



34th Florida Open Championships and Compete USA Competition
Hosted by Central Florida Figure Skating Club

April 11-14th, 2019

Entry deadline: Saturday, March 2nd, 2019, 11:59 p.m. EST

Due to time constraints, entries may be capped. Please register early.

The Florida Open Championships and Compete USA 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.

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.

SERIES INFORMATION: The 2019 Florida Open is a participating competition within the 2019 Solo Dance Series and Excel Competition Series. We will also offer Compete USA events.

ELIGIBILITY/TEST LEVEL:

Test level: Competition level is the highest test passed **as of March 2, 2019**, 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. **No exceptions will be made for upcoming test sessions unless discussed in advance of registration and approved by the event Chair and Chief Referee.**

Age restrictions/requirements: Singles free skate events (Well Balanced Program) have the following requirements.

- Juvenile: Girls – 12 years of age or younger; Boys – 13 years of age or younger
- Open Juvenile: Girls – 13 years of age or older; Boys – 14 years of age or older
- Intermediate must be under the age of 18
- Adults skaters must be 21 years of age or older

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

ENTRY FEES AND REGISTRATION:

IJS EVENTS (NOT including Solo Dance)

First IJS Event	\$125
Additional IJS Event	\$75
Pairs/Couples Events	\$65/skater for 1st event, \$35/skater for add'l IJS event

6.0 EVENTS

First 6.0 Event	\$95
Each Additional Event	\$55

SOLO DANCE SERIES EVENTS

Pattern Dance	\$125
Combined Dance	\$125
Shadow Dance	\$65/skater

COMPETE USA EVENTS

Compete USA Events	
First Event	\$60
Each Additional Events	\$30

Entries must be completed via [EntryEeze](http://comp.entryeeze.com/home.aspx?cid=165) at <http://comp.entryeeze.com/home.aspx?cid=165>, or by visiting <https://centralfloridafsc.org/> to access the link, by **Saturday, March 2, 2019 11:59 p.m. EST**. Late entries will be subject to the approval of the Competition Chair and Chief Referee and will be assessed a late entry fee of \$30. **Due to time constraints, entries may be capped. Please register early.**

Changes to entries may be accepted at the discretion of the Competition Committee and will require a \$25 change fee per event. To avoid these fees, please register on time and verify the accuracy of events and levels.

REFUND POLICY: Entry fees will not be refunded after March 2, 2019 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Contested credit card charges will be issued a \$25 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

SCHEDULE: A tentative schedule is attached, however competitors may be scheduled on any day or time for the announced dates of the competition. Notification of competition and practice ice times will be available by email and competition website.

FACILITIES: The competition will be held at The RDV Sportsplex Ice Den, which has two ice surfaces, the "Olympic Rink" measuring 100'x200' and the "Pro Rink" measuring 85' x 200', each with rounded corners and hockey barriers. The Ice Den has locker rooms, a pro shop, Bear Bites snack bar, vending machines, game room, ample seating & warm areas, and a Nature's Table café.

MUSIC: ALL competition music must be submitted electronically via the on-line registration system by the music submission deadline of 3/31/19 at 11:59 p.m. **For the Florida Open, online music submission is the ONLY acceptable method to submit program music.** After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can logout of your account and return later to upload your music by going to the "Competition" tab and then selecting "My Music." Please be sure you are uploading the correct music for the correct event segment. Be careful, for example, not to mix up your short program and your free skate!

Music must be in .mp3 format and no larger than 10MB. If you have questions, or need assistance, contact the Music Coordinator at tedady@yahoo.com.

In addition to submitting the music online, all competitors (excluding Solo Dance Series Pattern and Shadow Dance events) must also have at least one [1] clean & tested backup copy of their competition music on CD, AT RINKSIDE, during the actual competition event segment.

The LOC may assess each competitor/team an additional charge up to \$25.00 per event segment, to manually handle a competitor/team's music, if the competitor/team: 1) fails to submit their music prior to the close of online music submission, 2) submits files that do not follow the specifications above, or 3) uploads the incorrect music for a given event segment (e.g. uploads short program music instead of the free skate). In the event the LOC decides to assess an administrative fee, the competitor/teams will not receive their credentials at registration until they pay the fee and turn in their music on CD, conforming to the requirements above.

LIABILITY: U.S. Figure Skating, Central Florida Figure Skating Club, and RDV Sportsplex Ice Den 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:

- All Short Program and Free Skate events at Pre-Preliminary through Senior
- Adult Free Skate events at Pre-Bronze through Masters Junior/Senior
- ALL Solo Dance Series events

The 6.0 Majority Judging System will be used for:

- No Test Free Skate (Standard and Adult tracks)
- Adult Solo Dance
- Compulsory Moves, Spins, and Jumps
- Showcase

All competitors skating in these events need to submit the Planned Program Content (PPC) form online. This form is found in the [Member's Only](#) section at <https://www.usfigureskating.org/>. The deadline to submit the form is 3/24/19. A late fee of \$25.00 will be charged if the PPC form is not completed by 3/24/19.

FINAL ROUNDS: Final Rounds will be skated if there are two or more flights in Juvenile—Senior Free Skate events.

REGISTRATION: Registration will begin on **JANUARY 13, 2019** and end **MARCH 2, 2019 at 11:59 P.M. EST**. **Due to time constraints, entries may be capped. Please register early.**

At the event, the registration desk will be open at least one hour before the first event and run through the last event of the day. The registration desk will be located immediately inside the doors of the Ice Den. Please register promptly upon arrival.

LOCKER ROOMS AND CHANGING AREAS: SafeSport policies and procedures will be strictly enforced at Florida Open. Please click here to review the [Locker Rooms and Changing Area policy](#); more detailed information can be found in the [SafeSport Handbook](#). Please contact CFFSC's SafeSport Compliance Chair, [Kerri Bottorff](#), with any questions or concerns.

PRACTICE ICE:

Practice ice will be available the evening of Thursday, April 11th and throughout the remainder of the competition, and will be reserved via Entryeeze.

- Advanced purchase of practice ice may be made at the time of registration for 1 session per event at \$18 per 20-minute session.
- Additional practice ice may be available for advance purchase after the event schedule is posted at a cost of \$22 per 20-minute session, and will be communicated via email to all entrants.
- Selection of pre-paid practice ice sessions will be made through Entryeeze after the event schedule is posted, and will be communicated to entrants via email.
- Any remaining practice ice space will be available for purchase at the event at a cost of \$24 per 20-minute session.
- Practice ice fees are non-refundable. Please contact Hope Dady at cffschope@gmail.com regarding any practice ice questions.

