



POWERADE.
STATE GAMES
OF NORTH CAROLINA

2019 FIGURE SKATING CHAMPIONSHIP

March 30, 2019 (and 31st if needed)

Hosted by

Carolinas 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 2019 State Games of America Championships (SGA). Skaters placing first, second or third in an event at the Powerade State Games competition qualify to compete nationally at the State Games of America being held August 1-4, 2019 in Lynchburg, VA.

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. For example, skaters cannot enter both the Juvenile AND Intermediate Free Skate events. However, a skater may enter the Juvenile Free Skate event and also in the Intermediate Short Program event. Furthermore, skaters cannot enter both standard free skate events and Excel Free Skate events, as Excel events are considered to be free skate events.

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 March 30, 2019. Age divisions may be further broken down to equalize group size.

Adult Participation: Adults 21 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 Entryeeze. A link to registration can be found at www.poweradestategames.org. The [entry deadline](#) for this year's competition is midnight on, [Friday, March 1, 2019](#). 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.

Compete USA pricing applies only for Snowplow Sam through Free Skate 6 events. Beginner through Pre-Preliminary events are considered 6.0 events and are priced accordingly

<u>Event Category</u>	<u>Price</u>
<u>1st IJS event:</u>	\$120
<u>2nd IJS event</u>	\$70
<u>1st 6.0 event:</u>	\$95
<u>1st Compete USA event:</u>	\$65
Any additional non-IJS events regardless of level:	\$30
<u>Synchro:</u> \$65 per team plus \$5 per skater (including alternates)	

Any change to an event **AFTER the schedule has been published will result in a \$25 fee for each event changed.

NEW IN 2019! Carolinas Figure Skating Club will be hosting a Test Session on Sunday, March 31st. This session will be open to all Powerade State Games participants. Additional information will be posted on the Powerade State Games website as well as the Carolinas Figure Skating Club website as it is finalized.

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: Practice ice will go on sale after the event schedule has been published. The host club, Carolinas 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 the 2019 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 (Preliminary through Senior levels, Adult Silver, Adult Gold, Adult Intermediate-Novice & Adult Junior-Senior)

All competitors skating in these events need to submit the Planned Program Content form online using the Entryeeze website for Powerade State Games of North Carolina. The deadline for submitting PPCs is **midnight Wednesday, March 27, 2019.**

NO paper planned program content forms will be accepted.

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

On-site Registration: A registration desk will be opened in the lobby of Extreme Ice Center one hour prior to the start of 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 at the registration desk 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 log out 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, Carolinas 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 US Figure Skating accounting procedures will be used. Results will also be posted as live as possible on the Powerade State Games website.

U.S. FIGURE SKATING IJS PROTOCOL for TEST CREDIT: In accordance with Rules TR 3.00, 4.01 and 4.02, athletes may receive credit for meeting minimum scores at any competition held under the International Judge System (IJS). The athlete must "skate up" to the event they are seeking test credit for, in addition to having already passed any prerequisites prior to the competition.

Eligible events at the 2019 North Carolina Powerade State Games include:

- Singles Free Skate; Juvenile, Intermediate, Novice, Junior, Senior

Skaters requesting Test Credit will need to speak with the LOC at the Registration desk and request a "Test Credit Packet". The fee for the packet is \$5.00.

IMPORTANT NOTICE FOR ALL COACHES:

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the following requirements:

Coaching U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training*
- Continuing Education Requirements (CERs) for the 2018-19 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

Coaching Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Completed SafeSport Training* (for coaches 18 years old and over)
- Completed background check (green light status) (for coaches 18 years old and over)
- Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

*SafeSport training is available through www.usfsaonline.org for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons

The LOC will have a list of compliant coaches who are approved to receive 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. There can be no exceptions to this policy.

If a foreign coach has only foreign athletes at your competition, a background check and SafeSport Training is not required. Instead, the coach must submit a letter from their Federation stating they are a member in good standing.

For more information regarding Coach Compliance, please visit:

<http://usfsa.org/content/Coaches%20Requirements%20Chart.pdf>

OTHER POLICIES AND PROCEDURES:

United States Figure Skating Association (USFSA) 2019-2020 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.

