



August 3-5, 2017

Ice Centre at the Promenade
10710 Westminster Blvd.
Westminster, Co 80020

Entries due June 29, 2017 -- Online registration only!
(\$10 early bird discount if you register by June 8, 2017)

SANCTIONED BY 

ALSO SANCTIONED BY  SKATECANADA

**** EntryEeze ONLINE REGISTRATION & SECURE PAYMENT ****
www.denverfsc.org & www.rmfs.org



2017 Colorado Championships will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the 2017 rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website. Program requirements will be those designated for the 2017-2018 competitive season.

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

SERIES INFORMATION

2017 Colorado Championships has been approved by U.S. Figure Skating as part of the Colorado Basic Skills Series.

ELIGIBILITY/TEST LEVEL

Test level: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Not all events need to be skated at the same level. For specialty events only (spins, jumps, footwork) skaters may enter any level at or above their test level and may also enter multiple levels.

Age restrictions/requirements: Skaters entering juvenile free skate events (Well Balanced Program) must be under 13 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program) must be at least 13 years of age at the close of entries. Skaters entering Basic Skills – Pre-Juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

ENTRIES

Entries must be **entered online by 11:59pm MST on June 29, 2017**. Online registration with secure credit card payment is available at www.denverfsc.org or www.rmfs.org. Late entries or changes to your entry after this date will be accepted at the discretion of the Chief Referee and will be assessed a \$25.00 processing fee. Paper entries will not be accepted.

Early Bird Discount: Entries registered online by 11:59pm MST on June 8, 2016 will receive an automatic \$10.00 early bird discount.

ENTRY FEES

EVENT TYPE	ENTRY FEE	COMMENTS
First IJS Single Event	\$105	\$55/skater for Pairs
Additional IJS Event	\$40	
First 6.0 Event	\$95	\$50/skater for Pairs, Artistic Duet
Additional 6.0 Event	\$40	\$25/ skater for Pairs or Duet Artistic
All 3 rd (or more) Events	\$25	\$15/skater for Pairs or Duet Artistic
First Basic Skills Event	\$60	
Each Additional Basic Skills Event	\$15	
Synchronized Skating	\$90/team + \$5/skater	
Early Bird Discount	-\$10	If registered by June 8, 2016
Late Fee/Change Fee	\$25	After June 29, 2016

Notification of competition and practice ice times, schedules and announcements will be sent to your email through EntryEeze. Listing a valid email address when you register online is essential!

Competition information and updates can be found at www.denverfsc.org and www.rmfs.org.

REFUND POLICY

Entry fees will not be refunded after June 29, 2016 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$30 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

FACILITY

The Ice Centre at the Promenade has three indoor surfaces – Red and Green rinks 85' x 200', Blue rink 100' x 200' with rounded corners. All ice surfaces have spectator seating. There will be no admission charge to enter the arena. There is a snack bar and a restaurant which offers dining views of the Green rink.

MUSIC

For events requiring music; music must be submitted **electronically** via the online registration system by the music deadline of July 12, 2017. Music not uploaded by music deadline of July 12th, 2017 will be assessed a \$10 fee. Online music will be used for ALL practice ice sessions where music is played. A backup CD must be readily available for both competition and practice ice.

LIABILITY

U.S. Figure Skating, Denver FSC, Rocky Mountain FSC and the Ice Centre at the Promenade accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEM

*Limited Pre-Prelim, Pre-Prelim and **Preliminary** Well Balanced Programs will be offered in both IJS & 6.0 judging systems.

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

- Well Balanced Program free skate events Limited Pre-Preliminary* – Senior, Adult Masters, Adult Gold, Adult Silver
- Short program events, Juvenile – Senior
- Pairs free skate events, Juvenile – Senior
- Pairs short program events, Intermediate – Senior
- Specialty singles event: **Spins** (Prelim – Senior), **Steps** (Intermediate – Senior). **Jumps** (Juvenile – Senior)

All IJS Limited Pre-Prelim through Pre-Juvenile events will be called according to the standard rules of IJS. Step sequences will be called as ChSt. Spins will be limited to a maximum of level 2 in free skate events and a maximum of level 4 in spins events. In Free skate events there will be three components: Skating Skills & Transitions, Performance & Execution and Choreography & Interpretation.

