



2017 COMPETE U.S.A. ANNUAL COMPETITION NORTH SHORE SKATING CLUB

Snowplow 1 through Freeskate 6, Hockey 1 through 4 & Adult 1 through Adult Bronze
Beginner & No-Test through Preliminary (Test Track & Well-Balanced)

Events include: Elements, Programs, Showcase/Artistic, Interpretive & Team Compulsories

Compete USA Approval # 25026



DATE: Sunday, June 11, 2017

TIME: 8:00am - 4:00pm

PLACE: Burbank Ice Arena, 51 Symonds Way, Reading, MA. 01867

DEADLINE DATE: Entries must be postmarked by Saturday, **May 27, 2017**. Late entries will be accepted at the discretion of the competition committee if accompanied by a \$15.00 late fee.

ELIGIBILITY: 1. This competition is open to ALL skaters who are current eligible (ER 1.00) members in good standing of either Learn to Skate USA and/or are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but will be registered with U.S. Figure Skating's "Learn to Skate USA" program through the North Shore Skating Club for an additional \$15.00 fee.

2. Age and badge and / or test level are as of **May 27, 2017**. Adult events are opened to those 18 yrs. & older.
2. Skaters in all events may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.
3. All Snowplow Sam and Basic Skills 1 – 6 skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For Pre-Free Skate through Free skate 6, Test Track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (i.e. moves in the field test level will not determine skater's competitive level).

INFORMATION: 1. Skaters will be grouped according to badge or test level (see categories on application page). Age will divide groups if necessary. Males and females may or may not be grouped together. Unless scheduling prevents it, events will be held even if only one competitor.

2. There will be no more than 6 competitors in each group. Awards will be presented to all competitors.
3. For this competition, all skaters competing in the Snowplow Sam – Basic 6 Compulsory Element Event will perform each required element in the listed skating order as individual elements when directed by the judge in charge. Skaters competing in Pre-Free Skate through Free Skate 6 Compulsory Events **must indicate on the application** whether they are entering the Compulsory Elements Event where competitors will perform the elements individually as directed by the judge in charge and / or the Compulsory Program Event where the required elements will be skated in a program without music.
4. Any skater competing in a Free Skate Program Event or Artistic/Showcase Event must provide their own music on compact disc (standard compact disc format only). Music must be clearly marked with the name of the skater and the event. Each disc must have only **one** track on it. It is strongly recommended that the skater or coach bring more than one copy of the music. Compact discs must not have paper labels. Skaters should read the appropriate section marked "judging" to see what he/she will be judged on.
5. Applications will be handled on a first come, first serve basis. If a limit is reached before the deadline date your application will be returned. We reserve the right to eliminate or combine groups.
6. If offered for the level, each competitor may enter only one category for each event as follows: Compulsory Elements, Compulsory Program, Compulsory Spins, Freeskate Program, Showcase, and /or Team Compulsories.
7. Any competitor who arrives late for their event will be disqualified.
8. After the deadline for entries, a confirmation notice will be sent **via email**. The finalized schedule of events will be posted on our website at www.nsskating.org no later than Wednesday, June 7th.
9. NO REFUNDS will be made after the deadline date unless the event is canceled by the competition committee.
10. Practice Ice will be offered for an additional charge. Information on this will be emailed to all competitors.

QUESTIONS: Call: Suzi Swezey at (781) 944-5874 or (781) 942-2760 or Email: nsscjc@nsskating.org

DIRECTIONS: **Take Rte. 128 (US Rte. 95) to exit #40. Take Haverhill St. off of rotary. (Keep National Guard Base on your right.) At first set of lights take a right onto Symonds Way. Bear left into rink parking lot. [From US Rte. 93, go **NORTH** on Rte. 128 (US Rte. 95) and follow from **]



Compete USA Competition

EVENT: Basic Elements: SNOWPLOW SAM – BASIC 6

Format: Each skater will perform each element when directed by a judge one element at a time in the order listed below.

