## EVENT: Introductory Levels Free Skate Program

General event parameters:

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



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

## EVENT: 2016-17 Test Track Free Skate – Pre-Preliminary through Senior levels

### General event parameters:

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

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 maximum	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>Single rotation jumps: Salchow, toe loop and loop only.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Jumps with not more than one rotation (no Axels).</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions)</li> <li>One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile 2:00 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Jumps with not more than one rotation (no Axels).</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One spin in one position, no change of foot (Min. 3 revolutions)</li> <li>One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly.</li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test
Level	Jumps	Spins	Step Sequences	Qualifications
Juvenile 2:15 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps, including Axel, are permitted.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <li>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)</li> <li><i>Only solo spin may fly</i></li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test
Intermediate 2:30 +/- 10 sec.	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow and double toe loop.</li> <li>Maximum of 3 jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One must be a flying spin (min 5 revolutions),</li> <li>One must be a combination spin with at least one</li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but

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

# Event: Singles Short Program 2016-2017

<p><b>INTERMEDIATE LADIES/MEN</b></p> <p>2:10 max.</p>	<p><b>Single or Double Axel</b></p>	<p><b>Double or Triple Jump</b></p> <p>Immediately preceded by connecting steps</p> <p>May not repeat double Axel or the triple jump <u>used in the combination</u></p>	<p><b>Jump Combination</b></p> <p>Single/Double, Double/Double, Single/Triple, or Double/Triple</p> <p>May not repeat Axel jump or solo jump performed</p>	<p><b>Spin</b></p> <p>Only one position No change of foot May start with a fly Min. 5 revs.</p>		<p><b>Spin Combination</b></p> <p>With only 1 change of foot</p> <p>Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u></p> <p>No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p><b>Choreographic Step Sequence</b></p> <p>Fully utilizing the ice surface</p>
<p><b>NOVICE LADIES</b></p> <p>2:30 max.</p>	<p><b>Single or Double Axel</b></p>	<p><b>Double or Triple Jump</b></p> <p>Immediately preceded by connecting steps</p> <p>May not repeat double Axel or either jump in combo</p>	<p><b>Jump Combination</b></p> <p>Double/Double, Double/Triple or Triple/Triple</p> <p>May not repeat double Axel or solo jump performed</p>	<p><b>Layback or Sideways Leaning Spin</b></p> <p>No change of foot No flying entry Min. 6 revs.</p>		<p><b>Spin Combination</b></p> <p>With only 1 change of foot</p> <p>Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u></p> <p>No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b></p> <p>Fully utilizing the ice surface</p>
<p><b>NOVICE MEN</b></p> <p>2:30 max.</p>	<p><b>Single or Double Axel</b></p>	<p><b>Double or Triple Jump</b></p> <p>Immediately preceded by connecting steps</p> <p>May not repeat double Axel or either jump in combo</p>	<p><b>Jump Combination</b></p> <p>Double/Double, Double/Triple or Triple/Triple</p> <p>May not repeat Double Axel or solo jump performed</p>	<p><b>Camel or Sit Spin</b></p> <p>With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot</p>		<p><b>Spin Combination</b></p> <p>With only 1 change of foot</p> <p>Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u></p> <p>No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b></p> <p>Fully utilizing the ice surface</p>
<p><b>JUNIOR LADIES</b></p> <p><u>2:40 +/- 10 sec</u></p>	<p><b>Double Axel</b></p>	<p><b>Double or Triple Loop</b></p> <p>Immediately preceded by connecting steps or other free skating movements</p>	<p><b>Jump Combination</b></p> <p>Double/Double, Double/Triple or Triple/Triple</p> <p>May not repeat Double Axel or solo jump performed</p>	<p><b>Flying Camel Spin</b></p> <p><u>Flying pos. may be different than landing pos.</u></p> <p>Min. 8 revs.</p>	<p><b>Layback, Sideways Leaning or Sit Spin without change of foot</b></p> <p>No flying entry Min. 8 revs.</p>	<p><b>Spin Combination</b></p> <p>With only 1 change of foot</p> <p>Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u></p> <p>No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b></p> <p>Fully utilizing the ice surface</p>
<p><b>JUNIOR MEN</b></p> <p><u>2:40 +/- 10 sec</u></p>	<p><b>Double or Triple Axel</b></p>	<p><b>Double or Triple Loop</b></p> <p>Immediately preceded by connecting steps or other free skating movements</p>	<p><b>Jump Combination</b></p> <p>Double/Triple or Triple/Triple</p> <p>May not repeat Axel jump or solo jump performed</p>	<p><b>Flying Camel Spin</b></p> <p><u>Flying pos. may be different than landing pos.</u></p> <p>Min. 8 revs.</p>	<p><b>Sit Spin</b></p> <p>With only 1 change of foot No flying entry Min. 6 revs. each foot</p>	<p><b>Spin Combination</b></p> <p>With only 1 change of foot</p> <p>Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u></p> <p>No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b></p> <p>Fully utilizing the ice surface</p>
<p><b>SENIOR LADIES</b></p> <p><u>2:40 +/- 10 sec</u></p>	<p><b>Double or Triple Axel</b></p>	<p><b>Any Triple Jump</b></p> <p>Immediately preceded by connecting steps or other free skating movements</p> <p>May not repeat Triple Axel or either jump in combo</p>	<p><b>Jump Combination</b></p> <p>Double/Triple or Triple/Triple</p> <p>May not repeat Axel jump or solo jump performed</p>	<p><b>Flying Spin</b></p> <p>Landing position different than <u>spin in 1 position</u></p> <p>Min. 8 revs.</p>	<p><b>Layback, Sideways Leaning, Sit or Camel Spin without change of foot</b></p> <p>No flying entry Min. 8 revs.</p>	<p><b>Spin Combination</b></p> <p>With only 1 change of foot</p> <p>Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u></p> <p>No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b></p> <p>Fully utilizing the ice surface</p>
<p><b>SENIOR MEN</b></p> <p><u>2:40 +/- 10 sec</u></p>	<p><b>Double or Triple Axel</b></p>	<p><b>Any Triple or Quadruple Jump</b></p> <p>Immediately preceded by connecting steps or other free skating movements</p> <p>May not repeat Triple Axel or either jump in combo</p>	<p><b>Jump Combination</b></p> <p>Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple</p> <p>May not repeat Axel jump or solo jump performed</p>	<p><b>Flying Spin</b></p> <p>Landing position different than spin in 1 position</p> <p>Min. 8 revs.</p>	<p><b>Camel or Sit Spin</b></p> <p>With only 1 change of foot No flying entry Min. 6 revs. each foot</p>	<p><b>Spin Combination</b></p> <p>With only 1 change of foot</p> <p>Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u></p> <p>No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b></p> <p>Fully utilizing the ice surface</p>

