



2018 Front Range Invitational

Saturday, June 2, 2018

At the Greeley Ice Haus

900 8th Avenue

Greeley, CO 80631

Entries due Sunday, May 13, 2018 at 11:59 pm

Online registration only on Entry Eeze

<http://comp.entryeeze.com/Home.aspx?cid=208>

Chief Referee: Cassy Papajohn

Chief Accountant: Connie Schamaun

Sponsored by:

The Mountain View Skating Club

For further information please contact Melayna Rael (primary) or Leah Hurst (secondary) or visit

www.mountainviewskatingclub.com

Melayna Rael

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The 2018 Front Range Invitational 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 event is a standard U.S. Figure Skating Nonqualifying Competition



2018 Skate Colorado Compete USA Series



<p>FrightFest (EPIC) Date: October 29, 2017 www.fortcollinsfsc.org 1801 Riverside Fort Collins, CO 80525 Competition Chair: Gordon Harrison gord1har@hotmail.com (719) 337-7610</p> <p>Competition Application Deadline: October 20, 2017</p>	<p>Denver Invitational (South Suburban) Date: March 16-19, 2018 www.denverfsc.org 6580 So. Vine Street Centennial, CO 80121 Competition Chair: Lisa May lisa@denverfsc.org (720) 272-0290</p> <p>Competition Application Deadline: Feb 4, 2018</p>
<p>Ft. Collins Classic (EPIC) Date: April 5-8, 2018 www.fortcollinsfsc.org 1801 Riverside Fort Collins, CO 80525 Competition Chair: Dawn Cramer sinjinaz@icloud.com (602) 403-3176</p> <p>Competition Application Deadline: February 28, 2018</p>	<p>Pueblo Invitational (Pueblo Ice Arena) Date: April 21-22, 2018 www.pueblofsc.com 100 N. Grand Avenue Pueblo, CO 81003 Competition Chair: Rachel Martin pueblofigureskatingclub18@gmail.com (720) 232-6528</p> <p>Competition Application Deadline: April 6, 2018</p>
<p>Colorado College Cup (Honnen Ice Arena) Date: May 13, 2018 http://www.coloradocollege.edu/other/honnen 14 Cache La Poudre St. Colorado Springs, CO 80903 Competition Chair: Linda Alexander/Donna Schoon lalexander@coloradocollege.edu (719) 389-6156</p> <p>Competition Application Deadline: April 25, 2018</p>	<p>Front Range Invitational (Greeley Ice Haus) Date: June 2-3, 2018 www.mountainviewskatingclub.com PO Box 336771 Greeley, CO 80633 Competition Chair: Leah Hurst competition@mountainviewskatingclub.com (970) 616-9101</p> <p>Competition Application Deadline: May 1, 2018</p>
<p>Broadmoor Open (World Arena) Date: June 17, 2018 www.broadmoorskatingclub.com 3185 Venetucci Blvd Colorado Springs, CO 80906 Competition Chair: Barbara Bradley HoneyB23@aol.com 719-540-5655</p> <p>Competition Application Deadline: April 27, 2018</p>	<p>Colorado Championships (Ice Centre at the Promenade) Date: Aug 2-4, 2018 www.denverfsc.org 10710 Westminster Blvd Westminster, CO 80020 Competition Chair: Brenda Bowers/Cassy Papajohn coloradochampionships@gmail.com (303) 517-0701</p> <p>Competition Application Deadline: June 23, 2018</p>
<p>Colorado Gold (South Suburban) Date: August 19, 2018 www.coloradoskatingclub.net 6580 So. Vine Street Centennial, CO 80121 Competition Chair: Valerie Powell / Mike Maciolek vailval@comcast.net / mcmaciolek@hotmail.com (303) 596-0339 / (303) 915-9570</p> <p>Competition Application Deadline: July 2, 2018</p>	<p>Colorado Springs Invitational (Monument Ice Rinks) Date: September 16, 2018 www.centennialskatingclub.org 16240 Old Denver Highway Monument, CO 80132 Competition Chair: Lisa Landon Lisa_landon@comcast.net (719) 659-0912</p> <p>Competition Application Deadline: Aug 5, 2018</p>
<p>*** All 2018 Skate Colorado Compete USA Competition Series awards will be presented at the conclusion of this competition ***</p>	

MVSC MISSION STATEMENT: Mountain View Skating Club’s mission is to provide opportunities for all skaters to fulfill their figure skating goals and build friendships through figure skating.

