

# 2022 Jack O Lantern Open

**Date and Time:** Saturday, November 5, 2022 anticipated time 8 am to 7 pm  
(Subject to change depending on registrations )

**Host:** The Steel Ice Center

**Location:** The Steel Ice Center, 320 East 1<sup>st</sup> Street, Bethlehem, PA, 18015

**Rink Size:** Oval, 200 x 85 feet

## ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either Learn to Skate USA and those who are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but must be registered with Learn to Skate USA or a member club. There will be no more than six competitors maximum in an event and all six should receive an award.

### Eligibility and Test Requirements

The Spring Spectacular 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 that have been posted on the U.S. Figure Skating [website](#).

**Test Level:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. For the 2022-2023 competition season, athletes may skate up two levels above that for which they qualify but they are not eligible for IJS Test Credit. Note, athletes may not skate down in any event.

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

**ADULT EVENTS:** Age classes for all free skate, dramatic entertainment and light entertainment events:

- Young Adult: 18 years through 20 years
- Class I: 21 years through 35 years
- Class II: 36 years through 45 years
- Class III: 46 years through 55 years
- Class IV: 56 years through 65 years
- Class V: 66 years and older

All age classes may be divided or combined depending on the number of entries and at the discretion of the chief referee and/or the competition committee. Men and ladies will be combined in Adult 1 through adult bronze free skate events and all levels of compulsory moves, solo dance, solo free dance, jumps, spins and dramatic/light entertainment events.

For the Pre-Free Skate, Free Skate 1-6, Excel, Well Balanced, and Adult levels eligibility will be based only upon highest free skate test level passed. Moves in the Field test level will not determine skater's competitive level. Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee (LOC) discovers that a skater has been placed in a category that is below his/her class level, the chair and referee will have the option to move the skater into the proper division, even if it is the day of the competition. This will ensure that every event is as fair as possible to the competitors. It is an ethical violation for coaches to sandbag an event.

## ELIGIBILITY RULES FOR COACHES/INSTRUCTORS

When hosting a Compete USA competition, it is important that you verify the compliance of each coach/instructor who plans to coach on-site at the event. You can verify the status of coaches/instructors by checking the lists on [www.usfigureskating.org](http://www.usfigureskating.org) by going to the Coaches page and clicking on the Information for Clubs. For Learn to Skate USA instructor verification, log in to the Management System, then Program Admin, Program Management and Instructor Compliance. Due to COVID-19 and social distancing practices we ask that each skater limit coaching staff to one coach per athlete.

To be credentialed at a Compete USA event, coaches/instructors are required to have:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- SafeSport training completed (for coaches/instructors 18 years old and older)
- Background check successfully passed (for coaches/instructors 18 years old and over)
- Learn to Skate USA Instructor Certification completed OR U.S. Figure Skating compliant coach (for coaches under 18 years old)

### **Event Categories: (please use the appropriate section of the entry form)**

Basic Programs with Music  
Element/Compulsory Program Events for Snowplow thru Basic 6 and Pre-Freeskate - Freeskate 1-6  
Spin Challenge  
Pre-Freeskate – Freeskate 6 Programs with Music  
Introductory Levels thru Preliminary Freeskate Programs with Music  
Adult 1 through Adult Bronze  
Beginner thru Preliminary Compulsory Programs ( Well balanced and excel track)  
Showcase - Light Entertainment, Dramatic and Duets

**Music:** All music will be uploaded via Entryeze for this competition. Failure to upload music by deadline or at all will result in a \$25 music fee. Competitors are reminded to have a back-up cd rinkside. We will not hold the competition for you to track down another cd. Music is to be uploaded by Sunday October 30, 2022.

