



THE CANTIAGUE  
*FIGURE SKATING CLUB*  
*Welcomes you to our 50th Annual*

***2019 NASSAU COUNTY  
FIGURE SKATING CHAMPIONSHIPS***

**\*\*IJS MINI SYSTEM WITH VIDEO AND CRITIQUES\*\***

FRIDAY, SATURDAY & SUNDAY  
MAY 17<sup>TH</sup> - MAY 19<sup>TH</sup>

Hosted by  
NASSAU COUNTY DEPARTMENT OF RECREATION AND PARKS

Sanctioned and Approved by  
SANCTION # 28407



FOR INFO: [WWW.CFCSKATINGCLUB.ORG](http://WWW.CFCSKATINGCLUB.ORG)



50<sup>th</sup> Annual  
 Nassau County Figure Skating Championships  
**IJS Mini System (w/Video)**  
 Hosted by Cantiague Figure Skating Club  
 Cantiague Park Ice Rink, 480 W John Street, Hicksville, NY 11801  
 Friday May 17<sup>th</sup> through Sunday May 19<sup>th</sup>, 2019

The **Nassau County Figure Skating Championships** will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

**SERIES INFORMATION:** The Nassau County Figure Skating Championship competition is part of the Long Island Grand Prix series. Place the "Grand Prix Series Competitor" item in your Entryeze cart.

**ELIGIBILITY/TEST LEVEL:**

**Test level:** Competition level is the highest test passed as of the entry deadline, in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

**Age restrictions/requirements:** Skaters entering juvenile free skate events (Well Balanced Program) must be 12 years of age or younger (for girls) and 13 years of age or younger (for boys) as of the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be 13 years of age or older (for girls) and 14 years of age or older (for boys) at the close of entries.

Skaters will be divided as closely as possible by age should the number of entries warrant more than one group. The Cantiague FSC reserves the right to sub divide any event if necessary, and to cancel any event if there are fewer than two entries. It is our intent to have separate events for females and males, however, we reserve the right to combine males and females in any events.

**ENTRIES:** Participants should complete entry online through **EntryEeze.com**. The **deadline** for online registration is **Wednesday April 17, 2019**. Official Paper Entry Form can be mailed and **postmarked by April 17, 2019** with an **additional \$25.00 fee**. Acceptance of late entries shall be at the discretion of Chief Referee. A fee of **\$25.00** will be charged for any changes due to incorrect entry choice to event levels after the close of entries.

Competition Fees are as follows:

|  |           |                                      |          |
|--|-----------|--------------------------------------|----------|
| First Basic Skills Event                 | \$ 70.00  | Additional Basic Skills Event        | \$ 40.00 |
| First Excel, WB 6.0 and Adults Event     | \$ 110.00 | Additional Excel and WB 6.0 Event    | \$ 70.00 |
| First IJS Event (Pre-Juvenile to Senior) | \$130.00  | Additional IJS Event (Int to Senior) | \$110.00 |

**No event/level changes (not due to a LOC error) will be honored after the entries are sent to the chief referee for scheduling. Coaches please approve your skater entries before the deadline.**



**REFUND POLICY:** Entry fees will not be refunded after **April 17, 2019** unless the competition or the event is cancelled. There will be **no refunds** for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$30 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available through EntryEeze.com.

**FACILITIES:** The competition will be held at **Cantiague Park Ice Rink, 480 W John St, Hicksville, NY 11801**. The Rink Phone is (516) 571-7056 for **directions only**. They do not have schedule or competition information. There is only one rink, which measures 85 feet wide by 200 feet long, and has rounded corners. There are no locker rooms available, only restrooms. A snack bar and vending machines are located within the building.

**MUSIC:** Music should be on CD-R media. Due to compatibility and reliability, music may NOT be submitted on re-recordable "CD-RW" discs. CDs must be clearly marked with the skater's name and event. **Each CD must have only ONE (1) track and be in good physical condition (no scratches or fingerprints)**. Lead-in time (time before the music begins) on CD may not exceed two (2) seconds.

The official competition music must be turned in at the registration table at the time of check-in. **A duplicate CD should be readily available rink side.** Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Cantiague FS Club cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

**LIABILITY:** U.S. Figure Skating, Cantiague Figure Skating Club, and Cantiague Park Rink accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

**JUDGING SYSTEM:** The **International Judging System (IJS)** will be used for all Well-Balanced Pre-Juvenile through Senior Free Skate and Intermediate through Senior Short Program Events. All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on [www.usfigureskating.org](http://www.usfigureskating.org), under "Technical Information," then "Singles".

