



Front Range Invitational

May 31 – June 1, 2025

Hosted by Mountain View Skating Club

Greeley Ice Haus, Greeley CO

I. COMPETITION OVERVIEW

The **FRONT RANGE INVITATIONAL** will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the [current rulebook](#), and/or [current Compete USA handbook](#) 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.

Skaters must be a currently registered member of a U.S. Figure Skating member club, Learn to Skate USA® member, a collegiate club or who is an individual member in accordance with the current rulebook. For non-U.S. citizens, please refer to the [rulebook](#) for more information.

SERIES INFORMATION:

The Front Range Invitational has been approved as part of the 2025 Skate Colorado Compete USA.

II. ELIGIBILITY

Singles: Excel and Well-Balanced Events:

- Skaters must meet at least the minimum singles test requirements for the event's level. A skater's singles test level may be higher than the minimum requirement.
 - o Skate Up (If allowed at your competition): skaters may skate up one level higher than their minimum test requirement allows.
- Skaters may not register for an event level lower than allowed by their competitive floor. An athlete's competitive floor is set by one of the following scenarios:
 - o If an athlete has a paid EMS series application for the NQS series, the event level registered for in the most recent NQS will become the lowest level they may compete at in any U.S. Figure Skating sanctioned event.
 - o If an athlete has a paid EMS series application for the Excel Series, the event level registered for in the most recent Excel series will become the lowest level they may compete in any Excel event. For Well-Balanced and Specialty events the skater will be permitted to register at one level lower than the "floor" set by their excel series entry.

- If an athlete has never had a paid EMS series application in the NQS or Excel series, the athlete may select their level based on their goals and technical skills as long as the minimum test requirements are met.
- Skaters are not permitted to enter an Excel free skate and a Well-Balanced free skate event at the same competition (example: Juvenile Girls Free Skate and Juvenile Girls Excel Free Skate). However, they are permitted to enter an Excel and a Well-Balanced event of different types such as a short program (if stand-alone event option), specialty or showcase events (example: Intermediate Women Short Program and Intermediate Women Excel Free Skate).
- For more details about establishing event levels, refer to the information sheet [HERE](#) or email events@usfigureskating.org.

All other singles and partner events (such as Adults, Pairs, Ice Dance):

- Skaters must meet the minimum test requirements for the events level, but not exceed the maximum permissible test requirement.

EVENTS OFFERED:

- **U.S. Figure Skating Program Requirements:** usfigureskating.org --> Skate --> Compete --> Program Requirements
- **Compete USA Program Requirements:** learntoskateusa.com/competeusa
- **Skate United:** For any Skate United (S.U.) Athlete, please have them register for their appropriate level under the “standard” option. Once the registration is complete, the following form must be submitted to the competition chair via email at competition@mountainviewskatingclub.org
 - [Click here for the Skate United Athlete Form.](#)
- **Skating Accommodation Memorandum (S.A.M.):** Skaters using a S.A.M. must submit their S.A.M. to the competition chair via email at competition@mountainviewskatingclub.org.
 - [Click here for more information about S.A.Ms.](#)

SINGLES	JUDGING	1 st Event Price	2 nd Event Price
Aspire 1-4 Program w/ Music	6.0	\$105.00	\$45.00
Excel Free Skate	6.0	\$105.00	\$45.00
Adult Free Skate (Adult Pre-Bronze – Master Jr/Sr)	6.0	\$105.00	\$45.00
Adult Beginner & High Beginner Free Skate	6.0	\$105.00	\$45.00
PAIRS	JUDGING	1 st Event Price	2 nd Event Price
Adult Pairs Free Skate	6.0	\$105.00	\$45.00
PARTNERED ICE DANCE	JUDGING	1 st Event Price	2 nd Event Price
Pattern Dance	6.0	\$105.00	\$45.00
Open Pattern Dance	6.0	\$105.00	\$45.00
Adult Pattern Dance	6.0	\$105.00	\$45.00
Adult Free Dance	6.0	\$105.00	\$45.00
ATHLETE DEVELOPMENT	JUDGING	1 st Event Price	2 nd Event Price
Compulsory Moves (Level 1 - 8)	6.0	\$100.00	\$45.00
Jumps Challenge (Level 1 - 9)	6.0	\$100.00	\$45.00
Spins Challenge (Level 1 - 6)	6.0	\$100.00	\$45.00

