



2021 Front Range Invitational

Saturday, June 5, 2021
At the Greeley Ice Haus
900 8th Avenue
Greeley, CO 80631
Entries due Sunday, May 23, 2021 at 11:59 pm

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

Chief Referee: Janna Blanter
Chief Accountant: Melayna Rael

Sponsored by:
The Mountain View Skating Club

For further information please contact Lyndsay Buxman or visit
www.mountainviewskatingclub.com

Lyndsay Buxman
competition@mountainviewskatingclub.com

The 2021 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





2021 Skate Colorado Compete USA Series

<p>Aspen Invitational (Lewis Arena) RESCHEDULED Date: May 14-15, 2021 www.aspenfigureskatingclub.com 0861 Maroon Creek Rd Aspen, CO Competition Chair: Janette Buchanan janettebuchanan@yahoo.com (650) 465-1720 Competition Application Deadline: April 16, 2021</p>	<p>Denver Invitational (South Suburban Sports Complex) Date: March 11-14, 2021 www.denverfsc.org 4810 E. County Line Road Littleton, CO 80126 Competition Chair: Lisa May lisa@denverfsc.org (720) 272-0290 Competition Application Deadline: Feb 3, 2021</p>
<p>Ft. Collins Classic (EPIC) Date: April 8-11, 2021 www.fortcollinsfsc.org 1801 Riverside Fort Collins, CO 80525 Competition Chair: Kelly Cann kelly.cann79@gmail.com (970) 237-9842 Competition Application Deadline: March 5, 2021</p>	<p>Funtastics (APEX) Date: April 17, 2021 www.alpinesc.org 13150 W 72nd Ave Arvada, CO 80005 Competition Chair: Carol Zeles cmzeles@gmail.com (303) 979-0802 Competition Application Deadline: March TBD, 2021</p>
<p>Colorado College Cup (Honnen Ice Arena) Date: ? http://www.coloradocollege.edu/other/honnen 14 Cache La Poudre St. Colorado Springs, CO 80903 Competition Chair: Donna Schoon schoon499@gmail.com (719) 389-6156 Competition Application Deadline: ?, 2021</p>	<p>Front Range Invitational (Greeley Ice Haus) Date: June 5, 2021 www.mountainviewskatingclub.com 900 8th Avenue Greeley, CO 80633 Competition Chair: Melayna Rael competition@mountainviewskatingclub.com (970) 302-4253 Competition Application Deadline: May 16, 2021</p>
<p>Broadmoor Open (World Arena) Date: June 27, 2021 www.broadmoorskatingclub.com 3185 Venetucci Blvd Colorado Springs, CO 80906 Competition Chair: Barbara Bradley HoneyB23@aol.com (719) 540-5655 Competition Application Deadline: May 21, 2021</p>	<p>Vail Invitational (Dobson Arena) Date: July 15-18, 2021 www.skateclubvail.com 321 E. Lionshead Cir Vail, CO 81657 Competition Chair: Carol Ewers/Kelly Diemund cowers12@gmail.com / kellydeimund@gmail.com (630) 379-6867 / (970) 376-3945 Competition Application Deadline: June 16, 2021</p>
<p>Cup of Colorado/Colorado Gold (South Suburban Sports Complex) Date: August 12-15, 2021 www.coloradoskatingclub.net 4810 E. County Line Road Littleton, CO 80126 Competition Chair: Chris Kanive/Paula Kroell cupofcolorado2021@gmail.com (303) 204-2212 / (814) 440-5672 Competition Application Deadline: July ?, 2021</p>	<p>Colorado Springs Invitational/RMSG (Monument Ice Rinks) Date: September 9-12, 2021 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 6, 2021</p> <p>*** All 2021 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 **10** different competitions and earn points for a final standing. Trophies and medals will be awarded at the conclusion of the Skate Colorado Compete USA competition at the 2021 Colorado Springs Invitational.

*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’ OVERALL scores FOR THE ENTIRE SEASON (including move up points) 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 **10** 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 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 5th, 2020.

COVID-19 INFORMATION - The Mountain View Figure Skating Club and Ice Haus will be complying with all Federal, State, and Local regulations and any additional public health notices in place at the time of the competition, including recommendations from US Figure Skating.

In the event that the competition is cancellation, a FULL refund will be issued. Competition safety plans will be communicated to all participants once registration is closed. All attendees are required to properly wear face coverings over their nose and mouth and secured under their chin while in the facility. The only exception is when a skater is on the ice.

Social distancing must be maintained at all times. The CDC recommends a distance of 6feet and separate pathways will be established with in the venue.

Two Chaperones and/or spectators per skater are be permitted inside the Ice Haus during competition and will only be permitted during their competitor's events.

ENTRIES AND FEES -All entries must be completed via EntryEeze no later than Sunday, May 23, 2021 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 30, 2021 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 30, 2021.

LOCKER ROOMS AND CHANGING AREAS: Due to COVID-19, locker rooms will not be available and all skaters should arrive ready to skate (makeup/costume). Skaters will be directed to a specified area within the Ice Haus to put on skates. If the locker rooms become available, an email notification will be sent to all competitors and coaches.

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 10 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.

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: Due to Covid-19 restrictions, hospitality accommodations will be made for officials only.

ADMISSIONS: This competition is not open to the general public for viewing.