# EVENT: Adult 1-6 Free Skate, Adult Pre-Bronze and Adult Bronze Program Event

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.

- Vocal music is allowed
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Elements
Adult 1	1:30 +/- :10 sec	<ul style="list-style-type: none"> <li>• Falling and Recovery</li> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>
Adult 2	1:30 +/- :10 sec	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
Adult 3	1:30 +/- :10 sec	<ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Forward chases on a circle, clockwise and counterclockwise</li> <li>• Backward snowplow stop, Right and Left</li> </ul>
Adult 4	1:30 +/- :10 sec	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Backward one-foot glides, right and left</li> <li>• Hockey stop, both directions</li> </ul>
Adult 5	1:30 +/- :10 sec	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin</li> </ul>
Adult 6	1:30 +/- :10 sec	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin</li> </ul>
Adult Pre-Bronze	1:40 max	<p>Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test. Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.</p>
Adult Bronze	1:50 max	<p>Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.</p>

# Adult Singles Freeskate

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<p><b>CHAMPIONSHIP MASTERS JUNIOR-SENIOR &amp; MASTERS JUNIOR-SENIOR</b></p> <p><b>3:40 maximum</b> * means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Max 3 combinations or sequences</li> <li>• 1 jump combination may contain three jumps; the remaining jump combinations are limited to two jumps</li> <li>• Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted</li> <li>• No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 5 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>
<p><b>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE &amp; MASTERS INTERMEDIATE-NOVICE</b></p> <p><b>3:10 maximum</b> * means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Max 3 combinations or sequences</li> <li>• 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps</li> <li>• Each jump may be repeated only once, and only as part of combination or sequence</li> <li>• All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop</li> <li>• Only one double-double jump combination or sequence is permitted</li> <li>• Double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 5 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>
<p><b>CHAMPIONSHIP ADULT GOLD &amp; ADULT GOLD</b></p> <p><b>2:40 maximum</b></p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Max 3 combinations or sequences</li> <li>• 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps</li> <li>• Each jump may be repeated only once, and only as part of combination or sequence</li> <li>• All single jumps, including the single Axel, are permitted, as are the following double jumps: double toe loop, double Salchow.</li> <li>• No double-double jump combinations or sequences are permitted</li> <li>• Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 4 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>