All competitors skating in these events need to submit the **Planned Program Content** form online through EntryEeze.com by Wednesday **April 17, 2019**. **After May 1st, there will be a late charge of \$25.00.** Technical critiques for IJS events will be offered depending on the availability of officials and adequate amount of time in the schedule. Please check at the Registration Desk for the exact time and location of critiques. There will be no final rounds for IJS events. The IJS system with video will be used for all IJS events.

**The 6.0 Majority Judging System** will be used for all other events: All Basic Skills events; All Excel Events; All No-Test through Preliminary Well-Balanced Free skate and specialty events (Compulsories, Showcase, etc.); and All Adult Events. Non-US Figure Skating judges may be used to judge Basic Skills events. The selection of officials will comply with the rules for competitions as set out in the U.S. Figure Skating Rulebook and in the criteria developed for U.S. Figure Skating Basic Skills competitions.

**TEST CREDIT:** Skaters that meet the requirements for test credit, may complete the Test Credit form and pay at the registration desk. If you think you may want to receive the packet, place the "IJS Freeskate Test Credit" item in your Entryeze cart and the paperwork will be prepared after your event. By choosing this option, you are under no obligation to purchase the packet, but it will allow the Account to prepare the paperwork if you choose to purchase it. You can purchase the packet for \$10 at the Registration Desk after the event, and it will be ready for pick-up approximately 15-30 minutes after your event ends. The packet will not be available after the Competition ends on Saturday evening.

**REGISTRATION:** Registration deadline is Wednesday **April 17, 2019**. Event check-in during the competition will be open one hour before the first event and run through the last event of the day. The registration table will be located in the rink area. Please register promptly upon arrival. **Skaters MUST check in at least one hour prior to the event.** Please have your music ready at check-in. While every effort is made to adhere to the posted schedule, events may run early or late.

**IMPORTANT NOTICE FOR ALL COACHES:**

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the following requirements:

Coaching U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training\*
- Continuing Education Requirements (CERs) for the 2018-19 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

Coaching Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Completed SafeSport Training\* (for coaches 18 years old and over)
- Completed background check (green light status) (for coaches 18 years old and over)
- Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

\*SafeSport training is available through [www.usfsaonline.org](http://www.usfsaonline.org) for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons

The LOC will have a list of compliant coaches who are approved to receive a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential. There can be no exceptions to this policy.

If a foreign coach has only foreign athletes at your competition, a background check and SafeSport Training is not required. Instead, the coach must submit a letter from their Federation stating they are a member in good standing.

For more information regarding Coach Compliance, please visit:

<http://usfsa.org/content/Coaches%20Requirements%20Chart.pdf>

**PRACTICE ICE:** Practice ice pre-orders can be reserved through EntryEeze.com. Spaces will be filled when the schedule is posted. Telephone or e-mail requests will not be accepted. Walk-ons can pay at the registration desk on the day of the event if there is room on the session. Music will not be played at practice sessions. Practice Ice will be offered before Competition start each day of events, and if time warrants, throughout the day on Saturday.

**PHOTOGRAPHY/VIDEOGRAPHY:** The competition will be videotaped by a professional. Every Competitor will receive a **FREE DVD** for each event entered. Place the "Free Video" item in your Entryeze cart to collect your information for the Video Company.

If you use your own camera, it must be battery powered. **No tripods or flash photography will be permitted.** By entering this Competition, permission is hereby expressly granted to Catiague Figure Skating Club to use any photographs or likeness of us or our skater in advertising, promotional materials, etc.

**AWARDS:** For Basic Skills competitors, trophies will be awarded to 1st, 2nd, and 3rd place winners, and medals to **all** other Basic Skills competitors. For all other 6.0 and IJS events, trophies will be awarded to the 1st place winners, and medals will be awarded to the 2nd and 3rd place winners.

**OFFICIAL NOTICES:** A tentative schedule of events and practice ice times will be posted approximately 1- 2 weeks prior to the competition on EntryEeze.com. It is the responsibility of each competitor, parent and coach to check EntryEeze.com and/or Cantiague Figure Skating Club's website at <http://www.cfcskatingclub.org/> frequently for any last minute schedule changes and/or additional information as it will not be mailed. Skaters are requested to arrive one hour prior to the scheduled time of their event. Schedules will be posted at the Registration desk during the competition. Please do not call Cantiague Rink for information.

**CONTACT INFO:** If you have questions, you can send an **Email** (please include your phone number if we need to contact you) to **cantiaguefigureskatingclub@gmail.com**.