All competitors in IJS Free skate/Short Program events are REQUIRED to submit their Planned Program Content (PPC) form online through EntryEeze registration by July 12, 2016.

The 6.0 Majority Judging System will be used for:

- Well Balanced Program free skate events, Limited Pre-Prelim*, Pre-Prelim*, Preliminary*, & Adult Bronze and below
- All Test Track Free skate events
- Specialty singles events: **Spins** (Pre-Pre - Senior), **Steps** (Pre-Pre – Juvenile), **Jumps**, **Compulsories**
- Synchronized Skating
- Pre-Juvenile Pairs
- Artistic
- Beginner Events: Elements, Compulsories, Free skate, Artistic
- All dance events

*Events with an asterisk are offered in both IJS and 6.0 judging systems. Skaters may enter both events (6.0 and IJS) for Free skate, but not for spins events.

REGISTRATION

The registration desk will be open one hour prior to, and during competition events. Skaters are required to check in at least one hour prior to their event. Coaches must check in at the registration desk and show their 2017/2018 Coaches Registration Card and valid ID to receive credentials. Coaches will not be permitted rink side without credentials. All official notices will be posted on the bulletin board near the registration desk and this shall be considered sufficient notice to all competitors, parents, professionals, and officials. Please register promptly upon arrival.

AWARDS

Presentation of awards will immediately follow the posting of results. Medals will be awarded to 1st – 4th place finishers in all events with the exception of Basic Skills events which will award medals to 1st – 6th place.

OFFICIAL NOTICES

An official bulletin board will be maintained at or near the Registration desk. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event.

PRACTICE ICE

Practice Ice will begin Thursday, August 3 and will be available each day of the competition. Practice Ice is offered for all Free skate (Well-Balanced and Test Track), Short Program, Compulsory, Ice Dance, Pairs, and Artistic events. Maximum of 2 Practice Ice sessions may be requested per skater per eligible event. For Ice Dance and Pairs, one exclusive session will be offered for each. Practice Ice will be 30 min in length and music will be played via a random draw. Not all skaters' music will be played. Props are NOT allowed on practice ice sessions.

Basic Skills Practice Ice is 20 min in length and is available for Free skate, Compulsory and Artistic events. Music will NOT be played on Basic Skills practice sessions.

Pre-Event ice is 20 min in length and guaranteed to take place prior to and on the same day as the event being skated. Pre-Event Ice will be offered for all Short Program and Free skate (Well-Balanced and Test Track), Dance & Pairs events. Max of 1 Pre-Event Ice may be requested per skater and eligible event. One Pre-Event Ice will be offered for Dance and Pairs on each day an event is held.

Practice Ice Fees

Practice Ice – 30 min	On or before June 27 th : \$12.00	After schedule posted: \$15.00	At Registration: \$18.00 (if space is available)
Pre-Event Ice – 20 min	On or before June 27 th : \$10.00	After schedule posted: \$12.00	At Registration: \$14.00 (if space is available)
Basic Skills – 20 min	On or before June 27 th \$10.00	After schedule posted: \$12.00	At Registration: \$14.00 (if space available)

All Practice Ice should be requested and paid for during online entry. Practice sessions will be organized according to level, whenever possible, and limited to 20 skaters. We reserve the right to cancel or change any practice session that has fewer than 5 skaters. Pre-Event Ice and Practice Ice will be selected by skater. After close of entries you will receive an email in order to access your practice ice record and select your sessions via EntryEeze. Practice ice sessions are not refundable after June 27th, 2017.

INFORMATION REGARDING COACHES

U.S. Figure Skating Rule MR 5.11 Coach Compliance. In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must be a current full member of U.S. Figure Skating, must complete the coach registration process through U.S. Figure Skating, must complete the appropriate CER courses and must submit proof of current general liability insurance.

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

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential - no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:
<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

CRITIQUES

Critiques may be offered for all IJS Free skate, Short program, and dance events based on official's availability. Critique schedule will be posted on bulletin board.

CONTACT INFO

If you have questions, please contact us at coloradochampionships@gmail.com or by phone 303-517-0701. All schedules & updates will be posted to our websites www.denverfsc.org and www.rmfs.org.

HOSPITALITY

There will be a separate designated hospitality areas for Coaches and Judges throughout the events.