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

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



Compete USA Competition

EVENT: Basic Program: SNOWPLOW SAM – BASIC 6 (Music to be provided by the skater)

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

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

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

PRE-FREE SKATE -FREE SKATE 6 COMPULSORY ELEMENT EVENT (NO MUSIC)

Format: Each skater will perform one element at a time in the order listed below when directed by a judge or referee. Unless otherwise specified, all elements will be skated in one direction only.

- To be skated on 1/3 ice

PRE-FREE SKATE -FREE SKATE 6 COMPULSORY PROGRAM EVENT (NO MUSIC)

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

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

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

EVENT: Pre-Free Skate – Free Skate 6 Program

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

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

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

EVENT: Introductory Levels Compulsory

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

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

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

EVENT: Introductory Levels Free Skate Program

General event parameters:

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

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

EVENT: COMPULSORY MOVES

General event parameters:

- Elements skated on ½ ice
- Elements may be performed only once
- Music is not allowed



Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none">• Loop jump• Jump combination to include a toe loop (may not use a loop or Axel)• Solo spin - sit <u>or</u> camel spin - minimum three revolutions• Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none">• Toe Loop jump• Jump combination: single/single (no Axel)• Sit spin or camel spin - minimum three revolutions• Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ul style="list-style-type: none">• Lutz jump• Jump combination: single/single (may include Axel)• Back upright spin - minimum three revolutions• Forward inside spiral

EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.

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



Compete USA Competition

EVENT: Test Track Free Skate

General event parameters:

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

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 max.	Maximum of 5 jump elements: <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	Maximum of 2 spins: <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test.
Preliminary 1:40 max..	Maximum of 5 jump elements: <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels) • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	Maximum of 2 spins: <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test, but may not have passed tests higher than the preliminary free skate test.

Hockey 1-4 Elements: Each skater will perform each element when directed by a judge or referee. The following elements have been chosen for the skaters to perform. Format: each skater will perform all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<p>Hockey 1</p> <ul style="list-style-type: none"> • Proper basic hockey stance, forward and backward • March forward across the ice, 8-10 steps • Two-foot glides and dips from forward marching • Forward swizzles / double C-cuts (4-6 in a row) • Stationary Snowplow Stop 	<p>Hockey 3</p> <ul style="list-style-type: none"> • Forward C-cuts (1/2 swizzle pumps) on a circle, both directions • Forward outside edges on half circles, alternating feet on the axis • Forward inside edges on half circles, alternating feet on the axis • Backward C-Cuts on a circle, both directions • Backward snowplow stops, one foot and two feet V-stop
<p>Hockey 2</p> <ul style="list-style-type: none"> • Forward strides using 45 degree V-Push, focus on good recovery and alternating arm drive • Forward C-cuts: single leg and alternating feet in a straight line • Backward hustle or march, then glide on two feet • Backward swizzles / double C-cuts (4 – 6) • Two-foot moving Snowplow stop 	<p>Hockey 4</p> <ul style="list-style-type: none"> • Quick starts using forward V-Start • Backward one-foot glide, right and left • Forward crossovers on a circle, clockwise and counterclockwise • Backward crossovers on a circle, clockwise and counterclockwise • Hockey stops (to right and left, with speed)

EVENT: Spins Challenge

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
High Beginner	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
No Test	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
Pre – Preliminary	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright back-scratch spin (3) • Sit spin (3)
Preliminary	1:30 max.	<ul style="list-style-type: none"> • Forward scratch to back scratch spin (3) • Combination spin with no change of foot (4) • Sit spin (3)

EVENT: Compulsory Element: ADULT 1 – ADULT 6 (No Music)

Format: Each skater will perform each element when directed by a judge or referee. Each skater will perform all of the required elements listed in the chart below 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.**

EVENT: Basic Program: ADULT 1 – ADULT 6 (Music to be provided by skater)

Format: The skating order of the required elements is optional. All element listed in the chart below for the level in which the skater is entering must be included in the program. 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

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

ADULT FREE SKATE 1 – ADULT FREE SKATE 6 COMPULSORY ELEMENT EVENT (NO MUSIC)

Format: Each skater will perform one element at a time in the order listed below when directed by a judge or referee. Unless otherwise specified, all elements will be skated in one direction only.