**ADDITIONAL INFORMATION:**

This schedule is **tentative** and subject to change due to the number of competitors. IJS and 6.0 events will be on Friday May 17th (after 4pm) and Saturday May 18<sup>th</sup> from 9am until approximately 8pm. **ALL** Basic Skills events will be on Sunday May 19<sup>th</sup> starting at 9am.

**OFFICIAL HOTEL:** Comfort Inn, 24 Oak Drive, Syosset, NY Phone Number: 516-921-1111

## 8th Annual Long Island Grand Prix Series

The Cantiague FSC, Freeport Skating Academy, Great Neck Park District, Long Island Skating Academy, Iceland Arena and Met FSC would like to welcome all skaters to our Grand Prix Series for this season!

### Who:

Group 1: Skaters from Snowplow Sam through Basic 6.

Group 2: Skaters from Pre-Free through Freeskate 6

Group 3: Skaters from Excel Beginner - Preliminary Plus, No Test - Preliminary

### Dates:

November 18<sup>th</sup>, 2018- Cantiague FSC "Holiday Classic" Cantiague Park, Hicksville NY

March 17<sup>th</sup>, 2019– Northwell Health Ice Center "Love To Skate" East Meadow, NY

April 7<sup>th</sup>, 2019- Freeport Skating Academy's "Spring Challenge" Freeport Rec Center, Freeport NY

March 24<sup>th</sup>, 2019 – "Spiral Into Spring" Great Neck Park District, Great Neck, NY

May 17-19<sup>th</sup>, 2019- "CFSC Nassau County Championships" Cantiague Park, Hicksville NY

June 1, 2019- Iceland Rink's "Summer Twizzle" New Hyde Park, NY

### How it Works:

Each skater will receive points for their placements at each competition in all Compulsory, Showcase, and Program events. Skaters will receive 5 additional points if they "move up" a level during the Series (This will only be awarded 1 time). Skater is only awarded the 5 additional points if the "move up" in the regular program events (not showcase or compulsories). If a skater competes in any Excel Events they may not compete at No Test or below in any other event or competition. Freeskate 6 competitors will only be awarded points for moving up if they compete in Pre-Preliminary or higher in the program event. Skaters in Beginner/High Beginner will only be awarded point for moving up if they move to No Test or higher. Skaters will forfeit their points if they skate down a level in any event in the series. If there is only 1 skater in the group, he or she will be awarded 3 points for 1<sup>st</sup> place. Skaters will be placed in finals depending on last level they competed at. Remember you can enter 3 different disciplines in each competition to accumulate more points! See chart below for point values. After all 6 competitions, points will be totaled to determine the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners. Finals will be conducted if needed. We will hold a special awards ceremony and exhibition for the winners at the end of the season!

| Placement       | Points |
|-----------------|--------|
| 1 <sup>st</sup> | 5      |
| 2 <sup>nd</sup> | 4      |
| 3 <sup>rd</sup> | 3      |
| 4 <sup>th</sup> | 2      |
| 5 <sup>th</sup> | 1      |
| 6 <sup>th</sup> | 1      |

**Put the "Grand Prix Series Competitor" item in your Entryeze cart if you wish to participate.  
THE MORE EVENTS YOU ENTER, THE MORE POINTS YOU EARN!**

## SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

- To be skated on full ice with music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.

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

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

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

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

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



## SNOWPLOW SAM – BASIC 6 COMPULSORY MOVES

### Format for the Elements Event:

- Each skater will perform each element when directed by a judge/referee (no excessive connecting steps or choreography). No music
- To be skated on 1/3 to 1/2 ice (determined by the LOC)
- **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 (no variations), 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 counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>   |
| Basic 4      | 1:00 max. | <ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</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, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</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>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>  |

## PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY MOVES

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional. No music

- To be skated on ½ ice. The skater must demonstrate the required elements listed. **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.

| Level          | Time      | Skating rules/standards   |
|----------------|-----------|---|
| Pre-Free Skate | 1:15 max. | <ul style="list-style-type: none"> <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>• Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul> |
| Free Skate 1   | 1:15 max. | <ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• Backward outside three-turns, right and left</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 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 spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Backward inside three-turns, right and left</li> <li>• Beginning back spin- maximum 2 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, 2 sets clockwise and 2 sets counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position- minimum 3 revolutions</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 3 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 3 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, minimum 3 on each foot</li> <li>• Camel, sit spin combination - minimum of 4 revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Beginning Axel jump</li> </ul>   |

## EXCEL FREE SKATE- New for 2018-2019

Format: Excel events are judged as 6.0 Events. They will be run in accordance with the [Excel Technical Handbook](#) on the Excel Program webpage. Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same non-qualifying competition.

- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may “skate up” to one level higher.

| Level   | Jumps   | Spins  | Step Sequences  |
|---|---|--|---|
| <b>Beginner Free Skate</b><br>1:40 Max<br><br>Must not have passed higher than LTS USA Free Skate 2   | <b>Maximum 4 jump elements:</b> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front)</li> <li>• Single jumps: Salchow, toe loop only</li> <li>• Half Loops (Eulers) are not allowed.</li> <li>• Max 2 jump combinations or sequences</li> <li>• Max 2 of any same jump</li> </ul>  | <b>Maximum 2 spins:</b> <ul style="list-style-type: none"> <li>• Two upright spins</li> <li>• No change of foot</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> </ul>   | <b>Maximum 1 Sequence:</b><br>Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>• Must use half of the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the step sequence</li> </ul> |
| <b>High Beginner Free Skate</b><br>1:40 Max<br><br>Must not have passed higher than LTS USA Free Skate 4  | <b>Maximum 5 jump elements:</b> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front)</li> <li>• Single rotation jumps: toe loop, Salchow, half-loop (Eulers), loop</li> <li>• Flip, Lutz, &amp; Axel NOT permitted</li> <li>• Max 2 jump combinations or sequences</li> <li>• Max 2 of any same jump</li> </ul>  | <b>Maximum 2 spins:</b> <ul style="list-style-type: none"> <li>• Both spins must be in a single position</li> <li>• No flying entry</li> <li>• Permitted forward spins: upright, sit, camel</li> <li>• Permitted back spins: upright</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul> | <b>Maximum 1 Sequence:</b><br>Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>• Must use half of the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the step sequence</li> </ul> |
| <b>Excel Pre-Preliminary</b><br>1:40 Max<br><br>Must not have passed higher than USFS Pre-preliminary free skate test. Open to LTS USA FS 5 & 6<br><br>LTS USA or Full USFS membership required | <b>Maximum 5 jump elements:</b> <ul style="list-style-type: none"> <li>• All single jumps allowed, except Axel               <ul style="list-style-type: none"> <li>○ No single Axels, double, or higher jumps allowed</li> <li>○ Number of single jumps (except single Axel) 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. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by a waltz jump.</li> </ul> </li> </ul> | <b>Maximum 2 spins:</b> <ul style="list-style-type: none"> <li>• One spin must be in a single position*</li> <li>• One spin may change feet and/or position</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul>   | <b>Maximum 1 Sequence:</b><br>Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>• Must use half of the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the step sequence</li> </ul> |
| <b>Excel Preliminary</b><br>1:30 +/- 10 seconds<br><br>Must not have passed higher than USFS Preliminary free skate test<br><br>Full USFS membership required                                   | <b>Maximum 5 jump elements:</b> <ul style="list-style-type: none"> <li>• All single jumps allowed, except Axel               <ul style="list-style-type: none"> <li>○ No single Axels, double, or higher jumps allowed</li> <li>○ Number of single jumps (except single Axel) is not limited provided the max 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. One 3-jump combination allowed</li> <li>○ Jump sequence is any listed jump immediately followed by a waltz jump.</li> </ul> </li> </ul>        | <b>Maximum 2 spins:</b> <ul style="list-style-type: none"> <li>• One spin must be in a single position*</li> <li>• One spin may change feet and/or position</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul>   | <b>Maximum 1 Sequence:</b><br>Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>• Must use half of the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the step sequence</li> </ul> |