PHOTOGRAPHY/VIDEOGRAPHY: Professional video and photography will be available throughout the competition. There is absolutely NO FLASH PHOTOGRAPHY OR EXTERNAL VIDEO LIGHTING ALLOWED. Photography and videography will be permitted in the bleachers only.

AWARDS: Medals will be awarded for 1st - 6th place winners in each event and may be collected in the registration area anytime following the posting of results. Trophies will be awarded for events with final Championship Rounds for 1st-4th place.

The 3rd Annual Bette Todd Award will be given to the skater with the highest component scores in a Juvenile Girls Free Skate program (prior to final rounds), across all groups.

OFFICIAL NOTICES: An official bulletin board will be maintained adjacent to the Registration desk. 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 (one) hour prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

TEST CREDIT: Skaters that may wish to use their competition protocol for test credit should request this protocol at the Awards Desk, **and pay a \$5 administrative fee.** Forms must be picked up at the Awards Desk prior to the end of the competition; protocols will not mailed. Please note that your club may also assess a fee to register the test, and this fee may vary.

IMPORTANT NOTICE FOR ALL COACHES:

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the following requirements:

Coaching U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training*
- Continuing Education Requirements (CERs) for the 2018-19 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

Coaching Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Completed SafeSport Training* (for coaches 18 years old and over)
- Completed background check (green light status) (for coaches 18 years old and over)
- Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

*SafeSport training is available through <https://www.usfigureskating.org/> for full members of U.S. Figure Skating (through [Learn to Skate USA](#) portal for instructors). There is no cost to this training and certification is valid for 2 seasons

The LOC will have a list of compliant coaches who are approved to receive 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. There can be no exceptions to this policy.

If a foreign coach has only foreign athletes at your competition, a background check and SafeSport Training is not required. Instead, the coach must submit a letter from their Federation stating they are a member in good standing.

For more information regarding Coach Compliance, please visit:
<http://usfsa.org/content/Coaches%20Requirements%20Chart.pdf>

CONTACT INFO:

If you have questions, please contact:

Competition Chair	Kristin Gordon	407-579-7677	kristin.h.gordon@gmail.com
Competition Co-Chair	Kerri Bottorff	407-883-9926	kerribeth1@gmail.com
Adult Events	Kerri Bottorff	407-883-9926	kerribeth1@gmail.com
Dance Events	Kristin Gordon	407-579-7677	kristin.h.gordon@gmail.com
Practice Ice	Hope Dady	386-793-4530	cffschope@gmail.com
Music	Tim Dady	407-951-2869	tedady@yahoo.com

ADDITIONAL INFORMATION:

- Official host hotel:
 - [Sheraton Orlando North](#) (rate details coming soon)
 - [Homewood Suites by Hilton Orlando-Maitland](#) (rate details coming soon)
- Both the Orlando International Airport (MCO) and Orlando/Sanford International Airport (SFB) are easy drives to RDV Sportsplex Ice Den, and many carriers offer direct flights to the area.
- Merchandise pre-orders: coming soon
- Website: <http://comp.entryeeze.com/home.aspx?cid=165>

TENTATIVE SCHEDULE

This is a tentative schedule of events, based on previous years, and not final nor guaranteed. Due to the addition of more IJS events than in previous year, this is subject to change. Refunds will not be provided for any reason (including schedule conflicts or medical) after the close of registration on Saturday, March 2 at 11:59 p.m.

A schedule of events will be shared with all registrants and coaches once the Competition Committee receives it from the Chief Referee, approximately 2 weeks prior to the start of competition. Note: the Chief Referee determines the schedule, not the Competition Committee. The practice ice schedule and practice ice selection information will also be available for viewing at that time.

- Solo Dance events (including Adult Solo Dance)
 - Thursday, beginning early- to mid-afternoon through the evening
 - Remaining dance events will be held Friday, and if necessary, Saturday
- IJS events (including Singles, Pairs, and Adult)
 - Friday and Saturday
 - Championship Rounds will be held on Sunday
- 6.0 events
 - Jumps, Spins, and Compulsories Friday and/or Saturday
 - Showcase events on Sunday
- Compete USA
 - All events are anticipated to be held on Sunday

SECTION 2: Events Offered

Due to time constraints, entries may be capped. Please register early.

See current rulebook or click [here](#) for current rules and requirements.

FREE SKATE & SHORT PROGRAM SINGLES (IJS)

Singles Short Program (Juvenile - Senior)

Singles Well Balanced Free Skate (Pre-Preliminary - Senior) **(NO TEST WILL BE 6.0)**

Pairs Short Program (Novice – Senior)

Pairs Free Skate

Adult Singles Free Skate (Pre-Bronze – Jr/Sr) **(NO TEST WILL BE 6.0)**

6.0 EVENTS

No-Test Free Skate, Standard and Adult

Showcase

Compulsory Moves (No Test – Senior)

Jumps Challenge

Spin Challenge

Adult Compulsory Moves

Adult Jumps Challenge

Adult Spins Challenge

Adult Introductory Free Skate Beginner and High Beginner

NATIONAL SOLO DANCE SERIES (IJS)

Please review the [2019 Solo Dance Series Handbook](#)

EXCEL

Excel Free Skate (new for 2018-19 season)

Excel Compulsory (Excel Beginner – Excel Preliminary)

ADULT SOLO PATTERN DANCE (6.0)

Preliminary: Canasta Tango and Rhythm Blues

Pre-Bronze: Fiesta Tango and Swing Dance

Bronze: Cha Cha and Hickory Hoedown

Pre-Silver: Hickory Hoedown and Foxtrot

Silver: European Waltz and Rocker Foxtrot

Pre-Gold: Tango and Kilian

Gold: Blues and Quickstep

COMPETE USA (6.0)

Snowplow Sam- Free Skate 6 Program (with music)

Snowplow Sam – Free Skate 6 Program

Adult 1-6 (Program with music)

Adult 1-6 and Introductory Compulsory

Showcase, Learn to Skate USA events

OPTIONAL FOR NONQUALIFYING COMPETITIONS – NOT A SEGMENT AT QUALIFYING COMPETITIONS

(Juvenile events at regional championships, sectional championships and U.S. Championships will still consist of a free skate only.)

