



**POWERADE**  
**STATE GAMES**  
OF NORTH CAROLINA

# **2017 FIGURE SKATING CHAMPIONSHIP**

*April 8-9, 2017*

**Hosted by**

Summit Figure Skating Club, North Carolina  
Amateur Sports and the National Congress of State  
Games

**Sanctioned by**

United States Figure Skating



*The Powerade State Games of North Carolina Figure Skating Championship is a qualifying competition for the 2017 National State Games of America Championships (SGA). Skaters placing first, second or third in an event at the Powerade State Games of NC competition qualify to compete nationally at SGA in Grand Rapids, MI.*

*These events 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 competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules that is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.*

## **ELIGIBILITY/TEST LEVEL:**

**Eligibility:** All skaters must have a North Carolina or South Carolina affiliation in one or more of the following ways: reside in the State of North or South Carolina, attend school in North or South Carolina State, be a member of a North or South Carolina Figure Skating Club or have their primary training location in North or South Carolina. Individuals who do not meet the above criteria and are interested in competing need to contact the Powerade State Games office at 919-361-1133.

**Test level:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters may only enter **ONE** level per event (i.e. skaters cannot skate Juvenile AND Intermediate Free Skate, however, a skater may skate juvenile free skate and intermediate short program; further skaters cannot enter juvenile free skate and intermediate test track as test track is considered a free skate event.)

Skaters entering beginner–pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group. The LOC reserves the right to combine levels where there are not enough entries. Age divisions are determined by age on April 8, 2017. Age divisions may be further broken down to equalize group size.

**Adult Participation:** Adults 19 years and older will compete in separate events in all divisions unless otherwise stated in the event requirements.

## **ENTRY INFORMATION:**

Registration for this year's event will be done online through Entryeze. A link to registration can be found at [www.poweradestategames.org](http://www.poweradestategames.org). The **entry deadline** for this year's competition is midnight on, **Friday, March 17, 2017**. Late entries may be accepted at the discretion of the competition manager and chief referee and will be subject to a \$25 late fee. Contact the Powerade State Games office if you are unable to register online and need to register via mail. Additional fees will apply.

1st IJS event: \$110

1st 6.0 event: \$85

2nd IJS event: \$85

1st Basic Skills event: \$55

Any additional events regardless of level: \$40

Synchro: \$65 per team plus \$5 per skater (including alternates)

**\*\* NEW IN 2017!** Skaters will receive a DVD of their Free Skate, Free Dance or Long Program performance free of charge. Video footage of any additional events will be available for purchase on site. If you do not compete in Free Skate or Free Dance, please find the video team at the event to indicate which other performance (showcase, compulsory, etc.) you would like to have instead. Most DVDs can be picked up at the video table 1-2 hours after your group finishes competing. Shipping is available for free.

**Refund Policy:** There will be **NO REFUND** of entry fees, except if an applicant is determined to be ineligible because of failure to meet residency or age requirements. **NO REFUNDS** for medical withdrawals.

**Schedule:** A schedule will be posted on the Powerade State Games website and on Entryeeze. Participants will be notified when the schedule has been posted.

**Practice Ice:** All practice ice information will be available online once the schedule has been finalized. The host club, Summit Figure Skating Club, will be in charge of Practice Ice. Participants will be notified when you are able to begin purchasing time slots.

**Awards:** Medals will be awarded to all first, second and third-place winners in each division. Those receiving a medal qualify to compete at State Games of America in that event. Be sure to check the schedule as the awards schedule will be included in the overall schedule.

### **Judging System:**

The International Judging System (IJS) will be used for the following events:

- Short Program (Juvenile through Senior levels)
- Well Balanced Free Skate (Pre-Juvenile through Senior levels)

**\*\* Planned program content forms MUST be completed on the US Figure Skating AND Entryeeze website upon entry. NO paper planned program content forms will be accepted. \*\***

The **6.0 Majority Judging System** will be used for all other events.