ADVERTISING

If you are interested in placing an ad in the competition program for your skater, your club, your business, or your upcoming competition please see the advertisement page at the end of this announcement.

HOST HOTEL

Marriott Westminster
7000 Church Ranch Blvd.
Westminster, CO
720-887-1177

Standard Deluxe Room Rate
\$112 per night (plus taxes and fees)

<https://aws.passkey.com/event/49114383/owner/14285164/home>

To guarantee your rate, reservations must be made by July 10, 2016.

The Westminster Marriott is located approximately 1.5 miles from the Ice Centre at the Promenade. Complimentary shuttle service is available to and from the Promenade and within and three (3) mile radius of the hotel.

COMPETITION EVENTS

FREE SKATE EVENTS: WELL BALANCED, ADULT, AND TEST TRACK

Skaters may enter EITHER a Well Balanced Free skate event or a Test Track Free skate but NOT both. Skaters will skate to the music of their choice. Vocal music IS permitted for ALL levels. All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under "Technical Information," then "Singles/Pairs".

In 6.0 judged events, the following deductions will be taken:

- -0.1 from each mark for each technical element included that is not permitted in the event description.
- -0.2 from the technical mark for each extra element included.
- -0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Well Balanced Program Free skate

LEVEL	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>LIMITED PRE- PRELIMINARY</p> <p>1:40 max</p> <p>*means element is required</p>	<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 permitted. ○ 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 permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE- PRELIMINARY</p> <p>1:40 max</p> <p>*means element is required</p>	<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 permitted. ○ 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 permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>• If IJS is used, then: ChSt</p>



LEVEL	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>PRELIMINARY</p> <p>1:30 +/- 10 sec</p> <p><i>*means element is required</i></p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel or a waltz jump-type jump* • All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted ○ Jump sequences limited to a maximum of 3 single or double jumps 	<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 permitted but will not be counted as elements ○ Jumps may be included in the step sequence • If IJS is used, then: ChSt
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p><i>*means element is required</i></p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps, in jump sequences or in jump combinations ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted ○ Jump sequences limited to a maximum of 3 single or double jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ May start with a flying entry ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ May start with a flying entry ○ Min 4 revs <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must fully utilize the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>JUVENILE and OPEN JUVENILE</p> <p>2:20 +/- 10 sec</p> <p><i>*means element is required</i></p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence ○ No double jump can be included more than twice • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry</p> <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"> • One choreographic step sequence* Must fully utilize the ice surface

LEVEL	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>INTERMEDIATE</p> <p>2:40 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • All single, double and triple jumps allowed <ul style="list-style-type: none"> ○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated ○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> ○ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations are limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry</p> <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"> • One leveled step sequence* • Maximum of Level 2. Only Simple Variety (seven turns) and rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. <p>Must fully utilize the ice surface</p>
<p>NOVICE LADIES</p> <p>3:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence <ul style="list-style-type: none"> ○ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry</p> <p>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"> • One leveled step sequence* <p>Must fully utilize the ice surface</p>

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

LEVEL	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>JUNIOR MEN</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences-Number of jumps in jump sequence is not limited <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry</p> <p>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"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>SENIOR LADIES</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences-Number of jumps in jump sequence is not limited <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry</p> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* Must be clearly visible
<p>SENIOR MEN</p> <p>4:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences-Number of jumps in jump sequence is not limited <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry</p> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* Must be clearly visible

