

20th Annual Freeport Spring Challenge
Sunday April 7th, 2019
USFS LTS Approved Competition #

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but must register with Learn To Skate USA or a member club. There will be no more than 6 competitors in a group.

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic 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 the Pre-Free Skate, Free Skate 1-6, Excel, Well Balanced, and Adult levels eligibility will be based only upon highest free skate test level passed. Moves in the Field test level will not determine skater's competitive level. Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition.

Rules: This competition has been approved by US Figure Skating and will be conducted in association with U.S. Figure Skating rules governing non-qualifying and Basic Skills competitions as set forth in the **2018/19 Rulebook**. It is agreed that the competitor and family holds Freeport Skating Academy, Inc. Village of Freeport, and their respective owners and officers 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. Non-US Figure Skating judges may be used to judge some 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.

Entry Fees: \$55.00 for 1st event, \$25 for each additional event. There will be a \$20.00 fee for late entries, or incorrectly submitted applications.

Please make sure on application to indicate your child's T-Shirt size. Example: Cm-child medium

Deadline: **Applications must be postmarked by Friday March 8th, 2019**

Schedule: The schedule will be posted on our website: www.freeportskatingacademy.com as soon as possible after the close of entries. Schedules will ONLY be mailed if you include a self addressed stamped envelope.

Awards: Trophies will be awarded for 1st, 2nd, and 3rd places, medals awarded to 4th, 5th, 6th place. Awards ceremonies are done on the ice. We ask all competitors to have their skates on.

Registration Check In: All competitors must check in at the Registration Desk upon arrival at the rink. It is suggested that competitors arrive 1 hour prior to scheduled event.

Music: CD's will be only form accepted. Competitors must bring their program music (labeled with their name, address, and event) to the Registration Desk upon checking in. It is recommended that skaters have a back up CD in case of any problems.¹

Location: Freeport Recreation Center
130 E. Merrick Rd.
Freeport NY 11520

Direct all inquires to:
Liz Eldredge
516-771-4195
Or email-freeportskatingacademy@gmail.com

****If a skater competes in a Beginner Category or higher, they may not go back and compete in any Free Skate category lower than Free Skate 3.**

2019 Freeport Spring Challenge -Entry Form (Please print clearly)

Skaters Name: _____ T-Shirt Size: _____ USFS#: _____

Date of Birth: _____ Age: _____ Please circle: Female Male

Address: _____ State: _____ ZipCode: _____

Phone #: _____ E-mail address: _____

Home Club/Rink: _____ Tests Passed: Basic Skills: _____ Freestyle: _____ Moves: _____

Coaches Name: _____ Coaches Phone #: _____ Coaches E-Mail: _____

Basic 1-6 Elements
(No Music)

- ___ Snowplow Sam
- ___ Basic 1
- ___ Basic 2
- ___ Basic 3
- ___ Basic 4
- ___ Basic 5
- ___ Basic 6
- ___ Pre-Preliminary

Pre-Freeskate -Free Skate 1-6
Compulsories(No Music)

- ___ Pre Free Skate
- ___ Freeskate 1
- ___ Freeskate 2
- ___ Freeskate 3
- ___ Freeskate 4
- ___ Freeskate 5
- ___ Freeskate 6
- ___ Preliminary

Excel Compulsories
(No Music)

- ___ Excel Beginner
- ___ Excel High Beginner
- ___ Excel Pre-Preliminary
- ___ Excel Preliminary

Well Balanced Compulsories (No Music)
___ No Test

Snowplow Sam -Basic 1-6
Program with Music

- ___ Snowplow Sam
- ___ Basic 1
- ___ Basic 2
- ___ Basic 3
- ___ Basic 4
- ___ Basic 5
- ___ Basic 6

Pre-Freeskate-Freeskate 1-6
Program with Music

- ___ Pre-Free Skate
- ___ Freeskate 1
- ___ Freeskate 2
- ___ Freeskate 3
- ___ Freeskate 4
- ___ Freeskate 5
- ___ Freeskate 6

