



2019 Front Range Invitational

Saturday, June 1, 2019
At the Greeley Ice Haus
900 8th Avenue
Greeley, CO 80631
Entries due Sunday, May 12, 2019 at 11:59 pm

Online registration only on Entry Eeze
<http://comp.entryeeze.com/Home.aspx?cid=208>

Chief Referee: Cassy Papajohn
Chief Accountant: Cherry Harrison

Sponsored by:
The Mountain View Skating Club

For further information please contact Melayna Rael (primary) or Leah Hurst (secondary) or visit
www.mountainviewskatingclub.com

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The 2019 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



2019 Skate Colorado Compete USA Series



<p>Denver Invitational (South Suburban) Date: March 16-17, 2019 www.denverfsc.org 6580 So. Vine Street Centennial, CO 80121 Competition Chair: Lisa May lisa@denverfsc.org (720) 272-0290 Competition Application Deadline: Feb 3, 2019</p>	<p>Ft. Collins Classic (EPIC) Date: April 4-7, 2019 www.fortcollinsfsc.org 1801 Riverside Fort Collins, CO 80525 Competition Chair: Kelly Cann kelly.cann79@gmail.com (970) 237-9842 Competition Application Deadline: March 4, 2019</p>
<p>Colorado College Cup (Honnen Ice Arena) Date: May 18, 2019 http://www.coloradocollege.edu/other/honnen 14 Cache La Poudre St. Colorado Springs, CO 80903 Competition Chair: Linda Alexander/Donna Schoon lalexander@coloradocollege.edu or dschoon499@gmail.com (719) 389-6156 Competition Application Deadline: April 18, 2019</p>	<p>Front Range Invitational (Greeley Ice Haus) Date: June 1, 2019 www.mountainviewskatingclub.com 900 8th Avenue Greeley, CO 80633 Competition Chair: Leah Hurst competition@mountainviewskatingclub.com (970) 616-9101 Competition Application Deadline: May 12, 2019</p>
<p>Broadmoor Open (World Arena) Date: June 23, 2019 www.broadmoorskatingclub.com 3185 Venetucci Blvd Colorado Springs, CO 80906 Competition Chair: Barbara Bradley HoneyB23@aol.com 719-540-5655 Competition Application Deadline: April 29, 2019</p>	<p>Rocky Mountain Championships (Ice Centre at the Promenade) Date: Aug 3-4, 2019 www.rockymountainfsc.org 10710 Westminster Blvd Westminster, CO 80020 Competition Chair: Alexandra Gilliam ATGilliam2020@gmail.com 303-817-2821 Competition Application Deadline: June 14, 2019</p>
<p>Colorado Gold Date: August 11, 2019 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 Competition Application Deadline: July 8, 2019</p>	<p>Colorado Springs Invitational (Monument Ice Rinks) Date: September 15, 2019 www.centennialskatingclub.org 16240 Old Denver Highway Monument, CO 80132 Competition Chair: Lisa Landon Lisa_landon@comcast.net (719) 659-0912 Competition Application Deadline: Aug 5, 2019</p> <p>*** All 2019 Skate Colorado Compete USA Competition Series awards will be presented at the conclusion of this competition ***</p>

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 8 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 8 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’ OVERALL scores FOR THE ENTIRE SEASON will count toward the team points for the determination of the team trophy.** 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 EIGHT 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:

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

Trophies will be awarded 1-3 in each level from Snowplow Sam through Free Skate 6 and Adult 1-6. The trophies will be awarded to the skaters at their level as of the last competition in which they compete.

Rules and Format:

COMPETITION ANNOUNCEMENT

The **Skate Colorado Compete USA Competition Series** is sponsored equally by the 8 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 1st, 2019.

ENTRIES AND FEES -All entries must be completed via EntryEeze no later than Sunday, May 12, 2019 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 **\$60.00** and each additional event is **\$25.00**. **Entry fees will not be refunded after May 18, 2019 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 25, 2019.