Skate Colorado Compete MISSION STATEMENT: To provide an opportunity for Colorado skaters to develop their skating skills in a fun, competitive environment.

AWARDS: During the competition season, skaters and teams/clubs will have the chance to compete at 10 different competitions and earn points for a final standing. *Trophies and medals will be awarded at the conclusion of the CSI Skate Colorado Compete USA competition.*

Skate Colorado Compete USA Series Team Banner (3x4) – 1st, 2nd, and 3rd place banners will be awarded to the club/skating school with the most points scored throughout the entire series (all 10 competitions) by skaters representing that club/skating school (points for clubs and skating schools located at the same rink will be added together to enhance and create more of a “team” concept). Points will be awarded based upon the same system as the individual points. Only the top 10 team members’ scores will count toward the team points in each competition. Tie breakers will be the same as the individual tie breakers.

Free skate Program and Elements/Compulsory Series Point System

A skater must enter BOTH the Free skate Program AND the Elements/Compulsory event IN THE SAME LEVEL in each of at least TWO of the TEN registered Skate Colorado Compete USA Competitions to be eligible for accumulating points. Skaters must compete in a minimum of 2 competitions. Only up to the best 4 scores (free skate and compulsory/elements added together) of the season will be totaled for the final score in the series. Each event will have a maximum of six skaters. Both youth and adults may accumulate points!

The system for scoring points for the trophies will be as follows:

1st place	6 points
2nd place	5 points
3rd place	4 points
4th place	3 points
5th place	2 points
6th place	1 point

** A skater will earn three points toward their overall standing each time the skaters enters a level that is higher than the level competed in at the previous competition throughout the duration of the series. In order to keep the extra three points he/she must compete in that level or higher in all subsequent competitions. Move up points will be awarded for all 10 series events (even though the event point scores may not be one of the final four best scores).*

In the event that there is only one skater in an event, the skater will have the choice to skate alone OR move up a level to compete against other skaters, **HOWEVER, THE SKATER WILL HAVE TO MOVE UP IN BOTH THE ELEMENTS/COMPULSORY MOVES AND THE PROGRAMS W/MUSIC EVENTS.** In this case, those skaters will be allowed to move back to their original level to compete at the next competition and shall not be awarded the **3** point move up credit.

If an event has 2-6 skaters, the points will be awarded as if there were six skaters in the group. If there is only one skater in the group, that skater will be awarded three points.

In case of a tie, the total number of skaters that the competitor has skated against throughout the series (all competitions and not just the competitions with the 4 best scores) will be the 1st tie breaker. The total score for all free skate events during the season will be the 2nd tie breaker, **the total score for all**

compulsory events during the season will be the 3rd tie breaker, and the number of levels increased throughout the season will be the 4th tie breaker.

All points follow the skater throughout the series, so if a skater moves up to higher levels, the points follow the skater. Once a skater moves up a level, they may not compete at a lower level unless they moved up as a result of having no other skaters in their group.

RULES and FORMAT

COMPETITION ANNOUNCEMENT

The **Skate Colorado Compete USA Competition Series** is sponsored equally by the 10 participating ice rinks and/or U.S. Figure Skating member clubs. Competition packages will be available at all participating ice rinks and/or via the club or rink websites. Each competition will have its own entry forms and specific rules so please make sure to read the entire announcement for each competition.

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Learn to Skate USA Program/Club or any other Learn to Skate USA Program/Club.

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

All Snowplow Sam through Basic 6 skaters are eligible to skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition and **NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.**

All Pre-Free Skate through Free Skate 6 skaters are eligible to skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition. **Skaters may have passed Pre-Preliminary MITF and no higher, Preliminary Dance and no higher, and may NOT have passed any U.S. FIGURE SKATING free skate tests.**

It is very important to the success of the series that skaters are placed in the correct divisions. If, for whatever reason, the local organizing committee and/or their Chief Referee discover that a skater has been placed in a category that is below their class level, the chair and referee will have the option to move the skater to the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors.