1. This competition will be sanctioned by US Figure Skating, although membership in US Figure Skating is not required to enter the Powerade State Games of North Carolina.
2. 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.
3. Non-US Figure Skating members may contact the State Games Figure Skating Coordinator, Bonnie Boaz (bonnie.boaz2411@gmail.com), with any questions regarding the correct test level.
4. The Competition Committee reserves the right to combine events. Girls and boys may compete against each other at the Pre-Juvenile level and lower if only one eligible competitor enters one of the events.

ACCOMODATIONS:

Information regarding Official Powerade State Games hotels can be found at

www.poweradestategames.org.

CONTACT INFO:

Chief Referee – Bonnie Boaz – bonnie.boaz2411@gmail.com

Competition Manager – Daniel Ashton – competitions@carolinasfsc.org

Powerade State Games Staff - Roxanne Neumann - roxanne@ncsports.org

FOR MORE INFORMATION VISIT WWW.POWERADESTATEGAMES.ORG

COMPULSORY MOVES**6.0**

General event parameters:

- No Test through Pre-Juvenile: Elements skated on ½ ice.
- Juvenile through Adult Gold: Elements skated on full ice.
- The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Music is not allowed.
- Skaters may compete at their test level or one level higher.

LEVEL	TIME	SKATING RULES/STANDARDS
No-Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (no Axel) • Spin with one change of position and no change of foot – minimum 6 revolutions total • Choreographic step sequence
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Axel jump • Jump combination: single/single (may include Axel) • Spin with one change of foot and one change of position – minimum 3 revolutions on each foot • Choreographic step sequence
Pre – Juvenile	1:15 max.	<ul style="list-style-type: none"> • Axel or double Salchow • Jump combination: single/single (may include Axel) • Layback spin or camel spin - minimum three revolutions • Step sequence – must include rotating in both directions
Juvenile & Open Juv.	1:15 max.	<ul style="list-style-type: none"> • Double Salchow or double toe loop • Jump combination: single/single or double/single • Layback spin or camel spin - minimum four revolutions • Step sequence – must include 3 difficult turns and rotating in both directions
Intermediate	1:30 max.	<ul style="list-style-type: none"> • Double Salchow, double toe loop or double loop • Jump combination: single/single or double/single, double/double • Flying spin, minimum five revolutions • Step sequence – must include 4 difficult turns and rotations in both directions
Novice	1:30 max.	<ul style="list-style-type: none"> • Double loop or double flip • Jump combination: double/single or double/double • Flying spin - minimum six revolutions • Step sequence – must include 5 difficult turns and rotations in both directions
Junior	1:30 max.	<ul style="list-style-type: none"> • Double flip or double Lutz • Jump combination: double/double or triple/double • Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot) • Step sequence – must include 7 difficult turns and rotations in both directions
Senior	1:30 max.	<ul style="list-style-type: none"> • Double Lutz or double Axel • Jump combination: double/double or triple/double • Combination spin - all 3 basic positions required (min. 6 on each foot) • Step sequence – must include 7 difficult turns and rotations in both directions

