



JERSEY COAST SKATING CLASSIC

COMPETE USA COMPETITION

Our competition will also include Excel levels through Juvenile plus, as well as Preliminary, PreBronze and Bronze Shadow Dance

Hosted by Jersey Coast Figure Skating Club
at the

Jersey Shore Arena
1215 Wyckoff Rd, Wall NJ 07727

Saturday, March 14, 2020

WHEN: Saturday, March 14, 2019

LOCATION: Jersey Shore Arena, 1215 Wyckoff Rd, Wall, NJ 07727, (732) 919-7070

ICE SURFACE: 200 x 85

CHAIRPERSON: Gail Damiano, JCFSC President, email: damiano.skate@gmail.com

VICE-CHAIRPERSON: Jenna Hersh email: JIHERSH@comcast.net

ELIGIBILITY and TEST REQUIREMENTS: The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA program and those who are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with Learn to Skate USA or a member club. There will be no more than four competitors in an event and all will receive an award.

Eligibility will be based on skill level as of closing date of entries. All **Snowplow Sam and Basic Skills 1-6** skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.

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

RULES: This competition will be conducted according to the rules for the 2019-2020 competition season as set forth in the U.S. Figure Skating rulebook and Compete USA Manual. **All events/levels will be judged under the 6.0 system.** Should Compete USA make changes to the required elements guidelines after the posting of this announcement, the updated requirements will take effect for this competition.

ENTRIES AND FEES: All competitors must register on-line at www.entryeeze.com. Please be sure to enter your coach's correct email address as he/she will receive a list of his/her competitors and is required to verify that the skaters are entered in the correct level/event. **DEADLINE for entry** is no later than 11:59pm on **Sunday, February 23, 2020**. No late entries will be accepted. The entry fee for the first event is \$80.00 (includes free video download of performance) and \$40 (includes free video download of performance) for each additional event. The acceptance of your credit card payment will serve as acknowledgement of your entry. Incomplete entries will not be accepted. **NO refunds** will be given unless event is cancelled by the local organizing committee (USFS #3048).

LIABILITY: U.S. Figure Skating, Jersey Coast FSC, clubs, organizers of this competition, Jersey Shore Arena, its management and employees undertake no responsibility for damage or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents or guardians and officials shall be deemed to agree to assume all risks or injury to their person and property resulting from, caused by, or connected with, the conduct and management of this competition, and to waive and release any

and all claims which they have against its officers and trustees, and their entries shall be accepted only on such condition.

COACHES: You must verify your skater's event and level by 11:59 pm on Monday, February 24, 2020. No changes in events or levels will be made after March 1, 2020!

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 2018-19 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

Coaching Compete USA athletes:

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

*SafeSport training is available through 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.

For more information regarding Coach Compliance, please visit:

<http://usfsa.org/content/Coaches%20Requirements%20Chart.pdf>

AWARDS: All events will be final rounds. Medals will be awarded to first, second, third, and fourth places. ALL awards will be made at approximately 30 minute intervals throughout the competition.

SCHEDULE OF EVENTS: Will be posted on the website www.entryeeze.com approximately one week prior to the competition. You will receive an email containing the date and time of your specific events. It is highly recommended that skaters arrive 1 hour prior to their scheduled event.

PRACTICE ICE: Practice ice will be available during our regularly scheduled freestyle sessions. (Check rink freestyle calendar for exact times. www.jerseyshorearena.com) A 30 minute practice session may be purchased at the rink for \$10.

REGISTRATION: The registration desk will open one hour prior to the competition.

MUSIC: Competition music must be **submitted electronically via the on-line registration system Entryeeze by 11:59pm on Wednesday, March 4, 2020.** A late fee of \$25.00 per event will be charged to any competitor that fails to submit their music prior to the deadline, submits files that are not mp3 or mp4 format, uploads incorrect music, or changes music after the deadline. The late fee must be paid in cash, at the time of registration check-in at the event. Competitor will not receive event credentials until the fee is paid.

After you have paid for your events, the online 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".**

The club will provide music for the dance events.