Excel Free Skate
Program with Music

- ___ Excel Beginner Free Skate
- ___ Excel High Beginner Free Skate
- ___ Excel Pre-Preliminary Free Skate
- ___ Excel Preliminary Free Skate
- ___ Excel Preliminary Plus Free Skate

Well Balanced Free Skate Program
With Music

- ___ No Test
- ___ Pre Preliminary
- ___ Preliminary
- ___ Preliminary

Showcase Events

- ___ Basic 1-6
- ___ Pre-Free Skate- Beginner/High Beginner
- ___ No Test
- ___ Pre-Preliminary

First Event	1 @ \$55= \$55.00
Additional Events @ \$25.00 each	___ x \$25.00= _____
Total Amount Enclosed	

The completed entry form, with fees, must be postmarked no later than Friday March 8th, 2019

Make check payable to **Freeport Skating Academy** and mail to: **Freeport Skating Academy**

130 E. Merrick Rd. Freeport, NY 11520

Entry fees are not refundable after the entry deadline unless an event is cancelled.

Certification of Competitor: The competitor is eligible to enter the events checked. It is agreed that the competitor and Family holds the Freeport skating Academy, Inc. Village of Freeport 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.

Parent/Guardian Signature _____ Date: _____

Instructor/Coach Signature: _____ Date: _____

Program Director/Club Officer: _____ Date: _____

Freeport Skating Academy Spring Challenge

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

In consideration of participating in Freeport Skating Academy 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 Freeport Skating Academy, 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 Freeport Skating Academy has the right, but not the obligation, to provide rules, regulations and/or ice monitors for this event. We hereby acknowledge that the Freeport Skating Academy 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, not withstanding, 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

20th Annual Freeport Spring Challenge

The 4th event in our

8th Annual Long Island Grand Prix Series

The Cantiague FSC, Freeport Skating Academy, Great Neck Park District, Long Island Skating Academy, and Iceland Arena & Met FSC would like to welcome all skaters to our 4th event of our Grand Prix Series for this season! All information regarding participation is as follow...

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/High Beginner Excel Pre-Preliminary-No Test through Preliminary

Dates:

November 18th, 2018-Cantiague FSC Holiday Classic

February 2019 –Northwell Health Ice Center “Love To Skate”- E. Meadow, NY

April 7th, 2019-Freeport Skating Academy’s “Spring Challenge”-Freeport Recreation Center, Freeport NY

May , 2019 - Spiral Into Spring-Great neck Park District

May 19th, 2019-CFSC Nassau County Championships-Cantiague Park, Hicksville NY

June 1, 2019- Iceland’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 Test Track 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 1st 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 1st, 2nd, and 3rd 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 st	5
2 nd	4
3 rd	3
4 th	2
5 th	1
6 th	1

Please fill out registration form if you wish to participate in the Grand Prix Series. Forms will be available at the registration desk when you check in at any of the competitions listed above.

THE MORE EVENTS YOU ENTER, THE MORE POINTS YOU EARN!

SNOWPLOW SAM – BASIC 6 ELEMENTS

Two format options for the Elements Event:

- *Each skater will perform each element when directed by a judge/referee OR
- *Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography) Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.
- *To be skated on 1/3 to 1/2 ice (determined by the LOC)
- *No music
- *Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- *All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward 1/2 swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward 1/2 swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry • T-stop, right or left

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

1. To be skated on full ice with music.
2. The skater may use elements from a previous level.
3. 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.
4. Divide Snowplow Sam skaters by level (1-4), if registrations warrant.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward 1/2 swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward 1/2 swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
Basic 5	1:10 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position • T-stop, right or left

PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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

*To be skated on 1/2 ice. [SEP]

*No music [SEP]

*The skater must demonstrate the required elements listed [SEP]

***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. [SEP]

Time: 1:15 maximum [SEP]

