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## GREATER CHICAGOLAND FALL INVITATIONAL WAGON WHEEL FIGURE SKATING CLUB

September 9, 10, 11, 2016

EDGE ICE ARENA

735 E Jefferson Street

Bensenville, Illinois

The Greater Chicagoland Fall Invitational 2016 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. **Any rule changes adopted at the 2016 Governing Council meeting will apply and supersede any rules listed in this announcement.**

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

### ELIGIBILITY/TEST LEVEL:

**Test level:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

**Age restrictions/requirements:** Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 14 years of age at the close of entries.

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

**ENTRIES:** Secure Online Registration and credit card payment will be available at: [www.wwfsc.com](http://www.wwfsc.com) using EntryEeze.

### **Fees**

All fees will be submitted through the online process described above. Any change to the entry form after the August 1, 2016 deadline is subject to a \$25 change fee. Late entries will be accepted only at the discretion of the Chief Referee and WWFSC and must be accompanied by a \$25 late fee. Entry fees are not refundable. Fees will be as follows:

\$160 for any championship events (Intermediate and above)

\$125 for the first event entered (Juvenile, Adult IJS)

\$100 for the first event entered (Pre-Juvenile and below, all Test Track and Adult 6.0 events)

\$ 40 for each additional event

\$120 per pair team (Pre-Juvenile – Juvenile)

\$160 per pair team (Intermediate – Senior) Pairs teams should split the fee (50% each).

The event with the highest cost will be considered your first event and each additional event is \$40.

**REFUND POLICY:** Entry fees are non-refunded unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$25 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available on [www.wwfsc.com](http://www.wwfsc.com)

**FACILITIES:** The competition will be held at The Edge 735 Jefferson Street, Bensenville, IL 60106 630/766-8888 that will be used throughout the competition and for practice ice. The facility has two ice surfaces (200' x 85') seating for 2800 in one arena and limited seating above the second surface. A concession stand will be open during the competition. Locker rooms are available for use. No admission fees will be charged.

**MUSIC:** GCFI will be accepting music only on CDs (no cassettes.) **Due to compatibility and reliability reasons music may NOT be submitted on re-recordable "CD-RW" discs.** Competitors must submit music on a separate CD for each competitive program. CDs with multiple tracks will not be accepted. Lead-in time (time before the music begins) on CDs may not exceed two seconds. CDs must be clearly marked with the skater's name and event.

Competition music must be turned in at the registration desk at the time of registration and will be available for pick-up at the registration desk at the end of each event. Music must be turned in at least 30 minutes prior to the event. Duplicate copies must be readily available during the competitive event. WWFSC assumes no responsibility or liability due to lost, damaged, or unclaimed music sources.

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

#### **JUDGING SYSTEM:**

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

- *Well Balanced Program free skate events, juvenile – senior and Adult Gold events*
- *Short program events, juvenile – senior*
- *Pairs free skate events, juvenile – senior*
- *Pairs short program events, intermediate – senior*
- *Specialty singles events (spins, jumps, step sequences) juvenile - senior.*

The 6.0 Majority Judging System will be used for:

- *Well Balanced Program free skate events, pre-preliminary – pre-juvenile, open juvenile and Adult Pre-Bronze through Silver events*
- *Introductory free skate events (beginner, high beginner, no-test)*
- *All Test Track events*
- *Specialty singles events (Beginner – pre juvenile spins, jumps, compulsory moves, step sequences)*

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

**PLANNED PROGRAM CONTENT FORMS:** Planned Program Content (PPC) for all IJS events is **required** to be submitted by each skater/pair **via EntryEeze**. **DO NOT USE U.S. Figure Skating Web Site for PPC's**. The deadline for PPC submission is **August 30, 2016**.

**PRACTICE ICE:** Practice ice sessions will be \$15 for each 30-minute session and may be purchased online at [entryeeze](http://entryeeze). The practice ice schedule will be posted once the competition schedule is set. If practice ice sessions are still available, they will be sold at the competition for \$18. No refunds will be issued for practice ice sessions, with the exception of those cancelled by Wagon Wheel FSC.