- To be skated on 1/3 ice

ADULT FREE SKATE 1 – ADULT FREE SKATE 6 COMPULSORY PROGRAM EVENT (NO MUSIC)

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

EVENT: ADULT Free Skate 1 – Adult Free Skate 6 Program (Music to be provided by skater)

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

SHOWCASE EVENTS:

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

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

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

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

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

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles.

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

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner/ Adult 1-6	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
No Test/ Pre-Preliminary/ Adult Pre-Bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 max.
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 max.



INTERPRETIVE PROGRAM:

Competition Format

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

Levels:

Levels will be broken by ability with ages divided appropriately.

Judging Rules:

Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression. Spins and jumps performed must be appropriate to competition level.

Time:

Music Duration: Snowplow Sam – Basic 6: 1:00 Max
 Pre-Free Skate - No Test: 1:00 Max
 Pre-Preliminary - Preliminary: 1:00 Max
 Adult 1 – 6: 1:00 Max
 Adult Free Skate 1 – Adult Bronze: 1:00 Max

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

EVENT: Compete USA Team Compulsories**Format:**

The designated skater from each team will perform their chosen element in sequence on full ice, with no music, and will follow this format:

1. Minimum of three skaters on a team; each skater will do at least one required element.
2. When the event is called, all skaters will take the ice for a two (2) minute STROKING ONLY warm-up.
3. This will be followed by a one (1) minute individual warm-up for the elements.
4. Teams will be directed to find a "base" for their team along the boards on the ice where they will stay for the remainder of the event.
5. The announcer, referee or judge-in-charge will call the first element (e.g. jump or stop) to be performed.
6. The team member performing the element will step forward and execute the skill, with the element first being performed by the skater on team one, then team two, then team three and so on
7. Once all the teams have had their skaters complete the element, the next element will be called.
8. Judging is done with one mark for each element (skater) for total team points.
9. Repeat #4-7 above as this will be done in sequence until all the elements at each level are completed.

COMPETE USA LEVELS (SNOWPLOW SAM, HOCKEY, BASIC, PRE-FREE SKATE - FREE SKATE, PRE-PRELIMINARY & PRELIMINARY)

Level	Jumps / Stops	Spins / Turns / Glides	Spiral or Step Sequences
Snowplow Sam – Basic 3, Hockey 1-4	a) Wiggles, two-foot swizzles, forward or backward, (4-8 in a row) b) Snowplow stop (one or both feet) or hockey stop (with skid)	a) Curves, glide turns, or hockey turns (right and left, forward) b) March then glide on two feet or forward one-foot glide on left and right foot (one time skater's height, forward)	a) Forward ½ swizzle pumps or forward c-cuts on a circle (right and left, 6-8 consecutive)
Basic 4-Basic 6	a) Side-toe hop, bunny hop, ballet jump, mazurka b) Waltz jump	a) Forward inside pivot or two-foot spin (min. 3 revs.) b) One-foot upright spin, optional entry & free foot position (min. 3 revs.)	a) Moving forward to backward two-foot turns on a circle, clockwise and counterclockwise (from Basic 3)
Learn to Skate USA Pre-Free Skate and Free Skate 1-6 levels	a) Single jump (no Axel) b) Jump combination or jump sequence (no Axel allowed)	a) Solo spin (scratch spin, layback, camel or sit, min. 3 revs, no flying entry) b) Combo Spin: One change of foot, change of position optional (min. 3 revs. on each foot)	a) Spiral Sequence (from Free Skate 4 or Free Skate)
Pre-Preliminary - Preliminary Free Skate	a) Single jump (no Axel) b) Jump combination or jump sequence (no Axel allowed)	c) Solo spin (scratch spin, layback, camel or sit, min. 3 revs, no flying entry) d) Combo Spin: One change of foot, change of position optional (min. 3 revs. on each foot)	b) Footwork Sequence covering at least ½ of the ice surface