JUVENILE and OPEN JUVENILE GIRLS/BOYS 2:10 max.	Single or Double Axel	Single or Double Jump May not repeat Axel jump or jumps used in the combination	Jump Combination Single/Double or Double/Double May not repeat Axel jump or solo jump performed	Spin Only one position No change of foot May start with a fly Min. 5 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Choreographic Step Sequence Fully utilizing the ice surface
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REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

INTERMEDIATE LADIES/MEN 2:10 max.	Single or Double Axel	Double or Triple Jump May not repeat double Axel or the triple jump used in the combination	Jump Combination Single/Double, Double/Double, Single/Triple, Double/Triple or Triple/triple May not repeat Axel jump or solo jump performed	Spin Only one position No change of foot May start with a fly Min. 5 revs. <u>Men: Must be a camel spin</u>	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Max Level 2. Only Minimum Variety (5 turns) or Simple Variety (7 turns) & rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Fully utilizing the ice surface
NOVICE LADIES 2:30 max.	Single or Double Axel	Double or Triple Jump May not repeat double Axel or either jump in combo	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed	Layback/Sideways Leaning, Sit or Camel Spin No change of foot No flying entry Min. 6 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
NOVICE MEN 2:30 max.	Single or Double Axel	Double or Triple Jump May not repeat double Axel or either jump in combo	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	Camel Spin With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface

REQUIREMENTS FOR NONQUALIFYING AND QUALIFYING COMPETITIONS

JUNIOR LADIES 2:40 +/- 10 sec	Double Axel	Double or Triple <u>Flip</u>	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	<u>Flying Camel Spin</u> Flying pos. may be different than landing pos. Min. 8 revs.	Layback/ Sideways Leaning or <u>Sit Spin without change of foot</u> No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
JUNIOR MEN 2:40 +/- 10 sec	Double or Triple Axel	Double or Triple <u>Flip</u>	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	<u>Flying Camel Spin</u> Flying pos. may be different than landing pos. Min. 8 revs.	<u>Sit Spin</u> With only 1 change of foot No flying entry Min. 6 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
SENIOR LADIES 2:40 +/- 10 sec	Double or Triple Axel	Any Triple Jump May not repeat Triple Axel or either jump in combo	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	<u>Flying Spin</u> Landing position different than spin in 1 position Min. 8 revs.	Layback/ Sideways Leaning, Sit or Camel Spin without change of foot No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
SENIOR MEN 2:40 +/- 10 sec	Double or Triple Axel	Any Triple or Quadruple Jump May not repeat Triple Axel or either jump in combo	Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed	<u>Flying Spin</u> Landing position different than spin in 1 position Min. 8 revs.	Sit or Camel Spin With only 1 change of foot No flying entry Min. 6 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface

2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
NO TEST 1:40 maximum *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> All single jumps allowed except for the single Axel <ul style="list-style-type: none"> No single Axels, double, triple or quadruple jumps allowed Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump (<u>waltz jump</u>). 	Max 2 Spins <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
PRE-PRELIMINARY 1:40 maximum *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> No double, triple or quadruple jumps allowed Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	Max 2 Spins <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
PRELIMINARY 1:30 +/- 10 sec *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump or a waltz jump* All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed An Axel plus up to two different, allowable 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 Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	Max 2 Spins <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
PRE-JUVENILE 2:00 +/- 10 sec *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> No double Axels, triple or quadruple jumps allowed An Axel plus up to 3 different double jumps may be repeated once (but no 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 Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	Max 2 Spins <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot Min 4 revs <p>Both spins may start with a flying entry These spins must be of a different character (See U.S. Figure Skating rule 6103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must 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 step sequence <p>If IJS is used, then: ChSt</p>

2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
JUVENILE and OPEN JUVENILE 2:20 +/- 10 sec *means element is required	Max 5 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps, including the double Axel, <u>and one triple jump</u> are allowed <ul style="list-style-type: none"> No <u>additional</u> triple jumps and no quadruple jumps are allowed No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump can be included more than twice. <u>The triple jump can only be included once.</u> Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps, except one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed. <u>If double Axel or triple jump is part of 3-jump combination, then 2 other double jumps may be included.</u> Jump sequence is any listed jump immediately followed by an Axel-type jump. 	Max 2 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 8 revs Min 2 revs in each position 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min 5 revs Both spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))	Max 1 Sequence <ul style="list-style-type: none"> One choreographic step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
INTERMEDIATE 2:40 +/- 10 sec *means element is required	Max 6 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value No double or triple jump can be included more than twice Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	Max 2 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 8 revs Min 2 revs in each position 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min 5 revs Both spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Max Level 2. Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level. Must fully utilize the ice surface
NOVICE LADIES 3:00 +/- 10 sec *means element is required	Max 6 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. <ul style="list-style-type: none"> If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs Min 2 revs in each position 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> Min 6 revs 3rd spin is option of skater All spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
NOVICE MEN 3:30 +/- 10 sec *means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump. 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs Min 2 revs in each position 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> Min 6 revs 3rd spin is option of skater All spins may start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface

2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
JUNIOR LADIES 3:30 +/- 10 sec *means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u> 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs All 3 basic positions with min 2 revs in each position for highest base value 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> Min 6 revs All spins may change feet and start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
JUNIOR MEN 3:30 +/- 10 sec *means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u> 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs All 3 basic positions with min 2 revs in each position for highest base value 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> Min 6 revs All spins may change feet and start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))	Max 1 Sequence <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
SENIOR LADIES 4:00 +/- 10 sec *means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <u>Of the 2 repetitions only 1 can be a quad jump. Only 1 quad jump can be repeated.</u> No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u> 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs All 3 basic positions with min 2 revs in each position for highest base value 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> Min 6 revs All spins may change feet and start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))	Max 2 Sequences <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface One choreographic sequence* <ul style="list-style-type: none"> Must be clearly visible
SENIOR MEN 4:00 +/- 10 sec *means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump* Jumps can contain any number of revolutions <ul style="list-style-type: none"> Of all the triples and quads, only 2 can be executed twice <ul style="list-style-type: none"> <u>Of the 2 repetitions only 1 can be a quad jump. Only 1 quad jump can be repeated.</u> No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence Max 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except one 3-jump combination is allowed <u>Jump sequence is any listed jump immediately followed by an Axel-type jump.</u> 	Max 3 Spins <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs All 3 basic positions with min 2 revs in each position for highest base value 1 spin with a flying entry* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> Min 6 revs All spins may change feet and start with a flying entry Spins must be of a different character (See U.S. Figure Skating rule 6103 (E))	Max 2 Sequences <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface One choreographic sequence* <ul style="list-style-type: none"> Must be clearly visible

