



BODYARMOR 
STATE GAMES

2021 FIGURE SKATING CHAMPIONSHIPS

March 20, 2021 (March 21st will be used if needed)

@ the Wake Competition Center

Hosted by

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

Sanctioned by

United States Figure Skating



The BODYARMOR State Games Figure Skating Championships is a qualifying competition for the 2022 State Games of America Championships (SGA). Skaters placing first, second or third in an event at the BODYARMOR State Games competition qualify to compete nationally at the State Games of America being held July 21-August 1, 2022 in Ames, IA. For more details visit www.stategamesofamerica.com.

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 that 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.

COVID-19 INFORMATION *(Subject to change.)*

- **All in attendance are required to wear face coverings at all times.** The only exception is when a skater is out on the ice by his or her self. Skaters must wear their face covering when out on the ice with other skaters. This is not only for your protection, but for the protection of others and is applied to all attendees.
- **Social distancing must be maintained at all times.** The CDC recommends a distance of 6 feet and separate pathways will be established within the venue to minimize crossover and contamination.
- **Chaperones/Spectators:** No spectators will be allowed at the event. One chaperone will be permitted per skater. The chaperone must be over the age of 18 and an immediate family member as defined in the U.S. Figure Skating SafeSport Handbook. *Competition will be live streamed via Zoom for all others who want to watch.*
- **There will be a pre-competition Zoom call for athletes and coaches to cover all Covid-19 specifics for the 2021 BODYARMOR State Games.** This call will take place no earlier than March 14, 2021. We encourage all coaches and skaters/parents of skaters to participate in the call so that they are aware of all safety protocols related to this competition.

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 BODYARMOR 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 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.

Age restrictions/requirements: Singles free skate events (well-balanced program) have the following requirements:

- Juvenile: Girls – 12 years or younger; Boys – 13 years or younger
- Open Juvenile: Girls – 13 years or older; Boys – 14 years or older
- Intermediate must be under the age of 18
- Adults must be 21 years or older

Age classes for all Adult free skate events:

- Young Adult: 18 years through 20 years
- Class I: 21 years through 35 years
- Class II: 36 years through 45 years
- Class III: 46 years through 55 years
- Class IV: 56 years through 65 years
- Class V: 66 years and older

All adult age classes may be divided or combined depending on the number of entries and at the discretion of the chief referee. Men and ladies will be combined in Adult 1 through Adult Bronze free skate events (based on the Adult Competition Series Rules). Athletes in Adult Silver and higher free skate events with no competitor of the same gender in another age class will be offered the opportunity to skate an exhibition for first place, skate up to the next higher level (if this provides a competitor) or be issued a refund. The chief referee reserves the right to request proof of age.

Skaters entering Beginner through 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 20, 2021. Age divisions may be further broken down to equalize group size.

ENTRY INFORMATION

Registration for this year's event will be done online through Entryeze. A link to registration can be found at www.ncsports.org. The [entry deadline](#) for this year's competition is midnight on [Sunday, February 28, 2021](#). 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 BODYARMOR State Games office if you are unable to register online and need to register via mail. Additional fees may 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.

As a gift to our competitors, all skaters will be able to download a video of their BODYARMOR State Games events **FREE OF CHARGE** from Looking Glass Productions! Additional information on how to access your videos will be sent out once registration has closed.

<u>Event Category</u>	<u>Price</u>
<u>1st IJS event:</u>	\$125
<u>2nd IJS event</u>	\$75
<u>1st 6.0 event:</u>	\$95
<u>2nd 6.0 event:</u>	\$50
<u>1st Compete USA event:</u>	\$65
Any additional non-IJS events regardless of level:	\$35

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

Refund Policy: There will be **NO REFUNDS** unless an event/division is canceled or a participant is found to be ineligible because of a failure to meet residency or age requirements. There will be no refunds for medical withdrawals.

Schedule: Competitors may be scheduled on any day or time during the announced dates of the competition. A schedule will be posted on the BODYARMOR State Games website and on Entryeze after registration has closed. Participants will be notified when the schedule has been posted.

Practice Ice: The host club, Triangle Figure Skating Club, will be in charge of Practice Ice. Practice ice can be pre-purchased during the registration process for \$15. Skaters will be limited to 1 practice ice session per event during the pre-purchase period. Once the schedule has been published, skaters will be able to select their practice ice time. Those

that haven't purchased practice ice will be able to do so for \$18. Any remaining ice time will be on sale at the rink during the competition for \$20.

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 2022 State Games of America in that event.

Judging System:

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

- Juvenile through Senior Short Program
- Preliminary through Senior Free Skate
- Adult Pre-Bronze - Adult Masters Junior-Senior
- Excel Pre-Preliminary through Excel Senior, including Excel Plus events

All competitors skating in these events must submit a Planned Program Content form online using the EntryEeze website for BODYARMOR State Games of North Carolina. The deadline for submitting PPCs is **midnight March 7, 2021**.