ANNOUNCEMENT

Mountain View Skating Club
Greeley Ice Haus
900 8th Avenue
Greeley, CO 80631

The annual Compete USA Competition Front Range Invitational, sponsored by Mountain View Skating Club, 900 8th Avenue, Greeley, CO 80631 will be held at The Greeley Ice Haus, 900 8th Avenue, Greeley, CO 80631 on Saturday, June 2nd, 2018.

ENTRIES AND FEES -All entries must be completed via Entry Eeze no later than Sunday, May 13, 2018 at 11:59 pm MDT. Late entries will be accepted at the discretion of the organizers. Entry fees are per person, U.S. dollars. The first event is **\$55.00** and each additional event is **\$20.00**. **Entry fees will not be refunded after May 13, 2018 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals.**

JUDGING SYSTEM: The 6.0 Majority Judging System will be used for all events.

AWARDS – Everyone will receive an award. All events will be final rounds. Medals will be awarded to first through third places. ALL other places will receive ribbons. ALL awards will be given at appropriate times throughout the competition.

SCHEDULE OF EVENTS – Email notification will be sent when the schedule has been completed. The schedule also will be posted on the official bulletin board no later than Sunday, May 27, 2018.

LOCKER ROOMS AND CHANGING AREAS: This event will be following the Locker Rooms and Changing Area policy included in the SafeSport Handbook. There will be a designated locker room for parents with children 11 and under and locker rooms available for other participants. See registration desk for further information.

PRACTICE ICE - Practice ice will be available on a prearranged basis the day of the competition. The fee for practice ice is \$15.00 / session for individuals. Practice ice sessions for individual events are 30 minutes long and are assigned based on skating level. Skaters' music will be played in random order. A maximum of 15 skaters will be allowed on the ice during any one session. You may sign up for **NO MORE THAN TWO SESSIONS** on a first-come, first-served basis.

MUSIC - The music for all free skating programs and showcase should be uploaded within Entry Eeze prior to the close of registration. Skaters should also bring a backup copy CD to the event in case of technical difficulties. Time duration is always +/- 10 seconds.

PHOTOGRAPHY - Professional photography services may be available at the competition. Spectators should be aware that flash photography is dangerous to the skaters while they are competing and will not be allowed inside the ice arena.

BULLETIN BOARD - An official bulletin board will be maintained at the arena. The official schedule of events will be posted, as well as practice ice schedules. It is the responsibility of each competitor, coach and parent to check the bulletin board for official information. Any corrections to the schedule and other notices will be posted on this board. Skaters must arrive at least 45 minutes before the scheduled time of their event(s).

FACILITIES - The Greeley Ice Haus is located at 900 8th Avenue in Greeley, CO 80631.

LIABILITY - U.S. Figure Skating and the clubs or organizers of competition undertake no responsibility for damages or injury suffered by the skaters or officials. As a condition of, and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials

shall be deemed to agree to assume all risks of injury to their person or property resulting from, caused by or connected with the conduct and management of the competition, and to waive and release any and all claims which they may have against any Officials, U.S. Figure Skating, Mountain View Skating Club, the club's officers, and the hosting facility (Greeley Ice Haus), and their entries shall be accepted only on such condition.

HOSPITALITY: There will be hospitality available for both officials and coaches.

ADMISSIONS: This competition is open to the general public for viewing at no charge. **Please, no flash photography.**

