



Adult Competitions

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It's never too late to get started on a new path to success! All-adult and adult-friendly skating competitions are hosted nationwide throughout the year, offering an opportunity to compete in a supportive and inclusive environment. Adult events are open to eligible skaters who are 21 years of age or older. In addition, a young adult category (ages 18-20) is included at many competitions.

Competitions divide competitors by test level to keep events both fair and meaningful. Larger competitions may also further divide competitors by age.

ADULT COMPETITION LEVELS:

- Adult 1-6
- Adult beginner
- Adult high beginner
- Adult pre-bronze = pre-preliminary
- Adult bronze = preliminary
- Adult silver = pre-juvenile
- Adult gold = juvenile
- Masters intermediate-novice
- Masters junior-senior

AGE CLASSIFICATIONS USED AT MANY ALL-ADULT COMPETITIONS:

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

Competitions may offer any of the following events: free skate, compulsory moves, showcase, ice dance, solo ice dance, pairs, improvisation, duets, jumps, spins and team events.

COMPETE USA

Competition isn't just about winning a medal. It's a chance to show off your skills, receive feedback to further improve and drive competitive spirit. Compete USA events promote a fun, introductory competitive experience for the beginner skater.

Current Learn to Skate USA and U.S. Figure Skating members at the Adult 1 through adult bronze levels are eligible to participate in Compete USA events. Compete USA provides a positive opportunity to compete at the grassroots level.

Competitions can offer a variety of events, including compulsory moves, free skate and showcase. There are no more than six competitors in each group, and all six receive an award.

Review the [Compete USA Manual](#) to find more information on levels, events offered and requirements.



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ADULT COMPETITION SERIES

The U.S. Figure Skating Adult Competition Series is open to skaters in the Adult 1 through adult bronze levels. The mission of this program is to provide a meaningful series of events to encourage adult skaters to enjoy a fun and competitive environment within the adult skating community.

Athletes receive points based on their placement and number of competitors in each event, and these points determine the final series winners in each section. Sectional series awards are presented at the nonqualifying event held in conjunction with each adult sectional championship.

Participants compete in free skate events in at least two participating Compete USA and/or nonqualifying competitions, one being the nonqualifying event held in conjunction with a skater's U.S. Adult Sectional Figure Skating Championships. All skaters must either compete at their test level or one level above of their highest completed Learn to Skate USA adult class level or U.S. Figure Skating test passed as of the close of entries of the competition.

Visit the [Adult Skating webpage](#) on the U.S. Figure Skating website or review the [Competition Series Manual](#) for more information.

U.S. ADULT SECTIONAL FIGURE SKATING CHAMPIONSHIPS AND ADULT SECTIONAL NONQUALIFYING COMPETITIONS

The U.S. Adult Sectional Figure Skating Championships take place each March and offer qualifying events called "championship," which are required for skaters attempting to qualify to compete in these events at the U.S. Adult Figure Skating Championships. The top four skaters from each sectional championship event in the Pacific Coast, Midwestern and Eastern sections will be invited to compete in the championship group at the U.S. Adult Championships. Championship events are offered in singles

competition for skaters who are at or above the adult silver test level. Championship partnered dance and pairs events are also offered.

A nonqualifying competition is held in conjunction with each Adult Sectional Championships. Adult Competition Series final events are held at these competitions and, in most cases, all levels of adult skating are also included (Adult 1 - masters junior-senior).

Skaters have the option of participating in both the qualifying and nonqualifying competitions, assuming they are the eligible level for both.

U.S. ADULT FIGURE SKATING CHAMPIONSHIPS

The U.S. Adult Figure Skating Championships are the highlight of the adult competitive season and take place each April. Athletes in the 10 championship events must qualify through one of three U.S. Adult Sectional Championships. Nonqualifying events are also held annually at the U.S. Adult Championships beginning at the bronze level. These nonqualifying events do not require qualification from the Adult Sectional Championships. Events offered each season include:

- Free skate (men's and ladies)
- Dramatic entertainment
- Light entertainment
- Pairs
- Partnered dance
- Solo pattern dance
- Solo free dance

Visit the [U.S. Adult Championships webpage](#) for more information.



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INTERNATIONAL COMPETITIVE OPPORTUNITIES

ISU Adult Figure Skating competitions provide adult skaters with the chance to compete with skaters from around the world while representing the United States.

There are now two major ISU adult competitions – one in Oberstdorf, Germany, each May and another in North America each fall. Today, these competitions attract hundreds of skaters from many member federations.

Competitors must be 28 years of age before July 1 in the year preceding the competition. For more information about international adult competitions, visit the [ISU's adult skating page](#).