### **Entry Information and Deadline Date:**

**Please register online:**  
Via [entryeze.com](http://entryeze.com)

**Information and Questions:**  
**Angela Roesch-Davis**  
Steel Ice Center  
610-625-4774 ext. 226  
[aroesch@ptd.net](mailto:aroesch@ptd.net)

Closing date for entries is **Sunday October 23, 2022**. Only entries with payment will be accepted. Late entries may be accepted at the discretion of the Competition Committee, and will require an additional late fee of \$20. The Committee reserves the right to limit entries. **No Refunds** will be granted except for events canceled by the Local Organizing Committee. There will be no refunds for medical withdrawals.

### **Entry Fees:**

\$55 for the First Event  
\$30 for the Second Event  
\$25 for the Each Additional Event  
Group Showcase \$15 per skater.  
Late Fee for registrations \$20

**Total Entrant Numbers and Schedule:** Entries will be limited by the time constraints and will be accepted on a first come first serve basis. **Please enclose an e-mail address** to receive a schedule. The schedule will be available by October 29, 2022. Additional information will be available at the rink website [www.steelicecenter.com](http://www.steelicecenter.com).

**Awards:** Trophies for 1<sup>st</sup> place. Medals for all other placements.

**Practice Ice:** Practice ice will be available for purchase Saturday November 5, 2022 sessions will be **tentatively** as follows:

7:00-7:20 am

7:20-7:40 am

Subject to change depending on scheule.

The cost will be \$10 per session and will be reserved on a first come first serve basis.

The cost will be \$14 per session if purchased the day of.

**There will be no refunds for unused practice sessions**

**LIABILITY:** U.S. Figure Skating, The Steel Ice Center accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

**LOCKER ROOMS AND CHANGING AREAS:**

Locker rooms and changing areas at U.S. Figure Skating competitive events are for athletes only, will be labeled with regard to specific use and where identified will be gender specific. An exception can be made for athletes 11 years old and younger that will allow for one parent of the same sex to assist their child immediately prior to and after their skating event(s). Please review the Locker Room and Changing Area Policy and the SafeSport Handbook (both found on the [U.S. Figure Skating SafeSport](#) page).

**PHOTO/VIDEO:**

Note, **per U.S. Figure Skating policy**, photographing and/or recording of anyone other than your own skater is strictly prohibited.

**OFFICIAL NOTICES/ANNOUNCEMENTS:**

Official notices will be posted online and will be communicated via email regarding schedule changes or any policy changes and can be found at: [www.steelicecenter.com](http://www.steelicecenter.com)

## *Snowplow Sam - Basic 6 Elements*

Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)

- To be skated on 1/2 ice
- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- **All elements must be skated in the order listed.**

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

## ***Snowplow Sam – Basic 6 Program with Music***

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

- To be skated on full ice 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

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

## *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 half-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.

<b>LEVEL</b>	<b>TIME</b>	<b>SKATING RULES/STANDARDS</b>
<b>PRE-FREE SKATE</b>	<b>1:15 max</b>	<p>Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise</p> <ul style="list-style-type: none"> <li>• One-foot upright spin, optional entry and free foot position, minimum 3 revolutions</li> <li>• Mazurka – right or left</li> <li>• Waltz jump</li> </ul>
<b>FREE SKATE 1</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• Backward outside three-turn, right and left</li> </ul> <p>One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions</p> <ul style="list-style-type: none"> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
<b>FREE SKATE 2</b>	<b>1:15 max</b>	<p>Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</p> <ul style="list-style-type: none"> <li>• Backward inside three-turn, right and left</li> <li>• Beginning back spin, optional entry and free-foot position, maximum 3 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
<b>FREE SKATE 3</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Alternating mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise</li> </ul> <p>Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</p> <ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
<b>FREE SKATE 4</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Forward power 3s, 2-3 consecutive sets, right or left</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> </ul>
<b>FREE SKATE 5</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin, minimum 3 revolutions</li> <li>• Waltz jump-loop jump combination</li> <li>• Lutz jump</li> </ul>
<b>FREE SKATE 6</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Forward power pulls, minimum 3 on each foot</li> <li>• Camel, sit spin combination, minimum of 4 revolutions total</li> <li>• Waltz jump-Euler (half loop)-Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>

## ***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

<b>LEVEL</b>	<b>TIME</b>	<b>SKATING RULES/STANDARDS</b>
<b>PRE-FREE SKATE</b>	<b>1:40 max</b>	Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise • One-foot upright spin, optional entry and free, foot position, minimum 3 revolutions • Mazurka, right or left • Waltz jump • <b>NOT ALLOWED</b> - <i>Waltz jump-side toe hop-waltz jump</i>
<b>FREE SKATE 1</b>	<b>1:40 max</b>	• 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 • <b>NOT ALLOWED</b> - <i>Waltz jump-toe loop jump combination</i>
<b>FREE SKATE 2</b>	<b>1:40 max</b>	Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Beginning back spin, optional entry and free foot position, maximum 2 revolutions • Half Lutz • Salchow jump • <b>NOT ALLOWED</b> - <i>Waltz jump-toe loop or Salchow-toe loop jump combination</i>
<b>FREE SKATE 3</b>	<b>1:40 max</b>	• 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 • <b>NOT ALLOWED</b> - <i>Waltz-loop jump combination</i>
<b>FREE SKATE 4</b>	<b>1:40 max</b>	• Forward power 3s, 2-3 consecutive sets, right or left • Sit spin, minimum 3 revolutions • Half loop jump • Flip jump • <b>NOT ALLOWED</b> - <i>Waltz-loop or Waltz-Euler-Salchow jump combination</i>
<b>FREE SKATE 5</b>	<b>1:40 max</b>	• Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions • Camel spin, minimum 3 revolutions • Waltz-loop jump combination • Lutz jump
<b>FREE SKATE 6</b>	<b>1:40 max</b>	• Creative step sequence using a variety of three turns, mohawks and toe steps, half-ice • Camel-sit spin combination spin, minimum of 4 revolutions total • Waltz jump-Euler (half loop)-Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving

## Excel Compulsory

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

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

LEVEL	TIME	SKATING RULES/STANDARDS
EXCEL BEGINNER	1:15 max	<ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• Salchow jump</li> <li>• One-foot upright spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
EXCEL HIGH BEGINNER	1:15 max	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Salchow-toe loop jump combination</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
EXCEL PRE-PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Flip jump</li> <li>• Loop-loop jump combination</li> <li>• Camel spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
EXCEL PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Flip-loop jump combination</li> <li>• Camel-sit combination spin, minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>

## Well-Balanced Levels Compulsory

**FORMAT:** To be skated on half-ice

- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than free skate program*

LEVEL	TIME	SKATING RULES/STANDARDS
NO TEST	1:15 max	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Upright spin with change of foot, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
PRE- PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Single jump-single jump (no Axel) combination</li> <li>• Spin with one change of position and no change of foot, minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>
PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Axel jump</li> <li>• Single jump-single jump (may <b>not</b> include Axel) combination               <ul style="list-style-type: none"> <li>• Spin with one change of foot and one change of position, minimum 3 revolutions on each foot</li> </ul> </li> <li>• Choreographic step sequence</li> </ul>



## ***Excel Free Skate***

### **GENERAL EVENT PARAMETERS:**

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up to one level higher

<b>EXCEL BEGINNER — 1:30 +/- 10 SECONDS</b>	
<i>Learn to Skate USA membership OR full U.S. Figure Skating membership required</i>	
<b>JUMPS</b>	<b>SPINS</b>
Maximum 4 jump elements: <ul style="list-style-type: none"> <li>▪ Jumps with no more than one-half rotation (front to back or back to front)</li> <li>▪ Single rotation jumps: Salchow, toe loop only</li> <li>▪ Eulers (half loops) are not allowed</li> <li>▪ Maximum 2 jump combinations or sequences. Combination jumps permitted</li> <li>▪ Waltz jump/toe loop and/or</li> <li>▪ Salchow/toe loop Sequence permitted</li> <li>▪ Waltz jump/ waltz jump (no turns or hops in between) Maximum 2 of any same jump</li> </ul>	Maximum 2 spins: <ul style="list-style-type: none"> <li>▪ Two upright spins</li> <li>▪ No change of foot</li> <li>▪ No flying entry</li> </ul> Minimum 3 revolutions Max Level: Base

<b>EXCEL HIGH BEGINNER — 1:30 +/- 10 SECONDS</b>	
<i>Learn to Skate USA membership OR full U.S. Figure Skating membership required</i>	
<b>JUMPS</b>	<b>SPINS</b>
Maximum 5 jump elements: <ul style="list-style-type: none"> <li>▪ Jumps with no more than one-half rotation (front to back or back to front)</li> <li>▪ Single rotation jumps: toe loop, Salchow, Euler (half loop), loop</li> <li>▪ Flip, Lutz, and Axel NOT permitted</li> </ul> Maximum 2 jump combinations or sequences. One 3-jump combination is allowed <ul style="list-style-type: none"> <li>▪ Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> Maximum 2 of any same jump	Maximum 2 spins: <ul style="list-style-type: none"> <li>▪ Both spins must be in a single position</li> <li>▪ No change of foot</li> <li>▪ No flying entry</li> <li>▪ Permitted forward spins: upright, sit, camel</li> <li>▪ Permitted back spins: upright</li> </ul> Minimum 3 revolutions Max Level: Base  Both spins may be of the same character

**EXCEL PRE-PRELIMINARY — 1:30 +/- 10 SECONDS**

Must not have passed higher than U.S. Figure Skating pre- preliminary free skate test

\*means required element

Learn to Skate USA membership OR full U.S. Figure Skating membership required

**JUMPS**

Maximum 5 jump elements:

- All single jumps allowed, except for the Axel
  - No single Axels, double or higher jumps allowed
  - Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded
- Maximum 2 jump combinations or jump sequences
- Jump combinations limited to 2 jumps. One 3-jump combination is allowed
  - Jump sequence is any listed jump immediately followed by a waltz jump

**SPINS**

Maximum 2 spins:

- One spin must be in a single position with no change of foot\*
- One spin may change feet or position, but not both
  - No flying entry Minimum 3 revolutions Spins must be of a different character

Max Level: 1

**EXCEL PRELIMINARY — 2:00 +/- 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

**JUMPS**

Maximum 5 jump elements:

- All single jumps allowed, except for the Axel
  - No single Axels, double or higher jumps allowed
  - Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded
- Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed
- Jump sequence is any listed jump immediately followed by a waltz jump

**SPINS**

Maximum 2 spins:

- One spin must be a camel or layback spin with no change of foot and no change of position\*
- One spin may change feet and/ or position
  - No flying entry Minimum 3 revolutions Spins must be of a different character

Max Level: 1

**EXCEL PRELIMINARY PLUS — 2:00 +/- 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

**JUMPS**

Maximum 5 jump elements:

- All single jumps allowed, including single Axel
  - No double or higher jumps allowed
  - Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)
  - Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded
- Maximum 2 jump combinations or jump sequences  
All single jumps, including the single Axel, are allowed as part of a jump combination or sequence (no double jumps)  
Jump combinations limited to 2 jumps. One 3-jump combination is allowed
- Jump sequence is any listed jump immediately followed by an Axel-type jump.

**SPINS**

Maximum 2 spins:

- One spin must be in a single position\*
  - No change of foot
  - No flying entry
  - One spin may change feet and/or position
    - No flying entry
- Minimum 3 revolutions Spins must be of a different character

Max Level: 1

## Well-Balanced Free Skate Program

### GENERAL EVENT PARAMETERS:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up one level higher.

### NO TEST — 1:40 MAX

<b>JUMPS</b>	<b>SPINS</b>
<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>• All single jumps allowed except single Axel</li> </ul> <p>○ No single Axels, double, triple or quadruple jumps allowed</p> <p>○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</p> <ul style="list-style-type: none"> <li>• Max 2 jump combinations or jump sequences</li> </ul> <p>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</p> <p>○ Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump)</p>	<p>Max 2 Spins</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry               <ul style="list-style-type: none"> <li>• Min 3 revs..</li> </ul> </li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>

### PRE-PRELIMINARY — 1:40 MAX

<b>JUMPS</b>	<b>SPINS</b>
<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed</li> </ul> <p>○ No double, triple or quadruple jumps allowed</p> <ul style="list-style-type: none"> <li>○ Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels)</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p>Max 2 Spins</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry               <ul style="list-style-type: none"> <li>• Min 3 revs..</li> </ul> </li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>

### PRELIMINARY — 2:00 +/- 10 SECONDS

<b>JUMPS</b>	<b>SPINS</b>
<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> </ul> <p>• All single jumps, including single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) o Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</p> <ul style="list-style-type: none"> <li>○ An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Max 2 jump combinations or sequences               <ul style="list-style-type: none"> <li>○ 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</li> </ul> </li> </ul> <p>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</p>	<p>Max 2 Spins</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry               <ul style="list-style-type: none"> <li>• Min 3 revs..</li> </ul> </li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>

## Adult 1-6, Beginner-Bronze Compulsory

- The skating order of the elements is optional; elements may only be attempted once
- To be skated on half ice in simple program format with limited connecting steps
- A 0.2 deduction will be taken for each element missing, repeated or from a higher level

LEVEL	TIME	SKATING RULES/STANDARDS
Adult 1	1:30 max	<ul style="list-style-type: none"> <li>Forward marching</li> <li>Forward two-foot glide</li> <li>Forward swizzle (4-6 in a row)</li> <li>Forward snowplow stop on one or two feet</li> </ul>
Adult 2	1:30 max	<ul style="list-style-type: none"> <li>Forward skating across the width of the ice</li> <li>Forward one-foot glides</li> <li>Forward slalom</li> <li>Backward skating</li> <li>Backward swizzles, 4-6 in a row</li> </ul>
Adult 3	1:30 max	<ul style="list-style-type: none"> <li>Forward stroking using the blade properly</li> <li>Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>Forward chasses on a circle, clockwise and counterclockwise</li> <li>Backward skating to a long two-foot glide</li> <li>Backward snowplow stop, right and left</li> </ul>
Adult 4	1:30 max	<ul style="list-style-type: none"> <li>Forward outside edge on a circle, right and left</li> <li>Forward inside edge on a circle, right and left</li> <li>Forward crossovers, clockwise and counterclockwise</li> <li>Hockey stop, both directions</li> <li>Backward one-foot glides, right and left</li> </ul>
Adult 5	1:30 max	<ul style="list-style-type: none"> <li>Backward outside edge and backward inside edge on a circle, right and left</li> <li>Backward crossovers, clockwise and counterclockwise</li> <li>Forward outside three-turn, right and left</li> <li>Beginning two-foot spin (min 2 revs)</li> </ul>
Adult 6	1:30 max	<ul style="list-style-type: none"> <li>Forward stroking with crossover end patterns</li> <li>Backward stroking with crossover end patterns</li> <li>Forward inside three-turn, right and left</li> <li>T-stop</li> <li>Lunge</li> <li>Two-foot spin into one-foot spin (min 2 revs on 1 foot)</li> </ul>
Adult Beginner	1:30 max	<ul style="list-style-type: none"> <li>Mazurka</li> <li>Waltz jump</li> <li>Forward beginning one-foot spin from backward crossovers (min 2 revs)</li> <li>Forward moving inside open mohawk (right and left) - heel to instep</li> <li>Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)</li> </ul>
Adult High Beginner	1:30 max	<ul style="list-style-type: none"> <li>Waltz jump</li> <li>½ flip</li> <li>Forward upright spin - minimum 3 revolutions</li> <li>Backward outside three-turn, right and left</li> <li>Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)</li> </ul>
Adult Pre-Bronze	1:30 max	<ul style="list-style-type: none"> <li>Single toe loop</li> <li>Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow - maximum of 2 jumps in combination and 3 jumps in a sequence</li> <li>Forward upright spin - minimum 3 revolutions</li> <li>Two forward crossovers into a forward inside mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>Forward spiral (any edge)</li> </ul>
Adult Bronze	1:30 max	<ul style="list-style-type: none"> <li>Single Salchow</li> <li>Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) - maximum 2 jumps in combination and 3 jumps in a sequence</li> <li>Solo spin with no change of foot (min. 3 revolutions)</li> <li>Backward inside three-turn, right and left</li> <li>Spiral sequence (Minimum 2 spirals)- must change edge or foot</li> </ul>

## ***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
- 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

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

## Adult Beginner - Bronze Free Skate Program with Music

### GENERAL EVENT PARAMETERS:

- Skaters will skate to the music of their choice; 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.

### ADULT BEGINNER — 1:40 MAX

<b>JUMPS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
Max 4 Jump Elements <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet and waltz jump</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program

### ADULT HIGH BEGINNER — 1:40 MAX

<b>JUMPS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program

### ADULT PRE-BRONZE — 1:40 MAX

<b>JUMPS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences                             <ul style="list-style-type: none"> <li>○ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are permitted (<u>half flip and half lutz are permitted</u>)</li> <li>• No single Lutz, single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)</li> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> <li>• A two-foot spin is permitted as one of the spins at this level and is of a different character than a one-foot spin</li> </ul>	Connecting steps throughout the program are required

### ADULT BRONZE — 1:50 MAX

<b>JUMPS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences                             <ul style="list-style-type: none"> <li>○ 1 combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))                             <ul style="list-style-type: none"> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> </ul> </li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	Max 1 Sequence: <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</li> <li>• 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.</li> </ul>

## Showcase Events

Showcase events are open to skaters in the Basic, Free Skate, limited beginner, preliminary and adult bronze levels. 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.

Show costumes are permitted if they do not touch or drag on the ice. Costuming and make up for showcase programs should enhance the feeling created by the performance and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories or anything else that may fall to the ice and be hazardous to the skaters are allowed. (a 0.1 deduction will be taken). Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for every 10 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 loss 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. The 6.0 judging system will be used. Deductions will be made for skaters including technical elements not permitted in the event description. \* *For specific guidelines regarding the conduct of showcase competitions, refer to the nonqualifying showcase guidelines posted on [usfigureskating.org](http://usfigureskating.org).*

### Showcase categories may include:

**Dramatic entertainment:** 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.

**Light entertainment:** Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.

**Duets/Trios:** Theatrical/artistic performances by 2 to 3 skaters.

**Mini production ensembles:** Mini production ensembles: Theatrical performances by three to seven competitors. 2:00 maximum length.

**Production ensembles:** Production ensembles: Theatrical performances by eight to 30 skaters. 2:30 maximum length. NOTE: Skaters may only enter one duet, one mini production, and one production ensemble.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
<b>BASIC 1-6</b>	Elements only from Basic 1-6 curriculum	Must not have passed any higher than Basic 6 level	Time: 1:00 max
<b>PRE-FREE SKATE - FREE SKATE 6/ BEGINNER/HIGH BEGINNER/ADULT 1-6/ ADULT BEGINNER/ADULT HIGH BEGINNER</b>	3 jump maximum. Half-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 or free dance tests	Time: 1:20 max
<b>NO TEST</b>	No prescribed or restricted elements	Must not have passed pre-preliminary free skate or any free dance tests	Time: 1:20 max
<b>PRE-PRELIMINARY</b>	No prescribed or restricted elements	Must have passed no higher than U.S. Figure Skating pre-preliminary or any free dance test	Time: 1:20 max
<b>PRELIMINARY</b>	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: 1:30 max
<b>ADULT PRE-BRONZE</b>	No prescribed or restricted elements	Must have passed no higher than adult pre-bronze free skate test; see National Showcase guidelines for more specific information regarding adults	Time: 1:40 max

## Spin Challenge

### **GENERAL EVENT PARAMETERS:**

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

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