



ANNOUNCING

The 2017 La Jolla Figure Skating Club's Open Championships & Compete USA Competition

April 28th, 29th, 30th 2017

Sponsored by the *La Jolla Figure Skating Club*.....Sanctioned by US Figure Skating

Event to be held at the UTC Ice Sports Center, University Towne Centre
4545 La Jolla Village Drive San Diego, CA 92122
www.LaJollaFSC.com

ENTRY DEADLINE: March 24, 2017
Entries will only be accepted **online via Entryeze**

For further information contact:

Co-Chairs:
Allison Lee
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Chief Referee:
Carylyn Landt

Registrar:
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(No calls after 8pm, please)



The 2017 La Jolla Open Championships will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

SERIES INFORMATION: The La Jolla Open is part of the Southern California Invitational Series. All Skaters in Pre-Preliminary Free Skate events and higher (Bronze for Adults) earn points which could earn them an invitation to the Series Final in September. Visit the Southern California Inter-Club website for more information - <http://www.socalinterclub.org>

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.

Groups:

General:

- Skaters entering Sandcastle(beginner)–Pre-Juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.
- If there are not enough entries to hold an event, boys and girls may compete against each other at the Preliminary level and below.

Showcase:

- Showcase disciplines (Light & Dramatic) maybe combined at the discretion of the referee.
- Depending on the number of entries, boys and girls may compete against each other in Showcase events.

ENTRIES: All entries must be submitted online via Entryeeze (www.entryeeze.com) by **11:59pm March 24, 2017. No mailed entries will be accepted.** Entries may be accepted after this date at the discretion of the competition committee. **A \$25 late fee MUST accompany late entries to be considered.** No entries or changes to entries will be accepted after **March 29, 2017** for any reason.

Short Programs and Free Skating for Intermediate-Senior will be skated as individual events and are not combined. Juvenile Short Program is an individual event.

Fees: (Includes entry fee and a *non-refundable 5.0 % processing fee*)

Events	\$
Learn to Skate: Basic Program Snowplow Sam – Basic 6	\$70
Learn to Skate: Basic Elements Snowplow Sam – Basic 6	\$70
Learn to Skate: Pre-Free Skate – Free Skate 6 Program Event	\$75
Learn to Skate: Pre-Free Skate – Free Skate 6 Compulsory Elements	\$70
Compulsory Programs: Sandcastle - Juvenile/Open Juvenile	\$70
Short Program: Intermediate - Senior	\$75
Introductory Free Skate: Sandcastle, Starfish, Surfer	\$75
Free Skate 6.0: Pre-Preliminary-Pre-Juvenile: Adult Pre-Brz –Adult Silver	\$80
Free Skate IJS: Juv./Open Juv – Senior: Adult Gold/Champ Gold	\$85
Free Skate Pairs	\$80
Test Track: Pre-Preliminary - Senior	\$80
Jump Challenge: Sandcastle – Intermediate	\$70
Spin Challenge: Sandcastle – Intermediate	\$75
Step Sequence: Sandcastle– Pre-Juvenile	\$70
Step Sequences: Juvenile/Open Juv. – Senior	\$80
Showcase: All levels – Light, Dramatic, Duets, & Learn to Skate	\$80
Late Fee:	\$25

REFUND POLICY: Entry fees will not be refunded after **March 24, 2017** unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. E-checks returned for non-sufficient funds and contested credit card charges will be issued a **\$25.00 fee**. Payment of the fee will be required before the skater is allowed to participate in the competition. Notification of competition ice times will be available via Entryeeze or the club website www.lajollafsc.com

FACILITIES: The UTC Ice Sports Center is indoors, located in a mall with an overlooking food pavilion. The ice surface measures 185' x 85' with slightly rounded corners. The rink is conveniently located within the Dining Terrace of the University Towne Center Mall.

MUSIC: Please provide **CD's only** and have at least one back-up at the arena during competition. The La Jolla FSC is not responsible for poorly recorded CD's. No CD-RW CD's and only one track per CD. Please clearly mark CD with the competitor's name and event.