**On-site Check-in:** A check-in desk will be opened in the lobby of the Greensboro Ice House one hour prior to the competition and will remain open during the scheduled events. Skaters should check-in at least **one hour prior to their event.**

**Schedule of Events:** The official schedule of events will be posted by check-in and will supersede all other schedules. It is the responsibility of each competitor, parent, and coach to check this schedule frequently for any schedule changes and/or additional information.

**Music:** Online music submission is the **ONLY** acceptable method to submit program music. After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can logout of your account and return later to upload your music by going to the "Competition" tab and then selecting "My Music." Please be sure you are uploading the correct music for the correct event segment. Be careful, for example, not to mix up your short program and your free skate!

The uploaded program music **MUST** conform to the following specifications:

**Programs per file:** One [1] - Only one piece of competition program music (e.g. short program, free skate, short dance, free dance, etc.) per file is allowed.

**File Format:** mp3 - The uploaded file music must be an mp3 file (MPEG-1 or MPEG-2 Audio Layer III). Simply changing the file extension to "mp3" from another file format is not acceptable.

**Bit Rate:** 192 kbps is requested (bit rates between 128 and 320 kbps will be accepted).

**Maximum file size:** 10 MB

**Maximum run time:** Five [5 minutes]

**ID3 Metadata [tags]:** None - The Chief Music Coordinator strongly recommends that mp3 files **DO NOT** contain any ID3 metadata, commonly called tags. This is especially true of any embedded images such as album cover art, picture of the skater, etc. Please, **NO EMBEDDED IMAGES!**

Maximum leader: Two [2] seconds] - The leader is the silence between the start of the track and the actual start of the program music. The Chief Music Coordinator recommends that there be NO leader.

Maximum trailer: Two [2] seconds] - The trailer is the silence between the end of the program music and the end of the actual track. The Chief Music Coordinator recommends that there be NO trailer.

### **\*\* Backup Music at Event [CDs]**

In addition to submitting the music online, all competitors/teams must also have at least one [1] backup copy of their competition music on CD, AT RINKSIDE, during the actual competition event or official practice. CDs must meet the following requirements:

- In standard Audio CD format (Compact Disc Digital Audio). Other formats, including mp3 are NOT acceptable.
- Clearly marked with a permanent marker (e.g. Sharpie, do NOT use a label or tape) as follows: First Name, Last Name, (Club – Optional but requested), Event, Event Segment and Music Length (e.g. Jane Smith, Acme FSC, Novice Ladies, Free Skate, 3:10 or Synchro Team, Widget FSC, Preliminary, Free Skate, 1:59)
- Each CD may have only ONE [1] music track on it. In the case where a skater competes in both a short program/dance and a free skate/free dance, two [2] separate discs must be available. Any disc with more than one [1] track is NOT acceptable.
- Lead in time (time before the music begins) on CDs may not exceed two [2] seconds.
- Due to the compatibility and reliability reasons, music may NOT be submitted on re-recordable “CD-RW” discs. PLEASE, not CD-RWs!!

The LOC, competition officials, and volunteers exercise reasonable care when handling CDs. However, they are not responsible for damage to or loss of any CDs. The LOC is not responsible for CDs not picked up by the end of the competition. Those CDs will be destroyed.

### **\*\* Penalty for Incorrect Music or Failure to Upload Music**

The LOC may assess each competitor/team an additional charge, up to \$25.00 per event segment, if the competitor/team: 1) fails to submit their music prior to the close of online music submission, 2) submits files that do not follow the specifications above, or 3) uploads the incorrect music for a given event segment (e.g. uploads short program music instead of the free skate). In the event the LOC decides to assess a penalty, the competitor/teams will not receive their credentials at registration until they pay the penalty fee and turn in their music on CD, conforming to the requirements above.

**Liability:** U.S. Figure Skating, Summit Figure Skating Club and the Powerade State Games accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

**Competition Apparel:** Competition costumes are to be modest, dignified and appropriate for athletic competition. They may reflect the character of the music but should not be too theatrical. (This does not pertain to spotlight/showcase costumes.) Ladies' hips and posteriors should not be exposed. Any application of beading, etc. should be firmly affixed. Deductions for violations are 0.1-0.2 in the second mark.