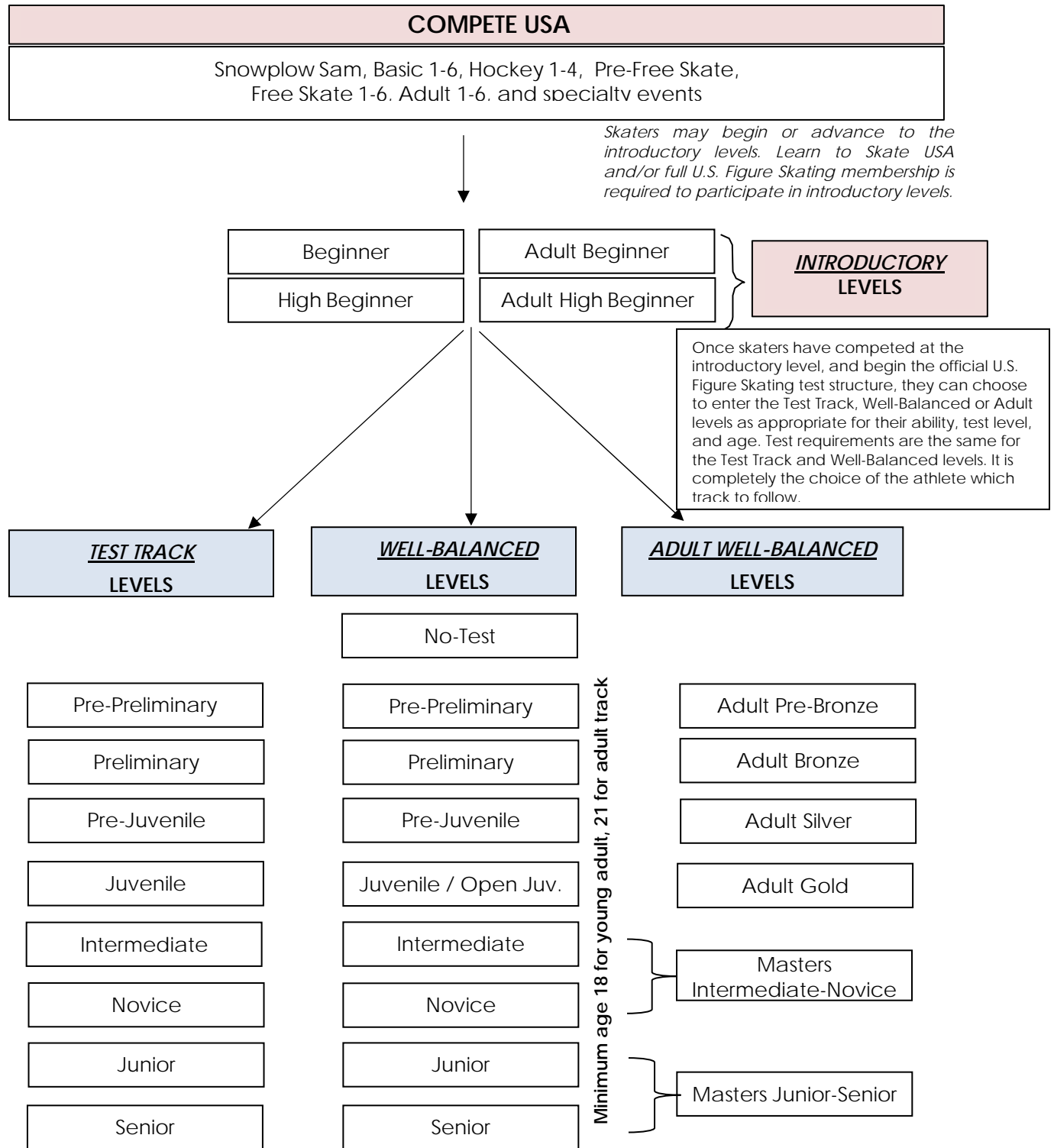
AREA HOTELS – Please contact the hotel directly for availability.

Doubletree by Hilton
919 7th Street
Greeley, CO 80631
Phone: 970-304-0000
Distance from Ice Haus – 1 mile

Hampton Inn and Suites
2350 W. 29th Street
Greeley, CO 80631
Phone – 970-339-5525
Distance from Ice Haus – 6 miles

Homewood Suites by Hilton
2510 46th Avenue
Greeley, CO 80634
Phone – 970-330-1706
Distance from Ice Haus – 7 miles

Illustration of Singles Free Skating Events:



Competition Event Requirements

Elements: Snowplow Sam – Basic 6

Format: Each skater will have the option to perform one element at a time in the order listed below (no excessive connecting steps)

- To be skated on ½ ice
- No music
- **All elements must be skated in the order listed – no additional elements are allowed**
- If the description of a required move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- Time: 1:00 MAX

Compulsory: Pre-Free Skate – Free Skate 6 and Adults 1-6

Format: In 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 as connecting steps. Bonus skills from the same level or below are allowed but will not be judged elements**
- If the description of the move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 MAX Pre-Free Skate – Free Skate 6; 1:30 MAX Adult 1-6

Programs with Music: Snowplow Sam – Basic 6

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

- To be skated on full ice
- Vocal music is allowed
- **The skater must demonstrate the required elements listed and may use any additional elements from their current level or a previous level. Bonus skills from the same level or below are allowed but will not be judged elements**
- If the description of a required move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:10 MAX