The official competition music must be turned in at the registration table at the time of check-in. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the La Jolla FSC cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

LIABILITY: U.S. Figure Skating, La Jolla Figure Skating Club, and UTC Ice 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/open juvenile – senior*
- *Well Balanced Program free skate events, adult events - Adult Gold and higher*
- *Short program events, juvenile – senior*

All competitors skating in these events need to submit the planned program content form online via Entryeze (www.entryeze.com) . The deadline to submit the form is April 14, 2017.

The 6.0 Majority Judging System will be used for:

- *Well Balanced Program Singles free skate events, pre-preliminary – pre-juvenile*
- *Well Balanced Program Pairs free skate*
- *Introductory free skate events (beginner, high beginner, no-test)*
- *All Test Track events*
- *All specialty singles events (spins, jumps, compulsory moves, etc.)*
- *All Showcase events*

REGISTRATION: Registration will begin on the day of the first scheduled event (either April 28 or 29 depending on entries) and end Sunday, April 30. 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 lobby of UTC Ice. Please register promptly upon arrival.

PRACTICE ICE: No official practice ice will be offered through the club. Please call UTC Ice directly at 858-452-9110 or check their website www.utcice.com for their freestyle schedule and prices.

PHOTOGRAPHY/VIDEOGRAPHY: Official photos will be provided and taken immediately following the posting of the results. There is ample light in the arena for your own photography. For safety reasons, use of flash is strictly prohibited anywhere in the arena.

AWARDS: Medals will be given for First, Second, Third, and Fourth place finishes in all events.

SPECIAL AWARDS:

The 1985 Junior Board Trophy

Most Artistic Performance in the Juvenile, Intermediate, & Novice Free Skating Events

This trophy was donated by the LJFSC Junior board and designated to be awarded for the most artistic freestyle performance in the Juvenile, Intermediate, and Novice events. The selection of a winner is made by a special committee of judges. Perpetual trophy to stay with Club.

The William O. Smythe Memorial Trophy

Most Artistic Performance in Pre-Juvenile-Intermediate Artistic Events

This trophy was donated by the LJFSC Board of Governors as a memorial to William Smythe who for many years was a gold test judge in San Diego, and who took a special interest in the development of young skaters in figures. The trophy was originally awarded for the best figures skated by entrants in the Pre-Juvenile through Intermediate events. In the absence of figure events, this trophy has been rededicated to award the most artistic performance in the Pre-Juvenile through Intermediate Artistic Events. Perpetual trophy to stay with Club.

The Carol Watkins Memorial Trophy

Best Costume, Artistic Events

This trophy was donated by the LJFSC Board of Governors and Jim Watkins as a memorial to Carol Watkins, co-founder of the La Jolla Figure Skating Club. Carol was very active in all aspects of the community, working to fight drug use and child abuse. She raised money to help children, veterans and animals. She was also responsible for bringing the Olympic Training Center to San Diego. Her creative talents could be seen in the "backless" and beaded dresses she hand made for her daughter, KC Watkins - Vafiadis. This trophy will be awarded to the skater in an Artistic Event with the best costume. Perpetual trophy to stay with Club.

The Claude Sweet Trophy

Best performance, Pre-Juvenile and lower levels Free Skating Events

This trophy was donated by the LJFSC Board of Governors in honor of Claude Sweet, a long time gold test judge in both Singles/Pairs and Dance in the San Diego area. As a former competitor and coach, Claude has worked hard to promote skating and foster the development of young skaters with a strong foundation in the basics of skating. Originally designated for dance events, this trophy has been rededicated to the skater with the best overall performance in the Pre-Juvenile and lower levels free skate events. Perpetual trophy to stay with the Club.

OFFICIAL NOTICES: An official bulletin board will be maintained in the skate counter area of the rink. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Compliance

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

A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;

B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.

C. Must complete the appropriate CER courses (A,B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.

D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

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

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

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

For more information regarding Coach Compliance, please refer to:

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

CONTACT INFO: If you have questions, please contact:

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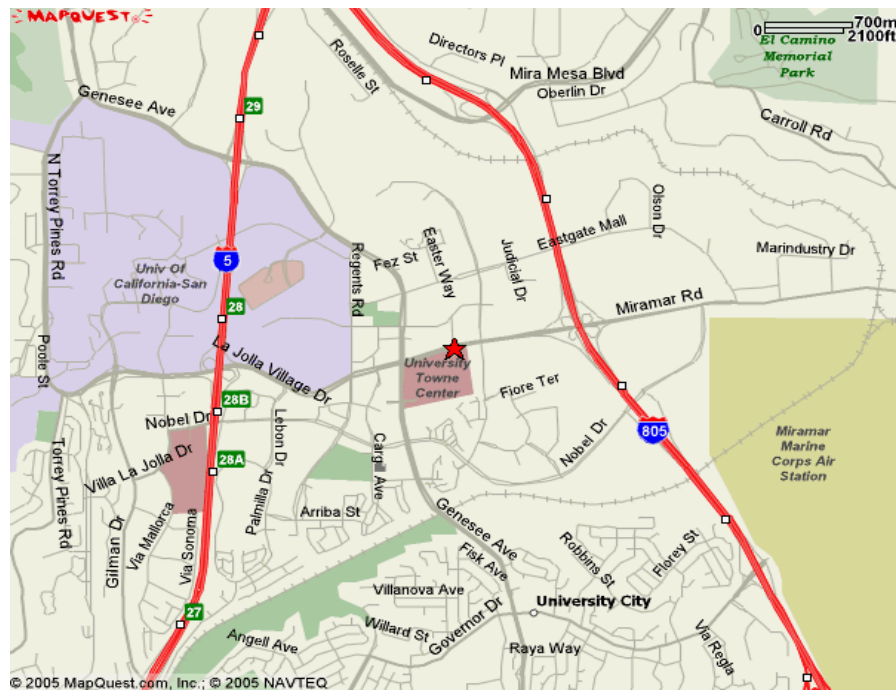
(No calls after 8pm, please)

ADDITIONAL INFORMATION:

***Accommodations:** Please check our website at www.LaJollaFSC.com for hotel information, any additional information and updates.

***Directions to UTC Ice Sports Center:**

- Take I-5 South to 805 South
- To La Jolla Village Drive – Exit West/Right
- To Towne Centre Drive – Turn Left
- Turn Right into Shopping Center (2nd Driveway)
- UTC Ice is located below the dining terrace



U.S. Figure Skating Nonqualifying Competitions

EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 6

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

- To be skated on 1/3 to 1/2 ice.
- No music.
- **All elements must be skated in the order listed.**

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

EVENT: Pre-Free Skate – Free Skate 6 Compulsory Event

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

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 max

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

EVENT: Basic Program Event: SNOWPLOW SAM – BASIC 6

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

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

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

EVENT: Pre-Free Skate – Free Skate 6 Program Event

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

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

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



U.S. Figure Skating Nonqualifying Competitions

EVENT: Compete USA Showcase Events

Format: Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.

General event parameters:

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

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

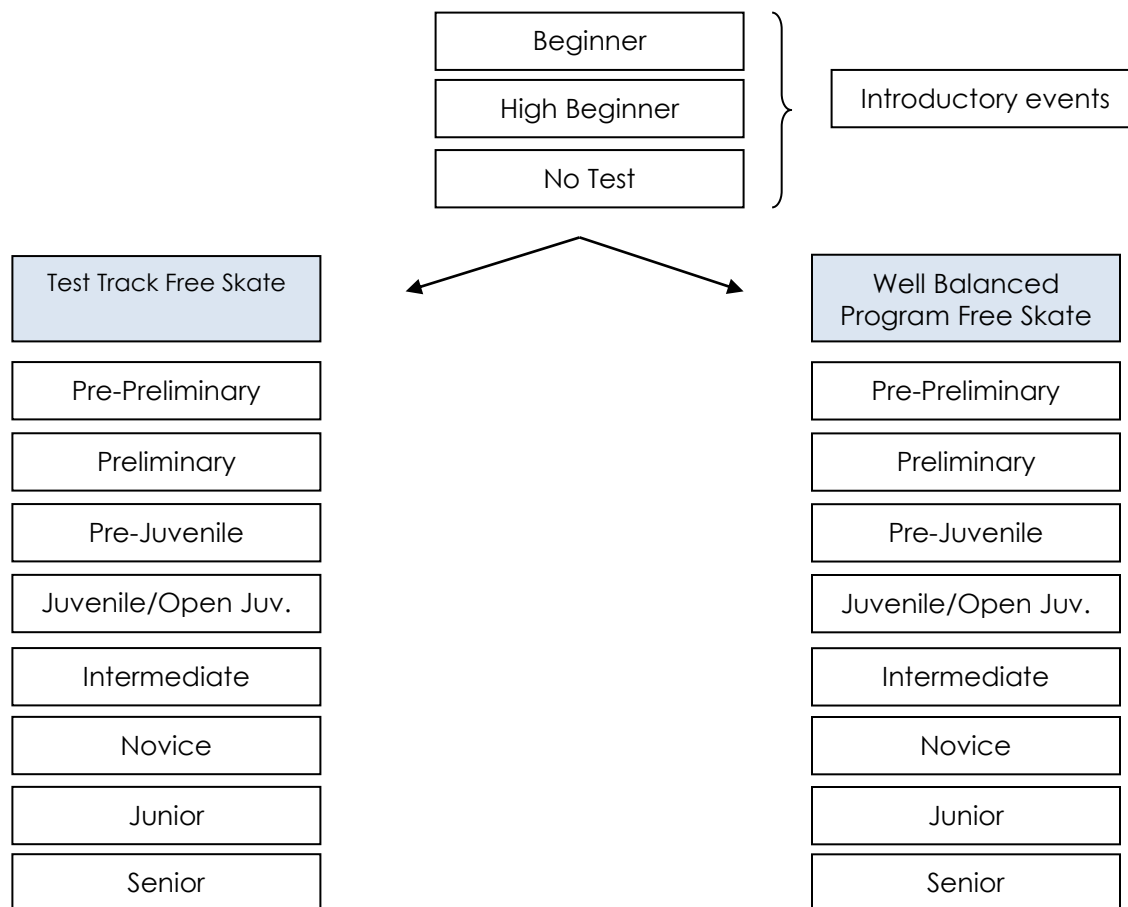
* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on www.usfigureskating.org.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate- Free Skate 6	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.



SINGLES FREE SKATING EVENTS

ILLUSTRATION OF THE PROGRESSION THROUGH U.S. FIGURE SKATING EVENTS IN SINGLES FREE SKATING BEYOND BASIC SKILLS LEVELS. THESE ARE THE MOST COMMON EVENTS AT NONQUALIFYING COMPETITIONS.



U.S. Figure Skating Non-qualifying Competitions

EVENT: SINGLES SHORT PROGRAM - 2017-18 Singles Short Program Elements

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. Intermediate short program – Rule 4230
- B. Novice short program – Rule 4220
- C. Junior short program – Rule 4210
- D. Senior short program – Rule 4200
- E. Juvenile short program (same rules as Intermediate short program except that triple jumps are not permitted)





U.S. Figure Skating Non-qualifying Competitions

EVENT: Introductory Levels Free Skate Program

General event parameters:

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

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



U.S. Figure Skating Non-qualifying Competitions

EVENT: Well Balanced Program Free Skate - Singles

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 non-qualifying 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. Either IJS or the 6.0 judging system may be used for this event.
5. 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, under "Technical Information," then "Singles/Pairs"

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

<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> No triple or quadruple jumps allowed An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted Jump sequences limited to a maximum of 3 single or double jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> May start with a flying entry Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot May start with a flying entry Min 4 revs <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must fully utilize the ice surface Moves in the field and spiral sequences are permitted but will not be counted as elements Jumps may be included in the step sequence
<p>JUVENILE and OPEN JUVENILE</p> <p>2:15 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> No triple or quadruple jumps allowed No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value No double jump can be included more than twice Max 2 jump combinations or sequences <ul style="list-style-type: none"> 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 Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 8 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min 5 revs <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>Max 1 Sequence</p> <ul style="list-style-type: none"> One choreographic step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface
<p>INTERMEDIATE</p> <p>2:40 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps allowed <ul style="list-style-type: none"> No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value No double or triple jump can be included more than twice Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations are limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 8 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> Min 5 revs <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>Max 1 Sequence</p> <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Maximum of Level 2. Only Simple Variety (seven turns) and rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Must fully utilize the ice surface
<p>NOVICE LADIES</p> <p>3:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single, double and triple jumps are allowed <ul style="list-style-type: none"> No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. <ul style="list-style-type: none"> If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice Max 3 jump combinations or sequences <ul style="list-style-type: none"> Combinations limited to 2 jumps One 3-jump combination is permitted Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> Min 10 revs Min 2 revs in each position Must have all 3 basic positions to receive full value. 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> Min 6 revs 3rd spin is option of skater <p>All 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>Max 1 Sequence</p> <ul style="list-style-type: none"> One leveled step sequence* <ul style="list-style-type: none"> Must fully utilize the ice surface

<p>NOVICE MEN</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed <ul style="list-style-type: none"> ◦ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ◦ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ◦ Combinations limited to 2 jumps ◦ One 3-jump combination is permitted ◦ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ◦ Min 10 revs ◦ Min 2 revs in each position ◦ Must have all 3 basic positions to receive full value. • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ◦ Min 6 revs • 3rd spin is option of skater <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>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ◦ Must fully utilize the ice surface
<p>JUNIOR LADIES</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ◦ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ◦ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ◦ Combinations limited to 2 jumps ◦ One 3-jump combination is permitted ◦ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ◦ Min 10 revs ◦ Min 2 revs in each position ◦ Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> ◦ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ◦ Min 6 revs <p>All spins may change feet and 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>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ◦ Must fully utilize the ice surface
<p>JUNIOR MEN</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ◦ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ◦ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ◦ Combinations limited to 2 jumps ◦ One 3-jump combination is permitted ◦ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ◦ Min 10 revs ◦ Min 2 revs in each position ◦ Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> ◦ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ◦ Min 6 revs <p>All spins may change feet and 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>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ◦ Must fully utilize the ice surface

<p>SENIOR LADIES</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <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>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible
<p>SENIOR MEN</p> <p>4:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ Must have all 3 basic positions to receive full value. • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <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>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible



U.S. Figure Skating Non-qualifying Competitions

EVENT: Test Track Free Skate – Pre-Preliminary through Senior levels

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate or Introductory Level event and a Test Track Free Skate event at the same non-qualifying 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 1:40 maximum	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none">• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)• Single rotation jumps: Salchow, toe loop and loop only.• Max. 2 jump combinations or sequences• Max. 2 of any same type jump	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none">• Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary 1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none">• Jumps with not more than one rotation (no Axels).• Max. 2 jump combinations or sequences• Max. 2 of any same type jump	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none">• One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions)• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile 2:00 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none">• Jumps with not more than one rotation (no Axels).• Max. 2 jump combinations or sequences• Max. 2 of any same type jump	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none">• One spin in one position, no change of foot (Min. 3 revolutions)• One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly.	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

Level	Jumps	Spins	Step Sequences	Qualifications
Juvenile 2:15 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps, including Axel, are permitted. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One solo spin in one position, no change of foot (Min. 4 revolutions). 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) <i>Only solo spin may fly</i> 	One step sequence fully utilizing ice surface	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
Intermediate 2:30 +/- 10 sec.	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow and double toe loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One must be a flying spin (min 5 revolutions), 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). 	One step sequence fully utilizing ice surface	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
Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> 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) The other spins are the option of the skater (min 6 revolutions per foot) <i>All spins may fly</i> 	One step sequence or spiral sequence fully utilizing ice surface (see rule 4104 & 4105 for remarks)	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

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



U.S. Figure Skating Non-qualifying Competitions

EVENT: Well Balanced Program Free Skate - Pairs

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 pairs test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
3. 6.0 judging system will be used for this event.
4. All relevant and appropriate rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under "Technical Information," then "Singles/Pairs"

Pre-Juvenile Pairs – 2:00 +/- 10 sec is the only pair event being offered in 2016.



U.S. Figure Skating Non-qualifying Competitions

EVENT: Adult 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 non-qualifying 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.

	JUMP ELEMENTS	SPINS	STEP SEQUENCE
CHAMPIONSHIP ADULT GOLD & ADULT GOLD 2:40 maximum	Max 5 Jump Elements <ul style="list-style-type: none">• Max 3 combinations or sequences• 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps• Each jump may be repeated only once, and only as part of combination or sequence• All single jumps, including the single Axel, are permitted, as are the following double jumps: double toe loop, double Salchow.• No double-double jump combinations or sequences are permitted• Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted	Max 3 Spins <ul style="list-style-type: none">• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))• Min 4 revs total if no change of foot• Min 4 revs each foot if change of foot• Min 2 revs in each position	Max 1 Step Sequence <ul style="list-style-type: none">• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

<p>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</p> <p>2:10 maximum</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences • 1 combination/sequence may consist of three jumps, and the other may have only two jumps • Additional jump sequences which contain non-listed jumps of not more than one revolution performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted, including single Axel. • No double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position 	<p>Max 1 Sequence</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence or • Spiral sequence (any pattern) <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. If IJS is used, then: ChSt</p>
<p>ADULT BRONZE</p> <p>1:50 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences; • 1 combination/sequence may consist of three jumps, and the other may have only two jumps • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted 	<p>Max 1 Sequence</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence or • Spiral sequence (any pattern) <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. If IJS is used, then: ChSt</p>
<p>ADULT PRE BRONZE</p> <p>1:40 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included • 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps. • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are allowed • No single Lutz, single Axel or double jumps are allowed 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Min 3 revs • Spins with a flying entry are not permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Connecting steps throughout the program are required



U.S. Figure Skating Non-qualifying Competitions

EVENT: Compulsory Event

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

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

Level	Time	Skating rules/standards
Sandcastle (Beginner)	1:15 max.	<ul style="list-style-type: none">• Waltz jump• ½ jump of choice• Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional)• Forward or backward spiral
Starfish (High Beginner)	1:15 max.	<ul style="list-style-type: none">• Toe loop jump• Salchow jump• Forward scratch spin - minimum three revolutions• Forward or backward spiral
Surfer (No-Test)	1:15 max.	<ul style="list-style-type: none">• Loop jump• Jump combination to include a toe loop (may not use a loop or Axel)• Solo spin - sit <u>or</u> camel spin - minimum three revolutions• Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.

Level	Time	Skating rules/standards
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none">• Toe Loop jump• Jump combination: single/single (no Axel)• Sit spin or camel spin - minimum three revolutions• Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ul style="list-style-type: none">• Lutz jump• Jump combination: single/single (may include Axel)• Back upright spin - minimum three revolutions• Forward inside spiral
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none">1. Single jump (may include Axel)2. Jump combination: single/single (may include Axel)3. Layback spin or camel spin - minimum three revolutions4. Step sequence - circular
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none">1. Single Axel2. Jump combination: single/single or double/single3. Layback spin or camel spin - minimum three revolutions4. Step sequence – circular



U.S. Figure Skating Non-qualifying Competitions

EVENT: Jumps Challenge

General event parameters:

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

Level	Time	Skating rules / standards
Sandcastle (Beginner)	1:15 max.	<ol style="list-style-type: none">1. Waltz jump (from backward crossovers)2. $\frac{1}{2}$ flip or $\frac{1}{2}$ Lutz3. Single Salchow
Starfish (High Beginner)	1:15 max.	<ol style="list-style-type: none">1. Waltz jump (from backward crossovers)2. Single Salchow3. Jump combination – waltz jump-toe loop
Surfer (No-Test)	1:15 max.	<ol style="list-style-type: none">1. Single toe loop2. Single loop3. Jump combination – Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none">1. Single toe loop2. Single flip3. Jump combination - Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none">1. Single flip2. Single Lutz3. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none">1. Single Axel2. Single or double jump3. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none">1. Single Axel2. Double Salchow3. Jump combination – single/single or double/single (no Axel)
Intermediate	1:15 max.	<ol style="list-style-type: none">1. Single Axel2. Double loop*3. Jump combination – double/single (no Axel)



U.S. Figure Skating Non-qualifying Competitions

EVENT: Spins Challenge

General event parameters:

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

Level	Time	Skating rules / standards
Sandcastle (Beginner)	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
Starfish (High Beginner)	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
Surfer (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. Forward scratch to back scratch spin (3) 2. Combination spin with no 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)



U.S. Figure Skating Non-qualifying Competitions

EVENT: Step Sequences

General event parameters:

1. Levels are based on the skaters' highest Moves in the Field test passed.
2. Music of skater's choice, including vocal music, not to exceed the maximum (less time is fine).
3. Skaters perform two different step sequences of their choice; any shape or pattern is permitted; however, skaters must make it clear when their first step sequence ends, and their second begins.
4. Each of the step sequences must include the required steps and/or turns listed for each level.
5. Each step sequence may, and is encouraged to, include additional steps or turns.
6. Each step sequence must utilize the full ice surface.
7. Skaters are encouraged to focus on edge quality, clarity of turns, multi-directional and one-foot skating.

Level	Time	Required elements
Pre-Preliminary	1:00 max.	Each of the two step sequences must include: <ul style="list-style-type: none">- Forward outside 3-turn- Inside mohawk- Demonstration of forward outside & forward inside edges
Preliminary	1:00 max.	Each of the two step sequences must include: <ul style="list-style-type: none">- At least two consecutive forward outside power 3-turns- Forward inside 3-turn- At least one set of alternating 3-turns (outside or inside)
Pre-Juvenile	1:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none">1. Backward inside 3-turns on each foot2. Backward outside 3-turns on each foot3. At least 2 consecutive power pulls (backward or forward)
Juvenile & Open Juv.	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none">1. Forward outside double 3 (either foot)2. Forward inside double 3 (either foot)3. At least 2 consecutive cross strokes (backward or forward)
Intermediate	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none">1. Choice of backward double 32. At least 2 different brackets with clear entry & exit edges3. Forward inside 1 ½ twizzle4. Forward outside 1 ½ twizzle
Novice	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none">1. At least 2 different counters with clear entry & exit edges2. Forward outside & forward inside loop (either foot)3. Backward outside double twizzle4. Backward inside double twizzle
Junior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none">1. At least 2 different rockers with clear entry & exit edges2. At least 2 different choctaws3. Backward outside & backward inside loop (either foot)4. A combination of at least 3 different turns done on one foot
Senior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none">1. At least 1 of each of the following turns: 3-turn, bracket, rocker, counter, choctaw, loop, and twizzle.2. A combination of at least 3 different turns, to be selected from counter, rocker, bracket, twizzle and loop, done on one foot.3. An upper body movement. (Any movements of the arms, head and torso that have an effect on the balance of the main body core.) <p><i>Note: If necessary, skaters may combine items 1 & 2. For example, performing 3 different consecutive turns on one foot may also count towards the requirement of demonstrating all seven of the listed turns/steps.</i></p>



U.S. Figure Skating Non-qualifying Competitions

EVENT: Showcase Events –

• Light Entertainment Events

Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Props and Scenery are permitted

• Dramatic Entertainment Events

Format:

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

• Duet Events

Format:

- Duets are theatrical or artistic performances by any competitors.
- Props and scenery ARE permitted.

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline
3. Current guidelines and procedures for non-qualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.
4. Showcase disciplines (Light & Dramatic) maybe combined at the discretion of the referee.
5. Depending on the number of entries, boys and girls may compete against each other in Showcase events.



U.S. Figure Skating Non-qualifying Competitions

EVENT: Showcase Events – ALL Events

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

	Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Free Skate or Dance (solo or partnered) Test or higher	Age	Time
	Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
	Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
	Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
	Senior	Senior Free Skate OR Senior Free Dance			2:40 max

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

**The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Learn to Skate levels and events, please refer to the U.S. Figure Skating Basic Skills Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.*