SHOWCASE	JUDGING	1 st Event Price	2 nd Event Price
Emotional Performance (Pre-Preliminary – Senior, Adult)	CJS	\$125.00	\$45.00
Choreographic Artistry (Juvenile - Senior, Adult)	CJS	\$125.00	\$45.00
Lyrical Pop (Pre-Preliminary - Senior, Adult)	CJS	\$125.00	\$45.00
Character Performance (Pre-Preliminary - Senior, Adult)	CJS	\$125.00	\$45.00
Comedic Impressions (Pre-Preliminary - Senior, Adult)	CJS	\$125.00	\$45.00
Duets/Trios (Pre-Preliminary – Senior, Adult)	CJS	\$125/team	
Theme Event (Motown)	CJS	\$125.00	\$45.00
Inflatables	CJS	\$125/team	
Mini Production Ensemble	CJS	\$150/team	
Production Ensemble	CJS	\$150/team	
Adaptive Individual Showcase	CJS	\$125.00	\$45.00
Adaptive Unified Partner Showcase	CJS	\$125.00	\$45.00
SOLO DANCE	JUDGING	1 st Event Price	2 nd Event Price
Solo Pattern Dance (not participating in series)	6.0	\$105.00	\$45.00
Solo Open Pattern Dance	6.0	\$105.00	\$45.00
Solo Free Dance	6.0	\$105.00	\$45.00
Solo Combined Dance	6.0	\$105.00	\$45.00
Shadow Dance	6.0	\$105.00	\$45.00
Adult Solo Pattern Dance	6.0	\$105.00	\$45.00
Adult Solo Free Dance	6.0	\$105.00	\$45.00
COMPETE USA EVENTS	JUDGING	1 st Event Price	2 nd Event Price
Snowplow Sam-Basic 6 Program w/ Music	6.0	\$95.00	\$45.00
Adult 1-6 Program w/ Music	6.0	\$95.00	\$45.00
Snowplow Sam – Basic 6 Elements	6.0	\$95.00	\$45.00
Compete USA – Showcase (Basic 1-6, Aspire 1-4)	6.0	\$95.00	\$45.00
ADAPTIVE	JUDGING	1 st Event Price	2 nd Event Price
Special Olympics Badges 2 - 12	6.0	\$95.00	\$45.00
Special Olympics – Free Skate Program, Pairs & Dance	6.0	\$95.00	\$45.00
Skate United <i>*see statement above</i>	6.0	\$95.00	\$45.00

OUR COMMUNITY:

U.S. Figure Skating is dedicated to fostering a culture of belonging and community that is welcoming for all individuals. We are committed to championing diversity, equity and inclusion and understand its value in combating discrimination and challenging inequalities necessary to develop champions both on and off the ice. We are actively working toward developing equitable practices and policies that foster safety and empower all individuals to authentically pursue their unique path in all areas of our sport. We stand firmly on the belief that our members are the most important asset to our organization and that our differences are meaningful and strengthen our sport. We believe that skating is for everyone.

NON-DISCRIMINATION:

U.S. Figure Skating commits in policy, principle and practice to sustain a non-discriminatory approach on and off the ice for all members. We strive to provide equal opportunity for all despite their varied backgrounds,

Updated 02/26/2025

experiences and identities, and want all members to feel valued and respected at every level of organization. U.S. Figure Skating's SkateSafe® Program receives, investigates and addresses allegations of discrimination or harassment throughout its membership and the organization. Please refer to the [SkateSafe® Program Handbook](#) for further definition of harassment, discrimination and abuse.