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 the Wake Competition Center one hour prior to the start of the competition and will remain open during the scheduled events. Skaters will have designated times of arrival for both the competition and for practice ice. No individual will have access to the building outside of their designated time. *(Subject to change. See Competition Health & Safety Guidelines for additional information.)*

Schedule of Events: The official schedule of events will be posted online at www.ncsports.org on competition day. This schedule 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, Triangle Figure Skating Club of NC and BODYARMOR 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.) Clothing must not give the effect of excessive nudity inappropriate for the discipline. Accessories and props are not permitted unless otherwise specified in the event guidelines.

Men must wear full-length trousers. Ladies may wear skirts, trousers and tights (including unitards). Any ornamentation attached to the clothing must be firmly fastened so as not to fall off while skating under normal competitive conditions. Deductions for violations are 0.1-0.2 in the second mark for 6.0 scored events and up to a 1.0 point deduction for IJS events.

Results: The current US Figure Skating accounting procedures will be used. Results will be posted as live as possible on the BODYARMOR State Games website.

U.S. Figure Skating IJS Protocols 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 2021 BODYARMOR State Games include:

- Singles Free Skate: Juvenile, Intermediate, Novice, Junior, Senior, Adult Silver through Adult Masters Junior/Senior

Skaters requesting Test Credit will need to speak with Registration desk about the process for obtaining a Test Credit Packet.

Locker Rooms and Changing Areas

Locker rooms and changing areas will not be available during this competition. All athletes are expected to arrive at the rink ready to compete (costumes, hair, make-up, etc.). Athletes will be provided with an area to put skates on but will not be permitted to change in public restrooms.

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 2020-2021 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)

*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 1 season.

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) 2020-2021 rules will be used as guidelines for judging all events, unless otherwise stated.

1. This competition will be sanctioned by US Figure Skating, although membership in US Figure Skating is not required to enter the BODYARMOR State Games of North Carolina.
2. Skaters may compete at the highest level passed or one level higher. Skaters may compete in only one short program level and only one free skate level. Skaters competing in Excel free skate events may not compete in the equivalent well-balanced program event. Skaters are also responsible for verifying age, residency and test level, if challenged.
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 BODYARMOR State Games hotels can be found at www.ncsports.org.

VOLUNTEER COMPLIANCE

Reminder: Compliant positions at all U. S. Figure Skating sanctioned events include key LOC members, locker room monitors and ALL medical event personnel. To be considered compliant, an approved volunteer serving in one of these positions must:

- Must submit information for, proper payment of \$30 and successfully pass a background check*
 - The background check will be valid for two seasons, the one in which it was completed plus one additional
- Must complete annual SafeSport Training
 - The training will be valid for 365 days from date of completion and there is no cost for the training/certification*

*Accessible via the U.S. Figure Skating Members Only website:

www.usfsaonline -> Person Icon Or Account -> Member Profile -> Compliance

CONTACT INFO:Chief Referee – Bonnie Boaz – bonnie.boaz2411@gmail.comCompetition Manager – Malin Zandelin – trianglefscnc@gmail.comBODYARMOR State Games Staff - Roxanne Neumann - roxanne@ncsports.org**FOR MORE INFORMATION VISIT WWW.NCSports.org**SEE CURRENT [RULEBOOK](#) OR [U.S. FIGURE SKATING WEBSITE](#) FOR RULES/REQUIREMENTS.

SINGLES	JUDGING	1 st EVENT	2 nd EVENT	3 rd + EVENT
<i>Excel Free Skate (Pre-Preliminary – Senior)</i>	IJS	\$125	\$75	N/A
<i>Excel Free Skate (Beginner and High Beginner)</i>	6.0	\$95	\$50	N/A
<i>Well_Balanced Free Skate (No Test)</i>	6.0	\$95	\$50	N/A
<i>Well Balanced Free Skate (Pre-Preliminary - Senior)</i>	IJS	\$125	\$75	N/A
<i>Short Program (Juvenile – Senior)</i>	IJS	\$125	\$75	N/A
<i>Adult Free Skate (Adult Pre Bronze- Masters Jr/Sr)</i>	IJS	\$125	\$75	N/A
<i>Adult Free Skate (Adult 1-6, Beginner & High Beginner Free Skate)</i>	6.0	\$95	\$50	N/A
SPECIALTY	JUDGING	1 st EVENT	2 nd EVENT	3 rd + EVENT
<i>Excel Compulsory Moves (Excel Beg.–Excel Prelim.)</i>	6.0	\$95	\$50	N/A
<i>Compulsory Moves (No Test – Pre Juvenile)</i>	6.0	\$95	\$50	N/A
<i>Adult 1-6 and Introductory Compulsory Moves</i>	6.0	\$95	\$50	N/A
<i>Adult Beginner – Masters Compulsory Moves</i>	6.0	\$95	\$50	N/A
<i>Snowplow Sam – Basic 6 Elements</i>	6.0	\$65	\$35	N/A
<i>Snowplow Sam – Basic 6 Program with Music</i>	6.0	\$65	\$35	N/A
<i>Pre-Free Skate – Free Skate 1-6 Compulsory</i>	6.0	\$65	\$35	N/A
<i>Pre-Free Skate – Free Skate 1-6 Program with Music</i>	6.0	\$65	\$35	N/A