SPINS CHALLENGE**6.0**

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.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3 revs) 2. Upright back spin (3 revs) 3. Sit spin (3 revs)
High Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (4 revs) 2. Upright spin with change of foot (3 revs on each foot) 3. Sit spin (3 revs)
No-Test	1:30 max.	<ol style="list-style-type: none"> 1. Upright spin with change of foot (3 revs on each foot) 2. Sit spin (3 revs) 3. Camel spin (3 revs)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Spin with one change of position and no change of foot (6 revs) 2. Backward sit spin (3 revs) 3. Camel spin (4 revs)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Spin with one change of foot and one change of position (min. 3 revs each foot) 2. Combination sit spin with change of foot (min. 3 revs each foot) 3. One position spin – skater's choice (upright, sit or camel), (4 revs)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> 1. Backward entry Camel spin (4 revs) 2. Combination spin – All 3 basic positions are required (camel, sit, upright), (2 revs in each position) 3. Forward to backward scratch spin (min 4 revs per foot)
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> 1. Sit spin (min 4 revs) 2. Combination spin – with change of foot; all 3 basic positions required 2 revs in each position (min. 4 revs per foot) 3. Girls – layback spin (6 revs); Boys – camel spin (5 revs)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Flying camel spin-basic camel position required (5 revs) 2. Sit spin to backward sit spin-basic sit position required (4 revs per foot) 3. Combination spin – change of foot & all 3 basic positions required (2 revs in each position & min 5 revs per foot)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Illusion to back scratch spin; may change feet (6 revs) 2. Camel spin to backward camel spin (4 revs per foot) 3. Combination spin – change of foot, all 3 basic positions required (min 2 revs in each position & min 6 revs per foot)
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Flying sit spin or flying reverse sit spin (6 revs) 2. Solo spin of choice – may not fly (8 revs) 3. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Flying spin of choice (8 revs) 2. Solo spin of choice (8 revs) – may not fly 3. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- Pre-juvenile and lower will be skated ½ ice; Juvenile through Senior will be skated on full ice.

LEVEL	TIME	SKATING RULES / STANDARDS
Beginner	1:15 max.	<ul style="list-style-type: none"> • Waltz jump (from backward crossovers) • ½ flip or ½ Lutz • Single Salchow
High Beginner	1:15 max.	<ul style="list-style-type: none"> • Waltz jump (from backward crossovers) • Single Salchow • Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ul style="list-style-type: none"> • Single toe loop • Single loop • Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ul style="list-style-type: none"> • Single toe loop • Single flip • Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Single flip • Single Lutz • Jump combination – Any single jump + single loop (may include Axel)
Pre – Juvenile	1:15 max.	<ul style="list-style-type: none"> • Single Axel or double Salchow • Single or double jump • Jump combination – single/single (may include Axel)
Juvenile & Open Juv.	1:15 max.	<ul style="list-style-type: none"> • Single Axel • Double Salchow or double toe loop • Jump combination – single/single or double/single (may include single Axel)
Intermediate	1:30 max.	<ul style="list-style-type: none"> • Single Axel • Double toe loop or double loop • Jump combination – double/single or double/double (may include single Axel)
Novice	1:30 max.	<ul style="list-style-type: none"> • Double loop • Double flip • Jump combination – double/double (may include double Axel)
Junior	1:30 max.	<ul style="list-style-type: none"> • Choice of double or triple jump (Salchow, toe loop, loop, Lutz) • Double or triple flip • Jump combination – double/double (may include double Axel)
Senior	1:30 max.	<ul style="list-style-type: none"> • Choice of double or triple jump (Salchow, toe loop, loop, flip) • Double or triple Lutz • Jump combination – double/double or triple/double (may include double Axel)

WELL BALANCED FREE SKATE (USFS Rulebook Requirements)**IJS & 6.0**

Level	Highest USFS & ISI FS test passed but no higher	Time – minutes +/- 10 Seconds except where noted	All levels in accordance With USFS rule numbers	IJS or 6.0?
No Test*	No FS Tests Passed	1:40 Maximum	6490	6.0
Pre Preliminary*	Pre Preliminary FS, FS 1-3	1:40 Maximum	6480	6.0
Preliminary*	Preliminary, FS 4-5	1:30	6470	IJS
Pre Juvenile*	Pre Juvenile FS. FS 4-5	2:00	6460	IJS
Juvenile FS*	Juvenile FS, FS 5-6	2:20	6450	IJS
Open Juvenile FS*	Juvenile FS	2:20	6450	IJS
Intermediate FS*	Intermediate FS, FS 5-6	3:00	6440	IJS
Novice FS*	Novice FS, FS 7-10	3:30	6430	IJS
Junior FS*	Junior FS, FS 7-10	3:30	6420	IJS
Senior FS*	Senior FS, FS 7-10	4:00	6410	IJS

***Event will follow the 2019-2020 US Figure Skating Rules. IMPORTANT: Please note the change in duration for Intermediate, Novice Ladies, Junior Men and Senior Men events.**

Click on the following link for requirements:

<https://www.usfigureskating.org/story?id=84109>

SHORT PROGRAM (USFS Rulebook Requirements)**IJS**

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	2:10 maximum	6451	IJS
Intermediate SP*	Intermediate FS, FS 5-6	2:10 maximum	6441	IJS
Novice SP*	Novice FS, FS 7-8	2:30 maximum	6431	IJS
Junior SP*	Junior FS, FS 7-8	2:40 +/-10 sec	6421	IJS
Senior SP*	Senior FS, FS 7-8	2:40 +/-10 sec	6411	IJS

***Event will follow the 2019-2020 US Figure Skating Requirements.**

Click on the following link for requirements:

<https://www.usfigureskating.org/story?id=84109>

Planned program content forms MUST be completed on the Entryeze website NO LATER THAN Midnight March 27, 2019. NO paper Planned Program Content forms will be accepted.

General event parameters:

- Adult 1-6: The skating order of the required elements is optional.
- Adult 1-6: The elements are not restricted 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.
- Adult 1-6: Vocal music is allowed
- Adult 1-6: To be skated on full ice
- Adult 1-6: The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.
- Adult 1-6: A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.
- **Adult Silver through Adult Masters Junior/Senior Events will be judged under IJS**

ADULT 1-6 Program With Music

Level	Time	Elements
Adult 1	1:40 MAX	<ul style="list-style-type: none"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:40 MAX	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3	1:40 MAX	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Backward skating to a long two-foot glide • Forward chasses on a circle, clockwise and counterclockwise • Backward snowplow stop, Right and Left
Adult 4	1:40 MAX	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions
Adult 5	1:40 MAX	<ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin
Adult 6	1:40 MAX	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)

Adult Beginner/High Beginner Free Skate

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements <ul style="list-style-type: none"> Jumps limited to bunny hop, mazurka, ballet, waltz Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same jump 	Max. 2 spins <ul style="list-style-type: none"> Two forward 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 Learn to Skate USA Free Skate 1 Badge Test
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none"> Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ Flip, ½ Lutz, Toe Loop Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same type jump. 	Max 2 spins: <ul style="list-style-type: none"> 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 any U.S. Figure Skating Free Skate Test

Adult Pre-Bronze – Masters Junior/Senior Free Skate

Level	Highest USFS & ISI FS test passed but no higher	Time – minutes +/- 10 Seconds except where noted	All levels in accordance with USFS rule number	Judging System
Adult Pre-Bronze FS*	Adult Pre Bronze Free Skate Test or Pre-Preliminary Free Skate Test	1:40 Maximum	6560	6.0
Adult Bronze FS*	Adult Bronze	1:50 Maximum	6550	6.0
Adult Silver FS*	Skaters must have passed at least one of the following: <ul style="list-style-type: none"> The adult silver free skate test; Prior to Oct. 1, 1994, the standard juvenile free skate test; On or after Oct. 1, 1994, the standard pre-juvenile free skate test; Prior to Oct. 1, 1977, the 3rd figure test.. 	2:10 Maximum	6540	IJS
Adult Gold FS*	A. Skaters must have passed at least one of the following: <ul style="list-style-type: none"> The adult gold free skate test; The standard juvenile free skate test; Prior to Oct. 1, 1977, the 3rd figure test. 	2:40 Maximum	6530	IJS
Masters Intermediate-Novice FS*	A. Skaters must have passed at least one of the following: <ul style="list-style-type: none"> The standard intermediate free skate test; Prior to Oct. 1, 1977, the 3rd figure test; On or after Oct. 1, 1977, and prior to Oct. 1, 1979, the 8th figure test. B. Skaters must not have passed: <ul style="list-style-type: none"> On or after Oct. 1, 1977, and prior to Oct. 1, 1991, higher than the standard junior free skate test; 2. On or after Oct. 1, 1991, higher than the standard novice free skate test 	3:10 Maximum	6520	IJS
Masters Junior-Senior FS*	At least one of the following: <ul style="list-style-type: none"> Standard Novice Free Skate Test Prior to Oct 1, 1977, the 4th figure test On or after Oct 1, 1977 and prior to Oct 1, 1979, the eighth figure test 	3:40 Maximum	6510	IJS

