



**Carolinas Figure Skating Club  
Announces**



**The 11<sup>th</sup> Anniversary  
Annual John Smith Memorial Competition  
September 7-9, 2018  
At**



**4705 Indian Trail – Fairview Road  
Indian Trail, NC 28079**



The John Smith Memorial Competition is pleased to be a part of the official 2018 Adult Competition Series. Please see the separate John Smith Memorial competition announcement, which includes the required Series events plus additional Adult events (including IJS for Adult Pre-Bronze through Masters)

The **John Smith Memorial Competition** will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website and updated with the 2018 US Figure Skating Combined Report of Action from Governing Council.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

#### **ELIGIBILITY/TEST LEVEL:**

**Test level:** Competition level is the highest Free Skate test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher. The competition is open to ALL skaters who are currently eligible (ER 1.00) members of either the Learn to Skate USA Program and/or are full members of US Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing of US Figure Skating.

**Snowplow Sam and Basic Skills 1-6** skaters must skate at highest level passed or one level higher and **NO** official U.S. Figure Skating tests may have been passed including MIF or individual dances.

**Pre-Free Skate and Free skate 1-6**, eligibility will be based only upon highest **free skate** test level passed (moves in the field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition. Compete USA events will be divided as closely as possible by age with groups sized so that all participants receive awards.

**Age restrictions/requirements:** For Juvenile and Open Juvenile levels see Rule#4240 in rulebook for clarification of updated age rulings.

Skaters entering beginner – pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

**ENTRIES:** Entryeeze online electronic application (required) is available at [www.carolinasfsc.org](http://www.carolinasfsc.org).  
Entry Deadline is August 1, 2018  
**Space Permitting, entries may be accepted after August 1, 2018 & will be subject to a \$30.00 late fee.**

**Any change to a 6.0, IJS or Learn to Skate USA Event (Basic 1-6 and Free Skate PreFreeskate-FS6) will result in a \$25 fee for each event changed!** Carolinas FSC reserves the right to limit entries by event based on entries received prior to the deadline, if estimated skating time exceeds available ice time. Further, Carolinas FSC reserves the right to divide or combine any event if necessary and to cancel any events (with full refund of entry fees for cancelled event only).

### **Entry fees are as follows:**

*Includes a Complimentary Digital File of your Events.*

- First IJS Event \$130
- Additional IJS Event \$80
- First Non-IJS Event \$100
- Additional Non-IJS Event \$55
- 3<sup>rd</sup> or more event \$40
- First Compete USA Event \$75
- Additional Compete USA Event \$40
- \*If a skater skates an IJS event & a Non-IJS event, the Non IJS event will cost \$55

**REFUND POLICY:** Entry fees will not be refunded for any reason unless the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$30 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available on Entryeeze.

**FACILITIES:** The competition will be held at  4705 Indian Trail-Fairview Road Indian Trail, NC 28079. The Extreme Ice Center has two ice surfaces that measure 85'x 200' with rounded corners and hockey barriers and seating in each arena. The rink also has a puddle surface as well as dressing rooms, snack bar, pro shop and Tavern/Restaurant. The facility does not allow outside food or drink.

**MUSIC:** JSMC in 2018 will utilize the Entryeeze Music Upload Feature. Skaters must supply their official competition music. It must be submitted with your online registration.

A backup CD (CD-R format only) must be readily available in case of technical difficulties at the event. Please submit your back up cd upon check in, so it is rink side during events as needed, it can be picked up after event.

**LIABILITY:** U.S. Figure Skating, Carolinas FSC, and the Extreme Ice Center 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.

### **JUDGING SYSTEM:**

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

- *Well Balanced Program free skate events, Pre-Juvenile – Senior*
- *Short program events, Juvenile – Senior*
- *Adult Championship and Master Levels Events*

All competitors skating in these events need to submit the planned program content form online through Entryeze. The deadline to submit the form is September 1, 2018

The 6.0 Majority Judging System will be used for:

- *All Compete USA Events*
- *Well Balanced Program free skate events, no-test, pre-preliminary*
- *Introductory free skate events (beginner, high beginner)*
- *All Excel Track events*
- *Adult Pre-Bronze / Bronze events*
- *All specialty singles events (spins, jumps, compulsory moves, etc.)*

**REGISTRATION:** Registration will be open one hour before the first event and run through the last event of the day. The registration table will be located in the front of the Extreme Ice Center. Please register promptly upon arrival.

**PRACTICE ICE:** Will be determined after the close of entries and will be available online. Practice ice selection information including date & time will be available on Entryeze. Practice ice sessions will be 20 minutes. Pre-paid practice ice is \$14 per session. Remaining practice ice will be sold at a cost of \$17 per session. Walk on sessions will be sold on site as available at the walk on fee of \$20 per session.

**PHOTOGRAPHY/VIDEOGRAPHY** Professional videotaping and photography will be available. No power source will be available for individual videotaping; however, it is permitted from the seating area only. **FLASH PHOTOGRAPHY is NOT permitted as it is a distraction and danger to our skaters. No Tripods allowed.**

**AWARDS:** Medals will be awarded to the top **four** skaters in each flight for all events except final round events. Final round event awards will be given to the top **three** skaters. **No Test through Senior Free Skate events with 24 or more skaters will skate a qualifying round for placement into a final round.**

**OFFICIAL NOTICES:** An official bulletin board will be maintained in the Extreme Ice Center lobby. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 1 hour prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition. Notification of competition and practice ice times will also be available on Entryeze.

**CRITIQUES:** Critiques will be offered for Freeskate IJS events for Juvenile through Senior.

## **U.S. Figure Skating Rules MR 5.11 Coach Compliance**

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (Coach, Instructor or Professional Group Instructor) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must complete CER SafeSport training course
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Compete USA and Introductory Level coaches (18 and older)

- A. Be registered as a Learn to Skate USA instructor member.
- B. Complete the annual online certification course
- C. Successfully pass the annual background screen Coaches who do not fulfill the requirements of coach compliance in rules MR 5.11 and MR 5.12 will be considered "noncompliant" members of USFS and PSA, and will not be allowed to coach athletes, nor have contact, either directly or indirectly at any USFS or member club activities. The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

**If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge all coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions.**

Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

**CONTACT INFO:** If you have questions, please contact

**Competition Committee**

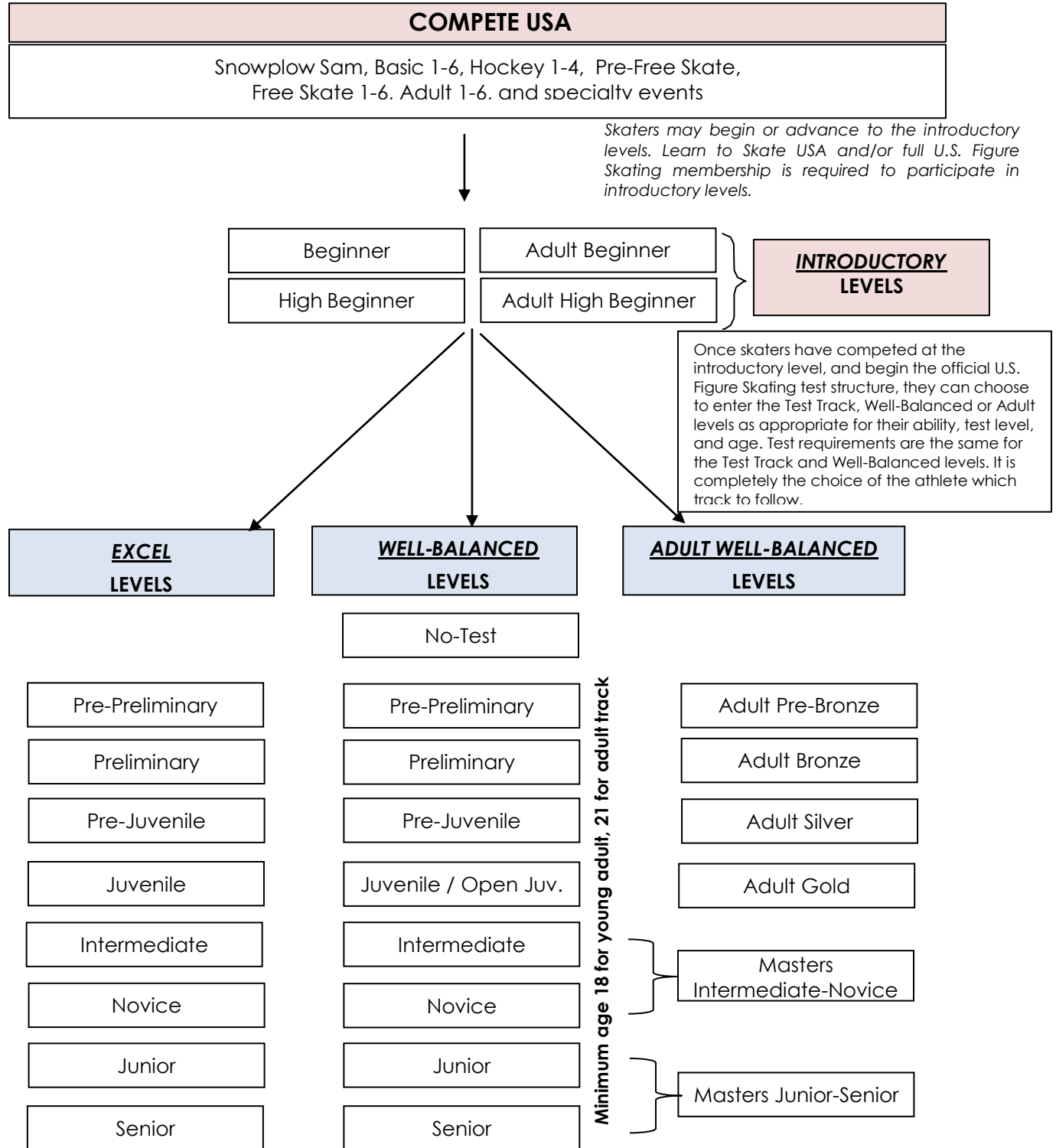
**Daniel Ashton**

[Competitions@carolinasc.org](mailto:Competitions@carolinasc.org)

### **ADDITIONAL INFORMATION:**

Official Hotel information can be found on our website: [carolinasc.org](http://carolinasc.org)

Illustration of Singles Free Skating Events:



# U.S. Figure Skating Non Qualifying Competitions

## EVENT: Well Balanced Singles

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, and also skate a second Free Skate event up to one level higher.
- **All relevant and appropriate IJS rules will be used in events Juvenile through Senior and Adult Gold and Adult Masters. Coaches and athletes are expected to be aware of these rules by reading the documents on [www.usfigureskating.org](http://www.usfigureskating.org) under "Technical Information," then "Singles/Pairs.**

CATEGORY	REQUIREMENTS	TIME
<b>No Test Rule</b>	???	???
<b>Pre-Preliminary Rule 4270</b>	Pre-Preliminary Free Skate Test, single jumps only, Axel is permitted. Maximum 5 jump elements, 2 spins, 1 step sequence	1:40 max
<b>Preliminary Rule 4260</b>	Preliminary Free Skate Test, Axel, 2 different Double jumps (limited to double Salchow, double toe loop and double loop). Maximum 5 jump elements, 2 spins, 1 step sequence	1:30 +/- 10 sec
<b>Pre-Juvenile Rule 4250</b>	Pre-Juvenile Free Skate Test. Maximum 5 jump elements, maximum 2 spins, 1 step sequence	2:00 +/- 10 sec
<b>Juvenile Short Rule 4062</b>	Juvenile Free Skate test. Rule 4062	2:10 max
<b>Juvenile/Open Juvenile Free Skate Rule 4240</b>	Juvenile Free Skate test. Rule 4240.	2:20 +/- 10 sec
<b>Intermediate Short Rule 4230</b>	Intermediate Free Skate Test Rule 4230	2:10 maximum
<b>Intermediate Free Skate Rule 4230</b>	Intermediate Free Skate Test. Under age 18 as of Sept 1, 2017. Rule 4230	2:40 +/-10 sec
<b>Novice Short Rule 4220</b>	Novice Free Skate Test. Rule 4220	2:30 maximum
<b>Novice Free Skate Rule 4220</b>	Novice Free Skate Test. Rule 4220	Ladies: 3:00 +/- 10 sec Men: 3:30 +/- 10 sec
<b>Junior Short Rule 4210</b>	Junior Free Skate Test. Rule 4210	2:40+/-10sec
<b>Junior Free Skate Rule 4210</b>	Junior Free Skate Test. Rule 4210	Ladies: 3:30 +/- 10 sec Men: 4:00 +/- 10 sec
<b>Senior Short Rule 4200</b>	Senior Free Skate Test. Rule 4200	2:40+/-10sec
<b>Senior Free Skate Rule 4200</b>	Senior Free Skate Test. Rule 4200	Ladies: 4:00 +/- 10 sec Men: 4:30 +/- 10 sec



## SNOWPLOW SAM – BASIC 6 ELEMENTS

Each skater will perform one element at a time in the order listed below (no excessive connecting steps).

To be skated on 1/3 to 1/2 ice.

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



## 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.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:10 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:10 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:10 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, both directions</li> <li>• Beginning two-foot spin, maximum 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
Basic 5	1:10 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, both directions</li> <li>• Advanced two-foot spin, maximum 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>

## PRE-FREE SKATE – FREE SKATE 6 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 ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may 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: 1:15 maximum

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> <li>• Forward inside open Mohawk from a standstill position (R to L and L to R)</li> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Backward outside three-turns, right and left</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Backward inside three-turns, right and left</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, clockwise and counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>• Loop jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum three revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz jump-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power pulls, right and left</li> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Beginning Axel jump</li> </ul>

## PRE-FREE SKATE – FREE SKATE 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"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:40 max	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum three revolutions</li> <li>• Half Loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Beginning Axel jump</li> </ul>

## INTRODUCTORY 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 ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- *Skaters may have the option to skate one level higher in compulsories than their free skate program.*

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• ½ jump of choice</li> <li>• Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional)</li> <li>• Forward or backward spiral</li> </ul>
High Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Toe loop jump</li> <li>• Salchow jump</li> <li>• Forward scratch spin - minimum three revolutions</li> <li>• Forward or backward spiral</li> </ul>

## INTRODUCTORY LEVELS FREE SKATE PROGRAM

General event parameters:

- 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.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences
Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Max. 2 jump sequences</li> <li>• Max. 2 of any same jump</li> </ul>	Max. 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program
High Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max. 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program

## WELL BALANCED LEVELS COMPULSORY

General event parameters:

- Elements skated on ½ ice
- Elements may be performed only once
- No music is allowed

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Solo spin - sit <u>or</u> camel spin - minimum three revolutions</li> <li>• Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ul>
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Toe Loop jump</li> <li>• Jump combination: single/single (no Axel)</li> <li>• Sit spin or camel spin - minimum three revolutions</li> <li>• Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ul>
Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Back upright spin - minimum three revolutions</li> <li>• Forward inside spiral</li> </ul>

## 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 nonqualifying 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.
- Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
- The following deductions will be taken:  
 0.1 from each mark for each technical element included that is not permitted in the event description.  
 0.2 from the technical mark for each extra element included.  
 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences
Pre-Preliminary 1:40 maximum	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program
Preliminary 1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions)</li> </ul> One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)	Connecting moves and steps should be demonstrated throughout the program



# 2018-2019 Excel Program Requirements

## EVENT: 2018-2019 Excel Program Requirements

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and a Excel Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
- Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
- The following deductions will be taken:
  - 0.1 from each mark for each technical element included that is not permitted in the event description.
  - 0.2 from the technical mark for each extra element included.
  - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences
<b>Excel Beginner Free Skate</b> 1:40 Max Must not have passed higher than Learn to Skate USA Free Skate 2	<b>Maximum 4 jump elements:</b> Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow, toe loop only Half Loops are not allowed. Maximum 2 jump combinations or sequences Maximum 2 of any same jump	<b>Maximum 2 spins:</b> Two upright spins No change of foot No flying entry Minimum 3 revs	<b>Maximum 1 Sequence:</b> 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
<b>Excel High Beginner Free Skate</b> 1:40 Max Must not have passed higher than Learn to Skate USA Free Skate 4	<b>Maximum 5 jump elements:</b> Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: toe loop, Salchow, half-loop, loop Flip, Lutz, & Axel NOT permitted Maximum 2 jump combinations or sequences Maximum 2 of any same jump	<b>Maximum 2 spins:</b> Both spins must be in a single position No flying entry Permitted forward spins: upright, sit, camel Permitted back spins: upright Minimum 3 revolutions Spins must be of a different character	<b>Maximum 1 Sequence:</b> 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
<b>Excel Pre-Preliminary</b> 1:40 Max Must not have passed higher than U.S. Figure Skating pre- preliminary free skate test *means required element Full U.S. Figure Skating membership required	<b>Maximum 5 jump elements:</b> 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 Jump sequences are limited to a maximum of 3 single jumps	<b>Maximum 2 spins:</b> One spin must be in a single position* One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character	<b>Maximum 1 Sequence:</b> 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
<b>Excel Preliminary</b> 1:30 +/- 10 seconds Must not have passed higher than U.S. Figure Skating preliminary free skate test *means required element Full U.S. Figure Skating membership required	<b>Maximum 5 jump elements:</b> 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 Jump sequences are limited to a maximum of 3 single jumps	<b>Maximum 2 spins:</b> One spin must be in a single position* One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character	<b>Maximum 1 Sequence:</b> 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





# 2018-2019 Excel Program Requirements

Level	Jumps	Spins	Step Sequences
<p><b>Excel Preliminary Plus</b> 1:30 +/- 10 seconds Must not have passed higher than U.S. Figure Skating preliminary free skate test *means required element Full U.S. Figure Skating membership required</p>	<p><b>5 jump elements:</b> 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 Jump sequences limited to a maximum of 3 single jumps</p>	<p><b>Maximum 2 spins:</b> One spin must be in a single position* One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character</p>	<p><b>Maximum 1 Sequence:</b> 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><b>Excel Pre-Juvenile</b> 2:00 +/- 10 seconds Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test *means required element Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b> 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 Jump sequences limited to a maximum of 3 single jumps</p>	<p><b>Maximum 2 spins:</b> 1 spin combination, with or without change of foot* Minimum 6 revolutions No flying entry 1 spin with only 1 position* No change of foot No flying entry Minimum 4 revolutions Spins must be of a different character</p>	<p><b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt) Must fully utilize 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 choreographic step sequence</p>
<p><b>Excel Pre-Juvenile Plus</b> 2:00 +/- 10 seconds Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test *means required element Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b> 1 must be an Axel-type jump or a waltz jump* All single jumps, including the single Axel, allowed. Only 1 double jump may be attempted (limited to double Salchow or double toe loop) Double loop, double flip, double Lutz, double Axel and higher jumps not allowed. Axel plus up to 1 allowable double jump may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or sequences Jump combination limited to 2 jumps. One 3 jump combination is allowed Jump sequences limited to a maximum of 3 jumps</p>	<p><b>Maximum 2 spins:</b> 1 spin combination, with or without change of foot* Minimum 6 revolutions No flying entry 1 spin with only 1 position* No change of foot Spin may start with flying entry Minimum 4 revolutions Spins must be of a different character</p>	<p><b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt) Must fully utilize 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 choreographic step sequence</p>

Last updated 5/15/2018



Effective: September 1, 2018

# 2018-2019 Excel Program Requirements

Level	Jumps	Spins	Step Sequences
<b>Excel Juvenile</b> 2:20 +/- 10 seconds Must not have passed higher than U.S. Figure Skating preliminary free skate test *means required element Full U.S. Figure Skating membership required	<b>Maximum 5 jump elements:</b> All single jumps allowed, including Axel No double or higher jumps allowed 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 Jump sequences limited to a maximum of 3 single jumps	<b>Maximum 2 spins:</b> 1 spin combination, with or without change of foot* Minimum 6 revolutions Minimum 2 revolutions in each position 1 spin with only 1 position* No change of foot Minimum 5 revolutions Both Spins may start with a flying entry Spins must be of a different character	<b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt) Must fully utilize the ice surface
<b>Excel Juvenile Plus</b> 2:20 +/- 10 seconds Must not have passed higher than U.S. Figure Skating juvenile free skate test *means required element Full U.S. Figure Skating membership required	<b>Maximum 5 jump elements:</b> 1 must be an Axel-type jump or a waltz jump* All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) Double loop, double flip, double Lutz, double Axel and higher jumps not allowed No more than 1 Axel plus and 2 different double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or sequences Jump combination limited to 2 jumps. One 3 jump combination is allowed Jump sequences limited to a maximum of 3 jumps	<b>Maximum 2 spins:</b> 1 spin combination, with or without change of foot* Minimum 6 revolutions Minimum 2 revolutions in each position 1 spin with only 1 position* No change of foot Minimum 5 revolutions Both Spins may start with a flying entry Spins must be of a different character	<b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt) Must fully utilize the ice surface
<b>Excel Intermediate**</b> 2:40 +/- 10 seconds Must not have passed higher than U.S. Figure Skating intermediate free skate test *means required element Full U.S. Figure Skating membership required	<b>Maximum 6 jump elements:</b> 1 must be an Axel-type jump* All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop allowed Double flip, double Lutz, double Axel and higher jumps not allowed No more than 1 Axel plus and 2 different double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 3 jump combinations or sequences Jump combinations limited to 2 jumps. One 3 jump combination is permitted. Number of jumps in jump sequence is not limited	<b>Maximum 2 spins:</b> 1 spin combination, with or without change of foot* Minimum 6 revolutions Minimum 2 revolutions in each position 1 spin with only 1 position* No change of foot Minimum 5 revolutions Both Spins may start with a flying entry Spins must be of a different character	<b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt) Must fully utilize the ice surface

\*\* Intermediate and Novice program lengths will change February 1, 2019, to align with the Well-Balanced program length changes.

Last updated 5/15/2018



Effective: September 1, 2018

# 2018-2019 Excel Program Requirements

Level	Jumps	Spins	Step Sequences
<p><b>Excel Novice**</b> Ladies: 3:00 +/- 10 seconds Men: 3:30 +/- 10 seconds Must not have passed higher than U.S. Figure Skating novice free skate test *means required element Full U.S. Figure Skating membership required</p>	<p><b>Maximum 6 jump elements for ladies, 7 for men:</b> 1 must be an Axel-type jump* All single jumps, including the single Axel, allowed. Double Salchow, double loop, double flip allowed Double Lutz, double Axel and higher jumps not allowed No more than 1 Axel and 3 different double jumps may be repeated least 1 attempt must be as part of a jump combination or sequence There is no limit to the number of single jumps that can be repeated double jump can be included more than twice Maximum 3 jump combinations or sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed Number of jumps in jump sequence is not limited</p>	<p><b>Maximum 3 spins:</b> 1 spin combination, with or without change of foot* Minimum 8 revolutions Minimum 2 revolutions in each position 1 flying spin with no change of foot or position* o Minimum 6 revolutions 3rd spin is option of skater All spins may start with a flying entry Spins must be of a different character</p>	<p><b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt) Must fully utilize the ice surface</p>
<p><b>Excel Junior</b> 3:30 +/- 10 seconds Must not have passed higher than U.S. Figure Skating junior free skate test *means required element Full U.S. Figure Skating membership required</p>	<p><b>Maximum 7 jump elements</b> 1 must be an Axel-type jump* All single and double jumps allowed, except the double Axel. Double Axel and higher jumps not allowed No double jump can be included more than twice, and if repeated must be as part of a jump combination or sequence Maximum 3 jump combinations or sequences. Jump combination is allowed One 3-jump combination is allowed Number of jumps in jump sequence is not limited</p>	<p><b>Maximum 3 spins:</b> 1 spin combination, with or without change of foot* Minimum 10 revolutions All 3 basic positions with minimum 2 revolutions in each position for highest base value 1 spin with a flying entry* Minimum 6 revolutions 1 spin with only one position* Minimum 6 revolutions All spins may change feet and start with a flying entry Spins must be of a different character</p>	<p><b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt) Must fully utilize the ice surface</p>
<p><b>Excel Senior</b> 4:00 +/-10 seconds Must not have passed higher than U.S. Figure Skating senior free skate test *means required element Full U.S. Figure Skating membership required</p>	<p><b>Maximum 7 jump elements</b> 1 must be an Axel-type jump* All single and double jumps allowed, including the double Axel. Triple and higher jumps not allowed No double jump can be included more than twice, and if repeated as part of a jump combination or sequence Maximum 3 jump combinations or sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed Number of jumps in jump sequence is not limited</p>	<p><b>Maximum 3 spins:</b> 1 spin combination, with or without change of foot* Minimum 10 revolutions All 3 basic positions with minimum 2 revs in each position for highest base value 1 spin with a flying entry* Minimum 6 revolutions 1 spin with only one position* Minimum 6 revolutions All spins may change feet and start with a flying entry Spins must be of a different character</p>	<p><b>Maximum 2 Sequences:</b> Choreographic Step Sequence* (ChSt) Must fully utilize the ice surface One Choreographic Sequence* (ChSq) Must be clearly visible</p>

\*\* Intermediate and Novice program lengths will change February 1, 2019, to align with the Well-Balanced program length changes.

Last updated 5/15/2018



Effective: September 1, 2018

## JUMPS CHALLENGE

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on ½ ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. ½ flip or ½ Lutz</li> <li>3. Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. Single Salchow</li> <li>3. Jump combination – Waltz jump-toe loop</li> </ol>
No Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single loop</li> <li>3. Jump combination – Any two ½ or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single flip</li> <li>3. Jump combination - Any two ½ or single revolution jumps (no Axel)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single Lutz</li> <li>3. Jump combination – Any single jump + single loop (may be Axel)</li> </ol>



## U.S. Figure Skating Nonqualifying Competitions

---

### EVENT: Jumps Challenge

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- Pre-juvenile and lower will be skated  $\frac{1}{2}$  ice; Juvenile – senior will be skated on full ice
- Jumps with an "\*" must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Single or double jump</li> <li>3. Jump combination – single/single (no Axel)</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Double Salchow</li> <li>3. Jump combination – single/single or double/single (no Axel)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Double loop*</li> <li>3. Jump combination – double/single (no Axel)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Double loop</li> <li>2. Double flip*</li> <li>3. Jump combination – double/double (may be double Axel)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Choice of double or triple jump</li> <li>2. Double or triple flip*</li> <li>3. Jump combination – double/double (may be double Axel)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Choice of double or triple jump</li> <li>2. Double or triple Lutz*</li> <li>3. Jump combination – double/double or triple/double (may be double Axel)</li> </ol>

## SPINS CHALLENGE

General event parameters:

- Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	Upright one-foot spin (3) Upright two-foot spin (3) Sit spin (3)
High Beginner	1:30 max.	Upright one-foot spin (3) Upright two-foot spin (3) Sit spin (3)
No Test	1:30 max.	Upright one-foot spin (3) Upright two-foot spin (3) Sit spin (3)
Pre – Preliminary	1:30 max.	Upright one-foot spin (3) Upright back-scratch spin (3) Sit spin (3)
Preliminary	1:30 max.	Forward scratch to back scratch spin (3) Combination spin with no change of foot (4) Sit spin (3)



## U.S. Figure Skating Nonqualifying Competitions

---

### EVENT: Spins Challenge

General event parameters:

- Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Pre – Juvenile	1:30 max.	4. Camel spin (3) 5. Combination spin – camel to sit spin; no change of foot (6) 6. Forward to backward scratch spin (3 per foot)
Juvenile & Open Juv.	1:30 max.	4. Sit spin (4) 5. Combination spin – with change of foot; optional change of position (4 per foot) 6. Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	4. Flying camel spin (5) 5. Sit spin to backward sit spin (4 per foot) 6. Combination spin – change of foot & change of position (4 per foot)
Novice	1:30 max.	4. Choice of camel, sit or layback spin (6) 5. Camel spin to backward camel spin (4 per foot in position) 6. Combination spin – change of foot & two changes of position (2 per position & 5 per foot)
Junior	1:30 max.	4. Flying sit spin or flying reverse sit spin (6) 5. Solo spin of choice (6) – may not fly 6. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)
Senior	1:30 max.	4. Flying spin of choice (6) 5. Solo spin of choice (6) – may not fly 6. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)

## SHOWCASE EVENTS

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge's mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

\* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on [www.usfigureskating.org](http://www.usfigureskating.org).

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner/ Adult 1-6	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
No Test/ Pre-Preliminary/ Adult Pre-Bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 max.
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 max.





## U.S. Figure Skating Nonqualifying Competitions

**EVENT:** Showcase Events – Dramatic Entertainment Events / Light Entertainment Events

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.
- Props and scenery are permitted

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline
3. Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
Pre Juvenile	Pre Juvenile Free Skate OR 2 Preliminary Dances	Juvenile Free Skate OR Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Complete Pre-Bronze Dance	Intermediate Free Skate OR Complete Bronze Dance	13 and under	2:10 max
Teen	Juvenile Free Skate OR Complete Pre-Bronze Dance	Intermediate Free Skate OR Complete Bronze Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Complete Bronze Dance	Novice Free Skate OR One Silver Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Complete Pre-Bronze Dance	Novice Free Skate OR One Silver Dance	18-20	2:10 max
Novice	Novice Free Skate OR One Silver Dance	Junior Free Skate OR Two Pre-Gold Dances	No age restriction	2:10 max
Junior	Junior Free Skate OR Two Pre-Gold Dances	Senior Free Skate OR Completed Gold Dance		2:40 max
Senior	Senior Free Skate OR Complete Gold Dance			2:40 max

## Send your love and best wishes from home with a Competition Program Ad !!!!!!!

Ads are limited to 15 words or less and will appear with the icon of your choice in a business card sized space. All good luck ads will be placed in the congratulatory ad section of the competition program. Ads can be selected, written & purchased on entryeeze.



Good Luck ads are \$5.00 each. Please make your purchase on Entryeeze  
NO LATER THAN **August 7, 2018.**

Questions: [competitions@carolinasfsc.org](mailto:competitions@carolinasfsc.org)

2018 John Smith Memorial Competition  
Business Program Ad Insertion Order

Advertiser: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone #: \_\_\_\_\_ Contact: \_\_\_\_\_

Ad Sizes:

Full page: 7 1/2" x 10"  
Half page: 4 1/2" x 7 1/2"  
1/4 page: 4 1/2" x 3 1/2"  
Business Card: 2" X 3 1/2"

Inside Front Cover: \$125 \_\_\_\_\_ (full page)  
Inside Back Cover: \$125 \_\_\_\_\_ (full page)  
Outside Back Cover: \$150 \_\_\_\_\_ (full page)

Full Page Inside: \$75 \_\_\_\_\_  
1/2 Page Inside: \$50 \_\_\_\_\_

\*\*\*The above ads can include directions to your location and a coupon if you would like to include one.

1/4 Page: \$25 \_\_\_\_\_  
business card: \$20 \_\_\_\_\_

Please include camera ready or black and white artwork for each ad. All ads and artwork must be received by **August 7, 2017**.

Acceptance:

Signature \_\_\_\_\_

Name

Title

Date: \_\_\_\_\_

Total Due: \_\_\_\_\_ Check payable to : Carolinas FSC

Mail to: Daniel Ashton  
Extreme Ice Center/Carolinas FSC  
4705 Indian Trail-Fairview Rd  
Indian Trail, NC 28079

Questions: [competitions@carolinasfsc.org](mailto:competitions@carolinasfsc.org)



Carolinas Figure Skating Club  
Announces



The 11<sup>th</sup> Anniversary Annual John Smith Memorial Competition

**ADULT COMPETITION SERIES**

September 7-9, 2018

At



4705 Indian Trail – Fairview Road  
Indian Trail, NC 28079



Adult 1 through Adult Bronze levels at the 2018 John Smith Memorial Competition will be a part of the Eastern Adult Competition Series. Skaters may also enter these events at the John Smith Memorial Competition without registering for the ACS. In addition to the Adult Competition Series events, the JSMC also includes Adult Compulsory Moves and Free Skate events up to Adult Masters.

*Adult Pre-Bronze through Masters will operate under the IJS System.*

In addition, Light Entertainment is included up to the Masters level (for levels below Adult Pre-Bronze for young adults, please see our General Announcement).





**SERIES INFORMATION:** The John Smith Memorial Competition has been approved by U.S. Figure Skating as part of the 2018 Adult Competition Series. Skaters participating in the Sectional Series accumulate points based upon placement in the Free Skate and Compulsory Moves events that will be used to determine the final series placements within the Eastern Section. Series awards will be presented at the 2018 Eastern Adult Sectional Nonqualifying Competition held in conjunction with the Eastern Adult Sectional Championships

*Note: This competition will follow the rules and format of the 2018- 2019 Adult Competition Series Handbook; an updated link will be provided by June 1.*

Skaters interested in participating in the 2018-19 Adult Competition Series will also need to complete the online Series registration form and pay a fee to U.S. Figure Skating between July 1 and December 30, 2018. The link for this will be posted when it becomes available. More information at: <http://www.usfigureskating.org/story?id=90613>

**ELIGIBILITY/TEST LEVEL:**

Athletes must be eligible members in good standing of U.S. Figure Skating and may be members of the figure skating club of their choice, an Individual Member of U.S. Figure Skating, or Learn to Skate USA (Adult 1-6 levels). The home section in which the skater accumulates points and is eligible to receive an award will be based upon either the location of the skater’s home figure skating club at the time of registration, the legal residence of the Individual Member, or the physical address of the Learn to Skate USA program in which the skater is registered. Skaters may not switch sections during the season even if their home club changes. All participants will be expected to abide by the Code of Ethics (GR 1.01) and the Code of Conduct (GR 1.02), as set forth in the 2018 U.S. Figure Skating Rulebook.

**Test level** 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. Skaters must enter the Compulsory **AND** the Program/Free Skate event at the same level in each competition.

Level	Requirement
Adult 1	Have completed or are currently taking Adult 1 level in LTS
Adult 2	Have completed or are currently taking Adult 2 level in LTS
Adult 3	Have completed or are currently taking Adult 3 level in LTS
Adult 4	Have completed or are currently taking Adult 4 level in LTS
Adult 5	Have completed or are currently taking Adult 5 level in LTS
Adult 6	Have completed or are currently taking Adult 6 level in LTS
Adult Beginner	No Test
Adult High Beginner	No Test
Adult Pre-Bronze	Passed Adult Pre-Bronze or Pre-Preliminary Free Skate and no higher
Adult Bronze	Passed Adult Bronze or Preliminary Free Skate and no higher



**Age restrictions/requirements:**

Athletes must be 18 years of age or older as of July 1 each year in order to participate.

**Group Size:** Groups will consist of not more than 6 skaters per group. If and only if more than 6 skaters are entered in an event level, the skaters will be split as evenly as possible using the standard adult age groupings.

- 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 over

At the discretion of the Chief Referee, age categories or genders may be combined to allow skaters the chance to compete against other skaters for an increased number of points for Adult Competition Series Events. Also at the discretion of the Chief Referee, age groups for other events may be combined to form events of 3 or more entries. Women and men will be combined in Light Entertainment.

**COSTUME REQUIREMENTS:** The Adult Competition Series will follow all costume rules and requirements as stated for singles events in the 2018 U.S. Figure Skating Rulebook. (Rules 4030-4035).

**ENTRIES: ALL entries are online via Entryeze.** The link for online entry with secure credit card payment will be available at [www.carolinasfsc.org](http://www.carolinasfsc.org). Deadline for online entries, without late fees, is no later than **11:59 PM EST August 1, 2018**. The Local Organizing Committee (LOC) reserves the right to limit entries in each category and the right to combine, divide or cancel groups. There will be separate groups for girls and boys. No changes may be made to a competitor's application once the deadline has passed.

**Number of registrations accepted will be limited so please register early to secure your spot.**

**If space is available, late entries entered online August 1 – 11:59 PM EST may be accepted at the discretion of the LOC and will require an additional late fee of \$30. Entries entered online after August 1 will NOT be accepted.** Notification of competition and practice ice times will NOT be available by phone, mail, or email. Skater and Coaches schedules will be available via the web at


[www.carolinasfsc.org](http://www.carolinasfsc.org)

## **Entry fees are as follows:**

*Includes a Complimentary Digital File of your Events.*

- First IJS Event \$130
- Additional IJS Event \$80
- First Non-IJS Event \$100
- Additional Non-IJS Event \$55
- 3<sup>rd</sup> or more event \$40
- First Compete USA Event \$75
- Additional Compete USA Event \$40
- \*If a skater skates an IJS event & a Non-IJS event, the Non IJS event will cost \$55

**REFUND POLICY:** Entry fees will not be refunded for any reason unless the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$30 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available on Entryeze.

**FACILITIES:** The competition will be held at  4705 Indian Trail-Fairview Road Indian Trail, NC 28079. The Extreme Ice Center has two ice surfaces that measure 85'x 200' with rounded corners and hockey barriers and seating in each arena. The rink also has a puddle surface as well as dressing rooms, snack bar, pro shop and Tavern/Restaurant. The facility does not allow outside food or drink.

**MUSIC:** JSMC in 2018 will utilize the Entryeze Music Upload Feature. Skaters must supply their official competition music. It must be submitted with your online registration.

A backup CD (CD-R format only) must be readily available in case of technical difficulties at the event. Please submit your back up cd upon check in, so it is rink side during events as needed, it can be picked up after event.

**LIABILITY:** U.S. Figure Skating, Carolinas FSC, and the Extreme Ice Center 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.

### **JUDGING SYSTEM:**

IJS will be used for these Men's and Ladies' Free Skating events: Adult Masters Jr/Sr; Adult Masters Int/Nov; Adult Gold; All competitors skating in these events need to submit the planned program content form online through Entryeze. The deadline to submit the form is September 1, 2018

6.0 will be used for these Men's and Ladies Free Skating events: Adult Silver; Adult Bronze; Adult Pre-Bronze.

**REGISTRATION:** Registration will be open one hour before the first event and run through the last event of the day. The registration table will be located in the front of the Extreme Ice Center. Please register promptly upon arrival.

**PRACTICE ICE:** Will be determined after the close of entries and will be available online. Practice ice selection information including date & time will be available on Entryeze. Practice ice sessions will be 20 minutes. Pre-paid practice ice is \$14 per session. Remaining practice ice will be sold at a cost of \$17 per session. Walk on sessions will be sold on site as available at the walk on fee of \$20 per session.



**PHOTOGRAPHY/VIDEOGRAPHY** Professional videotaping and photography will be available. No power source will be available for individual videotaping; however, it is permitted from the seating area only. **FLASH PHOTOGRAPHY is NOT permitted as it is a distraction and danger to our skaters. No Tripods allowed.**

**AWARDS:** Medals will be awarded to all 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup>, place finishers in each event. A trophy will be awarded to the first place finisher for final round events and second, third and fourth place finishers will receive a medal. Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> place finishers in basic skills events.

**OFFICIAL NOTICES:** An official bulletin board will be maintained in the Extreme Ice Center lobby. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 1 hour prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition. Notification of competition and practice ice times will also be available on Entryeeze.

**CRITIQUES:** no critiques available for Adult Events

## **U.S. Figure Skating Rules MR 5.11 Coach Compliance**

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (Coach, Instructor or Professional Group Instructor) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must complete CER SafeSport training course
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Compete USA and Introductory Level coaches (18 and older)

- A. Be registered as a Learn to Skate USA instructor member.
- B. Complete the annual online certification course
- C. Successfully pass the annual background screen Coaches who do not fulfill the requirements of coach compliance in rules MR 5.11 and MR 5.12 will be considered "noncompliant" members of USFS and PSA, and will not be allowed to coach athletes, nor have contact, either directly or indirectly at any USFS or member club activities. The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

**If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge all coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions.**

Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

**CONTACT INFO:** If you have questions, please contact

**Competition Committee**

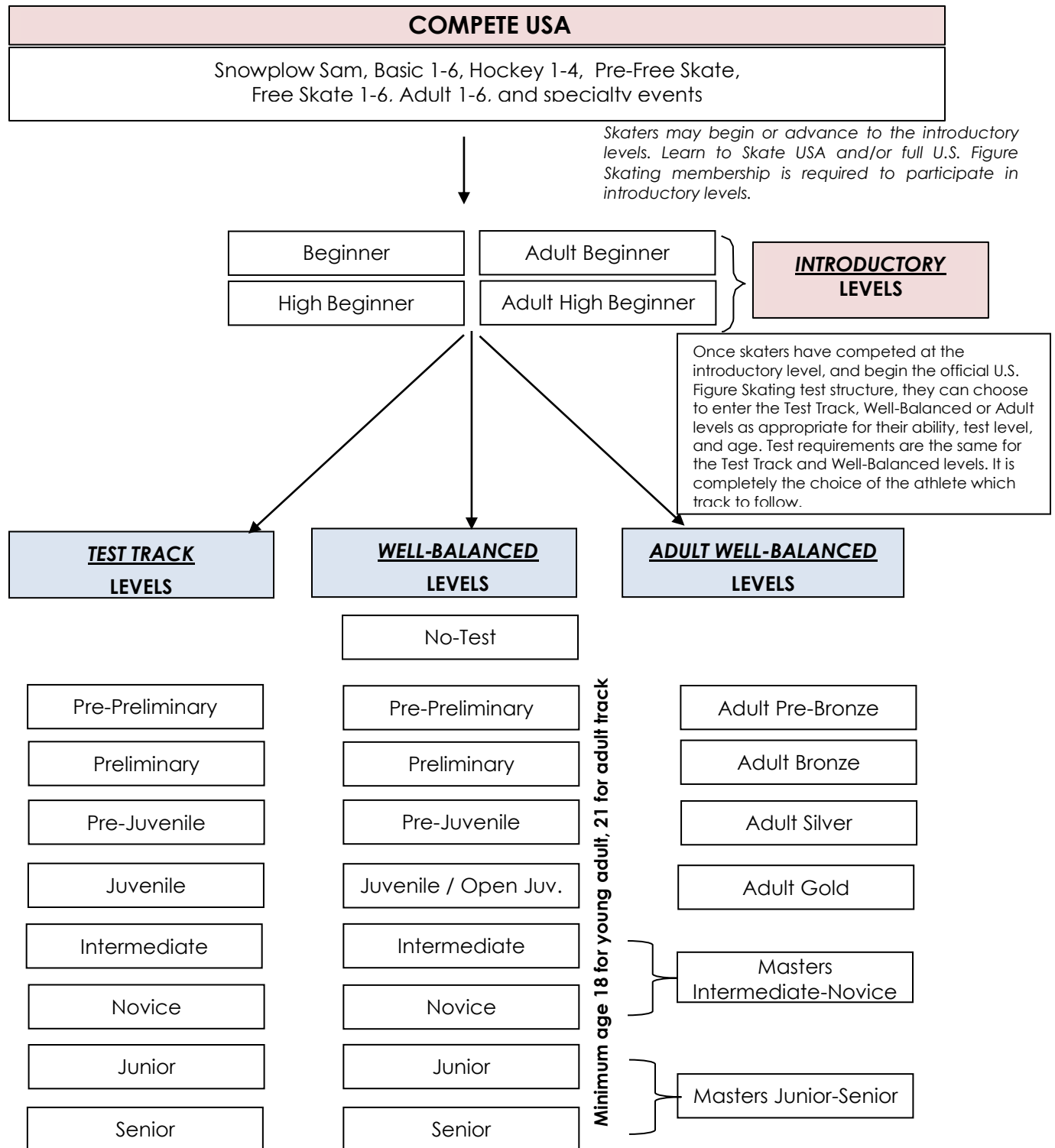
Daniel Ashton      [Competitions@carolinasc.org](mailto:Competitions@carolinasc.org)

Jennie Dobson      [Competitions@carolinasc.org](mailto:Competitions@carolinasc.org)

**ADDITIONAL INFORMATION:**

Official Hotel information can be found on our website: [carolinasc.org](http://carolinasc.org)

Illustration of Singles Free Skating Events:





## 6.0 EVENT: Adult Well Balanced Free Skate

### General event parameters

1. Skaters will skate to the music of their choice. Vocal music IS permitted at all levels.
2. Level will be determined by the highest Free Skate test passed.
3. Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
4. The 6.0 judging system will be used for this event.
5. All relevant and appropriate USFS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on [www.usfigureskating.org](http://www.usfigureskating.org), under "Technical Information", then "Adult Skating"
6. The following deductions will be taken:
  - Spins of a different character – this refers to the abbreviation of a spin, e.g. Combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character; and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see USFS rule 4103E.
  - 6.0 System Penalties:
    - 0.1 in each mark for each illegal element
    - 0.1 in 1st mark for insufficient revolutions.
    - 0.2 in 1st mark should be deducted for each jump and/or spin element exceeding the max.
    - 0.1 in each mark for time violation
    - 0.1 in 1st mark for step seq. not fully utilizing the ice
    - 0.2 in 1st mark should be deducted if an element indicated by an \* is omit

LEVEL	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<b>Adult Pre-Bronze (Rule 4600)</b>  *required element  <b>Time</b> 1:40 max	Max 4 • Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included • One jump combination/sequence may consist of three jumps, and the other may have only two jumps. • Each jump may be repeated only once and only as part of combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are allowed • No Lutz, Axel or double jumps are allowed	Max 2 • Min 3 revolutions total if no change of foot • No flying spins are permitted	Max 1 • Connecting steps throughout the program are required
<b>Adult Bronze (Rule 4590)</b>  * required element  <b>Time</b> 1:50 max	Max 4 • Min 1*, max 2 combinations or sequences; • One combination/sequence may consist of three jumps, and the other may have only two jumps • Each jump may be repeated only once, and only as part of combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except Axel) • No Axel, double or triple jumps are permitted	Max 2 • Spins must be of different character (for definition, see USFS rule 4103E) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in position • No flying spins are permitted	Max 1 • Choreographic step sequence utilizing at least ½ of the ice surface • Jumps may be included in the step sequence • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<b>Adult Silver (Rule 4580)</b>  * required element  <b>Time</b> 2:10 max	Max 5 • Min 1*, max 2 combinations or sequences • One combination/sequence may consist of three jumps, and the other may have only two jumps • Additional jump sequences which contain non-listed jumps of not more than one revolution (i.e. mazurkas, half-loops, etc.) performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once, and only as part of combination or sequence	Max 2 • Spins must be of different character (for definition, see USFS rule 4103E) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in position	Max 1 • Choreographic step sequence utilizing at least ½ ice surface • Jumps may be included in the step sequence • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

	<ul style="list-style-type: none"> <li>• All single jumps are permitted, including an Axel-type jump.</li> <li>• No double or triple jumps are permitted</li> </ul>		
--	---	--	--

## IJS EVENT: Adult Well Balanced Free Skate

### General event parameters

1. Skaters will skate to the music of their choice. Vocal music IS permitted at all levels.
2. Level will be determined by the highest Free Skate test passed.
3. Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
4. The IJS judging system will be used for this event.
5. All relevant and appropriate USFS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on [www.usfigureskating.org](http://www.usfigureskating.org), under "Technical Information", then "Adult Skating"

LEVEL	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<b>Championship Gold &amp; Adult Gold</b>  <b>(Rule 4570)</b>  * required element  <b>Time</b> 2:10 max	Max 5 <ul style="list-style-type: none"> <li>• Min 1*, max 3 combinations or sequences</li> <li>• Two combinations/sequences are limited to two jumps, and one three jump combination/sequence is permitted</li> <li>• Each jump may be repeated only once, and only as part of combination or sequence</li> <li>• All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow.</li> <li>• No double-double jump combinations or sequences are permitted</li> <li>• Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	Max 3 <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see USFS rule 4103E)</li> <li>• Min 4 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in position</li> </ul>	Max 1 To be chosen from: <ul style="list-style-type: none"> <li>• Choreographic step Sequence or</li> <li>• Choreographic sequence</li> </ul> Must fully utilize the ice surface Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<b>Championship Masters Intermediate/Novice And Masters Intermediate/Novice</b>  <b>(Rule 4540)</b>  * required element  <b>Time</b> 3:10 max	Max 6 <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump, and at least one must be a jump combination or jump sequence</li> <li>• Up to three may be in jump combinations or jump sequences</li> <li>• One jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps</li> <li>• Only the following double jumps may be performed: double toe loop, double Salchow, double loop</li> <li>• Only one double-double jump combination or sequence is permitted</li> <li>• Double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	Max 3 <ul style="list-style-type: none"> <li>• If a spin includes a change of foot, it must have a minimum of four revolutions on each foot. All other spins must have a minimum of five revolutions</li> <li>• There must be a minimum of two revolutions in each position, or the position will not be counted.</li> <li>• The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed.</li> </ul>	Max 1 To be chosen from: <ul style="list-style-type: none"> <li>• Choreographic step sequence or</li> <li>• Choreographic sequence</li> </ul> Must fully utilize the ice surface Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<b>Championship Masters Junior/Senior and Masters Junior/Senior</b>  <b>(Rule 4510)</b>  * required element  <b>Time</b> 3:40 max	Max 7 <ul style="list-style-type: none"> <li>• One must be an Axel-type jump, and at least one must be a jump combination or jump sequence</li> <li>• Up to three may be jump combinations or jump sequences</li> <li>• One jump combination may contain three jumps; the remaining jump combinations are limited to two jumps</li> <li>• The number of jumps in a jump sequence is not limited; however only the two highest-value jumps in a sequence will be counted</li> <li>• No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence</li> </ul>	Max 3 <ul style="list-style-type: none"> <li>• If a spin includes a change of foot, it must have a minimum of four revolutions on each foot.</li> <li>• All other spins must have a minimum of five revolutions.</li> <li>• There must be a minimum of two revolutions in each position, or the position will not be counted.</li> <li>• The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed.</li> </ul>	Max 1 To be chosen from: <ul style="list-style-type: none"> <li>• Choreographic step sequence or</li> <li>• Choreographic sequence</li> </ul> Must fully utilize the ice surface Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

## ADULT 1-6, INTRODUCTORY-BRONZE COMPULSORY

General event parameters:

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

Level	Time	Elements
Adult 1	1:30 MAX	<ul style="list-style-type: none"> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>
Adult 2	1:30 MAX	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
Adult 3	1:30 MAX	<ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Backward snowplow stop, Right and Left</li> </ul>
Adult 4	1:30 MAX	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Hockey stop, both directions</li> <li>• Backward one-foot glides, right and left</li> </ul>
Adult 5	1:30 MAX	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin (min 2 revs)</li> </ul>
Adult 6	1:30 MAX	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (min 2 revs on 1 foot)</li> </ul>
Adult Beginner	1:30 MAX	<ul style="list-style-type: none"> <li>• Bunny hop or mazurka</li> <li>• Forward beginning one-foot spin from backward crossovers (min 2 revs)</li> <li>• Forward moving inside open Mohawk (right and left) – heel to instep</li> <li>• Alternating right and left forward outside edges across the width of the ice</li> <li>• Alternating right and left forward inside edges across the width of the ice</li> <li>• Backward moving outside 3-turn right and left</li> </ul>
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• ½ Flip</li> <li>• Alternating right and left backward outside edges across the width of the ice</li> <li>• Alternating right and left backward inside edges across the width of the ice</li> <li>• Backward moving inside 3-turn right and left</li> </ul>
Adult Pre-Bronze	1:30 MAX	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in combination and 3 jumps in a sequence</li> <li>• Forward upright spin (Min. 3 revolutions)</li> <li>• Forward spiral (any edge)</li> </ul>
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> <li>• Single Salchow</li> <li>• Waltz jump – toe loop combination jump</li> <li>• Backward Upright Spin – entry optional (Min. 3 revolutions)</li> <li>• Spiral sequence (Min. 2 spirals)</li> </ul>

## ADULT 1-6 PROGRAM WITH MUSIC

General event parameters:

- **The skating order of the required elements is optional.**
- **The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.**
- 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 (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

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

## ADULT INTRODUCTORY – BRONZE FREE SKATE PROGRAM

General event parameters:

- Skaters will skate to the music of their choice and vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description.  
Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, or ballet</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	Max. 2 spins <ul style="list-style-type: none"> <li>• Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1 Badge Test
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1 Badge Test
Adult Pre-Bronze 1:40 Maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included</li> <li>• 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps.</li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are allowed</li> <li>• No single Lutz, single Axel or double jumps are allowed</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> </ul>	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze Free Skate
Adult Bronze 1:50 maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences;</li> <li>• 1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	Max 1 Sequence: <ul style="list-style-type: none"> <li>• Choreographic Step Sequence</li> </ul> Must use at least ½ ice surface	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze Free Skate



**EVENT:** Adult Jumps Challenge

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- Adult silver and lower will be skated ½ ice; adult gold – masters junior/senior will be skated on full ice
- Jumps with an “\*” must be preceded with connecting steps (intermediate – senior)

Level	Time	Elements
Adult Beginner	1:00	<ol style="list-style-type: none"> <li>1. Bunny Hop</li> <li>2. Mazurka or ballet jump</li> </ol>
Adult Pre-Bronze	1:00	<ol style="list-style-type: none"> <li>1. Waltz or toe loop jump</li> <li>2. ½ flip, ½ Lutz or ½ loop</li> </ol>
Adult Bronze	1:00	<ol style="list-style-type: none"> <li>1. Single Salchow</li> <li>2. Single toe loop</li> <li>3. Any single jump + single toe loop combination (No Axels allowed)</li> </ol>
Adult Silver	1:15	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single loop</li> <li>3. Single/single combination (Axel is permitted)</li> </ol>
Adult Gold	1:15	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Single Lutz</li> <li>3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)</li> </ol>
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> <li>1. Axel</li> <li>2. Double Salchow , double toe loop or double loop</li> <li>3. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel</li> </ol>
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> <li>1. Double loop or double flip</li> <li>2. Double Lutz</li> <li>3. Jump combination that may include any double jump</li> </ol>

## EVENT: Adult Spins Challenge

### General event parameters:

- Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. On required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Adult Beginner	1:15	<ol style="list-style-type: none"> <li>1. Pivot</li> <li>2. Two-foot upright spin (2)</li> </ol>
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> <li>1. One-foot upright spin (3)</li> <li>2. Two-foot upright spin (3)</li> </ol>
Adult Bronze	1:15	<ol style="list-style-type: none"> <li>1. One-foot upright spin (4)</li> <li>2. One-foot back spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Adult Silver	1:30	<ol style="list-style-type: none"> <li>1. Camel spin (3)</li> <li>2. Layback, sideways leaning or sit spin (4)</li> <li>3. Combination spin with at least one change of position, no change of foot (3 in each position)</li> </ol>
Adult Gold	1:30	<ol style="list-style-type: none"> <li>1. Solo spin, no change of foot (4)</li> <li>2. Second solo spin, different from the first; change of foot optional (4)</li> <li>3. Combination spin with only one change of foot and at least one change of position (4 each foot)</li> </ol>
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"> <li>1. Solo spin of skater's choice (Min. 6 revolutions)</li> <li>2. Second solo spin, different from the first; change of foot optional (4) May have a flying entry</li> <li>3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot)</li> </ol>
Masters Junior/Senior	1:30	<ol style="list-style-type: none"> <li>1. Solo spin of skater's choice (Min. 8 revolutions)</li> <li>2. Solo spin with a flying entry</li> <li>3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot). May have a flying entry</li> </ol>

## SHOWCASE EVENTS

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge's mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

\* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on [www.usfigureskating.org](http://www.usfigureskating.org).

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner/ Adult 1-6	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
No Test/ Pre-Preliminary/ Adult Pre-Bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 max.
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 max.