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) [SEP] Two forward crossovers into a forward inside Mohawk, step down and [SEP]cross behind, step into one backward crossover and step to a forward [SEP]inside edge, clockwise and counterclockwise [SEP] Basic one-foot upright spin, optional entry and free-foot position - [SEP]minimum 3 revolutions [SEP] Mazurka [SEP] Waltz jump [SEP]
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> Forward stroking, 4-6 consecutive powerful strokes [SEP] Backward outside three-turns, right and left [SEP] One-foot upright spin, entry from backward crossovers, with free foot in [SEP]crossed leg position (scratch spin) – minimum 4 revolutions [SEP] Toe loop [SEP] Half flip jump [SEP]
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis [SEP] Backward inside three-turns, right and left [SEP] Beginning back spin- maximum 2 revolutions [SEP] Half Lutz [SEP] Salchow jump [SEP]
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> Alternating Mohawk/crossover sequence, right to left and left to right [SEP] Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise [SEP] Advanced back spin with free foot in crossed leg position- minimum 3 [SEP]revolutions [SEP] Loop jump [SEP] Waltz jump/toe loop or Salchow/toe loop jump combination [SEP]
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> Forward power 3's, 2-3 consecutive sets, right or left [SEP] Sit spin - minimum 3 revolutions [SEP] Half loop jump (Euler) [SEP] Flip jump [SEP]
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> Backward outside three-turn, Mohawk (backward power three-turn), both directions [SEP] Camel spin - minimum 3 revolutions [SEP] Waltz jump-loop jump combination [SEP] Lutz jump [SEP]

Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Forward power pulls, minimum 3 on each foot • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump, half loop (Euler), Salchow jump combination • Beginning Axel jump
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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.

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 • Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions • Mazurka • Waltz jump • NOT ALLOWED -Waltz jump, side toe hop, waltz jump
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop jump • Half flip jump • NOT ALLOWED – Waltz jump/toe loop combination
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Beginning back spin- maximum 2 revolutions • Half Lutz • Salchow jump • NOT ALLOWED – Salchow/toe loop combination
Free Skate 3	1:40 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, minimum 3 revolutions • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination • NOT ALLOWED – Waltz/loop 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 3 revolutions • Half Loop jump (Euler) • Flip jump • NOT ALLOWED – Waltz/half-loop/Salchow sequence
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), b • Camel spin – minimum 3 revolutions • Waltz-loop jump combination • Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Creative step sequence using a variety of three turns, Mohawks and toe steps

- Camel, sit spin combination - minimum of 4 revolutions total
- Waltz jump/ half-loop (Euler)/Salchow jump combination
- Beginning Axel jump

EXCEL COMPULSORY

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

- *To be skated on 1/2 ice.
- *No music
- *The skater must demonstrate the required elements listed
- *A 0.2 deduction will be taken for each element performed from a higher level.
- *Time: 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories than free skate program.

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

WELL BALANCED LEVELS COMPULSORY

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

- *To be skated on 1/2 ice.
- *No music
- *The skater must demonstrate the required elements listed
- *A 0.2 deduction will be taken for each element performed from a higher level.
- *Time: 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories than free skate program.

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

		<ul style="list-style-type: none"> Spin with one change of position and no change of foot – minimum 6 revolutions total Choreographic step sequence
Preliminary	1:15 max.	<ul style="list-style-type: none"> Axel jump Jump combination: single/single (may include Axel) Spin with one change of foot and one change of position – minimum 3 revolutions on each foot Choreographic step sequence

Excel Free Skate

General event parameters:

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

*Skaters will skate to the music of their choice.

*Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or skate up one level higher.