2018-19	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
NOVICE PAIRS SHORT PROGRAM 2:50 Max	One lift selected from Group 4 Min 1 rev by man (<u>no max</u>) One-handed variations and changes of hold or of the lady's position during the lift are permitted The lift may not include a carry feature or be a carry lift	Single or Double Take off must be flip or Lutz	Single, Double or Triple <u>Salchow</u>	Double <u>Flip</u> or Double <u>Axel</u>	<u>Solo Spin or Solo Spin Combination</u> <u>Optional change of foot</u> and optional change of position Min. 5 revs. total May be commenced with a jump	<u>Backward Outside</u> When death spiral position is attained, both partners must execute one revolution with man in full pivot position Lady's head must reach the level of her skating knee	Leveled Step Sequence Must fully utilize the ice surface
JUNIOR PAIRS SHORT PROGRAM 2:40 +/- 10 sec	Any <u>hand to hand</u> lift take off (Group 4) Full extension of the lifting arm(s) is required Min 1 rev by man (<u>no max</u>)	Double or Triple Take off must be flip or Lutz	Double or Triple <u>Salchow</u>	Double <u>Flip</u> or Double <u>Axel</u>	<u>Solo Spin Combination</u> Only one change of foot (made at the same time by both partners) <u>Min. 5 revs. on each foot, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</u> <u>May be commenced with a jump</u>	<u>Backward Outside</u> When death spiral position is attained, both partners must execute one revolution with man in full pivot position Lady's head must reach the level of her skating knee	Leveled Step Sequence Must fully utilize the ice surface
SENIOR PAIRS SHORT PROGRAM 2:40 +/- 10 sec	Any <u>hand to hand</u> lift take off (Group 4) Full extension of the lifting arm(s) is required Min 1 rev by man (<u>no max</u>)	Double or Triple Take off must be flip or Lutz	Double or Triple (any take off)	Double or Triple (any take off)	<u>Solo Spin Combination</u> Only one change of foot (made at the same time by both partners) <u>Min. 5 revs. on each foot, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</u> <u>May be commenced with a jump</u>	<u>Backward Outside</u> When death spiral position is attained, both partners must execute one revolution with man in full pivot position Lady's head must reach the level of her skating knee	Leveled Step Sequence Must fully utilize the ice surface

2018-19	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
PRE-JUVENILE PAIRS 2:00 +/- 10 sec	1 Lift Group 1 Lift or Group 2 Waist Lift Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted Min ½ rev by man (<u>no max</u>)	N/A	1 (optional) Throw Jump Single	1 Solo Jump Single	1 Jump Sequence <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> Single jumps only Jump combination not permitted	1 Solo Spin Min 3 revs No change of foot or position	1 Pair Spin Min 3 revs No change of foot or position	1 (optional) Pivot Figure No minimum requirements Pivot figure not eligible for features	1 Step Sequence* Utilizing one-half the ice surface Stroking both forward and backward, clockwise and counterclockwise *If IJS is used, then: ChSt
JUVENILE PAIRS 2:30 +/- 10 sec	Max 1 Lift Lift may be chosen from Group 1 or Group 2 Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted Min 1 rev by man (<u>no max</u>)	N/A	Max 1 Throw Jump Any throw single jump <u>OR</u> <u>Throw double Salchow</u> <u>OR</u> <u>Throw double loop</u>	Max 1 Solo Jump Single or double	Max 1 Jump Sequence or Jump Combination Max 2 jumps in jump combination <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> Single or double jumps only	Max 1 Solo Spin or Solo Spin Combination Min 5 revs Change of foot, change of position, and flying entry are optional If combination, must have all 3 basic positions to receive full value.	Max 1 Pair Spin Min 3 revs Change of position optional No change of foot	Max 1 Pivot Figure Regular 1-hand-to-1-hand hold required Pivot figure not eligible for features When the position is attained, both partners must execute min ½ rev with the man clearly in pivot position	Max 1 Choreographic Sequence Must be clearly visible

2018-19	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
INTERMEDIATE PAIRS 3:00 +/- 10 sec	Max 2 Overhead Lifts Lifts can be selected from Groups 1-4 and must be different Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted; however, if a pair executes a platter lift, the release of the lady's hands after the lift extension has been achieved is not a violation of this rule. Min 1 rev by man (<u>no max</u>)	Max 1 Twist Lift Single Take off must be flip or Lutz	Max 2 Throw Jumps Single or double Must be different	Max 1 Solo Jump Single or double	Max 1 Jump Sequence or Jump Combination Max 2 jumps in jump combination <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> Single or double jumps only	Max 1 Solo Spin or Solo Spin Combination Min 5 revs Change of foot, change of position and flying entry are optional Both partners must achieve a basic position (sit/camel/upright) for at least 2 revs If combination, must have all 3 basic positions to receive full value.	N/A	Max 1 Death Spiral or Pivot Figure Regular 1-hand-to-1-hand hold required Pivot figure not eligible for features When the position is attained, both partners must execute min ½ rev with the knees of the man clearly bent and in full pivot position	Max 1 Leveled Step Sequence <u>Step sequence can achieve up to Level 2</u> Must be clearly visible
NOVICE PAIRS 3:30 +/- 10 sec	Max 2 Overhead Lifts Lifts must be from different groups, and 1 must be from Group 3 or Group 4 Variations of lady's position, no-handed, 1-handed, combo lifts and lifts that turn in both directions ARE permitted Carry lifts and carry features are NOT permitted Min 1 rev by man (<u>no max</u>)	Max 1 Twist Lift Single or double Take off must be flip or Lutz	Max 2 Throw Jumps Single, double or triple Must be different	Max 1 Solo Jump Single, double or triple If double Axel or triple, must be different from jumps executed in the jump sequence / combination	Max 1 Jump Sequence or Jump Combination Max 2 jumps in jump combination <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> Both may include jumps with same name Single, double or triple jumps permitted	Max 1 Solo Spin or Solo Spin Combination Min 5 revs Change of foot, change of position and flying entry are optional Both partners must achieve a basic position (sit/camel/upright) for at least 2 revs If combination, must have all 3 basic positions to receive full value.	Max 1 Pair Spin or Pair Spin Combination Min 5 revs If pair spin combination, must have at least 1 change of foot and 1 change of position by each partner If combination, must have all 3 basic positions to receive full value.	Max 1 Death Spiral Regular 1-hand-to-1-hand hold required When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position Lady's head must reach the level of her skating knee	Max 1 Choreographic Sequence Must be clearly visible