**Results:** The current USFS accounting procedures will be used. Results will also be posted as live as possible on the Powerade State Games website.

## **INFORMATION REGARDING COACHES:**

### U.S. Figure Skating Rule MR 5.11 Coach Compliance

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- A.** Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member.
- B.** Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C.** Must complete the appropriate CER courses (A,B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D.** Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge all coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation, which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

## **OTHER POLICIES AND PROCEDURES:**

1. United States Figure Skating Association (USFSA) 2017-2018 rules will be used as guidelines for judging all events, unless otherwise stated. Skaters may skate less than the time indicated. Maximum times are given to accommodate ISI programs.
2. This competition will be sanctioned by USFS, although membership in USFS is not required to enter the Powerade State Games of North Carolina.
3. Skaters may compete at level qualified or can skate up one level but may compete in only one event from each category. Athletes are also responsible, if challenged, for verifying age, residency and test level.
4. Non-USFS members may contact the State Games Figure Skating Coordinator, Bonnie Boaz ([bonnie.boaz2411@gmail.com](mailto:bonnie.boaz2411@gmail.com)), with any questions regarding the correct test level.
5. The Competition Committee reserves the right to combine events. Boys and girls may skate together in some events.

## **ACCOMODATIONS:**

Information regarding Official Powerade State Games hotels can be found on the Figure Skating website at

[www.poweradestategames.org](http://www.poweradestategames.org).

**CONTACT INFO:**

Chief Referee –

Bonnie Boaz – [bonnie.boaz2411@gmail.com](mailto:bonnie.boaz2411@gmail.com)

Competition Manager –

Nicole Gaboury – [niceskate18@gmail.com](mailto:niceskate18@gmail.com)

Powerade State Games Staff -

Roxanne Neumann - [roxanne@ncsports.org](mailto:roxanne@ncsports.org)

**FOR MORE INFORMATION VISIT [WWW.POWERADESTATEGAMES.ORG](http://WWW.POWERADESTATEGAMES.ORG)**

## EVENTS BEING OFFERED:

### COMPULSORY MOVES

6.0

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 except for Juvenile/Open Juvenile which will be skated on full ice.
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*
- If numbers warrant, men and women will compete together

LEVEL	SKATING RULES AND STANDARDS	TIME
Beginner	Waltz jump; ½ jump of choice; Forward two foot or one foot spin, minimum three revolutions (free leg position optional); Forward or backward spiral	1:15 max
High Beginner	Toe loop jump; Salchow jump; Forward scratch spin- minimum three revolutions; Forward or backward spiral	1:15 max
No Test	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.	1:15 max
Pre – Preliminary	Single flip; Jump combination: single / single (no Axel); Sit spin or camel spin; min. 3 revolutions; Spiral sequence with 1 forward spiral and 1 backward spiral (any edge)	1:15 max
Preliminary	Single Lutz; Jump combination: single / single (may include Axel); Back upright spin; min., 3 revolutions; Forward inside spiral	1:15 max
Pre-Juvenile	Axel; Lutz jump; Flip combination jump (flip with either loop or toe loop); Layback or cross foot spin; Sit spin/back sit spin; Straight line foot work	1:30 max
Juvenile/Open Juvenile	Double toe loop; Axel; Double/single or single/single combination jump; Split jump, stag, or falling leaf; Combination spin w/one change of foot & one change of position; Circular footwork	1:30 max
Adult Pre-Bronze	Toe Loop; One foot upright spin; Waltz jump; Half flip	1 min max
Adult Bronze	Toe loop; Salchow; Waltz/toe loop combination; Sit spin; Straight line footwork sequence	1 min max
Adult Silver	Loop jump; Flip jump, Single/single combination jump; Camel spin; Combo spin w/one change position(change ft. optional)	1:30 max
Adult Gold	Lutz/loop combination spin; Axel; Waltz/half loop/flip combination; camel/sit spin; Straight line footwork sequence; Layback or attitude spin	2:00 max

Skaters may skate up one level from the highest FS level passed. No music will be played. Only the spins listed will be judged. Spins must be skated in program format and may be skated in any order. Minimum connecting footwork allowed. Additional jumps and spins are not permitted and will result in a deduction. All levels will use half-ice. Genders may be combined.