VIDEO TAPING AND PHOTOGRAPHS: An official competition photographer will be available to take individual and photographs as well as to videotape events. Photographs and video DVD's may be purchased at their table. Flash photography is not permitted during competition events or warm-ups for the safety of the skaters.

SNOWPLOW SAM – BASIC 6 ELEMENTS

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, maximum 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, maximum 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

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

- To be skated on full ice.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.

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, maximum 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, maximum 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

PRE-FREE SKATE – FREE SKATE 6 COMPULSORY

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

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels. Bonus skills from the same level or below are allowed but will not be judged elements.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • 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 • Beginning Axel jump

PRE-FREE SKATE – FREE SKATE 6 PROGRAM WITH MUSIC

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

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

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • 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 • Beginning Axel jump

WELL BALANCED LEVELS COMPULSORY

General event parameters:

- Elements skated on ½ ice
- Elements may be performed only once
- No music is allowed

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • 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.
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

WELL BALANCED FREE SKATE PROGRAM

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice.
- 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.

Level	Time	Jumps	Spins	Step Sequences
No-Test	1:40 Maximum	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps allowed except for the single Axel <ul style="list-style-type: none"> ○ No single Axels, double, triple or quadruple jumps allowed ○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed <p>Jump sequences limited to a maximum of 3 single jumps</p>	<p>Max 2 Spins</p> <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>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence
Pre-Preliminary	1:40 Maximum	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> ○ No double, triple or quadruple jumps allowed ○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed <ul style="list-style-type: none"> • Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <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>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence
Preliminary	1:30 +/- 10 seconds	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed <ul style="list-style-type: none"> • Jump sequences limited to a maximum of 3 single or double jumps 	<p>Max 2 Spins</p> <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>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence

ADULT 1-6, INTRODUCTORY-BRONZE COMPULSORY

General event parameters:

- The skating order of the elements is optional.
- Element may only be attempted once
- To be skated in program format with limited connecting steps
- To be skated on ½ ice
- A 0.2 deduction will be taken for each element MISSING, REPEATED or from a higher level

Level	Time	Elements
Adult 1	1:30 MAX	<ul style="list-style-type: none"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:30 MAX	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3	1:30 MAX	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Forward chasses on a circle, clockwise and counterclockwise • Backward skating to a long two-foot glide • Backward snowplow stop, Right and Left
Adult 4	1:30 MAX	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Hockey stop, both directions • Backward one-foot glides, right and left
Adult 5	1:30 MAX	<ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin (min 2 revs)
Adult 6	1:30 MAX	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)
Adult Beginner	1:30 MAX	<ul style="list-style-type: none"> • Bunny hop or mazurka • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open Mohawk (right and left) – heel to instep • Alternating right and left forward outside edges across the width of the ice • Alternating right and left forward inside edges across the width of the ice • Backward moving outside 3-turn right and left
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • Alternating right and left backward outside edges across the width of the ice • Alternating right and left backward inside edges across the width of the ice • Backward moving inside 3-turn right and left
Adult Pre-Bronze	1:30 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 • Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in combination and 3 jumps in a sequence • Forward upright spin (Min. 3 revolutions) • Forward spiral (any edge)
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> • Single Salchow • Waltz jump – toe loop combination jump • Backward Upright Spin – entry optional (Min. 3 revolutions) • Spiral sequence (Min. 2 spirals)

ADULT 1-6 PROGRAM WITH MUSIC

General event parameters:

- The skating order of the required elements is optional.
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.
- To be skated on full ice
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

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

ADULT INTRODUCTORY – BRONZE FREE SKATE PROGRAM

General event parameters:

- Skaters will skate to the music of their choice and vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, or ballet • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same jump 	Max. 2 spins <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1 Badge Test
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump. 	Max 2 spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1 Badge Test
Adult Pre-Bronze 1:40 Maximum	Max 4 Jump Elements: <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 	Max 2 Spins: <ul style="list-style-type: none"> • Min 3 revs • Spins with a flying entry are not permitted 	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze Free Skate
Adult Bronze 1:50 maximum	Max 4 Jump Elements: <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 	Max 2 Spins: <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 	Max 1 Sequence: <ul style="list-style-type: none"> • Choreographic Step Sequence Must use at least ½ ice surface	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze Free Skate

SOLO PATTERN DANCE

General event parameters:

- Levels are based upon the skaters' highest pattern dance test passed.
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for his/her level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30th – July 2nd), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2nd quarter).
- Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances groupings.

Level	January 1 st – March 31 st	April 1 st – June 30 th	July 1 st – September 30 th	October 1 st – December 31 st
Preliminary	1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz
Pre-Bronze	1. Swing Dance 2. Cha-Cha	1. Fiesta Tango 2. Swing Dance	1. Cha-Cha 2. Fiesta Tango	1. Swing Dance 2. Cha-Cha

SHADOW DANCE

The shadow pattern dance event is comprised of one pattern dance at each level.

A team may be comprised of two females, two males or one female and one male. In any case, the steps skated shall be the lady's steps as specified in the 2019 U.S. Figure Skating Rulebook.

The following levels will be offered:

Level	Requirement	Dance (number of sequences to be skated)
Preliminary	One partner must not have passed higher than the complete preliminary dance test	Rhythm Blues (3 sequences)
Pre Bronze	One partner must not have passed higher than the complete pre-bronze dance test	Fiesta Tango (3 sequences)
Bronze	One partner must not have passed higher than the complete bronze dance test	Willow Waltz (3 sequences)

EXCEL PROGRAM (2019-2020 Program Requirements)



<p>Excel Beginner Free Skate 1:40 Max Must not have passed higher than Learn to Skate USA Free Skate 2</p>	<p>Maximum 4 jump elements: * Jumps with no more than one-half rotation (front to back or back to front) * Single rotation jumps: Salchow, toe loop only * Half Loops/Eulers are not allowed. * Maximum 2 jump combinations or sequences. One 3 jump combination is allowed. *jump sequence is any listed jump immediately followed by a waltz jump. * Maximum 2 of any same jump</p>	<p>Maximum 2 spins: * Two upright spins * No change of foot * No flying entry * Minimum 3 revolutions</p>	<p>Maximum 1 Sequence: * Choreographic Step Sequence* (ChSt) * Must use one-half of the ice surface * Moves in the field and spiral sequences are allowed but will not be counted as elements * Jumps may be included in the step sequence</p>
<p>Excel High Beginner Free Skate 1:40 Max Must not have passed higher than Learn to Skate USA Free Skate 4</p>	<p>Maximum 5 jump elements: * Jumps with no more than one-half rotation (front to back or back to front) * Single rotation jumps: toe loop, Salchow, half-loop, loop * Flip, Lutz, & Axel NOT permitted * Maximum 2 jump combinations or sequences. One 3 jump combination is allowed. *jump sequence is any listed jump immediately followed by a waltz jump. * Maximum 2 of any same jump</p>	<p>Maximum 2 spins: * Both spins must be in a single position * No change of foot * No flying entry * Permitted forward spins: upright, sit, camel * Permitted back spins: upright * Minimum 3 revolutions</p>	<p>Maximum 1 Sequence: * Choreographic Step Sequence* (ChSt) * Must use one-half of the ice surface * Moves in the field and spiral sequences are allowed but will not be counted as elements * Jumps may be included in the step sequence</p>
<p>Excel Pre-Preliminary 1:40 Max Must not have passed higher than U.S. Figure Skating pre-preliminary free skate test *means required element Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: * All single jumps allowed, except for the Axel * No single Axels, double, or higher jumps allowed * Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded * Maximum 2 jump combinations or jump sequences * Jump combinations limited to 2 jumps. One 3-jump combination is allowed * Jump sequence is any listed jump immediately followed by a waltz jump.</p>	<p>Maximum 2 spins: * One spin must be in a single position with no change of foot* * One spin may change feet and/or position, but not both. * No flying entry * Minimum 3 revolutions * Spins must be of a different character</p>	<p>Maximum 1 Sequence: * Choreographic Step Sequence* (ChSt) * Must use one-half of the ice surface * Moves in the field and spiral sequences are allowed but will not be counted as elements * Jumps may be included in the step sequence</p>
<p>Excel Preliminary 1:30 +/- 10 seconds Must not have passed higher than U.S. Figure Skating preliminary free skate test *means required element Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: * All single jumps allowed, except for the Axel * No single Axels, double, or higher jumps allowed * Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded * Maximum 2 jump combinations or jump sequences * Jump combinations limited to 2 jumps. One 3-jump combination is allowed * Jump sequences are limited to a maximum of 3 single jumps</p>	<p>Maximum 2 spins: * One spin must be a camel or layback spin with no change of foot and no change of position* * One spin may change feet and/or position * No flying entry * Minimum 3 revolutions * Spins must be of a different character</p>	<p>Maximum 1 Sequence: * Choreographic Step Sequence* (ChSt) * Must use one-half of the ice surface * Moves in the field and spiral sequences are allowed but will not be counted as elements * Jumps may be included in the step sequence</p>

<p>Excel Preliminary Plus 1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, including single Axel No double, or higher jumps allowed Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be in a single position* No change of foot No flying entry One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character 	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence
<p>Excel Pre-Juvenile 2:00 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> *1 spin combination with or without change of foot* *No flying entry *Minimum 6 revs *1 spin with only 1 position *No change of foot *No flying entry *Minimum 4 revs *Spins must be of a different character 	<p>Maximum 1 Sequence: *Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> *Must fully utilize the ice surface *Moves in the field and spiral sequences are allowed but will not be counted as elements *Jumps may be included in the step sequence
<p>Excel Pre-Juvenile Plus 2:00 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> *1 must be an Axel-type jump or a waltz jump* All single jumps, including the Axel, allowed. Only 1 double jump may be attempted (limited to double Salchow or double toe loop) <ul style="list-style-type: none"> *Double loop, double flip, double lutz, double axel and higher jumps not allowed. *Axel plus up to 1 allowable double jump may be repeated once (but not mre) as solo jumps or part of a jump sequence or jump combination. Number of single jumps is not limited provided the maximum number o jump elements allowed is not exceeded. Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> *1 spin combination with or without change of foot* *No flying entry *Minimum 6 revs *1 spin with only 1 position *No change of foot *No flying entry *Minimum 4 revs *Spins must be of a different character 	<p>Maximum 1 Sequence: *Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> *Must fully utilize the ice surface *Moves in the field and spiral sequences are allowed but will not be counted as elements *Jumps may be included in the step sequence
<p>Excel Juvenile 2:20 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, including Axel No double or higher jumps allowed Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (max 2 single axels) Number of remaining single jumps is not limited provided the max number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences All single jumps, including the Axel are allowed as part of a jump combination or sequence (no double jumps) Jump combinations limited to 2 jumps. One 3-jump combination is allowed. Jump sequence is any lited jump immediately followed by an axel type jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> *1 spin combination with or without change of foot* *Minimum 6 revs *Minimum 2 revolutions in each position *1 spin with only 1 position *No change of foot *Minimum 5 revolutions Both spins may start with a flying entry Spins must be of a different character 	<p>Maximum 1 Sequence: *Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> *Must fully utilize the ice surface

<p>Excel Juvenile Plus 2:20 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> *1 must be an Axel-type jump * All single jumps, including the single Axel, allowed *Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> * double loop, double flip, and double lutz are not allowed *No double jump can be included more than twice, and if repeated, at least 1 attempt must be part of a jump combination or sequence. *Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded <p>*Maximum 2 jump combinations or sequences</p> <ul style="list-style-type: none"> *jump combination limited to 2 jumps. One 3 jump combination is permitted *jump sequence is any listed jump immediately followed by an axel type jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> *1 spin combination with or without change of foot* <ul style="list-style-type: none"> * Minimum 6 revs *Minimum 2 revolutions in each position *1 spin with only 1 position <ul style="list-style-type: none"> *No change of foot *Minimum 5 revolutions <p>* Both spins may start with a flying entry</p> <p>* Spins must be of a different character</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> * Choreographic Step Sequence* (ChSt) *Must fully utilize the ice surface