2018-19	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL	STEP SEQUENCE
JUNIOR PAIRS 3:30 +/- 10 sec	<p>Max 2 Overhead Lifts</p> <p>Not all from <u>the same group</u></p> <p>Full extension of the lifting arms required</p> <p><u>Both lifts</u> may include a carry feature, <u>but only first attempt counts for level</u></p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only)</p> <p>Min 1 rev by man (<u>no max</u>)</p>	<p>Max 1 Twist Lift</p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, loop, flip, Lutz or Axel</p>	<p>Max 2 Throw Jumps</p> <p>Must be different</p> <p>No limit to the number of revs</p>	<p>Max 1 Solo Jump</p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Jump combination may consist of 2 or 3 jumps</p> <p><u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	<p><u>No longer required/allowed in junior pairs free skate</u></p>	<p>Max 1 Pair Spin Combination</p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With a least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</p>	<p>Max 1 Death Spiral</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>
SENIOR PAIRS 4:00 +/- 10 sec	<p>Max 3 Overhead Lifts</p> <p>Not all from <u>the same group</u></p> <p>Full extension of the lifting arms required</p> <p>If 2 Group 5 lifts are executed, each must have a different take off (toe, step, reverse, backward or Axel)</p> <p><u>All lifts</u> may include a carry feature, <u>but only first attempt counts for level</u></p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only)</p> <p>Min 1 rev by man (<u>no max</u>)</p>	<p>Max 1 Twist Lift</p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, flip, Lutz or Axel</p>	<p>Max 2 Throw Jumps</p> <p>Must be different</p> <p>No limit to the number of revs</p>	<p>Max 1 Solo Jump</p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Jump combination may consist of 2 or 3 jumps</p> <p><u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u></p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	<p><u>No longer required/allowed in senior pairs free skate</u></p>	<p>Max 1 Pair Spin Combination</p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With at least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</p>	<p>Max 1 Death Spiral</p> <p>Must be different from the death spiral in the short program</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

2018-19 Adult Singles Free Skating Requirements – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2018.



2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCE
CHAMPIONSHIP MASTERS JUNIOR-SENIOR & MASTERS JUNIOR-SENIOR 3:40 maximum * means element is required	Max 7 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump <u>or a waltz jump</u>* Max 3 combinations or sequences <ul style="list-style-type: none"> 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence <ul style="list-style-type: none"> If both executions (of the same Axel or multi-rotation jump) are as solo jumps, the second of these jumps will receive 70% of its original base value 	Max 3 Spins <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 5 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position 	Max 1 Step Sequence <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) 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.
CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE & MASTERS INTERMEDIATE-NOVICE 3:10 maximum * means element is required	Max 6 Jump Elements <ul style="list-style-type: none"> 1 must be an Axel-type jump <u>or a waltz jump</u>* Max 3 combinations or sequences <ul style="list-style-type: none"> 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps Only 1 jump combination may include 2 double jumps <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> Each jump may be repeated only once, and only as part of a combination or sequence <ul style="list-style-type: none"> If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop Double flip, double Lutz, double Axel and triple jumps are not permitted 	Max 3 Spins <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 5 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position 	Max 1 Step Sequence <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) 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.
CHAMPIONSHIP ADULT GOLD & ADULT GOLD 2:40 maximum	Max 5 Jump Elements <ul style="list-style-type: none"> Max 3 combinations or sequences <ul style="list-style-type: none"> 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps Each jump combination may include only 1 double jump <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> Each jump may be repeated only once, and only as part of a combination or sequence <ul style="list-style-type: none"> If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value All single jumps, including the single Axel, and the following double jumps are permitted: double toe loop, double Salchow. Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	Max 3 Spins <ul style="list-style-type: none"> <u>Max Level 3</u> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 4 revs total if no change of foot Min 4 revs each foot if change of foot Min 2 revs in each position 	Max 1 Step Sequence <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals) 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.

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Spins of a different character – this refers to the abbreviation of a spin, e.g. a 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 U.S. Figure Skating rule 4103 (E).

6.0 System Penalties:

- 0.1 in each mark for each illegal element
- 0.1 in 1st mark for insufficient revs.
- 0.2 in 1st mark for each jump and/or spin element exceeding max.
- 0.1 in each mark for time violation
- 0.1 in 1st mark for step seq. not utilizing the ice as prescribed.
- 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

2018-19	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
CHAMPIONSHIP ADULT SILVER AND ADULT SILVER 2:10 maximum	Max 5 Jump Elements <ul style="list-style-type: none"> Max 2 combinations or sequences <ul style="list-style-type: none"> 1 combination may contain 3 jumps, and the other may contain only 2 jumps <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> Non-listed jumps of not more than 1 revolution performed as part of connecting footwork preceding single jumps are permitted Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps, including single Axel, are permitted No double or triple jumps are permitted 	Max 2 Spins <ul style="list-style-type: none"> <u>Max Level 2</u> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position 	Max 1 Sequence <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals) 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 BRONZE 1:50 maximum	Max 4 Jump Elements <ul style="list-style-type: none"> Max 2 combinations or sequences <ul style="list-style-type: none"> 1 combination may contain 3 jumps, and the other may contain only 2 jumps <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except single Axel) No single Axel, double or triple jumps are permitted 	Max 2 Spins <ul style="list-style-type: none"> <u>Max Level 1</u> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position No flying spins are permitted 	Max 1 Sequence <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals) 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 PRE BRONZE 1:40 maximum	Max 4 Jump Elements <ul style="list-style-type: none"> Max 2 combinations or sequences <ul style="list-style-type: none"> 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps <u>Jump sequence is any listed jump immediately followed by an Axel-type jump</u> Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) Only single and half-revolution jumps are permitted No single Lutz, single Axel or double or triple jumps are permitted 	Max 2 Spins <ul style="list-style-type: none"> <u>Max Level 1</u> <u>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</u> Min 3 revs Spins with a flying entry are not permitted 	Max 1 Sequence <ul style="list-style-type: none"> Connecting steps throughout the program are required

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Spins of a different character – this refers to the abbreviation of a spin, e.g. a 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 U.S. Figure Skating rule 4103 (E).

6.0 System Penalties:

- 0.1 in each mark for each illegal element
- 0.1 in 1st mark for insufficient revs.
- 0.2 in 1st mark for each jump and/or spin element exceeding max.
- 0.1 in each mark for time violation
- 0.1 in 1st mark for step seq. not utilizing the ice as prescribed.
- 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Introductory Levels 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">• Jumps limited to bunny hop, mazurka, ballet, waltz• Max 1 combination or sequence consisting of only the allowed listed jumps• Max. 2 of any same jump	Max. 2 spins <ul style="list-style-type: none">• Two forward 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 Skate 1 Badge Test
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none">• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ Flip, ½ Lutz, Toe Loop• Max 1 combination or sequence consisting of only the allowed listed jumps• Max. 2 of any same type jump.	Max 2 spins: <ul style="list-style-type: none">• 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 any U.S. Figure Skating Free Skate Test

EVENT: Showcase Events – Dramatic 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. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.
- 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, as listed in the table below. 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, under "Programs" on the National Showcase page.

Dramatic Entertainment Levels:

Except for Adult events, skaters must compete at the highest level for which they qualify.