\*Pre-Juvenile through Senior will be judged as IJS events: Tech Panel will assign levels and judges will assign GOE's.

<p><b>No Test</b> – 45 seconds max</p> <ol style="list-style-type: none"> <li>Two-foot spin – min 3 revs</li> <li>One-foot spin – optional free leg – min 3 revs</li> </ol>	<p><b>*Intermediate</b> 1:30 minutes max</p> <ol style="list-style-type: none"> <li>spin combination, w/without change of foot, may start with a fly – min 6 revs</li> <li>Spin with only 1 position no change of foot– may start with a fly min 4 revs</li> <li>Spin of skaters choice</li> </ol>
<p><b>Pre Preliminary</b> – 1:00 minute max</p> <ol style="list-style-type: none"> <li>Two-foot spin – min 3 revs</li> <li>Forward one-foot spin – optional free leg position – min 3 revs</li> <li>Sit spin – min 3 revs</li> </ol>	<p><b>*Novice</b> – 1:30 minutes max</p> <ol style="list-style-type: none"> <li>Flying spin no change of foot or position – min 8 revs in position</li> <li>Spin Combination; w/without change of foot</li> <li>Spin of skaters choice – min 10 revs All spins may change feet and start with a fly Spins must be of different character</li> </ol>
<p><b>Preliminary</b> – 1:30 minutes max</p> <ol style="list-style-type: none"> <li>Camel - one-foot forward scratch spin combo – min 4 revs each position</li> <li>Sit change back sit spin – min 4 revs in each position/foot</li> <li>One-foot upright back spin – min 4 revs</li> </ol>	<p><b>*Junior/Senior</b> – 1:30 minutes max</p> <ol style="list-style-type: none"> <li>Flying spin – min 8 revs in position</li> <li>Spin with only 1 position – min 6 revs</li> <li>Spin combo w/without change of foot – min 10 revs All spins may change feet and start with a fly Spins must be of different character</li> </ol>
<p><b>*Pre Juvenile</b> 1:30 minutes max</p> <ol style="list-style-type: none"> <li>spin combination, w/without change of foot, may start with a fly – min 6 revs</li> <li>Spin with only 1 position no change of foot– may start with a fly min 4 revs</li> <li>Spin of skaters choice</li> </ol>	<p><b>Adult Bronze/Silver</b> – 1:30 minutes max</p> <ol style="list-style-type: none"> <li>One foot forward upright spin – min 4 revs</li> <li>Sit spin – min 3 revs in position</li> <li>Camel spin – min 3 revs in position</li> </ol>
<p><b>*Juvenile/Open Juvenile</b> 1:30 minutes max</p> <ol style="list-style-type: none"> <li>spin combination, w/without change of foot, may start with a fly – min 6 revs</li> <li>Spin with only 1 position no change of foot– may start with a fly min 4 revs</li> <li>Spin of skaters choice</li> </ol>	<p><b>Adult Gold/Masters</b> – 1:30 minutes max</p> <ol style="list-style-type: none"> <li>One foot back spin – min 4 revs</li> <li>Combo spin with only one change of foot – min 3 revs each foot</li> <li>Layback (Ladies) or Camel(Men) – min 4 revs in position</li> </ol>

**JUMPS ONLY**

Requirements for this event are the same test levels as the free skating levels. Skaters may skate one level higher. Jumps will be done exactly as stated but may be skated in any order and WITHOUT music. Combination jumps must be performed with no turn or change of foot between jumps. **Connecting steps immediately preceding the required elements, creative entries, air positions, and exits will be judged and will be reflected in the scoring.** Pre-Juvenile will be skated on ½ ice; Juvenile and above will have full ice. Skaters will be given only one opportunity to perform each jump. Genders may be combined.