Adult Well Balanced Program Free skate

LEVEL	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>CHAMPIONSHIP MASTERS JUNIOR/SENIOR & MASTERS JUNIOR/SENIOR</p> <p>3:40 max * means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Max 3 combinations or sequences • 1 jump combinations/sequences may contain three jumps; the remaining jump combination/sequences are limited to two jumps • Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted • No Axels and multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 5 revolutions total if no change of foot • Min. 4 revolutions each foot if change of foot • Min. 2 revolutions in position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 Choreographic step sequence fully utilizing the ice surface (may include Moves in the Field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>CHAMPIONSHIP MASTERS INTERMEDIATE/NOVICE & MASTERS INTERMEDIATE/NOVICE</p> <p>3:10 max * means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Max 3 combinations or sequences • 1 jump combinations/sequences may contain three jumps; the remaining jump combination/sequences are limited to two jumps • Each jump may be repeated only once, and only as part of comb or seq • All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop • Only one double-double jump combination or sequence is permitted • Double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 5 revolutions total if no change of foot • Min. 4 revolutions each foot if change of foot • Min. 2 revolutions in position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 Choreographic step sequence fully utilizing the ice surface (may include Moves in the Field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.
<p>CHAMPIONSHIP ADULT GOLD & ADULT GOLD</p> <p>2:40 max</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 3 combinations or sequences • 1 jump combinations/sequences may contain three jumps; the remaining jump combination/sequences are limited to two jumps • Each jump may be repeated only once, and only as part of combo or seq • All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow • No double-double jump combinations or sequences are permitted • Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>Max 3 spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 4 revolutions total if no change of foot • Min. 4 revolutions each foot if change of foot • Min. 2 revolutions in position 	<p>Max 1 Step Sequence</p> <ul style="list-style-type: none"> • 1 Choreographic step sequence fully utilizing the ice surface (may include Moves in the Field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.



LEVEL	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>CHAMPIONSHIP ADULT SILVER & ADULT SILVER</p> <p>2:10 max</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences • 1 combination/sequence may consist of three jumps, and the other may have only two jumps • Additional jump sequences which contain non-listed jumps of not more than one performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once, and only as part of combo or sequence (max 2 of any jump) • All single jumps are permitted, including single Axel • No double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 3 revolutions total if no change of foot • Min. 3 revolutions each foot if change of foot • Min. 2 revolutions in position 	<p>Max 1 Sequence</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence OR • Spiral Sequence (any pattern) sequence <p>Must utilize ½ the ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
<p>ADULT BRONZE</p> <p>1:50 max</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Max 2 combinations or sequences; • 1 combination/sequence may consist of three jumps, and the other may have only two jumps • Each jump may be repeated only once, and only as part of combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except Axel) • No Axel, double or triple jumps are permitted 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 3 revolutions total if no change of foot • Min. 3 revolutions each foot if change of foot • Min. 2 revolutions in position • No flying spins are permitted 	<p>Max 1 Sequence</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence OR • Spiral Sequence (any pattern) <p>Must utilize ½ the ice surface.</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
<p>ADULT PRE BRONZE</p> <p>1:40 maximum</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included • 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps. • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are allowed • No single Lutz, single Axel or double jumps are allowed 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Min 3 revs • Spins with a flying entry are not permitted 	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Connecting steps throughout the program are required

Test Track Free skate

General event parameters:

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

LEVEL	JUMP ELEMENTS	SPINS	STEPS	QUALIFICATIONS
PRE- PRELIMINARY 1:40 maximum	Maximum of 5 jump elements: <ul style="list-style-type: none"> • Jumps with not more than ½ rotation (front to back or back to front including ½ loop) • Single rotation jumps: Salchow, toe loop & loop only • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	Maximum of 2 spins: <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
PRELIMINARY 1:30 +/- 10 sec.	Maximum of 5 jump elements: <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	Maximum of 2 spins: <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front to back scratch; exit on spinning foot not mandatory. (Min. 3 revs per foot) 	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
PRE-JUVENILE 2:00 +/- 10 sec.	Maximum of 5 jump elements: <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels) • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	Maximum of 2 spins: <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). • Spins may not fly. 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test



<p>JUVENILE</p> <p>2:15 +/- 10 sec.</p>	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> Any single jumps, including Axel, are permitted. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> One solo spin in one position, no change of foot (Min. 4 revolutions). One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) <i>Only solo spin may fly</i> 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>
<p>INTERMEDIATE</p> <p>2:40 +/- 10 sec.</p>	<p>Maximum of 6 jump elements:</p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow and double toe loop. Max of 3 jump combinations or sequences Max. 2 of any same type jump 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> One must be a flying spin (min 5 revolutions), One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p>
<p>NOVICE</p> <p>Ladies: 3:00 +/- 10 sec.</p> <p>Men: 3:30 +/- 10 sec.</p>	<p>Maximum of 7 jump elements for men, 6 for ladies</p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p>Maximum of 3 spins, of a different nature:</p> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) The other spins are the option of the skater (min 6 revolutions per foot) <i>All spins may fly</i> 	<p>One step sequence or spiral sequence fully utilizing ice surface (see rule 4104 & 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>
<p>JUNIOR</p> <p>Ladies: 3:30 +/- 10 sec.</p> <p>Men: 4:00 +/- 10 sec.</p>	<p>Maximum of 8 jump elements for men, 7 for ladies</p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p>Maximum of 3 spins of a different nature:</p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<p>One step sequence fully utilizing ice surface (See rule 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>