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 EntryEeze 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

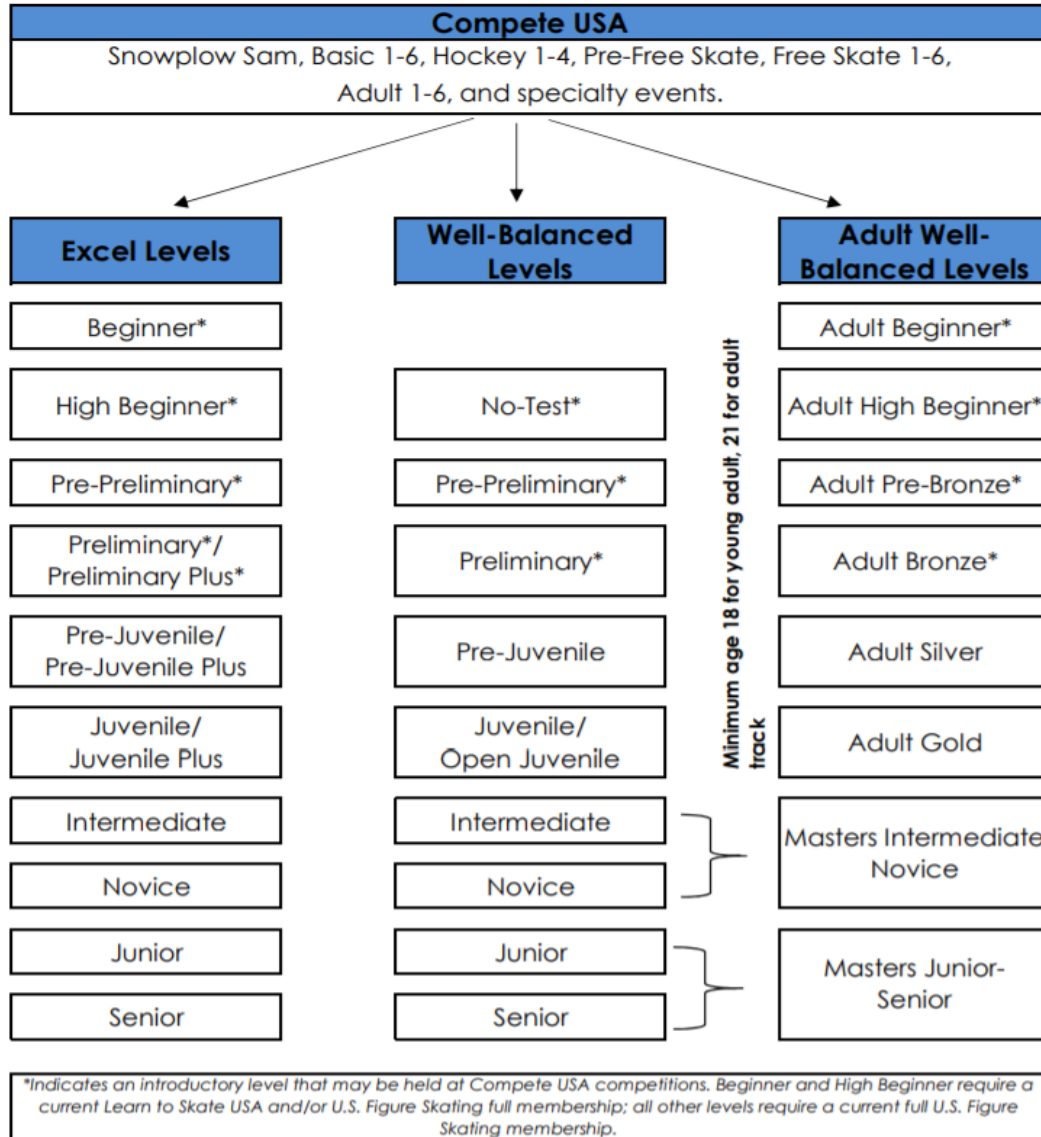
Hampton Inn and Suites
2350 W. 29th Street
Greeley, CO 80631
Phone – 970-339-5525
Distance from Ice Haus – 6 miles

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



COMPETITIVE PROGRESSION THROUGH THE LEVELS OF U.S. FIGURE SKATING

Singles athletes begin with Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well-Balanced or Adult levels as appropriate for their ability, test level, and age. Test requirements are the same for the Excel and Well-Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development, but may not enter the same type of event in multiple tracks. Competitive level is determined by highest free skate test passed.





Elements: Snowplow Sam – Basic 6

Format: Each skater will 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

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

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.