| Level  | Jumps  | Spins  | Step Sequences  |
|--|--|--|---|
| <b>Excel Preliminary Plus</b><br>1:30 +/- 10 seconds<br><br>Must not have passed higher than USFS Preliminary free skate test<br><br>Full USFS membership required   | <b>Maximum 5 jump elements:</b> <ul style="list-style-type: none"> <li>• All single jumps allowed, including Axel               <ul style="list-style-type: none"> <li>○ No double, or higher jumps allowed</li> <li>○ Single Axel may be repeated only once as a solo jump or part of a jump sequence or combination (max 2 single Axels)</li> <li>○ Number of remaining single jumps is not limited provided the max 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>○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)</li> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>   | <b>Maximum 2 spins:</b> <ul style="list-style-type: none"> <li>• One spin must be in a single position*</li> <li>• One spin may change feet and/or position</li> <li>• No flying entry</li> <li>• Minimum 3 revolutions</li> <li>• Spins must be of a different character</li> </ul>   | <b>Maximum 1 Sequence:</b><br>Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>• Must use one-half of the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the step sequence</li> </ul>             |
| <b>Excel Pre-Juvenile</b><br>2:00 +/- 10 seconds<br><br>Must not have passed higher than USFS Pre-juvenile free skate test<br><br>Full USFS membership required      | <b>Maximum 5 jump elements:</b> <ul style="list-style-type: none"> <li>• All single jumps allowed, except Axel               <ul style="list-style-type: none"> <li>○ No single Axels, double, or higher jumps allowed</li> <li>○ Number of single jumps (except single Axel) is not limited provided the max 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. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul>   | <b>Maximum 2 spins:</b> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot*               <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> <li>○ No flying entry</li> </ul> </li> <li>• 1 spin with only 1 position*               <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ No flying entry</li> <li>○ Minimum 4 revolutions</li> </ul> </li> </ul> Spins must be of a different character                  | <b>Maximum 1 Sequence:</b><br>Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>• Must fully utilize the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the choreographic step sequence</li> </ul> |
| <b>Excel Pre-Juvenile Plus</b><br>2:00 +/- 10 seconds<br><br>Must not have passed higher than USFS Pre-juvenile free skate test<br><br>Full USFS membership required | <b>Maximum 5 jump elements:</b> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• All single jumps allowed, including Axel</li> <li>• Only 1 double jump may be attempted (limited to double Salchow or double toe loop)               <ul style="list-style-type: none"> <li>○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed.</li> <li>○ Axel plus up to 1 allowable double jump may be repeated once (but not more) as solo jumps or part of a jump sequence or combination</li> <li>○ Number of single jumps is not limited provided the max 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 combination limited to 2 jumps. One 3 jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul> | <b>Maximum 2 spins:</b> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot*               <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> <li>○ No flying entry</li> </ul> </li> <li>• 1 spin with only 1 position*               <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Spin may start with flying entry</li> <li>○ Minimum 4 revolutions</li> </ul> </li> </ul> Spins must be of a different character | <b>Maximum 1 Sequence:</b><br>Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>• Must fully utilize the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the choreographic step sequence</li> </ul> |

| Level   | Jumps   | Spins   | Step Sequences   |
|---|---|---|--|
| <p><b>Excel Juvenile</b><br/>2:20 +/- 10 seconds</p> <p>Must not have passed higher than USFS Juvenile free skate test</p> <p>Full USFS membership required</p>                                       | <p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, including Axel <ul style="list-style-type: none"> <li>○ No double or higher jumps allowed</li> <li>○ Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)</li> <li>○ Number of remaining single jumps is not limited provided the max 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>○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)</li> <li>○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>  | <p><b>Maximum 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>○ Minimum 6 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry.<br/>Spins must be of a different character</p> | <p><b>Maximum 1 Sequence:</b><br/>Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>• Must fully utilize the ice surface</li> </ul> |
| <p><b>Excel Juvenile Plus</b><br/>2:20 +/- 10 seconds</p> <p>Must not have passed higher than USFS Juvenile free skate test</p> <p>Full USFS membership required</p>                                  | <p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps allowed, including Axel.</li> <li>• Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> <li>○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed</li> <li>○ Only the Axel and 2 different double jumps may be repeated 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 combination limited to 2 jumps. One 3 jump combination is allowed</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul> | <p><b>Maximum 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>○ Minimum 6 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry.<br/>Spins must be of a different character</p> | <p><b>Maximum 1 Sequence:</b><br/>Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>• Must fully utilize the ice surface</li> </ul> |
| <p><b>Excel Intermediate</b><br/>3:00 +/- 10 seconds<br/><i>Effective 2/1/2019</i></p> <p>Must not have passed higher than USFS Intermediate free skate test</p> <p>Full USFS membership required</p> | <p><b>Maximum 6 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps allowed, including Axel. Double Salchow, double toe loop, double loop allowed <ul style="list-style-type: none"> <li>○ Double flip, double Lutz, double Axel and higher jumps not allowed</li> <li>○ Only the Axel and 2 different double jumps may be repeated as solo jumps or part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the max number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps. One 3 jump combination is permitted.</li> <li>○ Jump sequence is any listed jump followed by an axel type jump.</li> </ul> </li> </ul>   | <p><b>Maximum 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>○ Minimum 6 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry.<br/>Spins must be of a different character</p> | <p><b>Maximum 1 Sequence:</b><br/>Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>• Must fully utilize the ice surface</li> </ul> |