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

- Juvenile/Open-Juvenile – Senior short program events will be offered.
- Athletes/coaches are responsible for going to the USFS rulebook for rules, program length, etc.
- ALL Short Programs will utilize the requirements for the 2017-2018 competitive season.
- Juvenile short program follows Intermediate SP rules (Rule 4230) with exception Step Sequence will be called Choreographic Step (ChSt). Technical panel will follow Juvenile rules for determining element levels.

INTERMEDIATE LADIES/MEN 2:10 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or the triple jump used in the combination	Jump Combination Single/Double, Double/Double, Single/Triple, or Double/Triple May not repeat Axel jump or solo jump performed	Spin Only one position No change of foot May start with a fly Min. 5 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Max Level 2. Only Simple Variety (7 turns) and rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Fully utilizing the ice surface
NOVICE LADIES 2:30 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed	Layback or Sideways Leaning Spin, Sit or Camel Spin No change of foot No flying entry Min. 6 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
NOVICE MEN 2:30 max.	Single or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	Camel or Sit Spin With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
JUNIOR LADIES 2:40 +/- 10 sec	Double Axel	Double or Triple Lutz Immediately preceded by connecting steps or other free skating movements	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	Flying Sit Spin Flying pos. may be different than landing pos. Min. 8 revs.	Layback, Sideways Leaning or Camel Spin without change of foot No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.
JUNIOR MEN 2:40 +/- 10 sec	Double or Triple Axel	Double or Triple Lutz Immediately preceded by connecting steps or other free skating movements	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	Flying Sit Spin Flying pos. may be different than landing pos. Min. 8 revs.	Camel Spin With only 1 change of foot No flying entry Min. 6 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.
SENIOR LADIES 2:40 +/- 10 sec	Double or Triple Axel	Any Triple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	Flying Spin Landing position different than spin in 1 position Min. 8 revs.	Layback, Sideways Leaning, Sit or Camel Spin without change of foot No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.
SENIOR MEN 2:40 +/- 10 sec	Double or Triple Axel	Any Triple or Quadruple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo	Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed	Flying Spin Landing position different than spin in 1 position Min. 8 revs.	Camel or Sit Spin With only 1 change of foot No flying entry Min. 6 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.



PAIRS FREE SKATING EVENTS

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

- A. Pre-juvenile – senior ([requirements chart](#)).

PAIRS SHORT PROGRAM EVENTS

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

- A. Intermediate short program – [Rule 5230](#)
 B. Novice short program – [Rule 5220](#)
 C. Junior short program – [Rule 5210](#)
 D. Senior short program – [Rule 5200](#)

SINGLES COMPULSORY MOVES

- Elements can be performed in any order, as a program, without music.
- No extra elements may be added. Each element may only be attempted once.
- All events will be skated on ½ ice.
- If entries warrant, groups will be divided by the skaters' Well-balanced or Test Track Free Skate entry.
- Entrants in Compulsories may enter any level at/above that which they qualify but may not skate down.
- Entrants may enter multiple Compulsory Moves events with a maximum of two entries (registrations)

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
Pre – Juvenile	1:15 max.	<ul style="list-style-type: none"> • Single jump (may include Axel) • Jump combination: single/single (may include Axel) • Layback spin or camel spin - minimum three revolutions • Step sequence - circular
Juvenile & Open Juv.	1:15 max.	<ul style="list-style-type: none"> • Single Axel • Jump combination: single/single or double/single • Layback spin or camel spin - minimum three revolutions • Step sequence – circular
Adult Pre-Bronze	1:15 max.	<ul style="list-style-type: none"> ▪ Backward crossovers (Min. 5 consecutive) ▪ Waltz jump ▪ Forward upright spin (Min. 3 revolutions) ▪ Forward outside spiral
Adult Bronze	1:15 max.	<ul style="list-style-type: none"> ▪ Single Salchow ▪ Waltz jump – toe loop combination jump ▪ Sit spin (Min. 3 revolutions) ▪ Spiral sequence (Min. 2 spirals)
Adult Silver	1:15 max.	<ul style="list-style-type: none"> ▪ Single loop ▪ Single/single jump combination ▪ Sit spin (Min. 3 revolutions) ▪ Straight line step sequence