ADDITIONAL COMPETITIVE OPPORTUNITIES

In addition to individual figure skating opportunities, skaters can compete in adult events that are a part of other skating programs and disciplines:

- Synchronized skating
- Theatre On Ice
- Showcase
- Solo dance

The Adult Skating Committee maintains a running list of adult skating competitions and events. You can find that list online or by clicking [here](#). Additional information can also be found within the “Additional Adult Opportunities” Aspire resource.

SUMMARY OF MAJOR US COMPETITIVE EVENTS

- U.S. Synchronized Skating Sectional Championships - January
- U.S. Synchronized Skating Championships - February
- U.S. Adult Sectional Figure Skating Championships - March
- U.S. Adult Figure Skating Championships - April
- ISU Adult International Competition (Germany) - May
- National Theatre On Ice - June
- National Showcase - August
- ISU Adult International Competition (North America) - October





Adult Skating Programs and Opportunities

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#ADULTSSKATETOO

U.S. Figure Skating's adult skating program offers various opportunities to participate in the sport of figure skating. Whether you're new to the sport of figure skating or a seasoned veteran pursuing a specific goal, U.S. Figure Skating provides opportunities to engage with other skaters and hone your craft.

SYNCHRONIZED SKATING

Synchronized skating offers athletes the chance to compete with a team and learn the value of teamwork and camaraderie. Synchronized teams in the U.S. offer four adult levels: open adult, adult, open masters and masters. In the context of synchronized skating, masters refers to an adult-level team comprised entirely of skaters age 25 and older. An adult team can compete at any nonqualifying synchronized skating competition.

However, both the adult and masters levels are considered qualifying events. These teams may enter their respective U.S. Synchronized Skating Sectional Championships to qualify for the U.S. Synchronized Skating Championships.

To learn more about joining a synchronized skating team, visit the Synchro information page [here](#) or on usfigureskating.org.

THEATRE ON ICE

Theatre On Ice (TOI) is a form of competitive figure skating that combines the grace of figure skating with the excitement of theater and dance. Known as "Ballet on Ice" in Europe, TOI teams consist of

eight to 30 skaters on the ice telling a story together. Adults may skate on any team for which they meet the test and age qualifications, including all-adult and mixed-age teams.

Skaters can experience great rewards from joining a Theatre On Ice team:

- A chance to develop the dramatic side of their skating
- A chance to be part of a team, while continuing to use their technical skills
- A chance to travel both locally and internationally
- A chance to make new friends and build relationships both in and out of the club

While there are a limited number of nonqualifying Theatre On Ice competitions held across the country, the highlight of the season is the annual National Theatre On Ice competition held every summer. Additionally, TOI teams may be selected for international Theatre On Ice Competitions, including the Adult Gold Cup. American teams are selected by the Programs and New Program Development Committee.

Learn more about [Theatre On Ice](#).





Adult Skating Programs and Opportunities

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SHOWCASE

Showcase is an exciting theatrical opportunity for skaters who love entertaining crowds. The skaters and audience alike enjoy a thrilling performance that fuses figure skating with artistic creativity. Showcase events are open at many nonqualifying competitions for single skaters, duets, small ensembles and production numbers.

National Showcase is a competition filled with inspiration. Placement in the top four at any showcase event at a nonqualifying competition earns you the opportunity to enter National Showcase. Adult skaters may compete at National Showcase if they meet the test requirements for adult bronze showcase or higher. Lower-level adult skaters may compete at nonqualifying competitions.

Singles skaters of all ages and levels can participate in showcase in the following categories:

- **Light entertainment** – Skaters perform a carefree, uplifting program to entertain the audience.
- **Dramatic entertainment** – Skaters perform a program demonstrating a strong emotional connection and investment in the music.
- **Interpretive** – Skaters choreograph a program themselves with music supplied in a warm-up room before taking the ice at the competition.

A highlight of showcase events is the opportunity for skaters to compete in a group. Club members and friends alike can enter these events to have fun and show off their theatrical skating skills. Groups can participate in the following events:

- **Duets** – Two competitors perform a theatrical program with the option to use props and scenery.
- **Mini Production Ensembles** – Groups of three to seven skaters perform together with the option to use props and scenery.
- **Production Ensembles** – Eight or more competitors perform a program together with the option to use props and scenery.

To learn more about showcase and to find an event near you, visit the Skating Opportunities page on usfigureskating.org or [click here](#).

SOLO ICE DANCE

Solo dance is an opportunity for skaters to ice dance on their own without a partner and is open to skaters of all ages and ice dance levels, from preliminary to gold and international. Solo dance events – both pattern and free dances – are available at nonqualifying competitions across the country.