<p><u>Excel Beginner Free Skate</u> 1:40 Max <u>Must not</u> have passed higher than LTS USA 2</p>	<p>Max 4 jump Elements: *Jumps with no more the ½ rotation(Front to back or back to front) *Single rotation jumps: salchow, toe loop only *Eulers(half loops) are not allowed *Max 2 jumps combos or sequences *Max 2 of any jump</p>	<p>Max 2 Spins: *Two upright spins *No change of foot *No flying entry *Minimum 3 revolutions</p>	<p>Max 1 Sequence: Choreograph Step Sequence (ChSt) *Must use ½ of the ice surface *Moves in the field and spiral sequences are allowed but will not be counted as elements *Jumps may be included in sequence</p>
<p><u>Excel High Beginner Free Skate</u> 1:40 Max <u>Must not</u> have passed higher than LTS USA Free Skate 4</p>	<p>Max 5 jump Elements: *Jumps with no more the ½ rotation(Front to back or back to front) *Single rotation jumps: salchow, toe loop, Eulers(half loop), Loop *Flip, Lutz, & Axel not permitted *Max 2 jumps combos or sequences *Max 2 of any jump</p>	<p>Max 2 Spins: *Both spins must be in a single position * No flying entry *Permitted forward spins: upright, sit, camel *Permitted back spins upright *Minimum 3 revolutions *Spins must be of a different character</p>	<p>Max 1 Sequence: Choreograph Step Sequence (ChSt) *Must use ½ of the ice surface *Moves in the field and spiral sequences are allowed but will not be counted as elements *Jumps may be included in sequence</p>
<p><u>Excel Pre-Preliminary</u> 1:40 Max <u>Must not</u> have passed higher than USFS Pre Preliminary free skate test *Means required element Full USFS membership required</p>	<p>Max 5 jump Elements: *All single jumps permitted except axel *No single axels, double or higher jumps permitted *Number of single jumps(Except axel)is not limited provided the maximum number of jump elements allowed is not exceeded</p>	<p>Max 2 Spins: * One spin must be in a single position *One spin may change feet or postion *No flying entry *Minimum 3 revolutions *Spins must be of a different character</p>	<p>Max 1 Sequence: Choreograph Step Sequence (ChSt) *Must use ½ of the ice surface *Moves in the field and spiral sequences are allowed but will not be counted as elements *Jumps may be included in sequence</p>

	<ul style="list-style-type: none"> *Max 2 jumps combos or sequences *Jump combinations limited to 2 jumps. One 3 jump combination is allowed *Jump sequence is any listed jump immediately followed by a waltz jump 		
<p>Excel Preliminary 1:30 +/- .10 sec. <u>Must not</u> have passed USFS Preliminary free skate test *Means required element Full USFS membership required</p>	<p>Max 5 jump Elements: *All single jumps permitted except for axel *No single axels, double, or higher jumps allowed *Number of single jumps(Except single axel) is not limited provided the maximum number of jumps elements allowed is not exceeded *Maximum 2 jump combos or sequences Jump combos limited to 2 jumps, but one 3 jump combo is allowed *Jump sequence is any jump listed immediately followed by a waltz jump</p>	<p>Max 2 Spins: *One spin must be in a single position *One spin may change feet and/or position *No flying entry *Minimum 3 revolutions *Spins must be of a different character</p>	<p>Max 1 Sequence: Choreograph Step Sequence (ChSt) *Must use ½ of the ice surface *Moves in the field and spiral sequences are allowed but will not be counted as elements *Jumps may be included in sequence</p>
<p>Excel Preliminary Plus 1:30 +/- .10 secs. <u>Must not</u> have passed USFS preliminary free skate test *Means required element Full USFS membership required</p>	<p>Max 5 jumps: *All single jumps, including single axel *No double, or higher jump permitted *Single axel may be repeated once(but not more) as a solo jump or part part of a sequence or jump combination(max 2 axels) *Number of remaining single jumps is not limited provided the maximum number of jump elements is not exceeded *Maximum 2 jump combinations or sequences *All single jumps including the single axel are allowed as part of a combination or sequence(no double jumps)</p>	<p>Max 2 Spins: *One spin must be in one single position *One spin may change feet and/or position *No flying entry *Minimum 3 revolutions *Spins must be of a different character</p>	<p>Max 1 Sequence: Choreograph Step Sequence (ChSt) *Must use ½ of the ice surface *Moves in the field and spiral sequences are allowed but will not be counted as elements *Jumps may be included in sequence</p>

	*Jump sequence is any listed jump immediately followed by a waltz jump		
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WELL BALANCED FREE SKATE PROGRAM

General event parameters:

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

*Skaters will skate to the music of their choice.