| Level   | Jumps  | Spins   | Step Sequences   |
|---|--|---|--|
| <p><b>Excel Novice</b><br/>3:30 +/- 10 seconds<br/><i>Effective 2/1/2019</i></p> <p>Must not have passed higher than U.S. Figure Skating Novice free skate test</p> <p>Full U.S. Figure Skating membership required</p> | <p><b>Maximum 7 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop, double flip allowed <ul style="list-style-type: none"> <li>○ Double Lutz, double Axel and higher jumps not allowed</li> <li>○ No more than 1 Axel and 3 different double jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence</li> <li>○ There is no limit to the number of single jumps that can be repeated, but no allowable double jump can be included more than twice</li> </ul> </li> <li>• Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps. One 3 jump combination with a maximum of 3 jumps is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul> </li> </ul> | <p><b>Maximum 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>○ Minimum 8 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry<br/>Spins must be of a different character</p> | <p><b>Maximum 1 Sequence:</b><br/>Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> <li>• Must fully utilize the ice surface</li> </ul> |

\*Denotes required element

## EXCEL COMPULSORY MOVES

Format: Using a limited number of connecting steps, the skater must demonstrate the required elements listed, the skating order of the required elements is optional. No music

- To be skated on ½ ice.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Skaters may compete at their test level or skate one level higher in compulsories than free skate program.

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

## COMPULSORY MOVES

Format: The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels. No Music

- To be skated on ½ ice
- A 0.2 deduction will be taken for each element performed from a higher level.
- Skaters may compete at their test level or skate one level higher in compulsories than free skate program.

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

## SINGLES SHORT PROGRAM with MUSIC EVENTS

Skaters will skate to the music of their choice. Vocal music is permitted. Athletes and coaches are responsible for going to the [U.S. Figure Skating rulebook](#) for rules, program length, etc. The **IJS judging system** is used for all the Short Events.

| Event                      | Time                     |
|----------------------------|--------------------------|
| Intermediate Short Program | 2:10 minutes - maximum   |
| Novice Short Program       | 2:30 minutes - maximum   |
| Junior Short Program       | 2:40 minutes +/- 10 sec. |
| Senior Short Program       | 2:40 minutes +/- 10 sec. |

## WELL BALANCED FREE SKATE PROGRAM with MUSIC EVENTS

Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same non-qualifying competition. Skaters will skate to the music of their choice. Vocal music is permitted. Athletes and coaches are responsible for going to the [U.S. Figure Skating rulebook](#) for rules, program length, etc.

| Event           | Time                     | Judging System |
|-----------------|--------------------------|----------------|
| No-Test         | 1:40 Maximum             | 6.0            |
| Pre-Preliminary | 1:40 Maximum             | 6.0            |
| Preliminary     | 1:30 minutes +/- 10 sec. | 6.0            |
| Pre-Juvenile    | 2:00 minutes +/- 10 sec. | IJS            |
| Open Juvenile   | 2:20 minutes +/- 10 sec. | IJS            |
| Juvenile        | 2:20 minutes +/- 10 sec. | IJS            |
| Intermediate    | 3:00 minutes +/- 10 sec. | IJS            |
| Novice Ladies   | 3:30 minutes +/- 10 sec. | IJS            |
| Novice Men      | 3:30 minutes +/- 10 sec. | IJS            |
| Junior Ladies   | 3:30 minutes +/- 10 sec. | IJS            |
| Junior Men      | 3:30 minutes +/- 10 sec. | IJS            |
| Senior Ladies   | 4:00 minutes +/- 10 sec. | IJS            |
| Senior Men      | 4:00 minutes +/- 10 sec. | IJS            |

## ADULT FREE SKATE PROGRAM with MUSIC EVENTS

Skaters will skate to the music of their choice on full ice. Vocal music is permitted at all levels. Athletes and coaches are responsible for going to the [U.S. Figure Skating rulebook](#) for rules, program length, etc. The **6.0 Majority Judging System** will be used. All adult singles events are open only to competitors who are 21 years of age or older at the close of entries.

| Event            | Time                       |
|------------------|----------------------------|
| Adult Pre-Bronze | Not to exceed 1:40 minutes |
| Adult Bronze     | Not to exceed 1:50 minutes |
| Adult Silver     | Not to exceed 2:10 minutes |
| Adult Gold       | Not to exceed 2:40 minutes |