2016-17	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCE
<p><b>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</b></p> <p><b>2:10 maximum</b></p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences</li> <li>• 1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>• Additional jump sequences which contain non-listed jumps of not more than one revolution performed as part of connecting footwork preceding single jumps are permitted</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Sequence</b></p> <p>To be chosen from:</p> <ul style="list-style-type: none"> <li>• Step sequence</li> <li>• Spiral sequence (any pattern)</li> </ul> <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>

	<ul style="list-style-type: none"> <li>• All single jumps are permitted, including single Axel.</li> <li>• No double or triple jumps are permitted</li> </ul>		<p><b>If IJS is used, then: ChSt</b></p>
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## SINGLES COMPULSORY MOVES

### EVENT: Introductory Levels Compulsory Event

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

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

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. ½ jump of choice</li> <li>3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional)</li> <li>4. Forward or backward spiral</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Toe loop jump</li> <li>2. Salchow jump</li> <li>3. Forward scratch spin - minimum three revolutions</li> <li>4. Forward or backward spiral</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Loop jump</li> <li>2. Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions</li> <li>4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ol>

## EVENT: COMPULSORY MOVES

General event parameters:

6. Basic Skills – Juvenile: Elements skated on ½ ice
7. Intermediate – Senior: Elements skated on full-ice
8. Elements may be performed only once
9. Music is not allowed

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Toe Loop</li> <li>2. Jump combination: single/single (no Axel)</li> <li>3. Sit spin or camel spin - minimum three revolutions</li> <li>4. Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Lutz</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Back upright spin - minimum three revolutions</li> <li>4. Forward inside spiral</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Single jump (may include Axel)</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence - circular</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Jump combination: single/single or double/single</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence – circular</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Salchow or double toe loop</li> <li>2. Jump combination: single/single or double/single</li> <li>3. Flying spin, minimum five revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Double loop</li> <li>2. Jump combination: double/single or double/double</li> <li>3. Flying spin - minimum five revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double flip</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - minimum 10 revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Lutz</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - minimum 10 revolutions</li> <li>4. Step sequence – straight line</li> </ol>



## EVENT: Adult Compulsory Moves

General event parameters:

1. 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. On required elements may be included.
2. All events are skated on ½ ice.
3. Minimum number of revolutions are noted in parentheses.

Level	Time	Elements
Adult Beginner	1:15	<ol style="list-style-type: none"> <li>1. Forward crossovers (Min. 5 consecutive)</li> <li>2. Waltz jump</li> <li>3. Two foot upright spin</li> <li>4. Forward spiral (any edge)</li> </ol>
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> <li>1. Backward crossovers (Min. 5 consecutive)</li> <li>2. Waltz jump</li> <li>3. Forward upright spin (Min. 3 revolutions)</li> <li>4. Forward outside spiral</li> </ol>
Adult Bronze	1:15	<ol style="list-style-type: none"> <li>1. Single Salchow</li> <li>2. Waltz jump – toe loop combination jump</li> <li>3. Sit spin (Min. 3 revolutions)</li> <li>4. Spiral sequence (Min. 2 spirals)</li> </ol>
Adult Silver	1:30	<ol style="list-style-type: none"> <li>1. Single loop</li> <li>2. Single/single jump combination</li> <li>3. Sit spin (Min. 3 revolutions)</li> <li>4. Straight line step sequence</li> </ol>
Adult Gold	1:30	<ol style="list-style-type: none"> <li>1. Single Lutz or Axel</li> <li>2. Single/single or single/double jump combination</li> <li>3. Camel spin (Min. 4 revolutions)</li> <li>4. Straight line step sequence</li> </ol>
Masters Intermediate/Novice	2:00	<ol style="list-style-type: none"> <li>1. Axel, double Salchow , double toe loop or double loop</li> <li>2. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel</li> <li>3. Solo spin of skater's choice (Min. 6 revolutions)</li> <li>4. Straight line step sequence</li> </ol>
Masters Junior/Senior	2:00	<ol style="list-style-type: none"> <li>1. Choice of any double jump</li> <li>2. Jump combination that may include any double jump</li> <li>3. Solo spin of skater's choice (Min. 8 revolutions)</li> <li>4. Straight line step sequence</li> </ol>