Level	Time	Skating rules/standards
Adult Gold	1:15 max.	<ul style="list-style-type: none"> ▪ Single Lutz or Axel ▪ Single/single or single/double jump combination ▪ Camel spin (Min. 4 revolutions) ▪ Straight line step sequence
Masters Inter/Novice	2:00max.	<ul style="list-style-type: none"> • Axel, double Salchow , double toe loop or double loop ▪ Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel ▪ Solo spin of skater's choice (Min. 6 revolutions) ▪ Straight line step sequence
Masters Junior/Senior	2:00max.	<ul style="list-style-type: none"> ▪ Choice of any double jump ▪ Jump combination that may include any double jump ▪ Solo spin of skater's choice (Min. 8 revolutions) ▪ Straight line step sequence

SINGLES JUMPS CHALLENGE

- Each jump may be attempted twice; the best attempt will be judged.
- Jumps with an “**” must be preceded with connecting steps (Intermediate – Senior).
- No Test – Pre-Juv, Adult Pre-Bronze – Adult Silver Jumps will be judged 6.0
- Juvenile – Senior, Adult Gold – Masters Jr/Sr will be judged IJS.
- If entries warrant, groups will be divided by the skaters' Well-balanced or Test Track Free Skate entry.
- Entrants in Jumps may enter any level at or above that which they qualify but may not skate down.
- Entrants may enter multiple Jumps events with a maximum of two entries (registrations).
- In all Full Ice jump events competitors MAY skate opposite another skater: have the entire ice to prepare the jump but the jump performed must be on their assigned “end (L or Z)” of the arena.

Level	Ice	Time	Skating rules / standards
No-Test	½ Ice	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	½ Ice	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	½ Ice	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	½ Ice	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Single or double jump 3. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	Full Ice	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double Salchow 3. Jump combination – single/single or double/single (no Axel)
Intermediate	Full Ice	1:30 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double loop* 3. Jump combination – double/single (no Axel)
Novice	Full Ice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Double flip* 3. Jump combination – double/double (may be double Axel)
Junior	Full Ice	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple flip* 3. Jump combination – double/double (may be double Axel)
Senior	Full Ice	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump 2. Double or triple Lutz* 3. Jump combination – double/double or triple/double (may be double Axel)
Adult Pre-Bronze	½ Ice	1:00 max.	<ol style="list-style-type: none"> 1. Waltz or toe loop jump 2. ½ flip, ½ Lutz or ½ loop
Adult Bronze	½ Ice	1:00 max.	<ol style="list-style-type: none"> 1. Single Salchow 2. Single toe loop 3. Any single jump + single toe loop combination (No Axels allowed)

Level	Ice	Time	Skating rules / standards
Adult Silver	½ Ice	1:15 max.	1. Single flip 2. Single loop 3. Single/single combination (Axel is permitted)
Adult Gold	Full Ice	1:15 max.	1. Single Axel 2. Single Lutz 3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)
Masters Intermediate/Novice	Full Ice	1:30 max.	1. Axel 2. Double Salchow , double toe loop or double loop 3. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel
Masters Junior/Senior	Full Ice	1:30 max.	1. Double loop or double flip 2. Double Lutz 3. Jump combination that may include any double jump

SINGLES SPINS CHALLENGE

- Spins may be skated in any order with only one attempt per spin.
- Connecting steps are allowed, but will not be taken into consideration in scoring.
- All events will be skated on ½ Ice.
- Preliminary – Senior Spins are offered in both IJS & 6.0 judging systems. Skaters may enter IJS OR 6.0 events.
- No-test and Pre-Preliminary will only be offered in 6.0
- No spin may have a flying entry unless stated.
- Minimum number of revolutions is noted in parentheses.
- Events as IJS:
 - Each spin is leveled independently from the other spins. For example, features will be counted once per spin, not once per program. (Note this is different from FS and SP events).
 - Level requirements will follow rules as stated in the ISU Technical Handbook and accompanying US Technical Notifications from No Level to Level 4.
- Entrants in Spins may enter any level at or above that which they qualify but may not skate down.