LEVEL	SKATING RULES AND STANDARDS	TIME
No Test	Waltz jump; toe-loop; salchow	1:00 max
Pre-Preliminary	Flip; Toe-loop; a combination of a loop/loop jump (no axel).	1:00 max
Preliminary	Flip; Lutz; combination jump with a loop jump (axel permitted)	1:00 max
Pre Juvenile	Axel; Double Salchow or Double Toe-Loop; combination lutz/loop jump.	1:15 max
Juvenile/Open Juvenile	Axel; Any Double jump (no Double axel); combination of a double/single jump.	1:30 max
Intermediate	Axel; Double Loop; combination of a double/double jump	1:30 max
Novice	Double Loop; Double Flip; combination of a double/double jump.	1:30 max
Junior/Senior	Double Axel; double Lutz; combination jump of a double/double or a triple/double jump. Double Axel and double lutz may not be repeated in combination	1:30 max



<b>Level</b>	<b>Highest USFS &amp; ISI FS test passed but no higher</b>	<b>Time – minutes +/- 10 Seconds except where noted</b>	<b>All levels in accordance With USFS rule numbers</b>	<b>IJS or 6.0?</b>
No Test	No FS Tests Passed	1:40 Maximum	4280	6.0
Pre Preliminary	Pre Preliminary FS, FS 1-3	1:40 Maximum	4270	6.0
Preliminary	Preliminary, FS 4-5	1:30	4260	6.0
Pre Juvenile	Pre Juvenile FS, FS 4-5	2:00	4250	IJS
Juvenile FS	Juvenile FS, FS 5-6	2:15	4240	IJS
Open Juvenile FS (age 14 and over as of 9/1/15)	Juvenile FS	2:15	4240	IJS
Intermediate FS	Intermediate FS, FS 5-6	2:30	4230	IJS
Novice FS	Novice FS, FS 7-10	3:00 Ladies 3:30 Men	4220	IJS
Junior FS	Junior FS, FS 7-10	3:30 Ladies 4:00 Men	4210	IJS
Senior FS	Senior FS, FS 7-10	4:00 Ladies 4:30 Men	4200	IJS
Adult Pre-Bronze FS 21 +	No Test – Adult Pre Bronze	1:40 Maximum	4600	6.0
Adult Bronze FS 21+	Adult Bronze	1:50 Maximum	4590	6.0
Adult Silver FS 21 +	Adult Silver	2:10 Maximum	4580	6.0
Adult Gold FS 21 +	Adult Gold	2:40 Maximum	4570	6.0
Masters Intermediate /Novice FS 21 +	Masters Novice	3:10 Maximum	4540	6.0
Masters Junior/Senior FS 21 +	Masters Senior	3:40 Maximum	4510	6.0

Level	Highest USFS & ISI FS test passed but no higher	Time – minutes	All levels in accordance With USFS rule numbers	IJS or 6.0?
Juvenile/Open Juvenile SP*	Juvenile FS, FS 5-6	2:00 Maximum	4230	IJS
Intermediate SP*	Intermediate FS, FS 5-6	2:00 Maximum	4230	IJS
Novice SP*	Novice FS, FS 7-8	2:30 Maximum	4220	IJS
Junior SP*	Junior FS, FS 7-8	2:50 Maximum	4210	IJS
Senior SP*	Senior FS, FS 7-8	2:50 Maximum	4200	IJS

**\*Juvenile/Open Juvenile Short Program requirements are the same as Intermediate Short Program requirements**

**\*Junior Short Program will follow the 2017-2018 rules –click on the following link for requirements:**

<http://www.usfsa.org/Content/Future%20Seasons'%20SP%20Requirements.pdf>

**Planned program content forms MUST be completed in the US Figure Skating AND Entryeze website upon entry. NO paper planned program content forms will be accepted.**

Skaters may enter EITHER the test track free skate program or the well-balanced track free skate program but **NOT** both during the same non-qualifying competition. Deductions **WILL** be made for skaters including technical elements not permitted in the event description.

- 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.
- 0.1 for any spin with less than required revolutions.