## Showcase Events - Light Entertainment Event

Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Props and Scenery are not permitted

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline
3. Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

	Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time	
Singles	Beginner, High Beginner, No Test*  Note: these levels do not qualify for National Showcase		Pre-Preliminary Free Skate	No Age restriction	1:30 max	
	Pre-Preliminary*  Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max	
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age (max age 20)	1:40 max	
	Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max	
	Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max	
	Teen	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	14-17	2:10 max	
	Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:10 max	
	Young Adult	Juvenile Free Skate Complete Preliminary Dance	Novice Free Skate Any Gold Dance	18-20	2:10 max	
	Novice	Novice Free Skate One Silver Dance	Junior Free Skate Any Gold Dance	No age restriction	2:10 max	
	Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed Gold Dance		2:40 max	
	Senior	Senior Free Skate Complete Gold Dance			2:40 max	
		<b>Event</b>	<b>Must meet requirements for*</b>	<b>Must not have passed</b>	<b>Age</b>	<b>Time</b>
		Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
		Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
		Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
		Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

\*The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart.

## Showcase Events – Dramatic Entertainment Events

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.
- Props and scenery are permitted

General event parameters:

4. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
5. The determination of level will be based upon test requirement at the entry deadline
6. Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

### **Dramatic Entertainment Levels:**

	Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
<b>Singles</b>	Beginner, High Beginner, No Test*  Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary*  Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age <b>(max age 20)</b>	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age <b>(max age 20)</b>	1:40 max
	Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate Complete Preliminary Dance	Novice Free Skate Any Gold Dance	18-20	2:10 max
	Novice	Novice Free Skate One Silver Dance	Junior Free Skate Any Gold Dance	No age restriction	2:10 max
	Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed Gold Dance		2:40 max
	Senior	Senior Free Skate Complete Gold Dance			2:40 max
	Event	Must meet requirements for*	Must not have passed	Age	Time
	Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
	Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
	Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max	

*\*The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart.*

## Showcase Events – Mini Production Ensemble Events

Formats:

- **Mini production ensemble** events are theatrical performances by three to seven competitors. Props and scenery are permitted. Programs are performed under full arena lighting
  - o NOTE: Skaters may enter only one duet, mini production or production event.

General event parameters:

7. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
8. The determination of level will be based upon test requirement at the entry deadline.

Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under “Programs” on the National Showcase page.

### Mini Production Ensemble Events

Event	Program Duration	Must have passed free skating or dance test (solo or partnered standard track)	Must not have passed free skate or dance (solo or partnered) test	Age
Mini Production A	3:10 maximum	Open	Preliminary	No age restriction
Mini Production B	3:10 maximum	Preliminary	Open	No age restriction
Mini Production C- Adult	3:10 maximum	Open	Open	All skaters must be at least 21 years old

## Showcase Events– Production Ensemble Event

Formats:

- **Production ensemble** events are theatrical performances by eight or more competitors. Theatre On Ice teams are eligible as production ensembles. Props and scenery are allowed. Programs are performed under full arena lighting
  - o NOTE: Skaters may enter only one duet, mini production or production event each.

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline.

Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under “Programs” on the National Showcase page.

## Production Ensemble Events

Event	Program Duration	Must have passed free skating or dance test (solo or partnered standard track)	Must not have passed free skate or dance (solo or partnered) test	Age
Production Ensemble	6:15 max	Open	Open	No age restriction

## Showcase Events – Duet Events

Format:

- Duets are theatrical or artistic performances by any competitors.
- Props and scenery ARE permitted.

General event parameters:

3. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
4. The determination of level will be based upon test requirement at the entry deadline

Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under “Programs” on the National Showcase page.

	Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
<b>Duets (Duets must compete at the highest test level of the two skaters)</b>	Beginner, High Beginner, No Test*  Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary*  Note: this level does not qualify for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age (max age 20)	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	14-17	2:10 max

	Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate Complete Preliminary Dance	Novice Free Skate Any Gold Dance	18-20	2:10 max
	Novice	Novice Free Skate One Silver Dance	Junior Free Skate Any Gold Dance	No age restriction	2:10 max
	Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed Gold Dance	No age restriction	2:40 max
	Senior	Senior Free Skate Complete Gold Dance		No age restriction	2:40 max
	<b>Event</b>	<b>Must meet requirements for*</b>	<b>Must not have passed</b>	<b>Age</b>	<b>Time</b>
	Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre- Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
	Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
	Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
	Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

*\*The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart*

## Interpretative Events

Format: 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 during a 30-minute off-ice session 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.
- **Skaters after the warm up 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.
- Props are permitted but must be brought into the room prior to listening to the music, and be taken to the ice only when the skater is called to perform. Props may not be pre-positioned on the performance surface.

Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

### Interpretative Events and Levels

Level	Program Duration	Test Requirements
Pre-juvenile and below	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
Juvenile - 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 and 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
Teen and young adult	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
All adult events	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

## Jumps Challenge

General event parameters:

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

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



Pre – Juvenile	1:15 max.	1. Single Axel 2. Single or double jump 3. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	5. Single Axel 6. Double Salchow 7. Jump combination – single/single or double/single (no Axel)
Intermediate	1:15 max.	5. Single Axel 6. Double loop* 7. Jump combination – double/single (no Axel)
Novice	1:15 max.	5. Double loop 6. Double flip* 7. Jump combination – double/double (may be double Axel)
Junior	1:15 max.	5. Choice of double or triple jump 6. Double or triple flip* 7. Jump combination – double/double (may be double Axel)
Senior	1:15 max.	5. Choice of double or triple jump 6. Double or triple Lutz* 7. Jump combination – double/double or triple/double (may be double Axel)

## Spins Challenge

General event parameters:

1. 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. On required elements may be included.
2. All events are skated on ½ ice.
3. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
High Beginner	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
No-Test	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
Pre – Preliminary	1:30 max.	1. Upright one-foot spin (3) 2. Upright back scratch spin (3) 3. Sit spin (3)
Preliminary	1:30 max.	1. Forward scratch to back scratch spin (3) 2. Combination spin with no of foot (4) 3. Sit spin (3)
Pre – Juvenile	1:30 max.	1. Camel spin (3) 2. Combination spin – camel to sit spin; no change of foot (6) 3. Forward to backward scratch spin (3 per foot)
Juvenile & Open Juv.	1:30 max.	1. Sit spin (4) 2. Combination spin – change of foot; optional change of position (4 per foot) 3. Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	1. Flying camel spin (5) 2. Sit spin to backward sit spin (4 per foot) 3. Combination spin – change of foot & change of position (4 per foot)
Novice	1:30 max.	1. Choice of camel, sit or layback spin (6) 2. Camel spin to backward camel spin (4 per foot in position) 3. Combination spin – change of foot & two changes of position (2 per position & 5 per foot)
Junior	1:30 max.	1. Flying sit spin or flying reverse sit spin (6) 2. Ladies – layback spin (6); men – cross-foot spin (6) 3. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)
Senior	1:30 max.	1. Flying spin of choice (6) 2. Solo spin of choice (6) – may not fly 3. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)

## EVENT: Moves in the field

### General event parameters:

1. Levels are based on the skaters' highest Moves in the field test passed.
2. A moves in the field competition event will consist of the skater performing two moves in the field patterns.
3. The patterns to be skated depend on which quarter of the year the competition is held. The skater will perform the two patterns listed for their level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30<sup>th</sup> – July 2<sup>nd</sup>), the moves will be selected based on the start date of the competition listed in the announcement (in this example, the 2<sup>nd</sup> quarter). **WE WILL BE USING APRIL 1<sup>ST</sup>-JUNE 30<sup>TH</sup> PATTERNS**
4. Each skater will complete both of their required patterns consecutively in the order listed, pausing briefly in between.
5. The host club may choose to play background music, at a low volume, at their discretion.

