

MERRIMACK VALLEY SKATING CLUB
2021 COMPETE U.S.A.
1st ANNUAL COMPETITION



**Snowplow 1 through Freeskate 6, Adult 1 through Adult Bronze
(Elements/Compulsory), Beginner & No-Test through Preliminary
(Excel & Well-Balanced)**

Events include: Elements, Programs, & Team Compulsory

Learn to Skate USA Approval #30252

DATE: **Sunday, November 21, 2021**
TIME: 2:00 pm - 6:00 pm
PLACE: The Henry Graf Jr Memorial Rink, 28 Low Street, Newburyport, MA 01950
DEADLINE DATE: Entries must be postmarked by Sat, Nov. 6, 2021. Late entries will be accepted at the discretion of the competition committee if accompanied by a \$15.00 late fee.

ELIGIBILITY:

1. This competition is open to ALL skaters who are current eligible (ER 1.00) members in good standing of either the Learn to Skate USA and/or are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but will be registered with U.S. Figure Skating's "Learn to Skate USA" program through Merrimack Valley Skating Club for an additional \$20.00 fee.
2. Age and badge and / or test level are as of Nov. 6, 2021. Adult events are opened to those 18 yrs. & older.
3. Skaters in all events may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.
4. All skaters must skate at highest level passed or one level higher. Snowplow Sam and Basic 1-6 skaters must not have passed any official U.S. Figure Skating tests including MIF or individual dances. For Pre-Free Skate through Free Skate 6, Excel, and Well-Balanced levels eligibility will be based only upon highest free skate test level passed (i.e. moves in the field test level will not determine skater's competitive level).

INFORMATION:

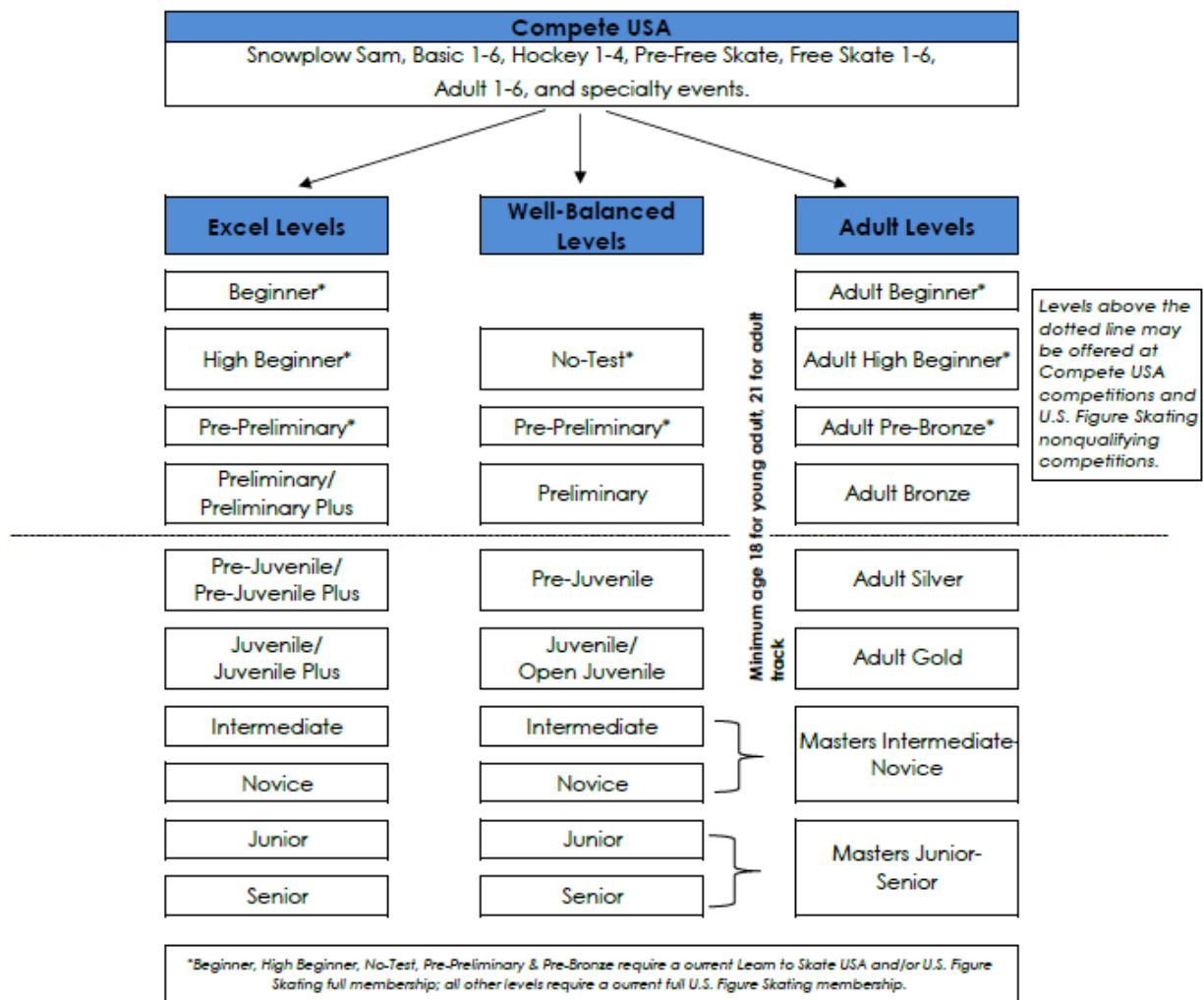
1. Skaters will be grouped according to badge or test level (see categories on application page). Age will divide groups if necessary. Males and females may or may not be grouped together. Unless scheduling prevents it, events will be held even if only one competitor.
2. There will be no more than 6 competitors in each group. Awards will be presented to all competitors.
3. For this competition, all skaters competing in the Snowplow Sam – Basic 6 Compulsory Element Event will perform each required element in the listed skating order as individual elements when directed by the judge in charge. Skaters competing in the Pre-Free Skate through Free Skate 6 and all Adult Compulsory Events **must indicate on the application** whether they are entering the Compulsory Elements Event where competitors will perform the elements individually as directed by the judge in charge and/or the Compulsory Program Event where the required elements will be skated in a program without music.
4. Any skater competing in a Free Skate Program must provide their own music on compact disc (standard compact disc format only). Music must be clearly marked with the name of the skater and the event. Each disc must have only **one track** on it. It is strongly recommended that the skater or coach bring more than one copy of the music. Compact discs must not have paper labels. Skaters should read the appropriate section marked "judging" to see what he/she will be judged on.
5. Applications will be handled on a first come, first serve basis. If a limit is reached before the deadline date your application will be returned. We reserve the right to eliminate or combine groups.
6. If offered for the level, each competitor may enter only one category for each event as follows: Compulsory Elements, Compulsory Program, Compulsory Spins, Free Skate Program, and /or Team Compulsories.
7. Any competitor who arrives late for their event will be disqualified.
8. After the deadline for entries, a confirmation notice will be sent **via email**. The finalized schedule of events will be posted on our website at www.mvskatingclub.org no later than Wed, November 17th.
9. NO REFUNDS will be made after the deadline date unless the event is canceled by the competition committee.
10. Practice Ice may be offered for an additional charge. Information on this will be emailed to all competitors.

QUESTIONS: Call: Alice Sedgwick at (978) 204-9871 or Email: mvskatingclub@gmail.com



COMPETITIVE PROGRESSION THROUGH THE LEVELS OF U.S. FIGURE SKATING

Singles athletes begin with Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well-Balanced or Adult levels as appropriate for their ability, test level, and age. Test requirements are the same for the Excel and Well-Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development, but may not enter the same type of event in multiple tracks. Competitive level is determined by highest free skate test passed.



COVID-19 PROTOCOLS: All competitors, coaches, and spectators must agree to adhere to current Learn To Skate U.S.A., USFS, and/or state and local guidelines currently in place for November 21, 2021.

Snowplow Sam – Basic 6 Elements

Format for this Compulsory Elements Event:

- Each skater will perform each element when directed by a judge/referee to be skated on 1/3 of ice surface.
- No music.
- Snowplow Sam skaters will be divided 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 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

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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.
- Snowplow Sam skaters will be divided 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 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 position and entry position • T-stop, right or left

For this competition, skaters in the Pre-Free Skate through Free Skate 6 levels may compete in either the Compulsory Element Event where skaters are asked by the judge or referee to perform each element individually (listed on the application page as “Compulsory Element Event”) and/or they may compete in the Compulsory Program Event putting the required elements in a program form without music (listed on the application page as “Compulsory Program Event”).

PRE-FREE SKATE – FREE SKATE 1 - 6 COMPULSORY ELEMENT EVENT

Format: Each skater will perform one element at a time in the order listed below when directed by a judge or referee. Unless otherwise specified, all elements will be skated in one direction only.

- To be skated on 1/3 of the ice surface

PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY PROGRAM EVENT

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 half of the ice surface.
- 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.
- Time: 1:15 maximum

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 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, one set in each direction clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position - minimum 3 revolutions • Mazurka – right or left • 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, optional entry and free-foot position, maximum 3 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 3s, 2-3 consecutive sets, right or left • Sit spin, minimum 3 revolutions • 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)-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

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.
- Time 1:40 max.

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, one set in each direction clockwise and counterclockwise • One-foot upright spin, optional entry and free foot position, minimum 3 revolutions • Mazurka, right or left • 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, optional entry and free foot position, maximum 2 revolutions • Half Lutz • Salchow jump • <i>NOT ALLOWED – Waltz jump-toe loop or 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 jump combination</i>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> • Forward power 3s, 2-3 consecutive sets, right or left • Sit spin – minimum 3 revolutions • Half Loop jump • Flip jump • <i>NOT ALLOWED – Waltz-loop or Waltz-Euler-Salchow jump combination</i>
Free Skate 5	1:40 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-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, half ice • Camel-sit spin combination spin, minimum of 4 revolutions total • Waltz jump-Euler (half loop)-Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving

EXCEL COMPULSORY

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 half-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 free skate program.*

Level	Time	Skating rules/standards
Excel Beginner	1:15 max.	<ul style="list-style-type: none"> • Waltz 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 jump 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 • Camel spin, minimum 3 revolutions • 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

WELL-BALANCED LEVELS COMPULSORY

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 half-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 free skate program.*

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 • Single jump-single jump (no Axel) combination • 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 • Single jump-single jump (may not include Axel) combination • Spin with one change of foot and one change of position, minimum 3 revolutions on each foot • Choreographic step sequence

EXCEL FREE SKATE

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.
- 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.

<p>Excel Beginner</p> <p>1:30 +/- :10 SECONDS; 1:40 Max</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 4 jump elements: Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow, toe loop only Eulers (half loops) are not allowed Maximum 2 jump combinations or sequences. Combination jumps permitted:</p> <ul style="list-style-type: none"> • Waltz jump/toe loop and/or • Salchow/toe loop <p>Sequence permitted:</p> <ul style="list-style-type: none"> • Waltz jump/waltz jump (no turns or hops in between) <p>Maximum 2 of any same jump</p>	<p>Maximum 2 spins: Two upright spins No change of foot No flying entry</p> <p>Minimum 3 revolutions</p> <p>Max Level: Base</p>	<p>Maximum 1 Sequence: Choreographic step sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
<p>Excel High Beginner</p> <p>1:30 +/- :10 SECONDS 1:40 Max</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: toe loop, Salchow, Euler (half loop), loop Flip, Lutz, and Axel NOT permitted Maximum 2 jump combinations or sequences. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump <p>Maximum 2 of any same jump</p>	<p>Maximum 2 spins: Both spins must be in a single position No change of foot No flying entry Permitted forward spins: upright, sit, camel Permitted back spins: upright</p> <p>Minimum 3 revolutions Max Level: Base</p> <p>Both spins may be of the same character</p>	<p>Maximum 1 Sequence: Choreographic step sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
<p>Excel Pre-Preliminary</p> <p>1:30 +/- :10 seconds</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating pre-preliminary free skate test</p> <p>*means required element</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, except for the Axel No single Axels, double or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins: One spin must be in a single position with no change of foot* One spin may change feet or position, but not both No flying entry Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence: Choreographic step sequence* (ChSt) Must use one-half or full ice surface (Dec 1st Rule change) Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
<p>Excel Preliminary</p> <p>1:30 +/- 10 sec to 2:00 +/-:10 seconds (to accommodate Dec 1st Rule Change).</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, except for the Axel No single Axels, double or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed.</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins: One spin must be a camel or layback spin with no change of foot and no change of position* One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence: Choreographic step sequence* (ChSt) Must use one-half or full ice surface (Dec 1st Rule Change) Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>

EXCEL FREESKATE (Continued)

<p>Excel Preliminary Plus 1:30 +/- 10 sec to 2:00 +/-10 seconds (to accommodate Dec 1st Rule Change).</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, including single Axel No double or higher jumps allowed Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences All single jumps, including the single Axel, are allowed as part of a jump combination or sequence (no double jumps) Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by an Axel-type jump. 	<p>Maximum 2 spins: One spin must be in a single position* No change of foot No flying entry One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence: Choreographic step sequence* (ChSt) Must use one-half or full ice surface (Dec 1st Rule Change) Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
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WELL-BALANCED FREE SKATE PROGRAM

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
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up one level higher.

Level/Time	Jumps	Spins	Step Sequences
No Test 1:40 Max	Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps allowed except single Axel <ul style="list-style-type: none"> ○ No single Axels, double, triple or quadruple jumps allowed ○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ○ Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump) 	Max 2 Spins <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence
Pre-Preliminary 1:40 Max	Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps, including single Axel, allowed <ul style="list-style-type: none"> ○ No double, triple or quadruple jumps allowed ○ Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels) ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ○ Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence
Preliminary 1:30 +/- 10 seconds Or 2:00 +/-:10 seconds	Max 5 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ○ An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed ○ Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs.. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> ○ Must use one-half or full ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence

ADULT 1-6, BEGINNER-BRONZE COMPULSORY OR ELEMENTS

- The skating order of the elements is optional; elements may only be attempted once
- To be skated on half ice in simple program format with limited connecting steps
- 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 on one or two feet
Adult 2	1:30 Max	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides, both feet • 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 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	<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	1:30 Max	<ul style="list-style-type: none"> • Mazurka • Waltz jump • Forward beginning one-foot spin from backward crossovers (min. 2 revs.) • Forward moving inside open mohawk (right and left), heel to instep • Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult High Beginner	1:30 Max	<ul style="list-style-type: none"> • Waltz Jump • Half flip • Forward upright spin, minimum 3 revolutions • Backward outside three-turn, right and left • Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult Pre-Bronze	1:30 Max	<ul style="list-style-type: none"> • Single toe loop • Jump combination or sequence consisting of half-revolution jumps (half flip, half Lutz, half loop, waltz), toe loop or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence • Forward upright spin, minimum 3 revolutions • Two forward crossovers into a forward inside mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • Forward spiral (any edge)
Adult Bronze	1:30 Max	<ul style="list-style-type: none"> • Single Salchow • Jump combination or sequence consisting of half-revolution and/or full revolution jumps (no Lutz or Axel), maximum 2 jumps in combination and 3 jumps in a sequence • Solo spin with no change of foot (min. 3 revolutions) • Backward inside three-turn, right and left • Spiral sequence (minimum 2 spirals), must change edge or foot

SPINS CHALLENGE

General event parameters:

- Spins may be skated in any order.
- Connecting steps are allowed, but will not be taken into consideration when scoring.
- Spins may not be repeated. Only required elements may be included.
- All events are skated on half-ice.
- Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	Upright one-foot spin (3) Upright back spin (3) Sit spin (3)
High Beginner	1:30 max.	Upright one-foot spin (4) Upright spin with change of foot (3 each foot) Sit spin (3)
No Test	1:30 max.	Upright spin with change of foot (3 each foot) Sit spin (3) Camel spin (3)
Pre – Preliminary	1:30 max.	Camel / Sit (6) Backward sit spin (3) Camel spin (4)
Preliminary	1:30 max.	Spin with one change of foot and one change of position (min. 3 each foot) Sit spin with change of foot (min 3. each foot) One position spin, skater's choice (upright, sit or camel) (4)
Adult Beginner	1:30 max.	<ul style="list-style-type: none"> • Pivot • Upright two-foot upright spin (2)
Adult Pre-Bronze	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot upright spin (3) • Upright two-foot upright spin (3)
Adult Bronze	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot upright spin (3) • Solo spin with no change of foot (3 revs.), must be different from the upright spin – may not fly

JUMPS CHALLENGE

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on half-ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	Waltz jump (from backward crossovers) Half flip or Half Lutz Single Salchow
High Beginner	1:15 max.	Waltz jump (from backward crossovers) Single Salchow Jump combination – Waltz jump-toe loop
No Test	1:15 max.	Single salchow Single loop Jump combination – Any two half or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	Single toe loop Single flip Jump combination: Any two half or single revolution jumps (no Axel)
Preliminary	1:15 max.	Single flip Single Lutz Jump combination – Any single jump + single loop (may be Axel)
Adult Beginner	1:15 max.	Mazurka or ballet jump Waltz Jump
Adult Pre-Bronze	1:15 max.	Single Toe loop jump Half flip, half Lutz or half loop
Adult Bronze	1:15 max.	Single Salchow Single Toe loop Any single jump plus a toe loop combination (no Axels allowed)

TEAM COMPULSORY

Format: The designated skater from each team will perform their chosen element in sequence on full ice, with no music, and will follow this format:

1. Minimum of three to four skaters on a team; each skater will do at least one required element.
2. Teams will be directed to find a “base” for their team along the boards on the ice where they will stay for the remainder of the event.
3. The announcer, referee, or judge-in-charge will call the first element (e.g. jump or stop) to be performed
4. The team member performing the element will step forward and execute the skill, with the element first being performed by the skater on team one, then team two, then team three and so on
5. Once all the teams have had their skaters complete the element, the next element will be called
6. Judging is done with one mark for each element (skater) for total team points

LEVEL	Jumps / Stops	Spins / Turns / Glides	Skating Skills
Snowplow Sam – Basic 3, Hockey 1-4	-Wiggles, two-foot swizzles, forward or backward, (4-8 in a row) -Snowplow stop (one or both feet) or hockey stop (with skid)	-Curves, glide turns, or hockey turns (right and left, forward) -March then glide on two feet or forward one-foot glide on left and right foot (one time skater’s height, forward)	Forward half-swizzle pumps or forward C-cuts on a circle (right and left, 6-8 consecutive)
Basic 4-Basic 6	-Side-toe hop, bunny hop, ballet jump, or mazurka -Waltz jump	-Forward inside pivot or two-foot spin (min. 3 revs.) -One-foot upright spin, optional entry & free foot position (min. 3 revs.)	Moving forward to backward two-foot turns on a circle, clockwise and counterclockwise (from Basic 3)
Pre-Free Skate and Free Skate 1-6 levels	-Single jump (no Axel) -Jump combination or jump sequence (no Axel allowed)	-Solo spin (scratch spin, layback, camel or sit, min. 3 revs, no flying entry) -Combo Spin: One change of foot, change of position optional (min. 3 revs. on each foot)	Spiral Sequence (from Free Skate 2)
Pre-Preliminary and Preliminary	-Loop jump / loop jump combination -Waltz jump, ½ loop, salchow combination	-Sit spin -Back Spin	-Five step mohawk sequence (2-3 set alternating pattern)
Adult 1-6	-Forward snowplow stop -Lunge	-Forward swizzles – 4-6 in a row -Backward one-foot glide, right and left	-Forward chasses on a circle – clockwise and counterclockwise
Adult Beginner/Adult High Beginner	-Bunny hop -Waltz jump	-Beginning one foot spin from backward crossovers -Backward inside three turn, right and left	Alternating right and left forward outside edges across width of the rink
Adult Pre-Bronze/Adult Bronze	-Half Flip -Salchow jump	-Forward upright spin -Backward upright spin	Two forward crossovers into a forward inside mohawk, step down and cross behind, one backward crossover and step to a forward inside edge, clockwise and counterclockwise



2021 Merrimack Valley Skating Club 1st Annual "Compete U.S.A" Competition

Sunday, November 21, 2021

Henry Graf Jr. Memorial Skating Rink, 28 Low Street, Newburyport, MA 01950

Learn to Skate USA Approval #30252

Name Last, First Gender Birthdate / / Age as of 11/06/21

Address City State Zip

Email Phone # USFS

Home Club or Program Professional/Coach

Must be on application

Coach's Phone: Coach's Email

Highest Level(s) Passed as of Nov 6, 2021: Learn to Skate Badge (ex. Basic 3, Freeski 5, Adult 3)

USFS Moves in the Field Test (ex. Pre-Pre or Preliminary) USFS Free Skating Test (ex. Pre-Pre or Preliminary)

REMINDER: For each category listed below skaters in all events may skate at HIGHEST LEVEL PASSED OR ONE LEVEL HIGHER BUT NOT BOTH. For Free Skate Programs with Music, skaters may skate in either Test Track or Well-Balanced but not both.

PLEASE CHECK THE EVENT(S) YOU ARE ENTERING:

Table with 4 columns: Compulsory Elements, Compulsory Program, Free Skate Programs with Music, Challenge Event. Lists various skating events with checkboxes.

* Events listed with an asterisk are priced \$10.00 higher. If taking one of these events, it is considered the First Event.

After the First Event, the reduced rate applies.

Certification of Competitor: The Competitor is eligible to enter the events checked. The Merrimack Valley Skating Club and Shamrocks Rink Management assume no responsibility for any injuries or loss to any skater or spectator while on the ice or on the premises. I have read and understand all rules and policies of the competition as contained herein.

Signature of Skater or Parent/Guardian if under age 18 Signature of Professional/Coach; USFS # Signature of Program Director or Club Officer

ENTRY FEE: First Event: \$50.00 / \$60.00* Second Event: (All levels) \$25.00 3rd or 4th Event: (Each, All Levels)\$15.00

Late Fee (If applicable): \$15.00 Fee to apply for current USFS #: \$20.00

TOTAL AMOUNT ENCLOSED \$ (\$35.00 service charge for Returned Checks)

Postmark Deadline: Nov 6, 2021 Make Checks Payable to: Merrimack Valley Skating Club

Send completed application with entry fee to: Alice Sedgwick; 2021 MVSC Compete U.S.A.; 15 Village Lane; Georgetown, MA 01833



Merrimack Valley Skating Club

Team Compulsory Entry Form

Learn To Skate Approval #30252

Compete U.S.A. 1st Annual Competition – Sunday, November 21, 2021

Team Name: _____

Number of skaters in group: (3 skaters minimum, 5 skaters maximum)

Entry fees: \$60.00 per team. Late fee (if applicable): \$15.00.

*Members of other organizations are eligible to compete but will be registered with the "Learn to Skate USA" program through the Merrimack Valley Skating Club for an **additional \$20.00 fee** (not applicable if competing individually).

The completed entry form with appropriate signatures and fees must be postmarked no later than Nov. 6th, 2021. Make check payable to **Merrimack Valley Skating Club** and mail to: Alice Sedgwick; **2021 Merrimack Valley Skating Club Compete USA: 15 Village Lane; Georgetown, MA 01833**. For additional information, please contact Alice Sedgwick (978) 204-9871 or email at mvskatingclub@gmail.com. **Entry fees are not refundable after the entry deadline unless an event is canceled.**

Certification of Competitor: The competitor is eligible to enter the events checked. It is agreed that the competitor and family hold Merrimack Valley Skating Club and/or the Shamrocks Rink Management harmless from any and all liability either during practice or competition, or from any and all liability for damages to or loss of property.

Name _____ Parent/Guardian Signature _____

USFSA # _____ Test Level (as of 11/6/21) _____ Telephone # _____

Name _____ Parent/Guardian Signature _____

USFSA # _____ Test Level (as of 11/6/21) _____ Telephone # _____

Name _____ Parent/Guardian Signature _____

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Name _____ Parent/Guardian Signature _____

USFSA # _____ Test Level (as of 11/6/21) _____ Telephone # _____

Name _____ Parent/Guardian Signature _____

USFSA # _____ Test Level (as of 11/6/21) _____ Telephone # _____

Team Compulsories (Please check desired category)

_____ **Snowplow Sam 1 – Basic 3, Hockey 1-4**

_____ **Basic 4 – Basic 6**

_____ **Pre-Free Skate – Free Skate 6**

_____ **Pre-Preliminary – Preliminary**

_____ **Adult 1- 6**

_____ **Adult Beginner - High Beginner**

_____ **Adult Pre-Bronze – Adult Bronze**

Parent/Coach in charge _____ Tel #: _____

Parent/Coach's signature _____ USFS # _____ Date _____

Email address _____

Address (city, state, zip): _____

Skating Director's or Club Officer's signature _____ Date _____

Best of Luck!!