LEVEL	JUMP ELEMENTS	SPINS	STEPS	QUALIFICATIONS
Tots Time: 1:00 max	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front). <i>Max 2 jump sequences</i> <i>Max 2 of any same jump</i>	<i>Max 2 spins:</i> Two upright spins, no change of foot, no flying entry (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Age 5 and under, Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Beginner Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front). <i>Max 2 jump sequences</i> <i>Max 2 of any same jump</i>	<i>Max 2 spins:</i> Two upright spins, no change of foot, no flying entry (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow and toe loop only. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> Two upright spins, change of foot optional, no flying entry (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Pre-Preliminary Test Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow, toe loop and loop only. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> Two spins of a different nature, one position only, no change of foot, not flying entry. (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test

**MORE LEVELS ON THE NEXT PAGE...**

LEVEL	JUMP ELEMENTS	SPINS	STEPS	QUALIFICATIONS
Preliminary Test Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one rotation (no Axels). <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> One spin in one position, no change of foot, no flying entry (Min 3 revs) and One consisting of a front scratch to back scratch, exit on spinning foot not mandatory (Min 3 revs on each foot).	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile Test Time: 2:00 +/-10	<i>Max 5 jump elements:</i> Jumps with not more than one rotation (no Axels). <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> One spin in one position, no change of foot (Min 3 revs) and One combination spin: forward camel spin to forward sit spin, change of foot optional (Min 6 revs combined in forward sit and camel positions). Spins may not fly	One step sequence fully utilizing ice surface.	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test
Juvenile Test Time: 2:15 +/-10	<i>Max 5 jump elements:</i> Any single jumps with not more than 1 ½ rotations (Axel permitted) <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> One spin in one position, no change of foot (Min 4 revs in position) and One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions, (Min 4 revs on each foot) Only solo spin may fly	One step sequence fully utilizing ice surface.	Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test
Intermediate Test Time: 2:30 +/-10	<i>Max 6 jump elements:</i> Any single jumps. Double jumps permitted: double Salchow and double toe loop. <i>Max 3 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins of a different nature:</i> One must be a flying spin (Min 5 revs), One must be a combination spin with at least one change of foot and at least one change of position (Min 4 revs on each foot).	One step sequence fully utilizing ice surface.	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test
Novice Test Time: Ladies 3:00 +/-10 Men 3:30+/-10	<i>Max 7 jump elements for men and 6 for ladies:</i> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. <i>Max of 3 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 3 spins of a different nature:</i> One must be a combination spin with at least one change of foot and at least one change of position (Min 5 revolutions on each foot). The other spins are the option of the skater (Min 6 revs) All spins may fly	One step or spiral sequence fully utilizing ice surface. (see rule 4104 & 4105 for description).	Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test

**MORE LEVELS ON THE NEXT PAGE...**

LEVEL	JUMP ELEMENTS	SPINS	STEPS	QUALIFICATIONS
Junior Test  Time: Ladies 3:30 +/-10  Men 4:00+/-10	<i>Max 8 jump elements for men and 7 for ladies:</i> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip. <i>Max of 3 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 3 spins of a different nature:</i> One must be a spin in one position (6 revs), one a flying spin (6 revs) and one a combination spin consisting of all three basic spin positions and one change of foot (Minimum 2 continuous revs in each basic position and minimum 5 revs on each foot).	One step sequence fully utilizing ice surface. (See rule 4105 for description)	Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test
Senior Test  Time: Ladies 4:00 +/-10  Men 4:30+/-10	<i>Max 8 jump elements for men and 7 for ladies</i> Any single jumps. Must include at least four different double jumps, one must be a double Lutz. No triple jumps permitted <i>Max of 3 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 3 spins of a different nature:</i> One must be a spin in one position (min 6 revs), one a flying spin (min 6 revs) and one a spin combination consisting of all three basic spin positions and one change of foot (Min 2 continuous revs in each basic position and min 5 revolutions on each foot).	Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105)  Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence	Skaters must have passed at least the U.S. Figure Skating junior free skate test

## MIXED PAIRS FREE SKATE

6.0

\*\* Qualifications apply to both partners.