*^[L]_[SEP]Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up one level higher.^[L]_[SEP]

**Per ISU rules, the new definition for a jump sequence will be in effect. A jump sequence consists of two jumps; beginning with any listed jump immediately followed by a waltz jump.

Level	Jumps	Spins	Step Sequences
<p>No- Test</p> <p>Time: 1:40 Max.</p>	<p>Max 5 Jump Elements :</p> <ul style="list-style-type: none"> All single jumps allowed except for the single Axel^[L]_[SEP] *No single Axels, double, triple or quadruple jumps allowed^[L]_[SEP] *Number of single jumps(except single Axels)is not limited provided the maximum number of jump elements allowed is not exceeded ^[L]_[SEP]• Max 2 jump combinations or jump sequences *Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed *Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Max 2 Spins :</p> <ul style="list-style-type: none"> *Spins may change feet and/or position^[L]_[SEP] *Spins may start with a flying entry^[L]_[SEP] *Min 3 revs. ^[L]_[SEP] *These spins must be of a different character^[L]_[SEP](For definition see U.S. Figure Skating rule 4103 (E))^[L]_[SEP] 	<p>Max 1 Sequence :</p> <ul style="list-style-type: none"> • Step Sequence^[L]_[SEP]o Must us ½ th ice surface^[L]_[SEP] * Moves in the field and spiral sequences are allowed but will not be counted as elements *Jumps may be included in the step sequence
<p>Pre- Preliminary</p> <p>Time: 1:40 Max.</p>	<p>Max 5 Jump Elements :</p> <ul style="list-style-type: none"> All single jumps, including the single Axel, allowed^[L]_[SEP]o No double, triple or quadruple jumps allowed^[L]_[SEP]o Axel may be repeated once as a solo jump or part of^[L]_[SEP]a jump sequence or jump 	<p>Max 2 Spins:</p> <ul style="list-style-type: none"> • Spins may change feet and/or position^[L]_[SEP] • Spins may start with a flying entry^[L]_[SEP] 	<p>Max 1 Sequence:</p> <ul style="list-style-type: none"> • Step Sequence must use 1/2 the ice surface^[L]_[SEP] * Moves in the field and spiral sequences are allowed but will not be counted as elements *Jumps may be included in the step sequence

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

SHOWCASE EVENTS

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary. Groups

will be divided by number of entries and ages if possible. Skaters must enter at

the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

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

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

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

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

Showcase categories may include:

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

6. Dramatic entertainment: Programs should express intense emotional connection and investment in the (music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience. (

7. Light entertainment: Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions. (

8. Duets: Theatrical/artistic performances by any competitors. (

9. Mini production ensembles: Theatrical performances by three to seven competitors. (

10. 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. (

Showcase Events

Showcase events are open to all skaters in all levels. Groups will be divided by number of entries and ages if possible. 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 permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Props must be placed and removed by unaided singles competitors within 1 minute. A .2 deduction will be assessed by the referee against each judges mark for each 5 seconds in excess of the time allowed for the performance or for handling props. Props may not be flame oriented or alive. Nothing can be thrown or placed near the judges.

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 sufficient quality to support the selected 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 or Artistic competitions, refer to Non qualifying Showcase Guidelines posted on www.usfigureskating.org.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Snowplow Sam thru 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 thru Free Skate 6 Excel Beg/High Beg	3 jump maximum. No axels or double jumps permitted	May not have passed any official US Figure Skating free skate tests.	1:30 max
No Test thru Pre Preliminary	3 jump maximum. No axels or double jumps permitted	Must have passed no higher than US Figure Skating Pre Preliminary	1:30 max
Preliminary	3 jump maximum. Axels are permitted, but no double jumps allowed	Must have passed no higher than US Figure Skating Preliminary free skate	1:40 max