- To be skated on full ice
- 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 	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 Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions Mazurka Waltz jump
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 1	<ul style="list-style-type: none"> Forward stroking, 4-6 consecutive powerful strokes Backward outside three-turns, right and left One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions Toe loop Half flip jump
Basic 2	<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 	Free Skate 2	<ul style="list-style-type: none"> Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis Backward inside three-turns, right and left Beginning back spin – max 2 revs Half Lutz Salchow 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 Moving forward to backward two-foot turn on a circle Beginning backward one-foot glide, either foot 	Free Skate 3	<ul style="list-style-type: none"> Alternating Mohawk/crossover sequence, right to left and left to right Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise 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
Basic 4	<ul style="list-style-type: none"> Forward outside edge on a circle, clockwise or counter clockwise Forward crossovers, 4-6 consecutive, clockwise and counterclockwise Backward ½ 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, max 4 revolutions 	Free Skate 4	<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
Basic 5	<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, min 4 revolutions Hockey stop 	Free Skate 5	<ul style="list-style-type: none"> Backward outside three-turn, Mohawk (backward power three-turn), both directions Camel spin - minimum 3 revolutions Waltz jump - loop jump combination Lutz jump
Basic 6	<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, max 3 revolutions, optional free leg held position and entry T-stop, right or left 	Free Skate 6	<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, Salchow sequence Beginning Axel jump

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 	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 counter clockwise 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
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 1	<ul style="list-style-type: none"> Forward power 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
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 2	<ul style="list-style-type: none"> Alternating forward outside spiral (right and left) and inside spiral (right and left) on a continuous axis Beginning back spin, max 2 revolutions Half Lutz jump Salchow jump NOT ALLOWED – Salchow/Toe Loop combination
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 Moving forward to backward two-foot turn on a circle Beginning backward one-foot glide, either foot 	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 NOT ALLOWED – Waltz jump/Loop combination
Basic 4	<ul style="list-style-type: none"> Forward outside edge on a circle, clockwise or counter clockwise Forward crossovers, 4-6 consecutive, clockwise and counter clockwise Backward ½ swizzle pumps on a circle, clockwise or counter clockwise, 4-6 consecutive Backward one-foot glides (no variations), right and left Beginning two-foot spin, max 4 revolutions 	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 (Euler) Flip jump NOT ALLOWED – Waltz jump/Half Loop/Salchow combination
Basic 5	<ul style="list-style-type: none"> Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, clockwise and counter clockwise Forward outside three-turn, right and left Advanced two-foot spin, min 4 revolutions Hockey stop 	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 6	<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, max 3 revolutions, optional entry and free leg held position T-stop, right or left 	Free Skate 6	<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



SINGLES FREE SKATE EVENTS: WELL BALANCED, EXCEL SERIES

- Skaters may enter EITHER a Well Balanced Free Skate event or Excel Free Skate but NOT both
- Skaters will skate to the music of their choice

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 ½ 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

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>Excel Preliminary Plus 1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, including single Axel • No double, or higher jumps allowed • Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) • Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences • All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) • Jump combinations limited to 2 jumps. One 3-jump combination is allowed • Jump sequences limited to a maximum of 3 single jumps 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 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>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half 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
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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

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

WELL BALANCED FREE SKATE PROGRAM (Continued)

Preliminary		1:30 +/- 10 seconds	Max 5 Jump Elements <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 	Max 2 Spins <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>	Max 1 Sequence <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
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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.	Upright one-foot spin (3) Upright back spin (3) Sit spin (3)
High Beginner	1:30 max.	Upright one-foot spin (4) Upright spin with change of foot (3 each foot) Sit spin (3)
No Test	1:30 max.	Upright spin with change of foot (3 each foot) Sit spin (3) Camel spin (3)
Pre – Preliminary	1:30 max.	Spin with one change of position and no change of foot (6) Backward sit spin (3) Camel spin (4)
Preliminary	1:30 max.	Spin with one change of foot and one change of position (min. 3 each foot) Change sit spin (min 3. each foot) One position spin – skater’s choice (upright, sit or camel) (4)

JUMPS CHALLENGE

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on ½ ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	Waltz jump (from backward crossovers) ½ flip or ½ Lutz Single Salchow
High Beginner	1:15 max.	Waltz jump (from backward crossovers) Single Salchow Jump combination – Waltz jump-toe loop
No Test	1:15 max.	Single toe loop Single loop Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	Single toe loop Single flip Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	Single flip Single Lutz Jump combination – Any single jump + single loop (may be Axel)

EVENT: Showcase Events – Light Entertainment Events

Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Props and scenery are permitted.

General event parameters:

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

EVENT: Showcase Events – Dramatic Entertainment Events

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures, and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness.
- Props and scenery ARE permitted.

General event parameters:

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



EVENT: Showcase Events – Duet Events

Format:

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

General event parameters:

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

Showcase Event Levels

Except for Adult events, skaters must compete at the highest level for which they qualify.

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Free Skate or Dance (solo or partnered) Test or higher	Age	Time
No Test (does not qualify for National Showcase)	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Pre-Preliminary (does not qualify for National Showcase)	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max