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

SNOWPLOW SAM – BASIC 6 ELEMENTS

There are two format options for the elements event:

1. Each skater will perform each element when directed by a judge/referee OR
2. 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 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 swizzles, 6-8 in a row • Beginning snowplow stop on one or two feet • 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, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward 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 half-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, clockwise and counterclockwise, 4-6 consecutive • Backward half-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, clockwise and counterclockwise, 4-6 consecutive • 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 • Mohawk, right to left and left to right • Bunny hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position • 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.

- To be skated on full ice with music
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements
- 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 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 swizzles, 6-8 in a row • Beginning snowplow stop on one or two feet • 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 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 half-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, clockwise and counterclockwise, 4-6 consecutive • Backward half-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, clockwise and counterclockwise, 4-6 consecutive • 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 • Mohawk, right to left and left to right • Bunny hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry 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 half-ice
- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements**
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> • 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, one set each direction clockwise and counterclockwise • One-foot upright spin, optional entry and free foot position, minimum 3 revolutions • Mazurka – right or left • Waltz jump
Free Skate 1	1:15 max	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • Backward outside three-turn, 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
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 • Backward inside three-turn, right and left • Beginning back spin, optional entry and free-foot position, maximum 3 revolutions • Half Lutz • Salchow jump
Free Skate 3	1:15 max	<ul style="list-style-type: none"> • Alternating mohawk/crossover sequence, right to left and left to right • Waltz three-turns, 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
Free Skate 4	1:15 max	<ul style="list-style-type: none"> • Forward power 3s, 2-3 consecutive sets, right or left • Sit spin, minimum 3 revolutions • Half loop jump • Flip jump
Free Skate 5	1:15 max	<ul style="list-style-type: none"> • Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions • Camel spin, minimum 3 revolutions • Waltz jump-loop jump combination • Lutz jump
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-Euler (half loop)-Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving

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

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

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

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> • 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, one set each direction clockwise and counterclockwise • One-foot upright spin, optional entry and free, foot position, minimum 3 revolutions • Mazurka, right or left • Waltz jump • <i>NOT ALLOWED – Waltz jump-side toe hop-waltz jump</i>
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 • <i>NOT ALLOWED – Waltz jump-toe loop jump combination</i>
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, optional entry and free foot position, maximum 2 revolutions • Half Lutz • Salchow jump • <i>NOT ALLOWED – Waltz jump-toe loop or Salchow-toe loop jump combination</i>
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 • <i>NOT ALLOWED – Waltz-loop jump combination</i>
Free Skate 4	1:40 max	<ul style="list-style-type: none"> • Forward power 3s, 2-3 consecutive sets, right or left • Sit spin, minimum 3 revolutions • Half loop jump • Flip jump • <i>NOT ALLOWED – Waltz-loop or Waltz-Euler-Salchow jump combination</i>
Free Skate 5	1:40 max	<ul style="list-style-type: none"> • Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions • 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, half-ice • Camel-sit spin combination spin, minimum of 4 revolutions total • Waltz jump-Euler (half loop)-Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving

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 half-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
- *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 jump 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 half-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
- *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 • Single jump-single jump (no Axel) combination • 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 • Single jump-single jump (may include Axel) combination • 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 to one level higher

<p>Excel Beginner</p> <p>1:40 Max</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 4 jump elements: Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow, toe loop only Eulers (half loops) are not allowed Maximum 2 jump combinations or sequences One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump <p>Maximum 2 of any same jump</p>	<p>Maximum 2 spins: Two upright spins No change of foot No flying entry</p> <p>Minimum 3 revolutions</p> <p>Max Level: Base</p>	<p>Maximum 1 Sequence: Choreographic step sequence* (ChSt) 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</p>
<p>Excel High Beginner</p> <p>1:40 Max</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: toe loop, Salchow, Euler (half loop), loop Flip, Lutz, and Axel NOT permitted Maximum 2 jump combinations or sequences. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump <p>Maximum 2 of any same jump</p>	<p>Maximum 2 spins: Both spins must be in a single position No change of foot No flying entry Permitted forward spins: upright, sit, camel Permitted back spins: upright</p> <p>Minimum 3 revolutions Max Level: Base</p> <p>Both spins may be of the same character</p>	<p>Maximum 1 Sequence: Choreographic step sequence* (ChSt) 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</p>
<p>Excel Pre-Preliminary</p> <p>1:40 Max</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating pre-preliminary free skate test</p> <p>*means required element</p> <p>Learn to Skate USA membership <u>OR</u> full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, except for the Axel No single Axels, double or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins: One spin must be in a single position with no change of foot* One spin may change feet or position, but not both No flying entry Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence: Choreographic step sequence* (ChSt) 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</p>
<p>Excel Preliminary</p> <p>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: All single jumps allowed, except for the Axel No single Axels, double or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins: One spin must be a camel or layback spin with no change of foot and no change of 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 Level: 1</p>	<p>Maximum 1 Sequence: Choreographic step sequence* (ChSt) 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</p>

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
- 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.



Level/Time	Jumps	Spins	Step Sequences
No Test 1:40 Max	Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps allowed except 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 ○ Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump) 	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 6103 (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
Pre-Preliminary 1:40 Max	Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps, including 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 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 ○ Jump sequence is any listed jump immediately followed by an Axel-type jump 	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 6103 (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
Preliminary 1:30 +/- 10 sec. Max	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 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, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or 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 ○ Jump sequence is any listed jump immediately followed by an Axel-type jump 	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 6103 (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