LEVEL	QUALIFICATIONS	TIME
Pre-Juvenile	Pre-Juvenile Pair ; Under age 14	2 min. 10 sec.
Juvenile	Juvenile Pair; Under age 16	2 min. 40sec.
Intermediate	Intermediate Pair; Under age 18	3 min. 10 sec.
Novice	Novice Pair/ISI Pair 5 test; No age requirement	3 min. 40 sec.
Junior	Junior Pair; No age requirement	4 min. 10 sec
Senior	Senior Pair; No age requirement	4 min. 40 sec.

Genders and ages may be combined. Open to Adult dancers (Standard Track). Patterns per USFS Rule. Total ordinals will break ties. If still tied, second dance will break the tie.

<b>LEVEL</b>	<b>QUALIFICATIONS</b>	<b>SELECTED DANCE</b>
Preliminary	No test or passed Preliminary	Dutch Waltz Canasta Tango
Pre-Bronze	Passed Preliminary or Pre-Bronze	Swing Dance Cha-Cha
Bronze	Passed Pre-Bronze or Bronze	Hickory Hoedown Willow Waltz
Pre-Silver	Passed Bronze or Pre-Silver	Fourteen Step European Waltz
Silver	Passed Pre-Silver or Silver	American Waltz Tango
Pre-Gold	Passed Silver or Pre-Gold	Killian Blues
Gold	Passed Pre-Gold or Gold	Viennese Waltz Westminster Waltz
Adult Preliminary	Must be 19 or older; Cannot have passed all Pre-Bronze	Dutch Waltz Canasta Tango
Adult Pre-Bronze	Must be 19 or older; Cannot have passed all Bronze	Swing Dance Cha-Cha
Adult Bronze	Must be 19 or older; Cannot have passed all Pre-Silver	Hickory Hoedown Willow Waltz
Adult Pre-Silver Open	Must be 19 years or older; Open	Fourteen Step European Waltz
Adult Silver Open	Must be 19 years or older; Open	American Waltz Tango
Adult Pre-Gold Open	Must be 19 years or older; Open	Killian Blues
Adult Gold Open	Must be 19 years or older; Open	Viennese Waltz Westminster Waltz

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: 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.
- No music.
- **All elements must be skated in the order listed.**

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

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

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

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



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

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

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

**PRE-FREE SKATE – FREE SKATE 6 PROGRAM EVENT (WITH MUSIC)****6.0**

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

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

LEVEL	TIME	SKATING RULES/STANDARDS
Pre-Free Skate	1:40 max	Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise One-foot upright spin, optional entry and free-foot position (minimum three revolutions) Mazurka Waltz jump
Free Skate 1	1:40 max	Forward power stroking, 4-6 consecutive strokes Upright spin, entry from backward crossovers - minimum 4-6 revolutions Toe loop jump Half flip jump
Free Skate 2	1:40 max.	Alternating forward outside and inside spirals on a continuous axis (2 sets) Beginning back spin, up to two revolutions Half Lutz Salchow jump
Free Skate 3	1:40 max	Alternating Mohawk/crossover sequence, right to left and left to right Advanced back spin with free foot in crossed leg position, min 3 revs Loop jump Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 max.	Forward power 3's, 2-3 consecutive sets, right or left Sit spin - minimum three revolutions Half Loop jump Flip jump
Free Skate 5	1:40 max.	Backward outside three-turn, Mohawk (backward power three-turn), both directions Camel spin - minimum three revolutions Waltz-loop jump combination Lutz jump
Free Skate 6	1:40 max.	Split jump or stag jump Camel, sit spin combination - minimum of four revolutions total Waltz jump, ½ loop, Salchow jump sequence Axel jump

**ARTISTIC****6.0**

Music is chosen by the skater and may include vocal music. Costume is the skater's choice (hats and capes are permitted but must remain on and cannot touch the ice). Skaters will be judged solely on the use and quality of edges, footwork, spirals, etc. as well as flow and expressing the rhythm and character of music. The skater may include jumps and spins to enhance the interpretation of the music. No jump higher than a double Lutz is permitted. Jumps and spins are judged on the quality, not the difficulty. Props are NOT permitted. Genders may be combined.