**AWARDS:** Awards will be presented to all competitors. There will be no final rounds, except the Championship events. Trophies or medals will be awarded thru 4<sup>th</sup> place and all participants will receive a ribbon.

**OFFICIAL NOTICES:** Posting of schedules and announcements will occur on the official message board located at the rink and shall constitute official notice to competitors, coaches, and officials. Updated information will also be posted on [www.wwfsc.com](http://www.wwfsc.com)

**INFORMATION REGARDING COACHES:**

U.S. Figure Skating Rule MR 5.11 Coach Compliance

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

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

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

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

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

**CONTACT INFO:** If you have questions, please contact [lannyww@sbcglobal.net](mailto:lannyww@sbcglobal.net) or [GCFI2016@gmail.com](mailto:GCFI2016@gmail.com)

**Schedule:** A tentative schedule will be posted on the website [www.wwfsc.com](http://www.wwfsc.com) by **August 28, 2016**, and individual confirmation will be emailed to all registrants.

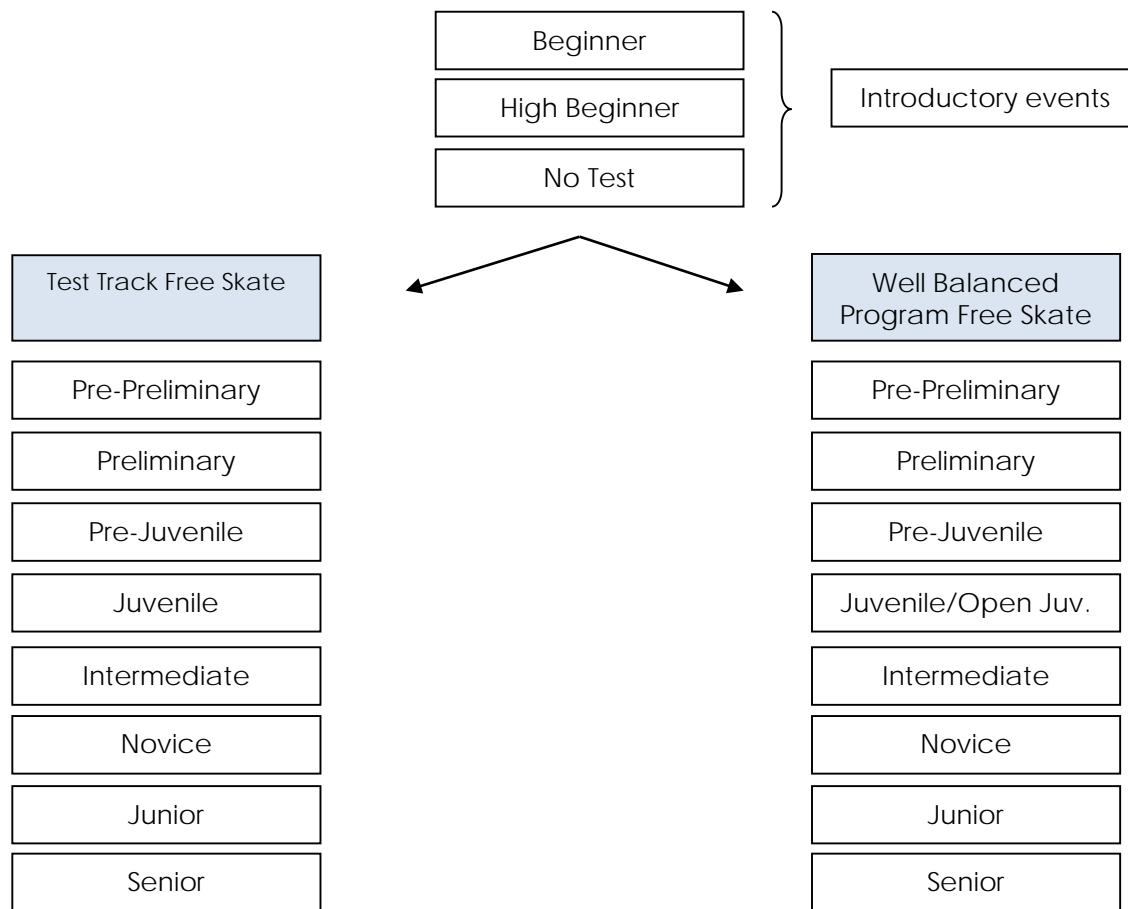
**Hotel:** *For advice on finding local hotels please contact: Karen Anderson [kander9911@aol.com](mailto:kander9911@aol.com)*

## EVENTS OFFERED

### SINGLES FREE SKATING EVENTS:

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

Illustration of Singles Free Skating Events:



*This event is a standard U.S. Figure Skating Nonqualifying Competition*



## EVENT: [Introductory Levels Free Skate Program - Beginner, High Beginner and No Test Levels](#)

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
2. Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
3. Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Max. 2 jump sequences</li> <li>• Max. 2 of any same jump</li> </ul>	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner 1:40 Maximum	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
No-Test 1:40 Maximum	<p><i>Max. 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Single jumps, with the exception of the single Axel, are allowed</li> <li>• Maximum of 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted</li> <li>• Jump sequences limited to a maximum of 3 single jumps (half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination)</li> <li>• No single Axels, double jumps or triple jumps</li> </ul>	<p><i>Max. 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a fly</li> <li>• Minimum 3 revs.</li> </ul> <p>Spins must be of a different character (For definition see rule 4103E)</p>	<ul style="list-style-type: none"> <li>• Step sequence*</li> <li>• Must use one-half the ice surface</li> <li>• Moves in the field and spiral sequences are permitted but will not be counted as elements.</li> <li>• Jumps may be included in the step sequence</li> </ul>	

## EVENT: [Test Track Free Skate](#)

### General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. 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.
4. Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
5. The following deductions will be taken:
  - 0.1 from each mark for each technical element included that is not permitted in the event description.
  - 0.2 from the technical mark for each extra element included.
  - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile 2:00 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position, no change of foot (Min. 3 revolutions)</li> <li>• One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly.</li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test

<p>Juvenile</p> <p>2:15 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps, including Axel, are permitted.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <li>One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot)</li> <li><i>Only solo spin may fly</i></li> </ul>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>
<p>Intermediate</p> <p>2:30 +/- 10 sec.</p>	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow and double toe loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One must be a flying spin (min 5 revolutions),</li> <li>One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot).</li> </ul>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p>
<p>Novice</p> <p>Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop and double loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> <li>One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot)</li> <li>The other spins are the option of the skater (min 6 revolutions per foot)</li> <li><i>All spins may fly</i></li> </ul>	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 &amp; 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>
<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop, double loop and double flip</li> </ul>	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> <li>One spin in one position (Min. 6 revolutions)</li> <li>One flying spin (Min. 6 revolutions)</li> </ul>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have</p>

	<ul style="list-style-type: none"> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<ul style="list-style-type: none"> <li>One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot)</li> </ul>	(See rule 4105 for remarks)	passed tests higher than junior free skate test
<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Must include at least four different double jumps, one must be a double Lutz.</li> <li>Triple jumps are not permitted</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> <li>One spin in one position (Min. 6 revolutions)</li> <li>One flying spin (Min. 6 revolutions)</li> <li>One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot)</li> </ul>	<p><i>Men:</i> Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p><i>Ladies:</i> One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 &amp; 4105 for remarks.)</p>	Skaters must have passed at least the U.S. Figure Skating junior free skate test

**EVENT:** [Well Balanced Program Free Skate](#)

- Skaters may **not** enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted for pre-preliminary – intermediate.
- 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.
- Either IJS or the 6.0 judging system may be used for this event.
- All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on [www.usfigureskating.org](http://www.usfigureskating.org), under "Technical Information," then "Singles/Pairs".

Level	Jumps	Spins	Step Sequences *
<p><b>NO TEST</b> <b><u>1:40 maximum</u></b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>All single jumps allowed except for the single Axel <ul style="list-style-type: none"> <li>No single Axels, double, triple or quadruple jumps allowed</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>Step Sequence <ul style="list-style-type: none"> <li>Must use one-half the ice surface</li> </ul> </li> </ul>



	<ul style="list-style-type: none"> <li>o Number of single jumps (except single Axels) 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>o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted.</li> <li>o Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul> <p>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination.</p>	<p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<ul style="list-style-type: none"> <li>o Moves in the field and spiral sequences are permitted but will not be counted as elements</li> </ul> <p>Jumps may be included in the step sequence</p>
<p><b>PRE- PRELIMINARY</b></p> <p><b><u>1:40 maximum</u></b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> <li>o No double, triple or quadruple jumps allowed</li> <li>o Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</li> <li>o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> <li>o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted.</li> <li>o Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul> <p>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</p>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence <ul style="list-style-type: none"> <li>o Must use one-half the ice surface</li> <li>o Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>
<p><b>PRELIMINARY</b></p> <p><b>1:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel or a waltz jump-type jump*</li> <li>• 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"> <li>o Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>o 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</li> <li>o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>o Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence <ul style="list-style-type: none"> <li>o Must use one-half the ice surface</li> <li>o Moves in the field and spiral sequences are permitted but will not be counted as elements</li> </ul> </li> </ul> <p>Jumps may be included in the step sequence</p>

	<p>double jumps and 1 single jump permitted</p> <ul style="list-style-type: none"> <li>o Jump sequences limited to a maximum of 3 single or double jumps. <ul style="list-style-type: none"> <li>o Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul> </li> </ul>		
<p><b>PRE-JUVENILE</b></p> <p><b>2:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> <li>o No triple or quadruple jumps allowed</li> <li>o An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps, in jump sequences or in jump combinations</li> <li>o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</li> <li>o Jump sequences limited to a maximum of 3 single or double jumps <ul style="list-style-type: none"> <li>o Half-loop is considered a listed jump with the value of a single jump when used in a sequence or combination</li> </ul> </li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>o May start with a flying entry</li> <li>o Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>o No change of foot</li> <li>o May start with a flying entry</li> <li>o Min 4 revs</li> </ul> </li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence <ul style="list-style-type: none"> <li>o Must fully utilize the ice surface</li> <li>o Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>
<p><b>JUVENILE and OPEN JUVENILE</b></p> <p><b>2:15 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> <li>o No triple or quadruple jumps allowed</li> <li>o 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</li> <li>o No double jump can be repeated more than once</li> </ul> </li> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>o Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump</li> <li>o Half loop is considered a listed jump with the value of a single jump when used in a sequence or combination</li> </ul> </li> </ul> <p>Number of jumps in jump sequence is not limited</p>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>o Min 8 revs</li> <li>o Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> <li>o Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One choreographic step sequence* Must fully utilize the ice surface</li> </ul>

<p><b>INTERMEDIATE</b></p> <p><b>2:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump</li> <li>• All single, double and triple jumps allowed <ul style="list-style-type: none"> <li>○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</li> <li>○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence</li> <li>○ No double or triple jump can be repeated more than once</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations are limited to 2 jumps</li> <li>○ One 3-jump combination is permitted <ul style="list-style-type: none"> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 8 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> <li>○ Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry</p> <p>Spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One choreographic step sequence*</li> </ul> <p>Must fully utilize the ice surface</p>
<p><b>NOVICE LADIES</b></p> <p><b>3:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps are allowed <ul style="list-style-type: none"> <li>○ 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.</li> <li>○ 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</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> </ul> </li> </ul> <p>Number of jumps in jump sequence is not limited</p>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry</p> <p>Spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence*</li> </ul> <p>Must fully utilize the ice surface</p>
<p><b>NOVICE MEN</b></p> <p><b>3:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps are allowed <ul style="list-style-type: none"> <li>○ 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.</li> <li>○ 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</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> </ul> </li> </ul> <p>Number of jumps in jump sequence is not limited</p>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry</p> <p>Spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence*</li> </ul> <p>Must fully utilize the ice surface</p>

<p><b>JUNIOR LADIES</b></p> <p><b>3:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>▪ 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</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted <ul style="list-style-type: none"> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* Must fully utilize the ice surface</li> </ul>
<p><b>JUNIOR MEN</b></p> <p><b>4:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 8 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>▪ 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</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted <ul style="list-style-type: none"> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>

<b>SENIOR LADIES</b>  <b>4:00 +/- 10 sec</b>  *means element is required	<b>Max 7 Jump Elements</b> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>▪ 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</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted <ul style="list-style-type: none"> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul> </li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	<b>Max 2 Sequences</b> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> <li>• One choreographic sequence* Must be clearly visible</li> </ul>
<b>SENIOR MEN</b>  <b>4:30 +/- 10 sec</b>  *means element is required	<b>Max 8 Jump Elements</b> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>▪ 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</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	<b>Max 2 Sequences</b> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> <li>• One choreographic sequence* Must be clearly visible</li> </ul>

## SINGLES SHORT PROGRAM

The short program events listed below will be skated. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for [rules](#), program length, etc.

- A. Juvenile and Intermediate short program – Rule 4230
- B. Novice short program – Rule 4220
- C. Junior short program – Rule 4210
- D. Senior short program – Rule 4200

## COMBINED SHORT PROGRAM & WELL BALANCED FREE SKATE EVENTS

**Short Program Event:** The juvenile short program is the only short program skated as a separate event. All other short programs (Intermediate, Novice, Junior & Senior) will be skated as a part of the Championship Events.

**Championship Events:** The Championship Event offers Intermediate, Novice, Junior, and Senior skaters the opportunity to skate a combined event (both short program and free skate program.) Skaters will skate both segments. Final placements will be determined according to USFSA rules, which will combine results from both the short program and the free skate program. There MAY be final rounds for championship events Juvenile and Intermediate depending upon the number of entries in each event. The Final Rounds will consist of Free Skate for Juvenile, and Short Program only for Intermediate. There will not be an option to skate the short program and the free skate as separate events.

### INITIAL / FINAL ROUND FOR FREE SKATE EVENTS

Championship events will have a final round based on number of entries and if time allows. There will not be final round for all other events.

### EVENT: [Introductory Levels Compulsory Event](#)

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

1. To be skated on ½ ice
2. No music is allowed
3. The skater must demonstrate the required elements 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. *Skaters may have the option to skate one level higher in compulsories than their free skate program*

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ol style="list-style-type: none"><li>1. Waltz jump</li><li>2. ½ jump of choice</li><li>3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional)</li><li>4. Forward or backward spiral</li></ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"><li>1. Toe loop jump</li><li>2. Salchow jump</li></ol>

		<ol style="list-style-type: none"> <li>3. Forward scratch spin - minimum three revolutions</li> <li>4. Forward or backward spiral</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Loop jump</li> <li>2. Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions</li> <li>4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ol>

**EVENT:** [COMPULSORY MOVES](#)

General event parameters:

1. Basic Skills – Juvenile: Elements skated on ½ ice
2. Intermediate – Senior: Elements skated on full-ice
3. Elements may be performed only once
4. Music is not allowed

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Toe Loop</li> <li>2. Jump combination: single/single (no Axel)</li> <li>3. Sit spin or camel spin - minimum three revolutions</li> <li>4. Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Lutz</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Back upright spin - minimum three revolutions</li> <li>4. Forward inside spiral</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Single jump (may include Axel)</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence - circular</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Jump combination: single/single or double/single</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence – circular</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Salchow or double toe loop</li> <li>2. Jump combination: single/single or double/single</li> <li>3. Flying spin, minimum five revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Double loop</li> <li>2. Jump combination: double/single or double/double</li> <li>3. Flying spin - minimum five revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double flip</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - minimum 10 revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Lutz</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - minimum 10 revolutions</li> <li>4. Step sequence – straight line</li> </ol>

**EVENT:** [Jumps Challenge](#)

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice
3. Jumps with an "\*" must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. ½ flip or ½ Lutz</li> <li>3. Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. Single Salchow</li> <li>3. Jump combination – waltz jump-toe loop</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single loop</li> <li>3. Jump combination – Any two ½ or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single flip</li> <li>3. Jump combination - Any two ½ or single revolution jumps (no Axel)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single Lutz</li> <li>3. Jump combination – Any single jump + single loop (may be Axel)</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Single or double jump</li> <li>3. Jump combination – single/single (no Axel)</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Double Salchow</li> <li>3. Jump combination – single/single or double/single (no Axel)</li> </ol>
Intermediate	1:15 max.	<ol style="list-style-type: none"> <li>5. Single Axel</li> <li>6. Double loop*</li> <li>7. Jump combination – double/single (no Axel)</li> </ol>
Novice	1:15 max.	<ol style="list-style-type: none"> <li>5. Double loop</li> <li>6. Double flip*</li> <li>7. Jump combination – double/double (may be double Axel)</li> </ol>
Junior	1:15 max.	<ol style="list-style-type: none"> <li>5. Choice of double or triple jump</li> <li>6. Double or triple flip*</li> <li>7. Jump combination – double/double (may be double Axel)</li> </ol>
Senior	1:15 max.	<ol style="list-style-type: none"> <li>5. Choice of double or triple jump</li> <li>6. Double or triple Lutz*</li> <li>7. Jump combination – double/double or triple/double (may be double Axel)</li> </ol>

**EVENT:** [Spins Challenge](#)

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
Beginner	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
High Beginner	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
No-Test	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
Pre – Preliminary	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
Preliminary	1:30 max.	1. Backward upright spin (3) 2. Combination spin with no change of foot (4) 3. Sit spin (3)
Pre – Juvenile	1:30 max.	1. Camel spin (3) 2. Combination spin – camel to sit spin; no change of foot (6) 3. Forward to backward scratch spin (3 per foot)
Juvenile & Open Juv.	1:30 max.	1. Sit spin (4) 2. Combination spin – change of foot; optional change of position (4 per foot) 3. Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	1. Flying camel spin (5) 2. Sit spin to backward sit spin (4 per foot) 3. Combination spin – change of foot & change of position (4 per foot)
Novice	1:30 max.	1. Choice of camel, sit or layback spin (6) 2. Camel spin to backward camel spin (4 per foot in position) 3. Combination spin – change of foot & two changes of position (2 per position & 5 per foot)
Junior	1:30 max.	1. Flying sit spin or flying reverse sit spin (6) 2. Ladies - Layback spin (6); Men – cross-foot spin (6) 3. Combination spin- with change of foot & utilizing all three positions (2 per position & 5 per foot)
Senior	1:30 max.	1. Flying spin of choice (6) 2. Solo spin of choice (6) – may not fly 3. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)

## EVENT: [PAIRS FREE SKATING](#)

Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

Level	Requirements	
Pre-Juvenile	Required elements as stated in Rule #5250	2 min. +/- 10 sec.
Juvenile	Required elements as stated in Rule #5240	2 min. 30 sec. +/- 10 sec.

This event is a standard U.S. Figure Skating Nonqualifying Competition



Intermediate	Required elements as stated in Rule #5230	Short program 2:30 max. Freeskate 3 min. +/- 10 sec.
Novice	Required elements as stated in Rule #5220	Short program 2:50 max. Freeskate 3 min. 30 sec. +/- 10 sec.
Junior	Required elements as stated in Rule #5210	Short program 2:50 max. Freeskate 4 min. +/- 10 sec.
Senior	Required elements as stated in Rule #5200	Short program 2:50 max. Freeskate 4 min. 30 sec. +/- 10 sec.

**EVENT:** [Adult Free Skate](#)

1. Skaters may **not** enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. 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.
4. Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.
5. The following deductions will be taken:
  - 0.1 from each mark for each technical element included that is not permitted in the event description.
  - -0.2 from the technical mark for each extra element included.
  - 0.1 from the technical mark for any spin that is less than the required minimum revolutions

LEVEL	JUMPS	SPINS	STEP SEQUENCES
<p><b>CHAMPIONSHIP GOLD &amp; ADULT GOLD</b></p> <p>2:40 max</p> <p>* means element is required</p>	<p><b>Max. 5</b></p> <ul style="list-style-type: none"> <li>• Min. 1*, max. 3 combinations or sequences</li> <li>• Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted</li> <li>• Each jump may be repeated only once, and only as part of combination or sequence</li> <li>• All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow.</li> <li>• No double-double jump combinations or sequences are permitted</li> <li>• Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<p><b>Max. 3</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E)</li> <li>• Min. 4 revolutions total if no change of foot</li> <li>• Min. 4 revolutions each foot if change of foot</li> <li>• Min. 2 revolutions in position</li> </ul>	<p><b>Max. 1</b></p> <p>To be chosen from:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence or</li> <li>• Choreographic sequence</li> </ul> <p>Must fully utilize the ice surface</p> <p>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.</p>
<p><b>ADULT SILVER</b></p> <p>2:10 max</p> <p>* means element is required</p>	<p><b>Max. 5</b></p> <ul style="list-style-type: none"> <li>• Min. 1*, max. 2 combinations or sequences</li> <li>• One combination/sequence may consist of three jumps, and <u>the other</u> may have only two jumps</li> <li>• Additional jump sequences which contain non-listed jumps of not more than one revolution (i.e. mazurkas, half-loops, etc.) performed as part of connecting footwork preceding single jumps are permitted</li> <li>• Each jump may be repeated only once, and only as part of combination or sequence</li> <li>• All single jumps are permitted, including an Axel-type jump.</li> <li>• No double or triple jumps are permitted</li> </ul>	<p><b>Max. 2</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E)</li> <li>• Min. 3 revolutions total if no change of foot</li> <li>• Min. 3 revolutions each foot if change of foot</li> <li>• Min. 2 revolutions in position</li> </ul>	<p><b>Max. 1</b></p> <p>To be chosen from:</p> <ul style="list-style-type: none"> <li>• Step sequence or</li> <li>• Spiral sequence (any pattern)</li> </ul> <p>Must use at least ½ ice surface</p> <p>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.</p>
<p><b>ADULT BRONZE</b></p> <p>1:50 max</p> <p>* means element is required</p>	<p><b>Max. 4</b></p> <ul style="list-style-type: none"> <li>• Min. 1*, max. 2 combinations or sequences;</li> <li>• One combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>• Each jump may be repeated only once, and only as part of combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except Axel)</li> <li>• No Axel, double or triple jumps are permitted</li> </ul>	<p><b>Max. 2</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E)</li> <li>• Min. 3 revolutions total if no change of foot</li> <li>• Min. 3 revolutions each foot if change of foot</li> <li>• Min. 2 revolutions in position</li> <li>• No flying spins are permitted</li> </ul>	<p><b>Max. 1</b></p> <p>To be chosen from:</p> <ul style="list-style-type: none"> <li>• Step sequence or</li> <li>• Spiral sequence (any pattern)</li> </ul> <p>Must use at least ½ ice surface</p> <p>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.</p>
<p><b>ADULT PRE BRONZE</b></p> <p>1:40 max</p> <p>* means element is required</p>	<p><b>Max. 4</b></p> <ul style="list-style-type: none"> <li>• Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included</li> <li>• One jump combination/sequence may consist of three jumps, and the other may have only two jumps.</li> <li>• Each jump may be repeated only once and only as part of combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are allowed</li> <li>• No Lutz, Axel or double jumps are allowed</li> </ul>	<p><b>Max. 2</b></p> <ul style="list-style-type: none"> <li>• Min. 3 revolutions</li> <li>• No flying spins are permitted</li> </ul>	<p><b>Max. 1</b></p> <ul style="list-style-type: none"> <li>• Connecting steps throughout the program are required</li> </ul>