By attending this event, all participants are willingly committing to upholding U.S. Figure Skating's Code of Ethics (*GR 1.01*) and Code of Conduct (*GR 1.02*), as detailed within the [U.S. Figure Skating Rulebook](#).

To report a concern of discrimination or harassment to U.S. Figure Skating, please visit www.USFigureSkating.org/SkateSafe or email SkateSafe@USFigureSkating.org.

ATHLETE ASSISTANCE/ACCOMMODATIONS:

Should a skater with disabilities require any specific accommodations or assistance for their competitive event, please submit your approved S.A.M to the Competition Chair by the registration deadline at competition@mountainviewskatingclub.org.

COMPLIANCE:

For full details about participant compliance requirements, refer to the U.S. Figure Skating SkateSafe® webpage: <https://www.usfigureskating.org/skatesafe#compliance>.

COACHES

To be an eligible coach at a nonqualifying competition, coaches must meet the applicable compliance requirements and verified by U.S. Figure Skating. Coach compliance falls into two categories, Coach Compliance (includes choreographers) and Learn to Skate USA® Instructor Compliance. Details regarding compliance requirements can be found [HERE](#). All compliance requirements must be met at the time of check-in to access the competition, no exceptions.

Coaches of foreign athletes: If you are a coach of a foreign athlete only, you are not subject to U.S. Figure Skating coach compliance and will only be asked to provide a letter of good standing for the federation your athlete represents.

TEAM SERVICE PERSONNEL

Teams are permitted a maximum of two team service personnel. Team service personnel must have a current U.S. Figure Skating or Learn to Skate USA® membership, a green lighted background check and completed SafeSport™ Training. All compliance requirements must be met at the time of check-in to access the competition, no exceptions. Team service personnel is defined as those indicated as a team manager and/or team service personnel planning to attend the competition with the team.

MANDATORY ATHLETES

Athletes age 18+ as of the competition start date who will be competing on a team (i.e., synchro, ice dance, pairs, shadow dance, theatre, etc.) with at least one Minor Athlete must complete SafeSport™ Training. *

Minor athletes who turn 18 mid-season are encouraged to seek parental consent to take the online SafeSport™ Training early to avoid any disruptions in their ability to participate as the training is required upon turning 18. The athlete will not be compliant until they have completed the training and their Members Only portal reflects completion. Please email skatesafe@usfigureskating.org for instructions or questions regarding parental consent.

III. REGISTRATION INFORMATION

ONLINE REGISTRATION VIA ENTRYEEZE:

Online registrations will be accepted via [EntryEeze](#). Payment must be made at the time of registration by credit card only. Each transaction includes a 3% transaction fee.

Registration Deadline: 04/23/2025 at 11:59pm MDT

Late Registration Deadline: 04/30/2025 at 11:59pm MDT + \$50 Late Fee

*The host club reserves the right to close registration at any time if event capacity is met

PARTNERED EVENTS:

Only one partner will complete registration for the team. During the registration process, you will be asked to identify your partner and verify their test information. **The registered partner will be responsible for managing all aspects of the competition for the team including music/PPC upload, practice ice sales, etc.**

FOREIGN SKATERS:

Non-U.S. skaters intending to register for this competition must set up a non-member account prior to registering for the competition ([click here for HOW TO](#)). This can be done by choosing the "Non-Member? Create Account" option on the [Members Only](#) login page.

MUSIC SUBMISSION/UPLOAD:

MUSIC UPLOAD: Competitors participating in events with music are required to upload their music to EntryEeze no later than **05/20/2025 11:59pm MDT**. After this date, skaters will be locked out of this feature and subject to a **\$25 late fee**. The late fee will automatically be added to each skater's cart who doesn't meet this requirement by the deadline. Late fees will not be removed under any circumstances and must be paid prior to receiving the skater credential onsite.

DEADLINE: 05/20/2025 11:59pm MDT *\$25 late fee after deadline

Competitors must also have available a backup copy of their competition music on a cell phone and it must be immediately available rinkside whenever the skater competes. If the phone does not have the standard round headset connector, an appropriate adapter, such as an Apple Lightning connector or Samsung USB-C adapter is required to be attached. The phone should be presented to the music person with the file ready to play, phone in airplane mode and volume turned to maximum.

REFUND POLICY

Entry fees will not be refunded after entry deadline unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals.

LIABILITY:

U.S. Figure Skating, Learn to Skate USA®, **MOUNTAIN VIEW SKATING CLUB** and **GREELEY ICE HAUS** 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.

IV. COMPETITION DETAILS

FACILITIES:

Greeley Ice Haus

900 9th Ave, Greeley CO

[Greeley Ice Haus - Greeley Rec](#)

Updated 02/26/2025

The Greeley Ice Haus is an NHL-size ice arena with seating for nearly 1000 spectators. They sell concessions all day, with hot food available. The MVSC Jr Board will also be selling small concessions during the event.

LOCKER ROOMS AND CHANGING AREAS:

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

U.S. Figure Skating Travel Policy:

All travel must strictly adhere to Two-Deep Leadership requirements. An Adult Participant cannot transport a Minor Athlete one-on-one and Two-Deep Leadership requirements must be adhered to at all times during In-Program travel, by transporting at least two minors or a second Adult Participant. An Adult Participant cannot share a hotel room or other sleeping arrangement with a Minor Athlete(s). Full details of the SkateSafe® Travel Policy and any exceptions can be found starting on page 12 of the [SkateSafe® Handbook](#).

OFFICIAL WEBSITE & UPDATES:

The official website for the 2025 Front Range Invitational is <https://mountainviewskatingclub.org/front-range-invitational>. Updates/announcements will be posted on the website as well as emails sent to addresses used during registration. It is the responsibility of each competitor, parent and coach to check the competition website AND their emails frequently for any schedule changes and/or additional information pertaining to the competition.

Results will be posted online.

SCHEDULE

Competitors may be scheduled on any day or time during the announced dates of the competition. The competition and practice ice schedule will be available after the close of entries. All participants will be notified via email once available.

PRACTICE ICE:

Unofficial Practice Ice (UPI) sales will begin 05/20/2025.

UPIs will be offered in 20-minute segments at various times throughout the competition.

NO REFUNDS will be given for practice ice sessions.

Types of Practice Ice Available

- Unofficial Practice Ice (UPI)
 - o Length of session: 20 minutes
 - o Will music be played? No
 - o Sessions will be restricted to 20 skaters

Pre-Purchase: Practice ice credits may be purchased after participants complete their event registration, via the EntryEeze Competition Portal. Skaters who purchase credits during the pre-purchase period will be able to select sessions during the selection period, after the schedule has been completed and posted.

- Open: 05/10/2025 12:00am MDT
- Close: 05/20/2025 11:59pm MDT
- Maximum credits per registered event:
 - o UPI - 1
- Cost per credit: \$25

Pre-Purchase Selection: After the close of entries and shortly after the competition schedule is published, skaters will receive an email with notice of the practice ice schedule and the date/time when pre purchased credits can be scheduled via EntryEeze.

- Selection dates will be provided by email after the close of entries.

Open Sales: Practice Ice sessions will be available after the schedule has been published. Skaters will be able to purchase open sessions available to them.

- Open: 05/28/2025 12:00am MDT
- Close: Until filled
- Maximum sessions per registered event:
 - UPI - 1
- Cost per session: \$30

ONSITE CHECK-IN:

Check-in will open on Saturday, May 31st one hour prior to the first practice ice.

If you are participating in a role requiring compliance, please be sure to [download or print your compliance card](#) to verify your compliance status on-site, if requested. If you believe your compliance card does not accurately reflect your compliance status, please contact skatesafe@usfigureskating.org at least 2 business days prior to the competition for assistance.

AWARDS:

Awards will be presented immediately following the posting of online results in the upstairs lobby. Medals will be awarded to all skaters.

PHOTO/VIDEO:

Live and on-demand streaming, and sales and distribution of U.S. Figure Skating sanctioned and approved events, programs, and activities that include the playback of music is strictly prohibited. This prohibition does not apply to the distribution of footage that does not include music. Questions about this can be directed to music@usfigureskating.org.

CONTACT INFORMATION:

Competition website: [Front Range Invitational | Mountain View Skating Club](#)

For questions, please contact the following individuals:

Competition Chair:	Sarah Mitchell	competition@mountainviewskatingclub.org
Chief Referee:	Mary Anne McGivern	mamcgivern@me.com
Practice Ice Chair:	Sarah Mitchell	competition@mountainviewskatingclub.org



2025 Skate Colorado Compete USA Series Competition Listing

<p>Aspen Invitational (Lewis Arena) Date: Dec 6-7, 2024 www.aspenfigureskatingclub.com 0861 Maroon Creek Rd Aspen, CO Competition Chair: Janette Buchanan janettebuchanan@yahoo.com (650) 465-1720 Competition Application Deadline: November 1, 2024 Aspire CM will still be counted for this competition</p>	<p>Denver Invitational (South Suburban Sports Complex) Date: March 6-9, 2025 www.denverfsc.org 4810 E. County Line Road Littleton, CO 80126 Competition Chair: Lisa May di@dcfsc.org (720) 272-0290 Competition Application Deadline: February 5, 2025</p>
<p>Ft. Collins Classic (EPIC) Date: April 3-6, 2025 www.fortcollinsfsc.org 1801 Riverside Fort Collins, CO 80525 Competition Chair: Amy Aspelund aspelua@gmail.com 970-556-4850 Competition Application Deadline: February 28, 2025</p>	<p>Funtastics (APEX) Date: April 11-13, 2025 www.alpinesc.org 13150 W 72nd Ave Arvada, CO 80005 Competition Chair: Mary Lynn Conway marylynn.conway@gmail.com Competition Application Deadline: TBD</p>
<p>Centennial Spring Classic (Monument Ice Rinks) Date: May 10, 2025 www.centennialsksatingclub.org 16240 Old Denver Highway Monument, CO 80132 Competition Chair: Lisa Landon lisa_landon@comcast.net (719) 659-0912 Competition Application Deadline: April 4, 2025</p>	<p>Front Range Invitational (Greeley Ice Haus) Date: May 31-June 1, 2025 www.mountainviewskatingclub.org 900 8th Avenue Greeley, CO 80631 Competition Chair: Sarah Mitchell competition@mountainviewskatingclub.org (303) 332-7868 / (970) 978-3192 Competition Application Deadline: April 23, 2025</p>
<p>Broadmoor Open (World Arena) Date: June 22, 2025 www.broadmoorskatingclub.com 3185 Venetucci Blvd Colorado Springs, CO 80906 Competition Chair: Janna Blanter jblanter@yahoo.com (719) 492-7566 Competition Application Deadline: May 4, 2025</p>	<p>Vail Invitational (Howelsen Ice Arena) Date: July 17-20, 2025 www.skateclubvail.com Steamboat Springs, CO Competition Chair: Kelly Deimund kellydeimund@hotmail.com (970) 376-3945 Competition Application Deadline: June 8, 2025</p>
<p>Cup of Colorado/Colorado Gold (South Suburban Sports Complex) Date: Aug 14-17, 2025 www.denverfsc.org 4810 E. County Line Road Littleton, CO 80126 Competition Chair: Cassy Papajohn cup@dcfsc.org (303)910-0303 Competition Application Deadline: July 16, 2025</p>	<p>Colorado Springs Invitational/RMSG (Monument Ice Rinks) Date: Sep 10-14, 2025 www.centennialsksatingclub.org 16240 Old Denver Highway Monument, CO 80132 Competition Chair: Lisa Landon lisa_landon@comcast.net (719) 659-0912 Competition Application Deadline: August 6, 2025</p> <p>*** All 2025 Skate Colorado Compete USA Competition Series awards will be presented at this competition ***</p>



2025 Skate Colorado Compete USA Series

MISSION STATEMENT: To provide an opportunity for Colorado skaters to develop their skating skills in a fun, competitive environment.

AWARDS: During the competition season, skaters and teams/clubs will have the chance to compete at several different competitions and earn points for a final standing. Trophies and medals will be awarded at the Skate Colorado Compete USA competition at the 2025 Colorado Springs Invitational.

*Skate Colorado Compete USA Series Team Banner (3x4) – 1st, 2nd, and 3rd place banners will be awarded to the club/skating school with the most points scored throughout the entire series (all 10 competitions) by skaters representing that club/skating school (points for clubs and skating schools located at the same rink will be added together to enhance and create more of a “team” concept). Points will be awarded based upon the same system as the individual points. **Only the top 10 team members’ OVERALL scores FOR THE ENTIRE SEASON (including move up points) will count toward the team points for the determination of the team trophy. Tie breakers will be the same as the individual tie breakers.***

Free Skate Program and Elements/Compulsory Series Point System

A skater must enter **BOTH** a Free Skate/Program **AND** an Elements/Compulsory event in each of at least TWO (2) of the registered Skate Colorado Compete USA Competitions to be eligible for accumulating points. **Only up to the best 4 scores (free skate and compulsory/elements added together) of the season will be totaled for the final score in the series.** Each event will have a maximum of six skaters. Both youth and adults may accumulate points! **The compulsory moves/element event no longer has to be at the same level.**

The system for scoring points for the trophies will be as follows:

1 st place	6 points
2 nd place	5 points
3 rd place	4 points
4 th place	3 points
5 th place	2 points
6 th place	1 point

** A skater will earn three points toward their overall standing each time the skater competes in a level that is higher than the level competed at the previous competition for Free Skate/Program OR Element/Compulsory throughout the duration of the series. In order to keep the extra three points, the skater must compete in that level or higher in all subsequent competitions in that event. Move up points will be awarded for events at all competitions in the series (even though the event point scores may not be one of the final four best scores).*

In the event that there is only one skater in an event, the skater will have the choice to skate alone OR move up a level to compete against other skaters. In this case, those skaters will be allowed to move back to their original level to compete at the next competition and shall not be awarded the 3 point move up credit.

If an event has 2-6 skaters, the points will be awarded as if there were six skaters in the group. If there is only one skater in the group, that skater will be awarded three points.

In case of a tie, the total number of skaters that the competitor has skated against throughout the series (all competitions and not just the competitions with the 4 best scores) will be the 1st tie breaker. The total score for all free skate events during the season will be the 2nd tie breaker, the total score for all compulsory events during the season will be the 3rd tie breaker, and the number of levels increased throughout the season will be the 4th tie breaker.

All points follow the skater throughout the series, so if a skater moves up to higher levels, the points follow the skater. Once a skater moves up a level, they may not compete at a lower level unless they moved up as a result of having no other skaters in their group.

Trophies will be awarded 1-3 in each level from Snowplow Sam through Aspire 4 and Adult 1-6. The trophies will be awarded to the skaters at their level as of the last competition in which they compete.

Rules and Format:

COMPETITION ANNOUNCEMENT

The **Skate Colorado Compete USA Series** is sponsored equally by the participating ice rinks and/or U.S. Figure Skating member clubs. Competition packages will be available at all participating ice rinks and/or via the club or rink websites. Each competition will have its own entry forms and specific rules so please make sure to read the entire announcement for each competition.

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Learn to Skate USA Program/Club or any other Learn to Skate USA Program/Club.

Eligibility will be based on skill level as of the closing date of entries.

All Snowplow Sam through Basic 6 skaters are eligible to skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition and **NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.**

All Aspire 1 - 4 may compete at the free skate level or compulsory moves level that best fits their skill level.

It is very important to the success of the series that skaters are placed in the correct divisions. If, for whatever reason, the local organizing committee and/or their Chief Referee discover that a skater has been placed in a category that is below their class level, the chair and referee will have the option to move the skater to the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors.

Elements: Snowplow Sam – Basic 6

Format: Each skater will perform one element at a time (in program format) in the order listed below (no excessive connecting steps or choreography)

- To be skated on ½ ice, no music
- **All elements must be skated in the order listed – no additional elements are allowed**
- The skater **must demonstrate** the required elements as described
- Each element may only be attempted once
- Time: 1:00 MAX

Compulsory: Levels 1-4

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

- To be skated on ½ ice, no music
- Each element may only be attempted once
- A .2 deduction will be taken for each element missing, repeated or from a higher level
- Time: 1:15 MAX

Adult 1-6 Compulsory

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

- To be skated on ½ ice, no music
- Each element may only be attempted once
- A .2 deduction will be taken for each element missing, repeated or from a higher level
- Time: 1:30 MAX

Programs with Music: Snowplow Sam – Basic 6

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 **must demonstrate** the required elements as described and may use any additional elements from their **current level or a previous level**
- If the description of a required move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- A .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
- Time: 1:10 MAX

Programs with Music: Adult 1 – 6

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or 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
- Vocal music is allowed.
- The skater **must demonstrate** the required elements as described and may use, but is not required to use, any **additional elements from their current level or a previous level**
- A .2 deduction will be taken for each element missing, repeated or from a higher level
- Time 1:40 MAX

Free Skate: Aspire 1-4

- To be skated on full ice
- Vocal music is allowed
- Time 1:40 MAX

Required Descriptions for Elements & Compulsories

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

LEVEL	SOLO JUMP	JUMP COMBINATION/SEQUENCE	SPIN	CHOREO/STEP SEQUENCE
Level 1 1:15 max	<ul style="list-style-type: none"> Half Flip or Half Lutz 	<ul style="list-style-type: none"> Waltz Jump + Waltz Jump + SEQ 	<ul style="list-style-type: none"> Forward One-Foot Upright Spin <ul style="list-style-type: none"> No flying entry No change of foot Min. 3 revs. 	<ul style="list-style-type: none"> Spiral on Both Legs <ul style="list-style-type: none"> No Variations Forward (FSpr1) or Backwards (BSpr1) Leg must be hip level or higher for min. 3 secs.
Level 2 1:15 max	<ul style="list-style-type: none"> Single Salchow or Single Toe Loop 	<ul style="list-style-type: none"> Waltz Jump + Single Toe Loop 	<ul style="list-style-type: none"> Forward Sit Spin <ul style="list-style-type: none"> No flying entry No change of foot Min. 3 revs. 	<ul style="list-style-type: none"> Choreographic Sequence (pChSq) that must be one spiral with variation and one of the following: <ul style="list-style-type: none"> Split Jump Stag Jump Falling Leaf
Level 3 1:15 max	<ul style="list-style-type: none"> Single Loop 	Choice of one of the following options: <ul style="list-style-type: none"> Single Flip + Single Toe Loop Single Lutz + Single Toe Loop Single Flip + Single Loop Single Lutz + Single Loop 	<ul style="list-style-type: none"> Forward Camel Spin <ul style="list-style-type: none"> No flying entry No change of foot Min. 3 revs. 	<ul style="list-style-type: none"> Choreographic Sequence (pChSq) <ul style="list-style-type: none"> Must be 2 different skating movements and clearly visible
Level 4 1:15 max	<ul style="list-style-type: none"> Double Salchow or Double Toe Loop 	Choice of one of the following options: <ul style="list-style-type: none"> Single Axel + Single Toe Loop Single Axel + Single Loop 	<ul style="list-style-type: none"> Combination Spin <ul style="list-style-type: none"> No flying entry No change of foot Min. 6 revs. total 	<ul style="list-style-type: none"> Choreographic Sequence (pChSq) <ul style="list-style-type: none"> Must be 2 different skating movements and clearly visible

ADULT 1 — 1:30 MAX
ELEMENTS
<ul style="list-style-type: none"> • Forward marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop on one or two feet
ADULT 2 — 1:30 MAX
ELEMENTS
<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
ELEMENTS
<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
ELEMENTS
<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
ELEMENTS
<ul style="list-style-type: none"> • Backward outside edge and 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
ELEMENTS
<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)

Required Descriptions for Programs with Music

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

	JUMPS	SPINS	STEP SEQUENCE
Aspire 1 Free Skate 1:40 Max	<p>Maximum 5 jump elements: <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> • Waltz jump • ½ flip • ½ lutz <p>Max 1 jump sequence <i>Permitted sequence:</i></p> <ul style="list-style-type: none"> • Waltz jump/waltz jump with no turns or hops in between 	<p>Maximum 2 spins: <i>Required spins:</i></p> <ul style="list-style-type: none"> • Two-foot spin • Forward one foot spin (free foot optional) 	<p>Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> • One ½ of the ice
Aspire 2 Free Skate 1:40 Max	<p>Maximum 5 jump elements: <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> • Any jump from Aspire 1 • Single Salchow • Single Toe loop <p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence <i>Permitted combinations:</i></p> <ul style="list-style-type: none"> • Waltz jump/toe loop • Salchow/toe loop <p><i>Permitted jump sequence:</i></p> <ul style="list-style-type: none"> • Waltz jump/waltz jump with no turns or hops in between 	<p>Maximum 2 spins: <i>Permitted spins:</i></p> <ul style="list-style-type: none"> • Any spin from Aspire 1 • Back upright spin • Forward Sit Spin 	<p>Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> • One ½ of the ice
Aspire 3 Free Skate 1:40 Max	<p>Maximum 5 jump elements: <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> • Any jump from Aspire 1 and 2 • Euler (half-loop) • Single loop <p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</p>	<p>Maximum 2 spins: <i>Required spin:</i></p> <ul style="list-style-type: none"> • Forward upright spin to back upright spin <p><i>Permitted spins:</i></p> <ul style="list-style-type: none"> • Any spin from Aspire 1 and 2 • Forward Camel Spin 	<p>Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> • One ½ of the ice
Aspire 4 Free Skate 1:40 Max	<p>Maximum 5 jump elements: <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> • Any jump from Aspire 1, 2 and 3 • Single Flip • Single Lutz <p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</p>	<p>Maximum 2 spins: <i>Required spin:</i></p> <ul style="list-style-type: none"> • Forward camel to forward sit spin combination <p><i>Permitted spins:</i></p> <ul style="list-style-type: none"> • Any Spin from Aspire 1, 2 and 3 	<p>Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> • One ½ of the ice

ADULT 1 — 1:40 MAX

ELEMENTS

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop – two feet or one foot

ADULT 4 — 1:40 MAX

ELEMENTS

- 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 2 — 1:40 MAX

ELEMENTS

- Forward skating across the width of the ice
- Forward one-foot glides
- Forward slalom
- Backward skating
- Backward swizzles, 4-6 in a row

ADULT 5 — 1:40 MAX

ELEMENTS

- 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 3 — 1:40 MAX

ELEMENTS

- 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 6 — 1:40 MAX

ELEMENTS

- 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 1 — 1:40 MAX**ELEMENTS**

- 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**ELEMENTS**

- 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**ELEMENTS**

- 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**ELEMENTS**

- 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**ELEMENTS**

- 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**ELEMENTS**

- 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)