<b>Basic/Beginner:</b> Max 1:40 – Must not have passed any USFS Tests
<b>No Test/Pre Preliminary:</b> Max 1:40 – No higher than Pre Preliminary FS
<b>Preliminary/ Pre Juvenile:</b> Max 1:40 – minimum Preliminary and no higher than Pre Juvenile FS
<b>Juvenile/Intermediate/Novice:</b> Max 1:40 – minimum Juvenile FS and no higher than Novice FS
<b>Junior/Senior:</b> Max 1:40 minutes – minimum Junior FS
<b>Adult:</b> Max 1:40 minutes – must be at least 21 years old

**SHOWCASE - INDIVIDUAL AND TEAM EVENTS****6.0**Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.
- Props and scenery ARE permitted.
- Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judges' mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.
- Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.
- 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.
- Levels may be combined or divided according to the number of entries. Genders may be combined.

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](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

Individual Events:

- **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

Team Events:

- **Duets:** Theatrical/artistic performances by any competitors. Duets must compete at the highest test level of the two skaters

**\*\* If you are interested in competing in a Mini Production Ensemble, Production Ensemble or Theatre on Ice events please contact the competition chair(s) directly.**

**Dramatic, Light and Duet Entertainment Levels:**

<b>Event</b>	<b>Must meet requirements*</b> Must have passed Free Skating or Dance test (solo or partnered standard track)	<b>Must not have passed</b> Must not have passed Free Skate or Dance (solo or partnered) Test	<b>Age</b>	<b>Time</b>
Basic Note: these levels do not qualify for National Showcase	.	May not have passed any official U.S. Figure Skating tests	No Age Restriction	1:30 max
Beginner, High Beginner, No Test* Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
Pre-Preliminary /Preliminary* Note: Pre-Preliminary level does not qualify for National Showcase	-	Pre Juvenile Free Skate OR Juvenile Free Dance Pre Juvenile Free Skate	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile/Intermediate	Juvenile or Intermediate Free Skate OR Juvenile or Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	No Minimum Age (max age 18)	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior/Senior	Junior or Senior Free Skate OR Junior or Senior Free Dance			2:40 max
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	19 and older	1:40 max
Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	19 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	19 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		19 and older	1:40 max

See the current rulebook/website for current rules and ISU communications at the link below...

[http://www.usfigureskating.org/New\\_Judging.asp?id=361](http://www.usfigureskating.org/New_Judging.asp?id=361)

**A. Basic Skills Beginner 1:**

A team of 8 to 16 skaters. The majority of the team must be under 9. No skaters may have passed higher than a preliminary test, and the majority of the team must be no test.

Program duration: 1 ½ -2 minutes.

Rules:

<http://www.usfigureskating.org/Programs.asp?id=338> 8

**B. Basic Skills Beginner 2:**

A team of 8 to 16 skaters. The majority of the team must be 9-11 years old. No skaters may have passed higher than a preliminary test, and the majority of the team must be no test.

Program duration: 1 ½ -2 minutes.

Rules: <http://www.usfigureskating.org/Programs.asp?id=338>

**C. Basic Skills Beginner 3:**

A team of 8 to 16 skaters. The majority of the team must be at least 12 years old. No skaters may have passed higher than a preliminary test, and the majority of the team must be no test.

Program duration: 2 – 2 ½ minutes.

Rules: <http://www.usfigureskating.org/Programs.asp?id=338>

**D. Preliminary:**

A team of 8 to 16 skaters. All skaters must be under 12. The majority of the team must be under 10.

Program duration: 2 minutes.

Well balanced program: Rule 7270

Rules: <http://www.usfigureskating.org/Programs.asp?id=338>

**E. Pre-Juvenile:**

A team of 8 to 16 skaters. The majority of the team must be under 12.

Program duration: 2 minutes 15 seconds.

Well balanced program: Rule 7260

Rules: <http://www.usfigureskating.org/Programs.asp?id=338>

**F. Open Juvenile:**

A team of 8 to 16 skaters. Skaters must be under 20 and have passed the pre-preliminary moves in the field test.

Program duration: 2 ½ minutes.

Well balanced program: Rule 7250

Rules: <http://www.usfigureskating.org/Programs.asp?id=338>