



JERSEY COAST SKATING CLASSIC

COMPETE USA COMPETITION

**Our competition will also include Excel levels
through Senior!**

Hosted by Jersey Coast Figure Skating Club

at the

Jersey Shore Arena

1215 Wyckoff Rd, Wall NJ 07727

Saturday, March 19, 2022

WHEN: Saturday, March 19, 2022

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

Referee: Karri Meyers

Accountant: Kimberly Moore

Technical Controller: Devon Beck

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, 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 2021-2022 competition season as set forth in the U.S. Figure Skating rulebook and Compete USA Manual. **All Compete USA 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. **All Excel Plus and Excel Juvenile and higher levels/events will be judged using the IJS scoring system.**

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 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, March 1, 2022. Ice time is limited which may result in registration closing prior to deadline.** No late entries will be accepted. 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). There will be no refunds for medical withdrawals.

- Compete USA events: First event is \$65.00 / \$25 for each additional event.
- Excel events (IJS): ALL PLUS levels, Juvenile and up \$120 / \$25 for each additional event
- Aspire Synchro events: \$65 team fee and \$5 per skater

As of August 2, 2021, face coverings are required to be worn indoors by ALL persons (including fully vaccinated persons) attending any U.S. Figure Skating sanctioned event or activity despite of local, state or facility policies.

Exceptions:

- Athletes practicing or competing on the ice.
- Warming up outside.

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, March 1, 2022. No changes in events or levels will be made after March 3, 2022!

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 2021-22 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 \$11.

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 9, 2022.** A late fee of \$20.00 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”.**

PLANNED PROGRAM CONTENT (PPC): IF IJS: All competitors skating in events with IJS judging, need to submit the planned program content form online. This form is found on the competition EntryEeze website and is due by March 9, 2022 at 11:59 ET or there will be a \$20.00 PPC fee assessed at the door when you complete your form at registration.

LOCKER ROOMS: Locker rooms will be available for bag storage and putting on skates only. No changing will be allowed. Please come to the competition ready to skate. Locker rooms will be assigned to maintain social distancing and cleaned regularly. The locker rooms are available for skaters only. An exception will be made for athletes 11 years old and younger that will allow for one parent of the same sex to assist their child immediately prior to and after their skating event(s). Please review the Locker Room and Changing Area Policy and the SkateSafe Handbook found at <https://www.usfigureskating.org/skatesafe> .

VIDEO TAPING AND PHOTOGRAPHS: Note, per U.S. Figure Skating policy, photographing and/or recording of anyone other than your own skater is strictly prohibited. For the safety of the skaters, flash photography will NOT be permitted.

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.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- **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 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 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, min 4 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 • Mohawk, right to left and left to right • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, max 3 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 with music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

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 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 (no variations), 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, 4-6 consecutive
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, min 4 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 • Mohawk, right to left and left to right • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, max 3 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
- 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"> • 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 – right or left • 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 • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions • Toe loop • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Backward inside three-turns, right and left • Beginning back spin, optional entry and free-foot position, min 3 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, 2 sets 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), 2-3 sets 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 • Camel, sit spin combination - minimum of four revolutions total • Waltz jump-Euler (½ loop)-Salchow jump sequence • Axel jump: minimum requirement is a clear attempt either stationary or moving

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.
- Bonus skills from the same level or below are allowed but will not be judged elements

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 • Not Allowed – Waltz jump-side toe hop-waltz jump
Free Skate 1	1:40 max	<ul style="list-style-type: none"> • Forward power stroking, 4-6 consecutive strokes • One foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop jump • Half flip jump • Not Allowed – Waltz jump-toe loop jump combination
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 • Not Allowed – Waltz jump-toe loop or Salchow-toe loop combination
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 • Not Allowed – Waltz-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 • Not Allowed – Waltz-loop or Waltz-Euler-Salchow jump combination
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets 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"> • Creative step sequence using a variety of 3-turns, mohawks and toe steps, half-ice • Camel-sit spin combination - minimum of four revolutions total • Waltz jump-Euler (½ loop)-Salchow jump sequence • Axel jump: minimum requirement is a clear attempt either stationary or moving

WELL BALANCED LEVELS COMPULSORY

Format: To be skated on half-ice

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

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) • Upright spin with change of foot - minimum three revolutions • Choreographic step sequence
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Single jump-single jump (no Axel) combination • Spin with one change of position and no change of foot, minimum 6 revolutions total • Choreographic step sequence
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Axel jump • Single jump-single jump (no Axel) combination • Spin with one change of foot and one change of position, minimum three revolutions on each foot • Choreographic step sequence

EXCEL COMPULSORY

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

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

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

WELL BALANCED FREE SKATE PROGRAM

General event parameters:

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

Level	Time	Jumps	Spins	Step Sequences
No-Test	1:40 Max	<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 sequence is any listed jump immediately followed by an axel-type jump (waltz jump)</p>	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 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 6103 (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 Max	<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 sequence is any listed jump immediately followed by an axel-type jump 	<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 6103 (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	2:00 +/- 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 sequence is any listed jump immediately followed by an axel-type jump 	<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 6103 (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, Beginner-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"> • Mazurka • Waltz jump • 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 and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • Forward upright spin – minimum 3 revolutions • Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left) • 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 half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence • Forward upright spin (Min. 3 revolutions) • Forward spiral (any edge)
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> • Single Salchow • Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination and 3 jumps in a sequence • Solo spin with no change of foot (min. 3 revolutions) • Backward inside three-turn, right and left • Spiral sequence (Minimum 2 spirals)- must change edge or foot

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 any U.S. Figure Skating Free Skate tests
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 any U.S. Figure Skating Free Skate tests
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 (½ flip and ½ Lutz are permitted) • No single Lutz, single Axel, double or triple jumps are permitted 	Max 2 Spins: <ul style="list-style-type: none"> • Max level 1 • Spins must be of different character (for def. see USFS rule 4103 E) • Min 3 revs • Spins with a flying entry are not permitted • A 2-foot spin is permitted as one of the spins at this level and is of a different character than a 1-foot spin 	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze Free Skate or Pre-Preliminary 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"> *1 choreographic step sequence, fully utilizing at least ½ of 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. 	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze Free Skate or Preliminary 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

ADULT PRELIMINARY

Qualifications: No higher than one pre-bronze dance test (partnered, solo, standard, adult/adult 21+ or adult 50+/masters)

SELECTED DANCES FOR THE SEASON (NUMBER OF SEQUENCES TO BE DANCED IN PARENTHESES)

Dutch Waltz (2)
Canasta Tango (2)

ADULT PRE-BRONZE

Qualifications: The complete preliminary dance test and no higher than one bronze dance test (partnered, solo, standard, adult/adult 21+ or adult 50+/masters)

SELECTED DANCES FOR THE SEASON (NUMBER OF SEQUENCES TO BE DANCED IN PARENTHESES)

Rhythm Blues (2)
Swing Dance (2)

Aspire Synchro

The Compete USA competition program is for Learn to Skate USA-level skaters who are interested in a first competition experience while taking the Synchro 1-4 badges to the next level.

In order to safely practice and compete, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level in which they are skating.

SNOWPLOW SAM SYNCHRO — 2:10 MAX

5 Elements Number of Required Holds: None Any type of holds permitted 5-20 skaters 13 years of age and younger	One Circle Element Forward and backward skating permitted Must contain a forward glide on an inside or outside edge on one or two feet Travel, change of configuration, and change of direction not permitted	One Line Element Must cover at least ½ ice Forward skating only Pivoting and change of configuration not permitted	One Block Element Must cover at least ½ ice Forward skating only Pivoting and change of configuration not permitted	One Wheel Element Forward skating only Travel, change of configuration, and change of direction not permitted	One Intersection Element Must be two lines facing each other One or two foot glide(s) only through the point of intersection	Additional Items for Snowplow Sam Synchro <u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u> Elements higher than Basic 6 not permitted Some common elements above Basic 6 are: mohawk, mazurka, half flip, waltz jump
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ASPIRE BEGINNER — 2:10 MAX

5 Elements Number of Required Holds: None Any type of holds permitted 5-20 skaters 16 years of age and younger	One Circle Element Forward and backward skating permitted Must contain a forward glide on an inside or outside edge on one foot Travel, change of configuration, and change of direction not permitted	One Line Element Must cover at least ½ ice Forward and backward skating permitted Pivoting and change of configuration not permitted	One Block Element Must cover at least ½ ice Forward and backward skating permitted Pivoting and change of configuration not permitted	One Wheel Element <u>Forward and backward skating permitted</u> Travel, change of configuration, and change of direction not permitted	One Intersection Element Must be two lines facing each other One or two foot glide(s) only through the point of intersection	Additional Items for Aspire Beginner <u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u> Elements higher than Basic 6 not permitted Some common elements above Basic 6 are: mohawk, mazurka, half flip, waltz jump
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ASPIRE PRE-PRELIMINARY — 2:10 MAX

5 Elements Number of Required Holds: 2 different holds shown by the whole team for any length of time Any type of holds permitted 5-20 skaters 17 years of age and younger	One Circle Element Forward and backward skating permitted Must contain a backward glide on an inside or outside edge on one foot <u>May contain one feature</u> Choice of: • Change of direction • Change of configuration • Travel	One Line Element Forward and backward skating permitted Must cover full ice <u>May contain one feature</u> Choice of: • Change of direction • Change of configuration Pivoting not permitted	One Block Element Forward and backward skating permitted Must cover full ice <u>May contain two features</u> Choice of: • Pivoting • Change of configuration	One Wheel Element Forward and backward skating permitted <u>May contain one feature</u> Choice of: • Change of direction • Change of configuration • Travel	One Intersection Element Must be two lines facing each other Forward skating through the point of intersection. Choice of: • Upright two foot glide • Upright one foot glide • Forward lunge	Additional Items for Aspire Pre-Preliminary <u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u> Elements higher than Free Skate 2 not permitted Common elements above Free Skate 2 are: • Alternating backward cross-overs to back outside edges • Waltz three-turns • Alternating mohawk/cross-over sequence • Forward power three-turns Split, stag, falling leaf permitted.
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ASPIRE PRELIMINARY — 2:10 MAX

5 Elements Number of Required Holds: 2 different holds shown by the whole team for any length of time Any type of holds permitted 5-20 skaters 17 years of age and younger	One Circle Element Forward and backward skating permitted <u>Must contain one feature</u> Choice of: • Change of direction • Change of configuration • Travel	One Line Element Must include forward and backward skating Must cover full ice <u>Must contain one feature</u> Choice of: • Change of direction • Change of configuration • Pivoting	One Block Element Forward and backward skating permitted Must cover full ice <u>Must contain one feature</u> Choice of: • Change of configuration • Pivoting	One Wheel Element Backward skating only <u>Must contain one feature</u> Choice of: • Change of direction • Change of configuration • Travel	One Intersection Element	Additional Items for Aspire Preliminary <u>Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented.</u>
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EXCEL PROGRAM (2021-2022 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. *Permitted combinations: waltz jump/toe loop and/or salchow/toe loops o Permitted jump sequence: waltz jump/waltz jump with no turns or hops in between* 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 * Spins may be the same character <u>Max level: Base</u></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 <u>Max level: 1</u></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 2:00 +/- 10 seconds Must not have passed higher than U.S. Figure Skating preliminary free skate test *means required element Full U.S. Figure Skating membership required</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 <u>Max level: 1</u></p>	<p>Maximum 1 Sequence: * Choreographic Step Sequence* (ChSt) * 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>

<p>Excel Preliminary Plus 2:00 +/- 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><u>Max level: 1</u></p>	<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 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><u>Max level: 1</u></p>	<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 may be repeated once (but not more) as solo jump or part of a jump sequence or jump combination. 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. 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><u>Max level: 1</u></p>	<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 2:30 +/- 10 sec.</p> <p><u>2nd half bonus: 1:15</u></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: *1 must be an Axel-type jump * 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</p> <p>* 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 listed jump immediately followed by an axel type jump</p>	<p>Maximum 2 spins: *1 spin combination with or without change of foot* * Minimum 8 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> <p><u>Max level: 2</u></p>	<p>Maximum 1 Sequence: * Choreographic Step Sequence* (ChSt) *Must fully utilize the ice surface</p>
<p>Excel Juvenile Plus 2:30 +/- 10 sec.</p> <p><u>2nd half bonus: 1:15</u></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: *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) * Double loop, double flip, double lutz, double axel and higher jumps 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> <p>*Maximum 2 jump combinations or sequences *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>	<p>Maximum 2 spins: *1 spin combination with or without change of foot* * Minimum 8 revs *Minimum 2 revolutions in each position</p> <p>*1 spin with only 1 position *No change of foot *Minimum 5 revolutions</p> <p>* Both spins may start with a flying entry * Spins must be of a different character</p> <p><u>Max level: 2</u></p>	<p>Maximum 1 Sequence: * Choreographic Step Sequence* (ChSt) *Must fully utilize the ice surface</p>
<p>Excel Intermediate 3:00 +/- 10 sec.</p> <p><u>2nd half bonus: 1:30</u></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 6 jump elements: *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) *Double loop, double flip, double lutz, double axel and higher jumps are not allowed *Single axel and only 1 double jump may be repeated once (but not more), and if repeated, must be part of a jump combination or sequence. *Number of single jumps, excluding single axel, is not limited provided the maximum number of jump elements allowed is not exceeded</p> <p>*Maximum 3 jump combinations or sequences *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>	<p>Maximum 2 spins: *1 spin combination with or without change of foot* * Minimum 8 revs *Minimum 2 revolutions in each position</p> <p>*1 spin with only 1 position *No change of foot *Minimum 5 revolutions</p> <p>* Both spins may start with a flying entry * Spins must be of a different character</p> <p><u>Max level: 2</u></p>	<p>Maximum 1 Sequence: * Choreographic Step Sequence* (ChSt) *Must fully utilize the ice surface</p>

Please refer to the current 2022 Excel program requirements on the US Figure Skating website for Intermediate plus through Senior requirements