Skaters are invited to enter the Solo Dance Series, a nationwide competitive program that allows skaters of all ages to expand their competitive opportunities and encourages those new to ice dancing to give it a try. Skaters in the series can qualify for the National Solo Dance Final. Adults may participate in the series based on their standard track ice dance tests. Solo dance events in the Solo Dance Series include:

- **Solo Pattern Dance**
- **Shadow Dance** (two skaters skate a pattern dance side by side)





Adult Skating Programs and Opportunities

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- **Combined Dance** (one solo pattern dance and one solo free dance)

Solo pattern and free dance events are also included in many adult competitions, including the U.S. Adult Figure Skating Championships and the nonqualifying competitions held in conjunction with the U.S. Adult Sectional Figure Skating Championships. Athletes may use standard, adult 21+ and adult 50+ tests to qualify to compete in these events and when there are enough entries, the events are split by age.

Learn more about [solo dance](https://usfigureskating.org) on usfigureskating.org.

PARTNERED ICE DANCE AND PAIRS SKATING

Both partnered ice dance and pairs figure skating feature a male and female skater performing choreographed programs together. While they can look similar, ice dancing is more comparable to a ballroom competition, while pair skating features side-by-side jumps and spins.

Adult partnered dance competitions often include events for all skill levels from beginner to advanced. The adult competitive events consist of pattern dances only or pattern dances and a free dance, depending on the level. Beyond solo dance events, partnered ice dance provides another unique opportunity for adult skaters. Dance couples provide their own pattern dance music for qualifying competitions based on the seasons required dance patterns. The music, like that for the free dance, can have vocals.

Competitive partnered dance levels include masters open, adult gold, adult pre-gold, adult silver, adult pre-silver, adult bronze, adult pre-bronze and adult centennial.

Adult pairs skating provides another opportunity to experience the thrill of performing with a partner. Just like partnered ice dance, synchronized skating and Theatre On Ice, pairs combines the attributes of these other disciplines with the solo skating factor of jumping and spinning. Pairs elements, such as overhead lifts, partnered spins and a strong focus on timing and unison are what make the discipline unique. The benefits of learning pairs include team building, stronger communication skills, increased self-awareness and increased confidence.

Competitive pair levels include masters, centennial, adult gold, adult silver and adult bronze.

Speak with your coach for assistance in the search for the perfect partner. To enter partnered dance or pairs events in nonqualifying and qualifying events, each skater of the team must pass the appropriate test for the level of the event.





Adult Skating Programs and Opportunities

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CAMPS, CLINICS AND SOCIAL ICE DANCE WEEKENDS

Attending camps and clinics for adult figure skaters is a great way to improve on-ice skills while meeting other adult skaters and having fun together both on and off the ice. Several adult skating camps are held nationally throughout the year.

Many camps and clinics may include elite staff of national, international and Olympic level to provide you with the knowledge and expertise to continue to progress within your personal skating journey. Camps and clinics cover a variety of skating-related topics in on- and off-ice sessions.

If you enjoy the art of ice dance, but aren't interested in testing or entering competitions, you can still enjoy social ice dancing! Without the pressure of testing or competition, social ice dance weekends give you the opportunity to relax and enjoy skating with others who share the same passion. Ice dancers can enjoy the experience of skating with multiple partners and friends, which helps their own ice dancing improve in a fun and relaxed setting.

ICE SHOWS/EXHIBITIONS

In the world of adult skating there are those that compete solo or in groups at the local and/or national level, others who enjoy progressing with the help of lessons and those who skate recreationally for various reasons. Local club ice shows and exhibitions give every skater the chance to get in front of an audience in a stress-free and supportive environment.

Whether you just started group lessons or are a seasoned competitor, every skater should experience the thrill of performing in an ice show. While you might normally be nervous about performing in front of a crowd, an ice show is typically less intimidating than a competition as you are not alone on the ice and you are not being judged.

Additionally, club ice shows and local exhibitions provide an opportunity to give those who compete another performance practice opportunity, or for many others, it may be the only time for friends and families to see their skills and love of skating.

LEARN MORE

We highly encourage all adult athletes to take part in any or all of the provided opportunities. It is highly encouraged that you become a member of your local figure skating club to ensure participation eligibility.

If some of the opportunities mentioned above are not available at your local rink, getting involved as a club member and within the skating community is a great way to generate interest among other skaters and coaches in launching the opportunity you are interested in pursuing at your home rink.

The Adult Skating Committee maintains a document with a running list of adult skating camps, clinics, competitions and other adult opportunities. You can find that list online or by clicking [here](#).