## SHOWCASE EVENTS – LIGHT ENTERTAINMENT EVENTS

The Showcase program 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 permitted. Skaters must enter at the same level as their free skate event. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

| Level   | Elements   | Qualifications   | Time      |
|---|--|--|-----------|
| Basic 1-6                                       | Elements only from Basic 1-6 curriculum  | May not have passed any higher than Basic 6 level.                       | 1:00 max. |
| Pre-Free Skate - Free Skate 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.   | 1:30 max. |
| Excel Beginner/High Beginner                    | 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.   | 1:30 max. |
| No Test/ Pre-Preliminary                        | 3 jump maximum. No Axels or double jumps permitted.  | Must have passed no higher than U.S. Figure Skating Pre-Preliminary.     | 1:30 max. |
| Preliminary/Pre-Juvenile/Juvenile/Open Juvenile | 3 jump maximum. Axels are permitted, but no double jumps allowed.                                    | Must have passed no higher than U.S. Figure Skating Juvenile free skate. | 1:40 max. |

# Official Entry Form: 2019 Nassau County Figure Skating Championship

|                             |      |                          |  |
|-----------------------------|------|--------------------------|--|
| Name:                       |      | U.S. Figure Skating #    |  |
| Date of Birth:              | Sex: | Phone:                   |  |
| Address:                    |      |                          |  |
| Email:                      |      |                          |  |
| Name of parent or guardian: |      |                          |  |
| Highest MITF test:          |      | Highest free skate test: |  |
| Home figure skating club:   |      |                          |  |
| Coach name:                 |      |                          |  |
| Coach email:                |      | Coach cell phone:        |  |

Please mark an "X" in the box next to events you are entering.

| Basic Skills Music Program      | <input checked="" type="checkbox"/> | Basic Skills Compulsory (No Music) | <input checked="" type="checkbox"/> | 6.0 Well-Balanced Music Program  | <input type="checkbox"/>            | IJS Short Program                  | <input checked="" type="checkbox"/> |
|---------------------------------|-------------------------------------|------------------------------------|-------------------------------------|----------------------------------|-------------------------------------|------------------------------------|-------------------------------------|
| Snowplow Sam                    |                                     | Snowplow Sam                       |                                     | No Test                          |                                     | Intermediate *IJS                  |                                     |
| Basic 1                         |                                     | Basic 1                            |                                     | Pre-Preliminary                  |                                     | Novice *IJS                        |                                     |
| Basic 2                         |                                     | Basic 2                            |                                     | Preliminary                      |                                     | Junior *IJS                        |                                     |
| Basic 3                         |                                     | Basic 3                            |                                     |                                  |                                     | Senior *IJS                        |                                     |
| Basic 4                         |                                     | Basic 4                            |                                     | <b>6.0 Compulsory (No Music)</b> | <input checked="" type="checkbox"/> |                                    |                                     |
| Basic 5                         |                                     | Basic 5                            |                                     | No Test                          |                                     | <b>IJS Freeskate Program</b>       | <input checked="" type="checkbox"/> |
| Basic 6                         |                                     | Basic 6                            |                                     | Pre-Preliminary                  |                                     | Pre-Juvenile *IJS                  |                                     |
| Pre Freeskate                   |                                     | Pre Freeskate                      |                                     | Preliminary                      |                                     | Open Juvenile *IJS                 |                                     |
| Freeskate 1                     |                                     | Freeskate 1                        |                                     |                                  |                                     | Juvenile *IJS                      |                                     |
| Freeskate 2                     |                                     | Freeskate 2                        |                                     |                                  |                                     | Intermediate *IJS                  |                                     |
| Freeskate 3                     |                                     | Freeskate 3                        |                                     |                                  |                                     | Novice *IJS                        |                                     |
| Freeskate 4                     |                                     | Freeskate 4                        |                                     | <b>Excel Music Program</b>       | <input checked="" type="checkbox"/> | Junior *IJS                        |                                     |
| Freeskate 5                     |                                     | Freeskate 5                        |                                     | Excel Beginner                   |                                     | Senior *IJS                        |                                     |
| Freeskate 6                     |                                     | Freeskate 6                        |                                     | Excel High Beginner              |                                     |                                    |                                     |
|                                 |                                     |                                    |                                     | Excel Pre-Preliminary            |                                     |                                    |                                     |
|                                 |                                     |                                    |                                     | Excel Preliminary                |                                     |                                    |                                     |
| <b>All Showcase Events</b>      | <input checked="" type="checkbox"/> | <b>Adult 6.0 Program</b>           | <input checked="" type="checkbox"/> | Excel Preliminary Plus           |                                     | <b>Excel Compulsory (No Music)</b> | <input checked="" type="checkbox"/> |
| Basic 1-6                       |                                     | Adult Pre-Bronze                   |                                     | Excel Pre-Juvenile               |                                     | Beginner                           |                                     |
| Pre-FS-Freeskate 6              |                                     | Adult Bronze                       |                                     | Excel Pre-Juvenile Plus          |                                     | High Beginner                      |                                     |
| Excel Beg/High Beg              |                                     | Adult Silver                       |                                     | Excel Juvenile                   |                                     | Excel Pre-Preliminary              |                                     |
| NoTest/Pre-Prelim               |                                     | Adult Gold                         |                                     | Excel Juvenile Plus              |                                     | Excel Preliminary                  |                                     |
| Prelim/Pre-Juv/<br>Juv/Open Juv |                                     |                                    |                                     | Excel Intermediate               |                                     |                                    |                                     |
|                                 |                                     |                                    |                                     | Excel Novice                     |                                     |                                    |                                     |