Level	January 1- March 31 <sup>st</sup>	April 1 <sup>st</sup> – June 30 <sup>th</sup>	July 1 <sup>st</sup> – September 30 <sup>th</sup>	October 1 <sup>st</sup> – December 31 <sup>st</sup>
Pre-Preliminary	1. Forward perimeter stroking (1/2 rink only) 2. Basic consecutive edges (Forward outside & forward inside only)	1. Forward perimeter stroking (1/2 rink only). 2. Waltz eight (2 patterns/foot)	1. Basic consecutive edges (Backward outside & backward inside only). 2. Forward left & right spirals	1. Waltz eight 2. Forward left & right spirals
Preliminary	1. Forward & backward crossovers 2. Forward power 3-turns	1. Forward & backward crossovers 2. Consecutive outside & inside spirals	1. Forward circle eight 2. Alternating forward 3-turns.	1. Forward circle eight 2. Forward power 3-turns.
Pre-Juvenile	1. Forward & backward perimeter stroking. 2. Forward outside and backward inside 3-turns.	1. Forward & backward power change of edge pulls. 2. Forward inside and backward outside 3-turns.	1. Five-step mohawk sequence. 2. Backward circle eight.	1. Forward outside-backward inside 3-turns. 2. Backward circle eight.
Juvenile	1. Forward power circle 2. Backward power 3-turns.	1. Backward power circle. 2. Forward double 3-turns.	1. Eight-step mohawk sequence. 2. Forward double 3-turns.	1. Forward & backward free skate cross strokes. 2. Backward power 3-turns.
Intermediate	1. Brackets in the field 2. Spiral sequence	1. Brackets in the field 2. Forward twizzles (right forward outside & right forward inside only)	1. Forward twizzles (left forward outside & left forward inside only). 2. Inside slide chasse pattern.	1. Backward double three-turns. 2. Brackets in the field
Novice	1. Inside 3-turns/rocker-choctaws 2. Twizzles (Backward outside only)	1. Forward & backward outside counters. 2. Twizzles (Backward inside only)	1. Forward & backward inside counters. 2. Forward inside & outside loops.	1. Backward rocker choctaw sequence 2. Forward inside & outside loops.
Junior	1. Forward & backward outside rockers 2. Backward loop pattern.	1. Forward & backward inside rockers 2. Choctaw sequence	1. Straight line step sequence. 2. Power pulls	1. Straight line step sequence 2. Backward loop pattern.
Senior	1. Sustained edge step 2. Serpentine step sequence	1. Spiral sequence 2. Serpentine step sequence	1. Backward outside power double 3-turns to power inside double rockers. 2. Serpentine step sequence	1. Backward inside double 3-turns to power double outside rockers 2. Serpentine step sequence

# Basic Skills/Learn to Skate USA

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

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

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

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

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

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

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

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

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

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

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

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

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

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

- To be skated on ½ ice.

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

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

# EVENT: Basic Skills Showcase Events

Format: Showcase groups will be divided by number of entries and ages if possible. Vocal music is permitted and 6.0 judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Showcase categories may include:

- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles): Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters.

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

General event parameters:

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

Performances will be judged from an entertainment standpoint for theatrical and artistic qualities. Technical skating skills and difficulty will not be rewarded; 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.

Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

## Interpretative Events and Levels

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00 Max
Free skate 1-6	3 jump maximum, ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 Max

# The White Rose Invitational

Hosted by

White Rose Figure Skating Club

We would appreciate your support of this event by purchasing an ad in the program.

Please check the size of the advertisement you wish to place and indicate the information you would like displayed. A black and white camera-ready ad is required. The measurements indicated for ad sizes are in width by height. The deadline for advertising is May 13, 2017

\_\_\_\_\_ Full Page, 8-1/2"X11", Live area - 7-1/2"X 10" .....\$ 50.00

\_\_\_\_\_ Half Page, Horizontal 8-1/2" X 5-1/2", Live area - 7-1/2"X 5" .....\$ 25.00

\_\_\_\_\_ Half Page, Vertical 4-1/4"X 11", Live area - 3-1/4"X10" .....\$ 25.00

\_\_\_\_\_ Quarter Page, 4-1/4"X 5-1/2", Live area - 3-3/4"X 5" .....\$ 10.00

\_\_\_\_\_ Eighth Page, 3-1/2" X 2", (business card)..... \$ 5.00

\_\_\_\_\_ Personal greeting, 2 lines, 40 words maximum ..... \$ 2.00

Total Enclosed \$ \_\_\_\_\_

Name of Business: \_\_\_\_\_

Address: \_\_\_\_\_

City, State & Zip: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please make checks payable to: *White Rose Figure Skating Club*

And Mail to: *Attention: Gus Ziesman*

*941 Vander Ave*

*York, PA 17403*

*Email: gziesman@gmail.com*

Thank you for your support.