ADULT 1-6 AND INTRODUCTORY COMPULSORY MOVES**6.0**

General event parameters:

- The skating order of the elements is optional.
- Element may only be attempted once
- To be skated in program format with limited connecting steps
- To be skated on ½ ice
- A 0.2 deduction will be taken for each element MISSING, REPEATED or from a higher level

Level	Time	Elements
Adult 1	1:30 MAX	<ul style="list-style-type: none"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:30 MAX	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3	1:30 MAX	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Forward chasses on a circle, clockwise and counterclockwise • Backward skating to a long two-foot glide • Backward snowplow stop, Right and Left
Adult 4	1:30 MAX	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Hockey stop, both directions • Backward one-foot glides, right and left
Adult 5	1:30 MAX	<ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin (min 2 revs)
Adult 6	1:30 MAX	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)

ADULT BEGINNER – MASTERS COMPULSORY MOVES

IJS/6.0

General event parameters:

- Beginner to Silver: Elements skated on ½ ice
- Gold/Masters: Elements skated on full-ice
- Elements may be performed only once
- Music is not allowed
- Minimum number of revolutions is noted in parentheses

Level	Time	Elements
Adult Beginner	1:30 MAX	<ul style="list-style-type: none"> • Bunny hop • <u>Mazurka</u> • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open Mohawk (right and left) – heel to instep • <u>Alternating right and left forward inside and outside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</u>
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • <u>Forward upright spin (Min. 3 revolutions)</u> • <u>Backward outside 3-turn right and left</u> • <u>Alternating right and left backward outside and inside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</u>
Adult Pre-Bronze	1:30 MAX	<ul style="list-style-type: none"> • <u>Single Toe Loop</u> • Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in combination and 3 jumps in a sequence • <u>Forward upright spin (Min. 3 revolutions)</u> • 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 <u>either direction</u> • Forward spiral (any edge)
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> • Single Salchow • Waltz jump – toe loop combination jump • Backward Upright Spin – entry optional (Min. 3 revolutions) • <u>Backward inside 3-turn right and left</u> • Spiral sequence (Min. 2 spirals)
Adult Silver	1:30 MAX	<ul style="list-style-type: none"> • Single loop • Single/single jump combination • Sit spin (Min. 3 revolutions) • Straight line step sequence
Adult Gold	1:30 MAX	<ul style="list-style-type: none"> • Single Lutz or Axel • Single/single or single/double jump combination • Camel spin (Min. 4 revolutions) • Straight line step sequence
Masters Intermediate/Novice	1:30 MAX	<ul style="list-style-type: none"> • Axel, double Salchow , double toe loop or double loop • Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel • Solo spin of skater's choice (Min. 6 revolutions) • Straight line step sequence
Masters Junior/Senior	1:30 MAX	<ul style="list-style-type: none"> • Choice of any double jump • Jump combination that may include any double jump • Solo spin of skater's choice (Min. 8 revolutions) • Straight line step sequence

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.

PATTERN SOLO DANCE EVENTS**6.0**

Genders and ages may be combined. Open to Adult dancers (Standard Track). Patterns per US Figure Skating test level requirements. Total ordinals will break ties. If still tied, second dance will break the tie.

LEVEL	QUALIFICATIONS	SELECTED DANCE
Preliminary	No test or passed Preliminary	Dutch Waltz Canasta Tango
Pre-Bronze	Passed Preliminary or Pre-Bronze	Fiesta Tango 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 Argentine Tango
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 Argentine Tango

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 two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward 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, maximum 4 revolutions
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry • T-stop, right or left

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.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward 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, maximum 4 revolutions
Basic 5	1:10 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position • T-stop, right or left

PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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.
- 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"> • 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
Free Skate 1	1:15 max.	<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
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-turns, right and left • Beginning back spin- maximum 2 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 3's, 2-3 consecutive sets, right or left • Sit spin - minimum 3 revolutions • Half loop jump (Euler) • Flip jump
Free Skate 5	1:15 max.	<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
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Forward power pulls, minimum 3 on each foot • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump, half loop (Euler), Salchow jump combination • Beginning Axel jump