Event	Must meet requirements*	Must not have passed	Age	Time
No Test (does not qualify for National Showcase)	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No minimum (max age 20)	1:30 max
Pre-Preliminary (does not qualify for National Showcase)	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No minimum (max age 20)	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	Under 13	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max

Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:30 max
Senior	Senior Free Skate OR Senior Free Dance			2:30 max
Event	Must meet requirements* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	Age	Time
Adult Pre-Bronze (does not qualify for National Showcase)	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	2:10 max

* For the US Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete; rules 2540-2552 apply.; and the same level must be chosen for all showcase events at the competition (for example, a skater may not compete in Masters Dramatic Entertainment and Adult Gold Light Entertainment events at the same competition). Adult athletes wishing to be grandfathered into a higher level based on participation at the Adult Championships or National Showcase prior to 4/30/17 may make this request to the National Vice Chair for National Showcase. For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Learn to Skate levels and events, please refer to the U.S. Figure Skating Compete USA Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.



U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Light Entertainment Events

Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience 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, under "Programs" on the National Showcase page.

Light Entertainment Levels:

Except for Adult events, skaters must compete at the highest level for which they qualify.

Event	Must meet requirements*	Must not have passed	Age	Time
No Test (does not qualify for National Showcase)	No Free Skate test passed	Pre-Preliminary Free Skate OR Any Free Dance	No minimum age (max age 20)	1:30 max
Pre-Preliminary (does not qualify for National Showcase)	Pre-Preliminary Free Skate	Preliminary Free Skate OR Any Free Dance	No minimum age (max age 20)	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	Under 13	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance	No age restriction	2:10 max

Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:30 max
Senior	Senior Free Skate OR Senior Free Dance			2:30 max
Event	Must meet requirements* Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	Age	Time
Adult Pre-Bronze (does not qualify for National Showcase)	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	2:10 max

* For the US Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete; rules 2540-2552 apply;; and the same level must be chosen for all showcase events at the competition (for example, a skater may not compete in Masters Dramatic Entertainment and Adult Gold Light Entertainment events at the same competition). Adult athletes wishing to be grandfathered into a higher level based on participation at the Adult Championships or National Showcase prior to 4/30/17 may make this request to the National Vice Chair for National Showcase. For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Basic Skills levels and events, please refer to the U.S. Figure Skating Compete USA Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.



U.S. Figure Skating Nonqualifying Competitions

EVENT: COMPULSORY MOVES

General event parameters:

1. No Test – Pre-Juvenile: Elements skated on ½ ice
2. Juvenile – Senior: Elements skated on full-ice
3. The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
4. A 0.2 deduction will be taken for each element performed from a higher level.
5. Music is not allowed.
6. Skaters may compete at their test level or one level higher.

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (no Axel) • Spin with one change of position and no change of foot – minimum 6 revolutions total • Choreographic step sequence
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Axel jump • Jump combination: single/single (may include Axel) • Spin with one change of foot and one change of position – minimum 3 revolutions on each foot • Choreographic step sequence
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Axel or double Salchow 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – must include rotating in both directions
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum four revolutions 4. Step sequence – must include 3 difficult turns and rotating in both directions
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Double Salchow, double toe loop or double loop 2. Jump combination: single/single or double/single, double/double 3. Flying spin, minimum five revolutions 4. Step sequence – must include 4 difficult turns and rotations in both directions
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop or double flip 2. Jump combination: double/single or double/double 3. Flying spin - minimum six revolutions 4. Step sequence – must include 5 difficult turns and rotations in both directions
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip or double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot) 4. Step sequence – must include 7 difficult turns and rotations in both directions
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Double Lutz or double Axel 2. Jump combination: double/double or triple/double 3. Combination spin - all 3 basic positions required (min. 6 on each foot) 4. Step sequence – must include 7 difficult turns and rotations in both directions



U.S. Figure Skating Nonqualifying Competitions

EVENT: Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated $\frac{1}{2}$ ice; Juvenile – senior will be skated on full ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. $\frac{1}{2}$ flip or $\frac{1}{2}$ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may include Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel or double Salchow 2. Single or double jump 3. Jump combination – single/single (may include Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double Salchow or double toe loop 3. Jump combination – single/single or double/single (may include single Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double toe loop or double loop 3. Jump combination – double/single or double/double (may include single Axel)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Double flip 3. Jump combination – double/double (may include double Axel)
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump (Salchow, toe loop, loop, Lutz) 2. Double or triple flip 3. Jump combination – double/double (may include double Axel)
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump (Salchow, toe loop, loop, flip) 2. Double or triple Lutz 3. Jump combination – double/double or triple/double (may include double Axel)



U.S. Figure Skating Nonqualifying Competitions

EVENT: Spins Challenge

General event parameters:

1. 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.
2. All events are skated on ½ ice.
3. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3 revs) 2. Upright back spin (3 revs) 3. Sit spin (3 revs)
High Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (4 revs) 2. Upright spin with change of foot (3 revs on each foot) 3. Sit spin (3 revs)
No-Test	1:30 max.	<ol style="list-style-type: none"> 1. Upright spin with change of foot (3 revs on each foot) 2. Sit spin (3 revs) 3. Camel spin (3 revs)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Spin with one change of position and no change of foot (6 revs) 2. Backward sit spin (3 revs) 3. Camel spin (4 revs)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Spin with one change of foot and one change of position (min. 3 revs each foot) 2. Combination sit spin with change of foot (min. 3 revs each foot) 3. One position spin – skater's choice (upright, sit or camel), (4 revs)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> 1. Backward entry Camel spin (4 revs) 2. Combination spin – All 3 basic positions are required (camel, sit, upright), (2 revs in each position) 3. Forward to backward scratch spin (min 4 revs per foot)
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> 1. Sit spin (4) 2. Combination spin – with change of foot; all 3 basic positions required 2 revs in each position (min. 4 revs per foot) 3. Girls – layback spin (6 revs); Boys – camel spin (5 revs)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Flying camel spin-basic camel position required (5 revs) 2. Sit spin to backward sit spin-basic sit position required (4 revs per foot) 3. Combination spin – change of foot & all 3 basic positions required (2 revs in each position & min 5 revs per foot)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Illusion to back scratch spin; may change feet (6 revs) 2. Camel spin to backward camel spin (4 revs per foot) 3. Combination spin – change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Flying sit spin or flying reverse sit spin (6 revs) 2. Solo spin of choice – may not fly (8 revs) 3. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Flying spin of choice (8 revs) 2. Solo spin of choice (8 revs) – may not fly 3. Combination spin – with change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Compulsory Moves

General event parameters:

1. Beginner to Silver: Elements skated on ½ ice
2. Gold/Masters: Elements skated on full-ice
3. Elements may be performed only once
4. Music is not allowed
5. Minimum number of revolutions is noted in parentheses

Level	Time	Elements
Adult Beginner	1:30 MAX	<ul style="list-style-type: none"> • Bunny hop • <u>Mazurka</u> • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open Mohawk (right and left) – heel to instep • <u>Alternating right and left forward inside and outside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</u>
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • <u>Forward upright spin (Min. 3 revolutions)</u> • <u>Backward outside 3-turn right and left</u> • <u>Alternating right and left backward outside and inside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</u>
Adult Pre-Bronze	1:30 MAX	<ul style="list-style-type: none"> • <u>Single Toe Loop</u> • 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 • <u>Forward upright spin (Min. 3 revolutions)</u> • 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 <u>either direction</u> • Forward spiral (any edge)
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> • Single Salchow • Waltz jump – toe loop combination jump • Backward Upright Spin – entry optional (Min. 3 revolutions) • <u>Backward inside 3-turn right and left</u> • Spiral sequence (Min. 2 spirals)
Adult Silver	1:30 MAX	<ul style="list-style-type: none"> • Single loop • Single/single jump combination • Sit spin (Min. 3 revolutions) • Straight line step sequence
Adult Gold	1:30 MAX	<ul style="list-style-type: none"> • Single Lutz or Axel • Single/single or single/double jump combination • Camel spin (Min. 4 revolutions) • Straight line step sequence
Masters Intermediate/Novice	1:30 MAX	<ul style="list-style-type: none"> • Axel, double Salchow, double toe loop or double loop • 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 • Solo spin of skater's choice (Min. 6 revolutions) • Straight line step sequence
Masters Junior/Senior	1:30 MAX	<ul style="list-style-type: none"> • Choice of any double jump • Jump combination that may include any double jump • Solo spin of skater's choice (Min. 8 revolutions) • Straight line step sequence



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Adult silver and lower will be skated $\frac{1}{2}$ ice; adult gold – masters junior/senior will be skated on full ice
3. Jumps with an "***" must be preceded with connecting steps (intermediate – senior)

Level	Time	Elements
Adult Beginner	1:00	<ol style="list-style-type: none">1. Bunny Hop2. Mazurka or ballet jump
Adult Pre-Bronze	1:00	<ol style="list-style-type: none">1. Waltz or toe loop jump2. $\frac{1}{2}$ flip, $\frac{1}{2}$ Lutz or $\frac{1}{2}$ loop
Adult Bronze	1:00	<ol style="list-style-type: none">1. Single Salchow2. Single toe loop3. Any single jump + single toe loop combination (No Axels allowed)
Adult Silver	1:15	<ol style="list-style-type: none">1. Single flip2. Single loop3. Single/single combination (Axel is permitted)
Adult Gold	1:15	<ol style="list-style-type: none">1. Single Axel2. Single Lutz3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none">1. Axel2. Double Salchow , double toe loop or double loop3. 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
Masters Junior/Senior	1:30	<ol style="list-style-type: none">1. Double loop or double flip2. Double Lutz3. Jump combination that may include any double jump



U.S. Figure Skating Nonqualifying Competitions

EVENT: Adult Spins Challenge

General event parameters:

1. 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.
2. All events are skated on ½ ice.
3. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Adult Beginner	1:15	<ol style="list-style-type: none">1. Pivot2. Two-foot upright spin (2)
Adult Pre-Bronze	1:15	<ol style="list-style-type: none">1. One-foot upright spin (3)2. Two-foot upright spin (3)
Adult Bronze	1:15	<ol style="list-style-type: none">1. One-foot upright spin (4)2. One-foot back spin (3)3. Sit spin (3)
Adult Silver	1:30	<ol style="list-style-type: none">1. Camel spin (3)2. Layback, sideways leaning or sit spin (4)3. Combination spin with at least one change of position, no change of foot (3 in each position)
Adult Gold	1:30	<ol style="list-style-type: none">1. Solo spin, no change of foot (4)2. Second solo spin, different from the first; change of foot optional (4)3. Combination spin with only one change of foot and at least one change of position (4 each foot)
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none">1. Solo spin of skater's choice (Min. 6 revolutions)2. Second solo spin, different from the first; change of foot optional (4) May have a flying entry3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot)
Masters Junior/Senior	1:30	<ol style="list-style-type: none">1. Solo spin of skater's choice (Min. 8 revolutions)2. Solo spin with a flying entry3. 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



U.S. Figure Skating Nonqualifying Competitions

EVENT: 2018-2019 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 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, or "skate up" to one level higher.

Excel events may be run as either 6.0 or IJS subject to the individual competition announcement. Events will be run in accordance with the Excel Technical Handbook on the Excel Program webpage, regardless of which judging system is used.

<p>Excel Beginner Free Skate 1:40 Max</p> <p>Must not have passed higher than Learn to Skate USA Free Skate 2</p>	<p>Maximum 4 jump elements:</p> <ul style="list-style-type: none"> • 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 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Two upright spins • No change of foot • No flying entry • Minimum 3 revolutions 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ 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>Excel High Beginner Free Skate 1:40 Max</p> <p>Must not have passed higher than Learn to Skate USA Free Skate 4</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • 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 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 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 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ 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

Excel Pre-Preliminary 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	Maximum 5 jump elements: <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> ○ 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 <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump immediately followed by a waltz jump. 	Maximum 2 spins: <ul style="list-style-type: none"> • 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 	Maximum 1 Sequence: <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ 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
Excel Preliminary 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	Maximum 5 jump elements: <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> ○ 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 <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump immediately followed by a waltzjump. 	Maximum 2 spins: <ul style="list-style-type: none"> • 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 	Maximum 1 Sequence: <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ 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
Excel Preliminary Plus 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	Maximum 5 jump elements: <ul style="list-style-type: none"> • All single jumps allowed, including single Axel <ul style="list-style-type: none"> ○ 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 <ul style="list-style-type: none"> ○ 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 sequence is any listed jump followed by an axel type jump. 	Maximum 2 spins: <ul style="list-style-type: none"> • 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 	Maximum 1 Sequence: <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ 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
Excel Pre-Juvenile 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	Maximum 5 jump elements: <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump immediately followed by an axel type jump. 	Maximum 2 spins: <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ No flying entry ○ Minimum 4 revolutions Spins must be of a different character	Maximum 1 Sequence: <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ 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

Excel Pre-Juvenile Plus 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	Maximum 5 jump elements: <ul style="list-style-type: none"> 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) <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Jump combination limited to 2 jumps. One 3 jump combination is allowed Jump sequence is any listed jump followed by an axel type jump. 	Maximum 2 spins: <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 6 revolutions No flying entry 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot Spin may start with flying entry Minimum 4 revolutions Spins must be of a different character 	Maximum 1 Sequence: <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> 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
Excel Juvenile 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	Maximum 5 jump elements: <ul style="list-style-type: none"> All single jumps allowed, including Axel <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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 sequence is any listed jump followed by an axel type jump. 	Maximum 2 spins: <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 6 revolutions Minimum 2 revolutions in each position 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot Minimum 5 revolutions Both Spins may start with a flying entry. Spins must be of a different character 	Maximum 1 Sequence: <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must fully utilize the ice surface
Excel Juvenile Plus 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	Maximum 5 jump elements: <ul style="list-style-type: none"> 1 must be an Axel-type 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) <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Jump combination limited to 2 jumps. One 3 jump combination is allowed Jump sequence is any listed jump followed by an axel type jump. 	Maximum 2 spins: <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 6 revolutions Minimum 2 revolutions in each position 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot Minimum 5 revolutions Both Spins may start with a flying entry. Spins must be of a different character 	Maximum 1 Sequence: <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must fully utilize the ice surface

<p>Excel Intermediate** 2:40 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 6 jump elements:</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop allowed <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Jump combinations limited to 2 jumps. One 3 jump combination is permitted. Jump sequence is any listed jump followed by an axel type jump. 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 6 revolutions Minimum 2 revolutions in each position 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot Minimum 5 revolutions Both Spins may start with a flying entry. Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must fully utilize the ice surface
<p>Excel Novice** Ladies: 3:00 +/- 10 seconds Men: 3:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating novice free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 6 jump elements for ladies, 7 for men:</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop, double flip allowed <ul style="list-style-type: none"> Double Lutz, double Axel and higher jumps not allowed No more than 1 Axel and 3 different double jumps may be repeated, and if repeated, at 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, but no allowable double jump can be included more than twice Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps. One 3 jump combination with a maximum of 3 jumps is allowed Jump sequence is any listed jump followed by an axel type jump. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 8 revolutions Minimum 2 revolutions in each position 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> 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>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must fully utilize the ice surface
<p>Excel Junior 3:30 +/- 10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating junior free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* <ul style="list-style-type: none"> 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, at least 1 attempt must be 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 Jump sequence is any listed jump followed by an axel type jump. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 10 revolutions All 3 basic positions with minimum 2 revolutions in each position for highest base value 1 spin with a flying entry* <ul style="list-style-type: none"> Minimum 6 revolutions 1 spin with only one position* <ul style="list-style-type: none"> Minimum 6 revolutions All spins may start with a flying entry. Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must fully utilize the ice surface

<p>Excel Senior 4:00 +/-10 seconds</p> <p>Must not have passed higher than U.S. Figure Skating senior free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 7 jump elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* <ul style="list-style-type: none"> ○ 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, at least 1 attempt must be 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 ○ Jump sequence is any listed jump followed by an axel type jump. 	<p>Maximum 3 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ All 3 basic positions with minimum 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 1 spin with only one position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • All spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 2 Sequences:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One Choreographic Sequence* (ChSq) <ul style="list-style-type: none"> ○ Must be clearly visible
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*** Intermediate and Novice Program lengths will change February 1, 2019, to align with the Well-Balanced program length changes.*

EXCEL COMPULSORY

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

Level	Time	Skating rules/standards
Excel Beginner	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • One-foot upright spin - minimum 3 revolutions • Choreographic step sequence
Excel High Beginner	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Salchow/toe loop combination • Sit spin - minimum 3 revolutions • Choreographic step sequence
Excel Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Flip jump • Loop/loop jump combination • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Excel Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Flip/loop jump combination • Camel, sit combination spin – minimum 6 revolutions total • Choreographic step sequence

SNOWPLOW SAM – BASIC 6 ELEMENTS

Two format options for the Elements Event:

1. Each skater will perform each element when directed by a judge/referee OR
 2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)
- Judge/referee directed example: 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 (determined by the LOC)
 - No music
 - Divide Snowplow Sam skaters by level (1-4), if registrations warrant
 - **All elements must be skated in the order listed.**

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

PRE-FREE SKATE – FREE SKATE 1-6 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
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum

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

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

- To be skated on full ice with music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
Basic 5	1:10 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position • T-stop, right or left

PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max.	<ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions • Mazurka • Waltz jump • <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i>
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop jump • Half flip jump • <i>NOT ALLOWED – Waltz jump/toe loop combination</i>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Beginning back spin- maximum 2 revolutions • Half Lutz • Salchow jump • <i>NOT ALLOWED – Salchow/toe loop combination</i>
Free Skate 3	1:40 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, minimum 3 revolutions • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination • <i>NOT ALLOWED – Waltz/loop combination</i>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin – minimum 3 revolutions • Half Loop jump • Flip jump • <i>NOT ALLOWED – Waltz/half-loop/Salchow sequence</i>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin – minimum 3 revolutions • Waltz-loop jump combination • Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Creative step sequence using a variety of three turns, Mohawks and toe steps • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/ half-loop/Salchow jump sequence • Beginning Axel jump

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

ADULT 1-6 AND INTRODUCTORY 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"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:30 MAX	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3	1:30 MAX	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Forward chasses on a circle, clockwise and counterclockwise • Backward skating to a long two-foot glide • Backward snowplow stop, Right and Left
Adult 4	1:30 MAX	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Hockey stop, both directions • Backward one-foot glides, right and left
Adult 5	1:30 MAX	<ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin (min 2 revs)
Adult 6	1:30 MAX	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)
Adult Beginner	1:30 MAX	<ul style="list-style-type: none"> • Bunny hop • <u>Mazurka</u> • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open Mohawk (right and left) – heel to instep • <u>Alternating right and left forward inside and outside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</u>
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • <u>Forward upright spin (Min. 3 revolutions)</u> • <u>Backward outside 3-turn right and left</u> • <u>Alternating right and left backward outside and inside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</u>

Compete USA competitions may include through the Adult Bronze compulsory level. This chart can be found on the nonqualifying competition announcement page; Compulsory Moves – Singles; Adult Compulsory Moves (NQ).

EVENT: Compete USA Showcase Events

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

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.

General event parameters:

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.

* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on www.usfigureskating.org.

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	No prescribed or restricted elements	May not have passed Pre-Preliminary free skate or any Free Dance tests.	Time: 1:30 max.
Pre-Preliminary/ Adult Pre-Bronze	No prescribed or restricted elements	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	No prescribed or restricted elements	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze Free Skate or Free Dance test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.