Programs with Music: Pre-Free Skate – Free Skate 6 and Adult 1 – 6

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

- Vocal music is allowed.
- **The skater must demonstrate the required elements listed and may use, but is not required to use, any additional elements from their current level (including bonus elements) or a previous level. Bonus skills from the same level or below are allowed but will not be judged elements**
- If the description of a required move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:40 MAX

Required Descriptions for Elements & Compulsories

Level	Skating rules / standards	Level	Skating rule/ standards
Snowplow Sam	<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 	Free Skate 3	<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, (minimum three revolutions) Loop jump Waltz jump/toe loop or Salchow/toe loop jump combination
Basic 1	<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 	Free Skate 4	<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
Basic 2	<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 	Free Skate 5	<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
Basic 3	<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 	Free Skate 6	<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, half loop, Salchow sequence Beginning Axel jump
Basic 4	<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, max 2-4 revolutions Backward ½ swizzle pumps on a circle, one direction only 	Adult 1	<ul style="list-style-type: none"> Forward marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop – two feet or one foot
Basic 5	<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, max 4-6 revolutions Forward outside three-turn, right and left Hockey stop 	Adult 2	<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
Basic 6	<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 	Adult 3	<ul style="list-style-type: none"> Forward stroking using the blade properly Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise Forward chasses on a circle, clockwise and counterclockwise Backward skating to a long two-foot glide Backward snowplow stop, right and left
Pre-Free Skate	<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 	Adult 4	<ul style="list-style-type: none"> Forward outside edge on a circle, right and left Forward inside edge on a circle, right and left Forward crossovers, clockwise and counterclockwise Hockey stop, both directions Backward one-foot glides, right and left
Free Skate 1	<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 	Adult 5	<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
Free Skate 2	<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 	Adult 6	<ul style="list-style-type: none"> Forward stroking with crossover end patterns Backward stroking with crossover end patterns Forward inside three-turn, right and left T-stop Lunge Two-foot spin into one-foot spin (min 2 revs on one foot)

Required Descriptions for Programs with Music

Level	Skating rules / standards	Level	Skating rule/ standards
Snowplow Sam	<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 	Free Skate 3	<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 three revolutions) • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination
Basic 1	<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 	Free Skate 4	<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
Basic 2	<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 	Free Skate 5	<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
Basic 3	<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 	Free Skate 6	<ul style="list-style-type: none"> • Split jump or stag jump • Camel, sit spin combination - minimum of four revolutions total • Waltz jump, half loop, Salchow jump sequence • Beginning Axel jump
Basic 4	<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, maximum 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only 	Adult 1	<ul style="list-style-type: none"> • Forward marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Basic 5	<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, maximum 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop 	Adult 2	<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
Basic 6	<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 	Adult 3	<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
Pre-Free Skate	<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 	Adult 4	<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
Free Skate 1	<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 • Half flip 	Adult 5	<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
Free Skate 2	<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 	Adult 6	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)

WELL BALANCED FREE SKATE PROGRAM

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"> • All single jumps allowed except for the single Axel <ul style="list-style-type: none"> ○ No single Axels, double, triple or quadruple jumps allowed ○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed <p>Jump sequences limited to a maximum of 3 single jumps</p>	<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. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence
Pre-Preliminary	1:40 Maximum	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> ○ No double, triple or quadruple jumps allowed ○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed <ul style="list-style-type: none"> • Jump sequences limited to a maximum of 3 single jumps 	<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. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence
Preliminary	1:30 +/- 10 seconds	<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) <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed <ul style="list-style-type: none"> • Jump sequences limited to a maximum of 3 single or double jumps 	<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. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence

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.
- 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
Pre-Preliminary 1:40 maximum	<p><i>Maximum of 5 jump elements:</i></p> <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. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program
Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) <p>One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</p>	Connecting moves and steps should be demonstrated throughout the program

WELL BALANCED LEVELS COMPULSORY

General event parameters:

- Elements skated on ½ ice
- Elements may be performed only once
- No music is 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

Compete USA Showcase Events

Format: 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. 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.

Showcase categories will include:

- **Dramatic entertainment:** Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- **Light entertainment:** Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- **Duets:** Theatrical/artistic performances by any 2 competitors.

General event parameters:

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each 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.

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

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.