COMPETE USA LEVELS (ADULT 1- ADULT BRONZE)

Level	Jumps / Stops	Spins / Turns / Glides	Spiral or Step Sequences
Adult 1-6, Adult Free Skate 1-6, Pre-Bronze & Bronze Adults	A) Waltz Jump b) Snowplow stop (one or both feet) or hockey stop (with skid)	c) Forward crossovers (both directions) d) Skate then glide on forward one-foot glide on left and right foot (one time skater's height, forward)	b) Forward ½ swizzle pumps or forward c-cuts on a circle (right and left, 6-8 consecutive)

2017 North Shore SC Compete USA Competition

Burbank Ice Arena, Reading, MA. 01867

Sunday, June 11, 2017

Compete USA Approval # 25026

Name _____ Gender _____ Birthdate ____/____/____ Age as of 5/28/16 _____
Last First

Address _____ City _____ State _____ Zip _____

Email _____ Phone # _____ USFS # _____

Home Club or Program _____ Professional/Coach _____
Must be on application

Coach's Phone: _____ Coach's Email _____

Last Level **Passed** as of **May 27, 2017**: **Basic Skills/Advanced Skills** _____ USFS FreeSkating Test _____
(ex. Basic 3, Freeskate 5) *(ex. Pre-Pre or Preliminary)*

REMINDER: For each category listed below skaters in all events may skate at **HIGHEST LEVEL PASSED OR ONE LEVEL HIGHER BUT NOT BOTH**. For Free Skate Programs with Music, skaters may skate in either Test Track or Well-Balanced but not both.

PLEASE CHECK THE EVENT(S) YOU ARE ENTERING:

Basic Elements

Basic Program

Free Skate

Free Skate

Free Skate

Spins

w/ Music

Compulsory

Compulsory

Program

() Beginner

() Snowplow Sam

() Snowplow Sam

Elements

Programs

w/ Music

() High Beginner

() Basic 1

() Basic 1

() Pre-Free Skate

() Pre-Free Skate

() Pre-Free Skate

() No Test

() Basic 2

() Basic 2

() Free Skate 1

() Free Skate 1

() Free Skate 1

() Pre-Preliminary

() Basic 3

() Basic 3

() Free Skate 2

() Free Skate 2

() Free Skate 2

() Preliminary

() Basic 4

() Basic 4

() Free Skate 3

() Free Skate 3

() Free Skate 3

() Basic 5

() Basic 5

() Free Skate 4

() Free Skate 4

() Free Skate 4

Interpretive Program

() Basic 6

() Basic 6

() Free Skate 5

() Free Skate 5

() Free Skate 5

() Snowplow Sam – Basic 6

() Adult 1

() Adult 1

() Free Skate 6

() Free Skate 6

() Free Skate 6

() Pre-Free Skate – No Test

() Adult 2

() Adult 2

() Adult FS 1

() Adult FS 1

() Adult FS 1

() Pre-Preliminary - Preliminary

() Adult 3

() Adult 3

() Adult FS 2

() Adult FS 2

() Adult FS 2

() Adult 1 – Adult 6

() Adult 4

() Adult 4

() Adult FS 3

() Adult FS 3

() Adult FS 3

() Adult FS1 – Adult Bronze

() Adult 5

() Adult 5

() Adult FS 4

() Adult FS 4

() Adult FS 4

() Adult 6

() Adult 6

() Adult FS 5

() Adult FS 5

() Adult FS 5

() Hockey 1

() Hockey 2

() Hockey 3

() Hockey 4

Programs with Music

Introductory Level

Test Track

() Beginner

() Pre-Preliminary

() High Beginner

() Preliminary

Well-Balanced

Programs w/ Music

() No Test

() Pre-Preliminary

() Adult Pre-Bronze

() Beginner

() High Beginner

() No Test

() Pre-Preliminary

() Preliminary

Showcase ... **Circle Choice: Light Entertainment**

() Basic 1 – Basic 6

or

() Free Skate 1 – 6,

Dramatic

& Beginner - High Beginner

() No Test, Pre-Preliminary

() Preliminary

() Adult 1 – Adult 6

() Adult Free Skate 1 - 6

() Adult Pre-Bronze

() Adult Bronze

Certification of Competitor: The Competitor is eligible to enter the events checked. The North Shore Skating Club and the Burbank Ice Arena assume no responsibility for any injuries or loss to any skater or spectator while on the ice or on the premises. I have read and understand all rules and policies of the competition as contained herein.

Signature of Skater or Parent or Guardian if under age 18

Signature of Professional/Coach

USFS #

Signature of Program Director or Club Officer

ENTRY FEE: **First Event:** (Basic Skills Levels) **\$50.00** (Beginner – Preliminary/Adult Pre-Bronze-Bronze levels) **\$60.00**

Second Event: (All levels) **\$25.00** **3rd or 4th Event:** (Each, All Levels) **\$15.00**

Late Fee (if applicable): **\$15.00** **Fee to apply for current USFS #:** **\$15.00**

TOTAL AMOUNT ENCLOSED: \$ _____ (\$25.00 service charge for returned checks)

Postmark Deadline: **May 27, 2017** **Make Checks Payable to:** **NORTH SHORE SKATING CLUB**

Send completed application with entry fee to: **North Shore Compete U.S.A. Competition**

51 Symonds Way

Questions? Contact Suzi Swezey at 781-944-5874 or nsscjc@nsskating.org

Reading, MA. 01867

North Shore Skating Club

Team Compulsories Entry Form

Compete USA Approval # 25026

Annual Compete U.S.A. Competition – Sunday, June 11, 2017

Team Name: _____

Number of skaters in group: (3 skaters minimum, 5 skaters maximum)

Name _____ Tel # _____

USFSA # _____ Test Level (as of 5/27/17) _____

Name _____ Tel # _____

USFSA # _____ Test Level (as of 5/27/17) _____

Name _____ Tel # _____

USFSA # _____ Test Level (as of 5/27/17) _____

Name _____ Tel # _____

USFSA # _____ Test Level (as of 5/27/17) _____

Name _____ Tel # _____

USFSA # _____ Test Level (as of 5/27/17) _____

Parent/Coach in charge _____ Tel #: _____

Email address _____

Address (city, state, zip): _____

Team Compulsories (Please check desired category)

_____ Snowplow Sam 1 – Basic 3, Hockey 1-4

_____ Pre-Preliminary - Preliminary

_____ Basic 4 – Basic 8

_____ Adult 1- Adult Bronze

_____ Pre- Free Skate – Free Skate 6

Entry fees: \$60.00 per team. Late fee (if applicable): \$15.00.

*Members of other organizations are eligible to compete but will be registered with "Learn to Skate USA" through the North Shore Skating Club for an **additional \$15.00 fee** (not applicable if competing individually).

The completed entry form with appropriate signatures and fees must be postmarked no later than May 27, 2017. Make check payable to **North Shore Skating Club** and mail to: **North Shore Compete U.S.A. Competition, 51 Symonds Way, Reading, MA 01867**. For additional information, please contact Suzi Swezey (781)944-5874 or email at nsscjc@nsskating.org. **Entry fees are not refundable after the entry deadline unless an event is canceled.**

Certification of Competitor: The competitor is eligible to enter the events checked. It is agreed that the competitor and family holds North Shore Skating Club and/or the Burbank Ice Arena harmless from any and all liability either during practice or competition, or from any and all liability for damages to or loss of property.

Parent / Guardian signature _____ Date _____

Coach's signature _____ USFS # _____ Date _____

Skating Director's or Club Officer's signature _____ Date _____