COMPULSORY MOVES (6.0)

General event parameters:

- No Test through Pre-Juvenile: Elements skated on ½ 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 3 revolutions • Step sequence – must include rotating in both directions

WELL BALANCED FREE SKATE (US Figure Skating Rulebook Requirements) (IJS & 6.0)

Level	Highest USFS or 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	IJS
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	2:30	6450	IJS
Open Juvenile FS*	Juvenile FS, FS 5-6	2:30	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 2020-2021 US Figure Skating Rules. IMPORTANT: Please note the change in duration for Juvenile and Open Juvenile Free Skate events.**

Click on the following link for requirements:

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

SHORT PROGRAM (US Figure Skating 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 2020-2021 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 14, 2021. NO paper Planned Program Content forms will be accepted.

ADULT FREE SKATE EVENTS (ALL LEVELS) (IJS/6.0)

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 Pre-Bronze 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	<p>Max. 4 jump elements</p> <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 	<p>Max. 2 spins</p> <ul style="list-style-type: none"> Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1 Badge Test</p>
Adult High Beginner 1:40 Maximum	<p>Max 4 jump elements:</p> <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. 	<p>Max 2 spins:</p> <ul style="list-style-type: none"> Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed any U.S. Figure Skating Free Skate Test</p>

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	IJS
Adult Bronze FS*	Adult Bronze	1:50 Maximum	6550	IJS
Adult Silver FS*	<p>Skaters must have passed at least one of the following:</p> <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*	<p>A. Skaters must have passed at least one of the following:</p> <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*	<p>A. Skaters must have passed at least one of the following:</p> <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. <p>B. Skaters must not have passed:</p> <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
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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 (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

SNOWPLOW SAM – BASIC 6 ELEMENTS (6.0)

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

SNOWPLOW SAM – BASIC 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 the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.



- To be skated on full ice with music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward 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-turn, right and left • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Backward inside three-turn, right and left • Beginning back spin- 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 • Euler (half loop jump) • Flip jump
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets both directions • Camel spin - minimum 3 revolutions • Waltz jump/loop jump combination • Lutz jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Forward power pulls, minimum 3 on each foot • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/Euler (half loop jump)/Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving

PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC (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 • <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i>
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop jump • Half flip jump • <i>NOT ALLOWED – Waltz jump/toe loop combination</i>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Beginning back spin- maximum 2 revolutions • Half Lutz • Salchow jump • <i>NOT ALLOWED – Waltz jump/toe loop and Salchow/toe loop combination</i>
Free Skate 3	1:40 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, minimum 3 revolutions • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination • <i>NOT ALLOWED – Waltz/loop combination</i>
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 • <i>NOT ALLOWED – Waltz/loop and Waltz/Euler/Salchow combination</i>
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 • Axel jump; minimum requirement is a clear attempt either stationary or moving

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/IJS)

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.



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

https://fs12.formsite.com/USFSAIT/images/2020_Excel_FS_Requirements.pdf

LEVEL	QUALIFICATIONS	TIME	SCORING
Excel Beginner Free Skate	Must not have passed higher than Learn to Skate USA Free Skate 2	1:40 MAX	6.0
Excel High Beginner Free Skate	Must not have passed higher than Learn to Skate USA Free Skate 4	1:40 MAX	6.0
Excel Pre-Preliminary	Must not have passed higher than US Figure Skating Pre-Preliminary Free Skate test	1:40 MAX	IJS
Excel Preliminary	Must not have passed higher than US Figure Skating Preliminary Free Skate test	1:30 +/- 10 seconds	IJS
Excel Preliminary Plus	Must not have passed higher than US Figure Skating Preliminary Free Skate test	1:30 +/- 10 seconds	IJS
Excel Pre-Juvenile	Must not have passed higher than US Figure Skating Pre-Juvenile Free Skate test	2:00 +/- 10 seconds	IJS
Excel Pre-Juvenile Plus	Must not have passed higher than US Figure Skating Preliminary Free Skate test	2:00 +/- 10 seconds	IJS
Excel Juvenile	Must not have passed higher than US Figure Skating Juvenile Free Skate test	2:30 +/- 10 seconds	IJS
Excel Juvenile Plus	Must not have passed higher than US Figure Skating Juvenile Free Skate test	2:30 +/- 10 seconds	IJS
Excel Intermediate	Must not have passed higher than US Figure Skating Intermediate Free Skate test	3:00 +/- 10 seconds	IJS
Excel Intermediate Plus	Must not have passed higher than US Figure Skating Intermediate Free Skate test	3:00 +/- 10 seconds	IJS
Excel Novice	Must not have passed higher than US Figure Skating Novice Free Skate test	3:30 +/- 10 seconds	IJS
Excel Junior	Must not have passed higher than US Figure Skating Junior Free Skate test	3:30 +/- 10 seconds	IJS
Excel Senior	Must not have passed higher than US Figure Skating Senior Free Skate test	4:00 +/- 10 seconds	IJS