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

EXCEL 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.
- 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 their 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**6.0**

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. Vocal music is permitted at all levels.
- 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	QUALIFICATIONS	TIME
Excel Beginner Free Skate	Must not have passed higher than Learn to Skate USA Free Skate 2	1:40 MAX
Excel High Beginner Free Skate	Must not have passed higher than Learn to Skate USA Free Skate 4	1:40 MAX
Excel Pre-Preliminary	Must not have passed higher than US Figure Skating Pre-Preliminary Free Skate test	1:40 MAX
Excel Preliminary	Must not have passed higher than US Figure Skating Preliminary Free Skate test	1:30 +/- 10 seconds
Excel Preliminary Plus	Must not have passed higher than US Figure Skating Preliminary Free Skate test	1:30 +/- 10 seconds
Excel Pre-Juvenile	Must not have passed higher than US Figure Skating Pre-Juvenile Free Skate test	2:00 +/- 10 seconds
Excel Pre-Juvenile Plus	Must not have passed higher than US Figure Skating Preliminary Free Skate test	2:00 +/- 10 seconds
Excel Juvenile	Must not have passed higher than US Figure Skating Juvenile Free Skate test	2:20 +/- 10 seconds
Excel Juvenile Plus	Must not have passed higher than US Figure Skating Juvenile Free Skate test	2:20 +/- 10 seconds

Please review the chart at the link below for specific requirements for each level of free skate competition for Excel events.

<https://www.usfigureskating.org/content/Excel%20Free%20Skate%20Requirements%20Final.pdf>

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.

Level	Test Requirements	Duration
Basic/Beginner	Must not have passed any US Figure Skating tests	1:40 MAX
No Test/Pre-Preliminary	No higher than Pre-Preliminary Free Skate Test	1:40 MAX
Preliminary/Pre-Juvenile	Minimum Preliminary Free Skate and no higher than Pre-Juvenile Free Skate Test	1:40 MAX
Juvenile/Intermediate/Novice	Minimum Juvenile Free Skate and no higher than Novice Free Skate Test	1:40 MAX
Junior/Senior	Minimum Junior Free Skate test	1:40 MAX
Adult	Must be at least 21 years old	1:40 MAX

- 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, 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 a team of two 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:

Event	Must meet requirements*	Must not have passed	Age	Time
No Test <small>(does not qualify for National Showcase)</small>	No Free Skate test passed	Pre-Preliminary Free Skate OR Any Free Dance	No age restriction	1:30 max

Pre-Preliminary <small>(does not qualify for National Showcase)</small>	Pre-Preliminary Free Skate	Preliminary Free Skate OR 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
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	3 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:30 max
Senior	Senior Free Skate OR Senior Free Dance			2:30 max

Event	Must meet requirements*	Must not have passed	Age	Time
Adult Pre-Bronze <small>(does not qualify for National Showcase)</small>	Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher		
Adult Pre-Bronze	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max

Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3 rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4 th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3 rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5 th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3 rd Figure Test (prior to 10/1/77) OR 8 th Figure Test (10/1/77-9/30/79)		21 and older	2:10 max

SYNCHRONIZED SKATING INFORMATION

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

<https://www.usfsa.org/story?id=84111>

- 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.

Program duration: 1 ½ -2 minutes.

Rules: <https://www.usfigureskating.org/programs?id=84096&menu=synchronized>

- 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.

Program duration: 1 ½ -2 minutes.

Rules: <https://www.usfigureskating.org/programs?id=84096&menu=synchronized>

- 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.

Program duration: 2 – 2 ½ minutes.

Rules: <https://www.usfigureskating.org/programs?id=84096&menu=synchronized>

- 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 9480

Rules: <https://www.usfsa.org/programs?id=59365>

- 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 9470

Rules: <https://www.usfsa.org/programs?id=59365>

- 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: 2:30 +/- 10 seconds.

Well balanced program: Rule 9460

Rules: <https://www.usfsa.org/programs?id=59365>