\* IJS must register Planned Program Content through Entryeeze by April 17, 2019. After May 1st, there will be a late charge of \$25.00.



|   |          |          |
|---|----------|----------|
| First Compete USA/Basic Skills Event          | \$ 70.00 | \$ _____ |
| Additional Compete USA/Basic Skills Event     | \$ 40.00 | \$ _____ |
| First Excel, WB 6.0 Singles and Adult Event   | \$110.00 | \$ _____ |
| Additional Excel or WB 6.0 Singles Event      | \$ 70.00 | \$ _____ |
| First IJS* Event (Pre-Juvenile - Senior)      | \$130.00 | \$ _____ |
| Additional IJS* Event (Intermediate - Senior) | \$110.00 | \$ _____ |
| Paper Entry Fee                               | \$ 25.00 | \$ _____ |
| <b>Total Amount Enclosed</b>                  |          | \$ _____ |

**\* IJS must register Planned Program Content through Entryeaze by April 17, 2019. After May 1st, there will be a late charge of \$25.00.**

Participants are encouraged to submit Entry online at [www.EntryEeze.com](http://www.EntryEeze.com). Paper entries must be **postmarked by Wednesday April 17, 2019** and require an **additional \$25.00 fee**. Acceptance of late entries shall be at the discretion of the Chief Referee. A fee of **\$25.00** will be charged for any changes due to incorrect entry choice to event levels after the close of entries. Enclose this official form with a check or money order payable to **CFSC** and mail to:

**Cantiague Figure Skating Club**  
**c/o Cantiague Park Rink**  
**Attention "Nassau County Figure Skating Championship"**  
**480 West John Street**  
**Hicksville, N. Y. 11801**

**ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT OR THE COMPETITION IS CANCELED.**

***Certification of Competitor: The Competitor is eligible to enter the events checked.*** It is agreed that the competitor and family holds the Cantiague FSC and Cantiague Park Ice Rink harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

***Instructor/coach has verified that the skater is entered in the correct level.***

***The Program Director/Club Officer has verified that the skater is current and in good standing.***

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Competitor Signature \_\_\_\_\_ Date \_\_\_\_\_

Instructor/Coach Signature \_\_\_\_\_ Date \_\_\_\_\_

Program Director/Club Officer \_\_\_\_\_ Date \_\_\_\_\_



## Cantiague Figure Skating Club Nassau County Championship Competition

### Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement

In consideration of participating in CFSC activities, I represent that I understand the nature of figure skating activities (activity) and that I am qualified, in good health and in proper physical condition to participate in such "activity". I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the "activity".

I fully understand that this "activity" involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by own actions, or inactions, those of others participating in the "activity", the conditions in which the activity takes place, or the negligence of the "releasees" named below; that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation.

I hereby release, discharge, and covenant not to sue the CFSC, United States Figure Skating, it's directors, administrators, sponsors, volunteers, agents, employees, staff, instructors, trainers, other participants, if applicable, owners, lessors of premises on which "activity" takes place (each considered one of the Releasees herein) from all liability, claims, demands, losses, the damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise including negligent rescue operation; and I further agree that if, despite this release, waiver of liability, and assumption of risk, I, or anyone on my behalf, makes a claim against any of the Releasees, that I will indemnify, save hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

The CFSC has the right, but not the obligation, to provide rules, regulations and/or ice monitors for this event. We hereby acknowledge that the Cantiague Figure Skating Club shall not be responsible for the supervision of the participants at this event.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

\_\_\_\_\_ Print Name of Participant

\_\_\_\_\_ Phone: \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_

Signature of Participant (Age 18 or older)

### PARENTAL CONSENT AND INDEMNIFICATION AGREEMENT

I, the minor's parent and or legal guardian, understand the nature of the above referenced activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such "activity". I hereby release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss and liability, damage, or cost any Releasees may incur as the result of any such claim.

\_\_\_\_\_  
Printed Name of Parent/Guardian

\_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian