

Chicago Basic Skills Challenge

USFS Learn to Skate USA Competition
Sunday, July 23, 2017

Robert Crown Community Center
1701 Main Street, Evanston, Illinois 60202

Snowplow, Basic, Free Skate, Introductory Levels,
Test Track, Well Balanced, Adult Elements and Program, Group Showcase and Ice Dance Events



Entry Deadline: July 7, 2017

Inquiries: Please contact Christine Hathaway at 847-866-2924

Email: chathaway@cityofevanston.org



Chicago Basic Skills Challenge July 23rd, 2017

The 2017 Chicago Basic Skills Challenge is sponsored by the City of Evanston Parks, Recreation & Community Services Department and will be held at the Robert Crown Community Center, 1701 Main St., Evanston, IL 60202, on Sunday, July 23, 2017. The ice surface measures 85'x200'. This Learn to Skate USA Competition is approved by the USFS and conducted in accordance with the USFS rulebook.

ELIGIBILITY/TEST LEVEL

The competition is open to ALL skaters who are current, eligible (ER 1.00) members of either the Basic Skills program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills program/club or any other Basic Skills program/club. Basic Skills skaters may compete in any event as qualified by their basic skills level as of July 1, 2017. All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at the highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including moves in the field or individual dances.

Skaters in all other events may compete in any event as qualified by their test level as of July 7, 2017 or at one level higher. A beginner is a person who has passed no US Figure Skating freestyle test. Events will not be required to be skated at the same level. Skaters may enter either the Test Track or Well Balanced Free Skate events, but not both. Skaters will be grouped together according to age in each flight or as assigned by the discretion of the referee. In case of too few entries, events may be canceled at the discretion of the Referee, after giving the skater the option of skating one level up or skating an exhibition for critique. The referee, however, must approve all exhibitions. Test level: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters 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.

Age restrictions/requirements: Skaters entering all events will be divided as closely as possible by age should the number of entries warrant more than one group.

ENTRIES AND FEES: Entries must be registered **by 6:00 p.m. July 7, 2017**. Late entries will be accepted at the discretion of the referee and will be assessed at an additional \$25 late fee.

Application via Entryeze at Entryeze.com.

Entry fees are \$40.00 for the first event and \$10.00 for each additional event.

AWARDS: Everyone will receive an award immediately following the completion of the event and posting of the results.

SCHEDULE OF EVENTS: The schedule will be available online on approximately 1 week prior to the competition on the Entryeze website.

PRACTICE ICE: Practice ice is available from 6:00am, 6:30am, 7:00am, 7:45am, 8:15am on the Main Rink. There will also be ice from 12:00-1:00 pm on the Main Rink. These practice ice times are subject to change based on the Competition Schedule. The cost is \$8 for 30 min. Advanced registration for ice time is available starting July 14, 2017. Follow the link <https://apps.cityofevanston.org/webtrac/wbwsc/webtrac.wsc/splash.html> use key word search Chicago Challenge to register.

MUSIC

CDs should be clearly labeled with the skater's name and event information. CDs must be in CD-R format and must have only one track. Time duration is always +/- 10 seconds. Competition music is turned in at the time of registration. Please remember to bring an extra copy of the CD. Do not forget to pick up your music following your music event. CDs will not be mailed. The Robert Crown Community Center is not responsible for any damaged CDs.

REFUND POLICY: Entry Fees will not be refunded after July 14th, 2017. There will be no refunds for medical withdrawals.

LIABILITY: U.S. Figure Skating, City of Evanston, Robert Crown Community 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 6.0 Majority Judging System will be used for all events at this year's competition.

INFORMATION REGARDING COACHES

U.S. Figure Skating Rule 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 (A,B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

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:

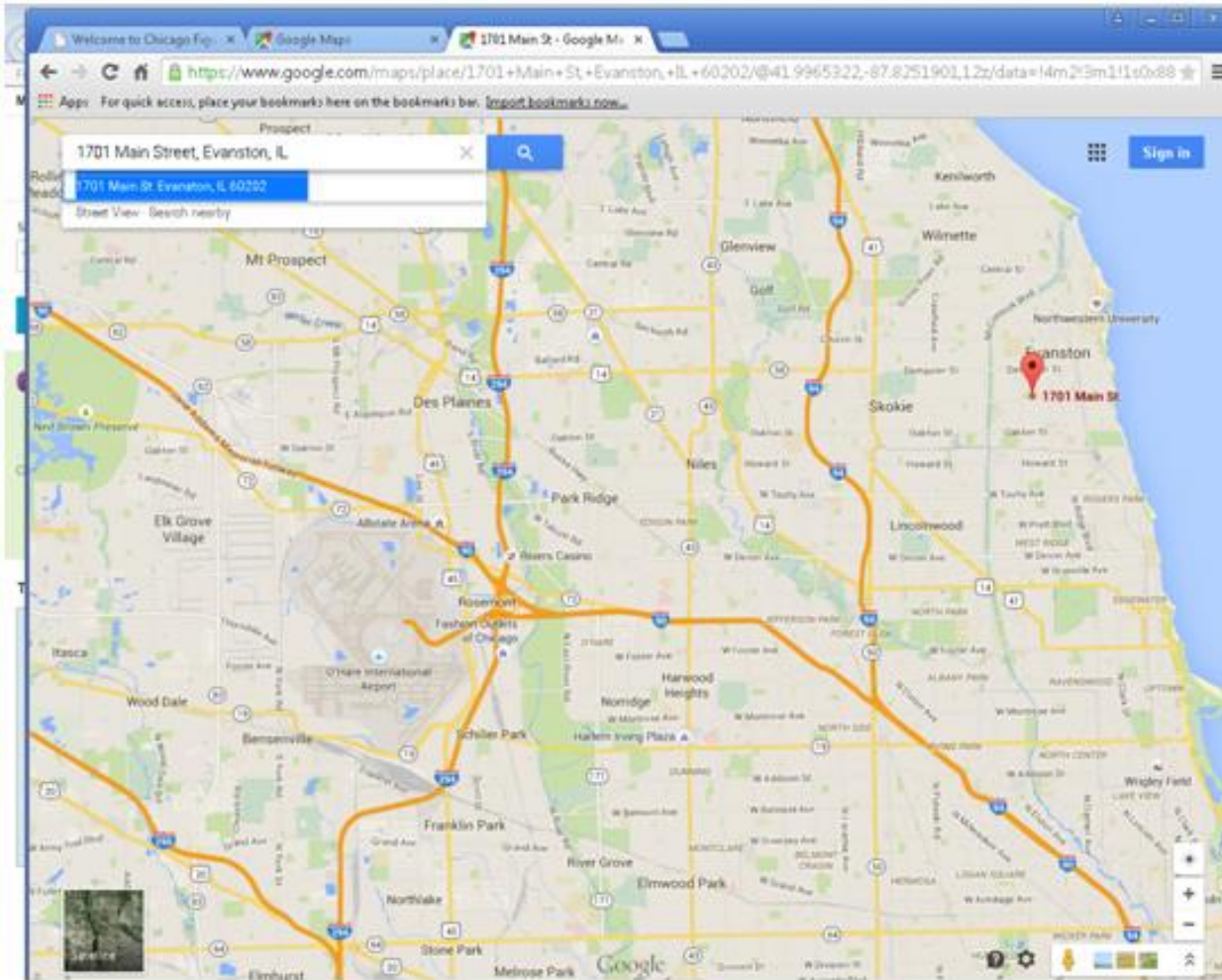
<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

COMPETITION INQUIRIES

Christine Hathaway, chathaway@cityofevanston.org or 847-866-2924.

DRIVING DIRECTIONS From the North or South

Take I-94 to Dempster exit eastbound. Travel east on Dempster for 4 miles. Turn right onto Dodge and go .2 miles turn left onto Main St. go .1 miles rink is on the left/north side of street.



HOTELS -
There are several Evanston area hotels. US Figure skating has a partnership with Hilton Rewards to use the Hilton Rewards program follow link

<http://teamusa.hhonors.com/45/>

Best Western Evanston

South of Downtown Evanston
1501 Sherman Ave., Evanston, IL 60201
847-491-6400
1.5 miles from rink. Low key budget hotel with an outdoor pool and courtesy shuttle plus free wifi.

Hilton Orrington

North Downtown Evanston
1710 Orrington Ave., Evanston, IL 60201
847-866-8700
2.3 miles from rink. Downtown hotel offering upscale rooms and suites plus event spaces, a cafe/bar and fitness center

Doubletree North Shore

Near Old Orchard Mall
9599 Skokie Blvd. Skokie, IL 60077
847-679-7000
4.2 miles from rink. Indoor and seasonal outdoor pool adjacent to a fully equipped fitness center. Jameson Charhouse on site.

Hilton Garden Inn

North Downtown Evanston
1818 Maple Ave., Evanston, IL 60201
847-475-6400
2.3 miles from rink. Downtown hotel offering upscale rooms and suites plus event spaces, a cafe/bar and fitness center



Compete USA Competitions

EVENT: Basic Elements: SNOWPLOW SAM – BASIC 6

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice.
- 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"> <input type="checkbox"/> March followed by a two-foot glide and dip <input type="checkbox"/> Forward two-foot swizzles, 2-3 in a row <input type="checkbox"/> Forward snowplow stop <input type="checkbox"/> Backward wiggles, 2-6 in a row |
| Basic 1 | 1:00 max. | <ul style="list-style-type: none"> <input type="checkbox"/> Forward two-foot glide and dip <input type="checkbox"/> Forward two-foot swizzles, 6-8 in a row <input type="checkbox"/> Beginning snowplow stop on two-feet or one-foot <input type="checkbox"/> Backward wiggles, 6-8 in a row |
| Basic 2 | 1:00 max. | <ul style="list-style-type: none"> <input type="checkbox"/> Forward one-foot glide, either foot <input type="checkbox"/> Scooter pushes, right and left foot, 2-3 each foot <input type="checkbox"/> Moving snowplow stop <input type="checkbox"/> Two-foot turn in place, forward to backward <input type="checkbox"/> Backward two-foot swizzles, 6-8 in a row |
| Basic 3 | 1:00 max. | <ul style="list-style-type: none"> <input type="checkbox"/> Beginning forward stroking showing correct use of blade <input type="checkbox"/> Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive <input type="checkbox"/> Forward slalom <input type="checkbox"/> Beginning backward one-foot glide, either foot <input type="checkbox"/> Moving forward to backward two-foot turn on a circle |
| Basic 4 | 1:00 max. | <ul style="list-style-type: none"> <input type="checkbox"/> Backward one-foot glides, right and left <input type="checkbox"/> Forward outside edge on a circle, clockwise or counter clockwise <input type="checkbox"/> Forward crossovers, 4-6 consecutive, both directions <input type="checkbox"/> Beginning two-foot spin, 2-4 revolutions <input type="checkbox"/> Backward ½ swizzle pumps on a circle, one direction only |
| Basic 5 | 1:00 max. | <ul style="list-style-type: none"> <input type="checkbox"/> Backward outside edge on a circle, clockwise or counterclockwise <input type="checkbox"/> Backward crossovers, 4-6 consecutive, both directions <input type="checkbox"/> Advanced two-foot spin, 4-6 revolutions <input type="checkbox"/> Forward outside three-turn, right and left <input type="checkbox"/> Hockey stop |
| Basic 6 | 1:00 max. | <ul style="list-style-type: none"> <input type="checkbox"/> Forward inside three-turn, right and left <input type="checkbox"/> Bunny Hop <input type="checkbox"/> Forward spiral on a straight line, right or left <input type="checkbox"/> Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry <input type="checkbox"/> T-stop, right or left |



EVENT: Basic Program: SNOWPLOW SAM – BASIC 6

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

- To be skated on full ice.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level.

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



EVENT: 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.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 max

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



EVENT: Pre-Free Skate – Free Skate 6 Program

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



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



EVENT: 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 | Qualifications |
|-------------------------------|---|---|--|---|
| Beginner 1:40 Maximum | Max. 5 jump elements: <ul style="list-style-type: none"> <input type="checkbox"/> Jumps with no more than one-half rotation (front to back or back to front). <input type="checkbox"/> Max. 2 jump sequences <input type="checkbox"/> Max. 2 of any same jump | Max. 2 spins: <ul style="list-style-type: none"> <input type="checkbox"/> Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) | 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 skating badge tests |
| High Beginner 1:40 Maximum | Max. 5 jump elements: <ul style="list-style-type: none"> <input type="checkbox"/> Jumps with no more than one-half rotation (front to back or back to front including half-loop) <input type="checkbox"/> Single rotation jumps: Salchow and toe loop only. <input type="checkbox"/> Max. 2 jump combinations or sequences <input type="checkbox"/> Max. 2 of any same type jump. | Max. 2 spins: <ul style="list-style-type: none"> <input type="checkbox"/> Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) | 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 skating badge tests |



EVENT: COMPULSORY MOVES

General event parameters:

- Elements skated on ½ ice
- Elements may be performed only once
- Music is not allowed

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



EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track 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.

| Level | Time | Jumps | Spins | Step Sequences |
|-----------------|--|---|--|---|
| No-Test | 1:40 Maximum | Max. 5 jump elements: <ul style="list-style-type: none"> <input type="checkbox"/> Single jumps, with the exception of the single Axel, are allowed <input type="checkbox"/> No single Axels, double jumps or triple jumps <input type="checkbox"/> Maximum of 2 jump combinations or sequences <input type="checkbox"/> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted <input type="checkbox"/> Jump sequences limited to a maximum of 3 single jumps Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination | Max. 2 spins: <ul style="list-style-type: none"> <input type="checkbox"/> Spins may change feet and/or position <input type="checkbox"/> Spins may start with a fly <input type="checkbox"/> Minimum 3 revs. Spins must be of a different character (For definition see rule 4103E) | Step sequence* Must use one-half the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements. Jumps may be included in the step sequence |
| Pre-Preliminary | 1:40 Maximum Vocal music permitted | Maximum of 5 jump elements: <ul style="list-style-type: none"> <input type="checkbox"/> All single jumps, including single Axel, allowed <input type="checkbox"/> No double, triple or quadruple jumps allowed <input type="checkbox"/> Axel may be repeated once as a solo jump, as part of a jump combination or jump sequence. (maximum of 2 single Axels) <input type="checkbox"/> Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded <input type="checkbox"/> Max. 2 jump combinations or sequences <input type="checkbox"/> Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 3 jumps is permitted. <input type="checkbox"/> Jump sequences limited to a maximum of 3 single jumps <input type="checkbox"/> ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination | Maximum of 2 spins: <ul style="list-style-type: none"> <input type="checkbox"/> Spins may change feet and/or position. <input type="checkbox"/> Spins may start with a fly. <input type="checkbox"/> Minimum of 3 revolutions These spins must be of a different character (For definition see Rule 4103 (E)) | One step sequenced that must use ½ of the ice surface. Moves in the field and spiral sequences are permitted, but will not count as elements Jumps may be included in the step sequence |

| | | | | |
|--------------------|--|--|--|--|
| <p>Preliminary</p> | <p>1:40 Maximum Vocal music permitted</p> | <p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <input type="checkbox"/> One must be an Axel or Waltz-jump type jump <input type="checkbox"/> All single jumps, including single Axel, allowed. Only 2 different jumps may be attempted (limited to double Salchow, double toe loop and double loop) <input type="checkbox"/> Double flip, double Lutz, double Axel, triple or quadruple jumps are not allowed <input type="checkbox"/> An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of jump combinations or jump sequences <input type="checkbox"/> Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded <input type="checkbox"/> Maximum 2 jump combinations or sequences <input type="checkbox"/> Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted. <input type="checkbox"/> Jump sequences limited to a maximum of 3 single or double jumps <input type="checkbox"/> ½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination | <p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Spins may change feet and/or position. <input type="checkbox"/> Spins may start with a fly. <input type="checkbox"/> Minimum of 3 revolutions <p>These spins must be of a different character (For definition see Rule 4103 (E))</p> | <p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p> |
|--------------------|--|--|--|--|



EVENT: Test Track Free Skate

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track 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 | Qualifications |
|------------------------------|---|---|---|---|
| Pre-Preliminary 1:40 max. | Maximum of 5 jump elements: <ul style="list-style-type: none"> <input type="checkbox"/> Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) <input type="checkbox"/> Single rotation jumps: Salchow, toe loop and loop only <input type="checkbox"/> Maximum 2 jump combinations or sequences <input type="checkbox"/> Maximum 2 of any same type jump | Maximum of 2 spins: <ul style="list-style-type: none"> <input type="checkbox"/> Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program. | Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test. |
| Preliminary 1:40 max.. | Maximum of 5 jump elements: <ul style="list-style-type: none"> <input type="checkbox"/> Jumps with not more than one rotation (no Axels) <input type="checkbox"/> Maximum 2 jump combinations or sequences <input type="checkbox"/> Maximum 2 of any same type jump | Maximum of 2 spins: <ul style="list-style-type: none"> <input type="checkbox"/> One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions) <input type="checkbox"/> 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. | Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test, but may not have passed tests higher than the preliminary free skate test. |



ADULT EVENTS: This event can be used as a Compulsory or Program Event

Adult 1-6 Free Skate, Pre-Bronze and Bronze:

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.

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:30+/-10 sec unless otherwise noted

| | |
|---|--|
| <p>Adult 1</p> <ul style="list-style-type: none"> <input type="checkbox"/> Falling and Recovery <input type="checkbox"/> Forward Marching <input type="checkbox"/> Forward two-foot glide <input type="checkbox"/> Forward swizzle (4-6 in a row) <input type="checkbox"/> Forward snowplow stop – two feet or one foot | <p>Adult 4</p> <ul style="list-style-type: none"> <input type="checkbox"/> Forward outside edge on a circle, right and left <input type="checkbox"/> Forward inside edge on a circle, right and left <input type="checkbox"/> Forward crossovers, clockwise and counterclockwise <input type="checkbox"/> Backward one-foot glides, right and left <input type="checkbox"/> Hockey stop, both directions |
| <p>Adult 2</p> <ul style="list-style-type: none"> <input type="checkbox"/> Forward skating across the width of the ice <input type="checkbox"/> Forward one-foot glides <input type="checkbox"/> Forward slalom <input type="checkbox"/> Backward skating <input type="checkbox"/> Backward swizzles, 4-6 in a row | <p>Adult 5</p> <ul style="list-style-type: none"> <input type="checkbox"/> Backward outside edge on a circle, right and left <input type="checkbox"/> Backward inside edge on a circle, right and left <input type="checkbox"/> Backward crossovers, clockwise and counterclockwise <input type="checkbox"/> Forward outside three-turn, right and left <input type="checkbox"/> Beginning two-foot spin |
| <p>Adult 3</p> <ul style="list-style-type: none"> <input type="checkbox"/> Forward stroking using the blade properly <input type="checkbox"/> Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise <input type="checkbox"/> Backward skating to a long two-foot glide <input type="checkbox"/> Forward chasses on a circle, clockwise and counterclockwise <input type="checkbox"/> Backward snowplow stop, Right and Left | <p>Adult 6</p> <ul style="list-style-type: none"> <input type="checkbox"/> Forward stroking with crossover end patterns <input type="checkbox"/> Backward stroking with crossover end patterns <input type="checkbox"/> Forward inside three-turn, right and left <input type="checkbox"/> T-stop <input type="checkbox"/> Lunge <input type="checkbox"/> Two-foot spin into one-foot spin |
| <p>Adult Pre-Bronze: Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test. Time: 1:40 maximum Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.</p> | <p>Adult Bronze: Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 maximum Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.</p> |



EVENT: Solo Pattern Dance

General event parameters:

- Levels are based upon the skaters’ highest pattern dance test passed.
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for his/her level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30th – July 2nd), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2nd quarter).
- Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances groupings.

| Level | July 1 st – September 30 th |
|-------------|---|
| Preliminary | 1. Canasta Tango 2. Rhythm Blues |
| Pre-Bronze | 1. Cha-Cha 2. Fiesta Tango |



EVENT: Group Showcase

Compete with your ice show group number from last year or create your own with four or more skaters. Props are optional. Groups will be judged on: energy, interpretation, eye contact, choreography, style, originality, costume and use of ice.

| LEVEL | QUALIFICATIONS | PROGRAM LENGTH |
|--------------------------|--|-----------------|
| Basic 3-5 | A majority of skaters must be between Basic 3-5 | Time: 2:45 max. |
| Basic 6-Pre-Freeskate | A majority of the skaters must be between Basic 6-Prefreeskate | Time: 2:45 max. |
| Freeskate 1-6 | A majority of the skaters must be between Freeskate 1-6 | Time: 2:45 max. |
| Adult 1-Adult Pre-Bronze | A majority of the skaters must be between Adult 1 - Adult Pre-Bronze | Time: 2:45 max. |