



## **ANNOUNCING**

# **The 2020 La Jolla Figure Skating Club's Open Championships & Compete USA Competition**



**April 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup> 2020**

**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](http://www.LaJollaFSC.com)**

**ENTRY DEADLINE: March 20, 2020**  
**Entries will only be accepted **online via Entryeze****

***For further information contact:***

**Co-Chair:**  
**Janice Ridenour**  
**[president@lajollafsc.com](mailto:president@lajollafsc.com)**

**Chief Referee:**  
**Carylyn Landt**

**Co-Chair/Registrar:**  
**Idoia Subinas**  
**[membership@lajollafsc.com](mailto:membership@lajollafsc.com)**

*This event is a standard U.S. Figure Skating Non-qualifying Competition*





The 2020 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.

**2020 EXCEL SERIES INFORMATION:** The 2020 La Jolla Open is a qualifying event for the 2020 Excel Series. Visit the Excel Series pages of the US Figure Skating website for specific series details. [2020 Excel Series Handbook](#)

**SOUTHERN CALIFORNIA INTERCLUB 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 their test level, but they may not skate down in any event. **It is an ethical violation for coaches to sandbag an event.**

**Compete USA:** Snowplow Sam through Basic 6 may NOT have passed any official US Figure Skating tests, including Moves in the Field or individual dances. Pre-Free Skate, Free Skate 1-6 may NOT have passed any official US Figure Skating Free Skate tests. Moves in the Field test level will not determine skater's competitive level

**Age restrictions/requirements:**

Juvenile Girls events: 12 years of age or younger at the close of entries  
Juvenile Boys events: 13 years of age or younger at the close of entries

Open Juvenile Ladies events: 13 years of age or older at the close of entries  
Open Juvenile Men events: 14 years of age or older 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.
- Compete USA events will follow parameters outlined in the 2019-20 Compete USA Competition Manual

**Groups 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](http://www.entryeeze.com)) by **11:59pm March 20, 2020. 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 25, 2020** for any reason.

**\*\*Short Programs and Free Skating for Intermediate-Senior will be skated as individual events and are not combined\*\***. Skaters must register for each separately in Entryeeze. Juvenile Short Program is an individual event.

**Fees:** *online processing fees are additional and are NOT refundable*

Events	\$
Compete USA: Basic Program Snowplow Sam – Basic 6	\$70
Compete USA: Basic Elements Snowplow Sam – Basic 6	\$65
Compete USA: Pre-Free Skate – Free Skate 6 Program Event	\$75
Compete USA: Pre-Free Skate – Free Skate 6 Compulsory Elements	\$65
Excel Compulsory: Beginner - Preliminary	\$65
Excel Program 6.0: Beginner, High Beginner, Pre-Preliminary	\$75
Excel Program IJS: Excel Plus levels and Preliminary - Senior	\$85
Short Program: Juvenile - Senior	\$75
Well Balanced Compulsory: No Test - Preliminary	\$65
Well Balanced Free Skate 6.0: No Test - Pre-Preliminary: Adult Pre-Brz –Adult Silver	\$80
Well Balance Free Skate IJS: Preliminary – Senior: Adult Gold/Champ Gold	\$85
Showcase: All levels – Light, Dramatic, Duets, & Compete USA	\$70
Late Fee:	\$25

**REFUND POLICY:** Entry fees will not be refunded after **March 20, 2020** 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](http://www.lajollafsc.com)

**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.

## **MUSIC:**

Online music submission via Entryeeze is the **ONLY** acceptable method to submit program music. After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can logout of your account and return later to upload your music by going to the "Competition" tab and then selecting "My Music." Please be sure you are uploading the correct music for the correct event segment.

## **Deadline for uploading music is Monday, April 13, 2020.**

The uploaded program music MUST conform to the following specifications:

- Programs per file: One [1] - Only one piece of competition program music (e.g. Free Skate) per file is allowed.
- File Format: mp3 - The uploaded file music must be an mp3 file (MPEG-1 or MPEG-2 Audio Layer III). Simply changing the file extension to "mp3" from another file format is not acceptable.
- Bit Rate: 192 kbps is requested (bit rates between 128 and 320 kbps will be accepted).
- Maximum file size: 10 MB
- Maximum run time: Five [5 minutes]
- ID3 Metadata [tags]: None - The Chief Music Coordinator strongly recommends that mp3 files DO NOT contain any ID3 metadata, commonly called tags. This is especially true of any embedded images such as album cover art, picture of the skater, etc. Please, NO EMBEDDED IMAGES!
- Maximum leader: Two [2] seconds] - The leader is the silence between the start of the track and the actual start of the program music. The Chief Music Coordinator recommends that there be NO leader.
- Maximum trailer: Two [2] seconds] - The trailer is the silence between the end of the program music and the end of the actual track. The Chief Music Coordinator recommends that there be NO trailer.

## **Backup Music at Event (CDs):**

In addition to submitting the music online, all competitors/teams must also have at least one [1] backup copy of their competition music on CD, AT RINKSIDE, during the actual competition event or official practice. CDs must meet the following requirements:

- In standard Audio CD format (Compact Disc Digital Audio). Other formats, including mp3 are NOT acceptable.
- Lead in time (time before the music begins) on CDs may not exceed two [2] seconds.
- Due to the compatibility and reliability reasons, music may NOT be submitted on re-recordable "CD-RW" discs. PLEASE, no CD-RWs!

The LOC, competition officials, and volunteers exercise reasonable care when handling CDs. However, they are not responsible for damage to or loss of any CDs. The LOC is not responsible for CDs not picked up by the end of the competition. Those CDs will be destroyed.

## **JUDGING SYSTEM:**

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

- Well Balanced Program free skate events: Preliminary –Senior; Adult Gold and higher
- Short program events: juvenile – senior
- Excel Plus events
- Excel Preliminary – Senior

All competitors skating in these events need to submit the planned program content form online via Entryeeze ([www.entryeeze.com](http://www.entryeeze.com)) . **The deadline to submit the form is April 13, 2020.**

**The 6.0 Majority Judging System will be used for:**

- Well Balanced Program Singles free skate events:
  - No Test and pre-preliminary;
  - Adult Silver and below
- Excel Beginner – Pre-Preliminary
- All Compulsory Events – Excel and Well Balanced
- All Showcase events
- All Compete USA events

**REGISTRATION:** Registration will begin on the day of the first scheduled event (either April 24 or 25 depending on entries) and end Sunday, April 26. 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.

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

**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](http://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. In the event of a tie, all skaters finishing in First – Fourth place will receive medals.

**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.

## **PARKING:**

Beginning January 30, 2019, Westfield UTC is charging for parking. Parking tickets should be validated at the UTC Ice Sports rink for up to 4 free hours of parking. After the 4 hours the cost is \$2/hour.

**INFORMATION REGARDING COACHES:**

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

**Coaching U.S. Figure Skating athletes:**

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training\*
- Continuing Education Requirements (CERs) for the 2019-20 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

**Coaching Compete USA athletes:**

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

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

The LOC will have a list of compliant coaches who are approved to receive a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential. There can be no exceptions to this policy.

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

For more information regarding Coach Compliance, please visit:  
<https://www.usfigureskating.org/support/coach/coach-compliance>

**CONTACT INFO:** If you have questions, please contact:

**Co-Chair:**

Janice Ridenour  
323-843-2185  
[president@lajollafsc.com](mailto:president@lajollafsc.com)

**Chief Referee:**

Carylyn Landt  
[clandt@ucsd.edu](mailto:clandt@ucsd.edu)

**Registrar:**

Idoia Subinas  
858-242-9339  
[membership@lajollafsc.com](mailto:membership@lajollafsc.com)

**SPECIAL AWARDS:**

*This event is a standard U.S. Figure Skating Non-qualifying Competition*



## **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.

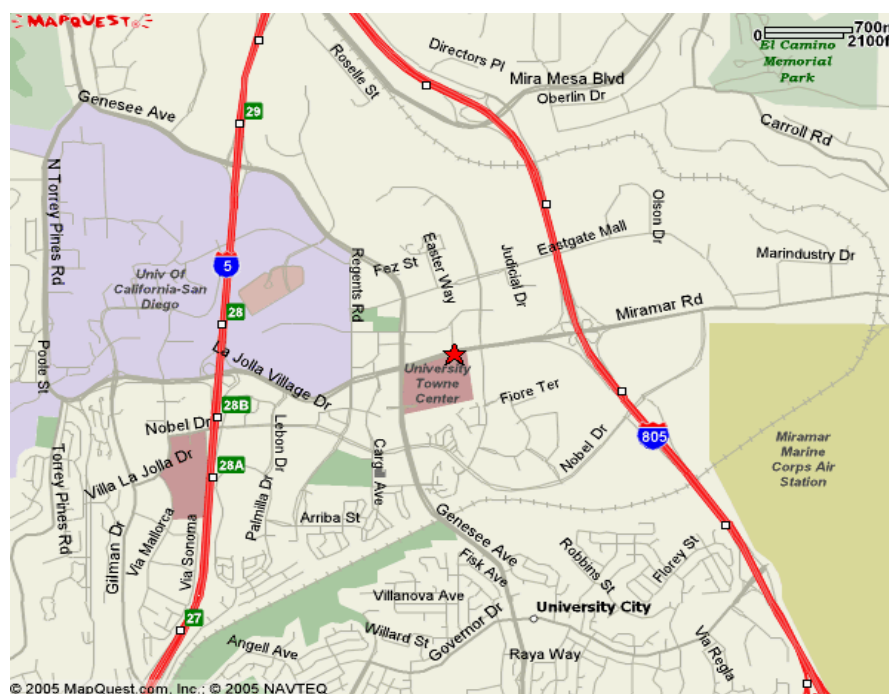
### **ADDITIONAL INFORMATION:**



**\*Accommodations:** Please check our website at [www.LaJollaFSC.com](http://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 (2<sup>nd</sup> Driveway)
- UTC Ice is located below the dining terrace





### EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 6

1. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)
2. To be skated on 1/2 ice
3. No music
4. **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"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:00 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:00 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:00 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
Basic 5	1:00 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>

## U.S. Figure Skating Non-qualifying Competitions

### 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
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.

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

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

## U.S. Figure Skating Non-qualifying Competitions

### 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.
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.

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

### **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](http://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.



## U.S. Figure Skating Non-qualifying Competitions

---

### **EVENT: SINGLES SHORT PROGRAM - 2020-21 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 website/rulebook for rules, program length, etc.

- A. Senior Short Program – Rule 6411
- B. Junior Short Program – Rule 6421
- C. Novice Short Program – Rule 6431
- D. Intermediate Short Program – Rule 6441
- E. Juvenile Short Program – Rule 6451

#### [2020-21 Short Program Elements](#)

### **EVENT: Well Balanced Program Free Skate - Singles**

General event parameters: Skaters may not enter both a Well Balanced Free Skate event and an Excel Program event at the same non-qualifying competition.

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. Either IJS or the 6.0 judging system may be used for this event.

- A. Senior Free Skate Program – Rule 6412
- B. Junior Free Skate Program – Rule 6422
- C. Novice Free Skate Program – Rule 6432
- D. Intermediate Free Skate Program – Rule 6442
- E. Juvenile/Open Juvenile Free Skate Program – Rule 6452
- F. Pre-Juvenile Free Skate Program – Rule 6461
- G. Preliminary Free Skate Program – Rule 6471
- H. Pre-Preliminary Free Skate Program – Rule 6481
- I. No Test (Surfer) Free Skate Program – Rule 6491

#### [2020-21 Free Skate Requirements](#)

### **EVENT: Adult Free Skate**

General event parameters:

1. Skaters may not enter both a Well Balanced Free Skate event and an Excel Program 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.

- A. Championship Adult Gold & Adult Gold Free Skate – Rule 6531
- B. Championship Adult Silver & Adult Silver Free Skate – Rule 6541
- C. Adult Bronze Free Skate – Rule 6551
- D. Adult Pre-Bronze Free Skate – Rule 6561

#### [2019-20 Adult Free Skate Requirements](#)



## U.S. Figure Skating Nonqualifying Competitions

---

**EVENT:** 2019-2020 Excel Free Skate

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and an Excel 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 at the close of entries. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.

**Preliminary events and above will be run as IJS**

**Pre-Preliminary events and below will be run as 6.0**

For events is run as 6.0, 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

- A. Excel Senior
- B. Excel Junior
- C. Excel Novice
- D. Excel Intermediate
- E. Excel Juvenile Plus
- F. Excel Juvenile
- G. Excel Pre-Juvenile Plus
- H. Excel Pre-Juvenile
- I. Excel Preliminary Plus
- J. Excel Preliminary
- K. Excel Pre-Preliminary
- L. Excel High Beginner (a.k.a. Star Fish)
- M. Excel Beginner (a.k.a. Sand Castles)

[2019-2020 Excel Free Skate Program Requirements](#)



### **EVENT:** Excel Compulsory

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

- To be skated on ½ ice with NO music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- *Skaters have the option to skate one level higher in compulsories than free skate event.*

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

### **EVENT:** Well Balanced Levels Compulsory

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

- To be skated on ½ ice with NO music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- *Skaters have the option to skate one level higher in compulsories than free skate event.*

Level	Time	Skating rules/standards
No Test	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Upright spin with change of foot – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Jump combination: single/single (no Axel)</li> <li>• Spin with one change of position and no change of foot – minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>
Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Axel jump</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Spin with one change of foot and one change of position – minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>



## 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](http://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
<b>Sandcastle</b> (Beginner)/ <b>Starfish</b> (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.

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
No Test(Surfer) (does not qualify for National Showcase)	No Free Skate test passed	Pre-Preliminary Free Skate OR Any Free Dance	No age restriction	1:30 max
Pre-Preliminary (does not qualify for National Showcase)	Pre-Preliminary Free Skate	Preliminary Free Skate OR Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Pre-Juvenile	Pre-Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	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

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

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