Level	Time	Skating rules / standards
No-Test	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
Pre – Preliminary	1:30 max.	1. Upright one-foot spin (3) 2. Upright back scratch spin (3) 3. Sit spin (3)
Preliminary	1:30 max.	1. Forward scratch to back scratch spin (3) 2. Combination spin with no change of foot (4) 3. Sit spin (3)
Pre – Juvenile	1:30 max.	1. Camel spin (3) 2. Combination spin – camel to sit spin; no change of foot (6) 3. Forward to backward scratch spin (3 per foot)
Juvenile & Open Juv.	1:30 max.	1. Sit spin (4) 2. Combo spin – w/change of foot; optional change of position (4/foot) 3. Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	1. Flying camel spin (5) 2. Sit spin to backward sit spin (4 per foot) 3. Combination spin – change of foot & change of position (4 per foot)
Novice	1:30 max.	1. Choice of camel, sit or layback spin (6) 2. Camel spin to backward camel spin (4 per foot in position) 3. Combo spin – w/change of foot & two changes of position (2/position, 5/foot)
Junior	1:30 max.	1. Flying sit spin or flying reverse sit spin (6) 2. Solo spin of choice (6) – may not fly 3. Combo spin – w/change of foot & all three positions (2/position, 5/foot)

Level	Time	Skating rules / standards
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Flying spin of choice (6) 2. Solo spin of choice (6) – may not fly 3. Combo spin – w/change of foot & all three positions (2/position, 5/foot)
Adult Pre-Bronze	1:15 max.	<ol style="list-style-type: none"> 1. One-foot upright spin (3) 2. Two-foot upright spin (3)
Adult Bronze	1:15 max.	<ol style="list-style-type: none"> 1. One-foot upright spin (4) 2. One-foot back spin (3) 3. Sit spin (3)
Adult Silver	1:30 max.	<ol style="list-style-type: none"> 1. Camel spin (3) 2. Layback, sideways leaning or sit spin (4) 3. Combo spin w/at least 1 change of position, no change of foot (3/position)
Adult Gold	1:30 max.	<ol style="list-style-type: none"> 1. Solo spin, no change of foot (4) 2. Second solo spin, different from the first; change of foot optional (4) 3. Combo spin with one change of foot, at least one change of position (4/foot)
Masters Int/Novice	1:30 max.	<ol style="list-style-type: none"> 1. Solo spin of skater's choice (Min. 6 revolutions) 2. Second solo spin, different from first; change of foot optional (4) May fly 3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot)
Masters Jr/Sr	1:30 max.	<ol style="list-style-type: none"> 1. Solo spin of skater's choice (Min. 8 revolutions) 2. Solo spin with a flying entry 3. Combination spin that may have more than one change of foot, at least one change of position (4 each foot). May have a flying entry.

SINGLES STEP SEQUENCES

- Levels are based on the skaters' highest Moves in the Field test passed.
- Skater may skate to music of their choice or choose no music.
- Skaters perform two different step sequences of their choice; any shape or pattern; however, skaters must make it clear when their first step sequence ends, and their second begins.
- Each of the step sequences must include the required steps and/or turns listed for each level.
- Each step sequence may, and is encouraged to, include additional steps or turns.
- Each step sequence must utilize the full ice surface.
- Skaters are encouraged to focus on edge quality, clarity of turns, multi-directional and one-foot skating.
- Pre-Pre –Juvenile Steps judged using 6.0, Intermediate - Senior Steps judged using IJS.
- For IJS events, the Technical Panel will follow the level requirements (No level – Level 4) as stated in the ISU Technical Handbook.
- Entrants in Steps may enter any level at or above that which they qualify but may not skate down.
- Entrants may enter multiple Step events with a maximum of two entries (registrations).

Level	Time	Required elements
Pre-Preliminary	1:00 max.	Each of the two step sequences must include: <ul style="list-style-type: none"> - Forward outside 3-turn - Inside mohawk - Demonstration of forward outside & forward inside edges
Preliminary	1:00 max.	Each of the two step sequences must include: <ul style="list-style-type: none"> - At least two consecutive forward outside power 3-turns - Forward inside 3-turn - At least one set of alternating 3-turns (outside or inside)
Pre-Juvenile	1:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 4. Backward inside 3-turns on each foot 5. Backward outside 3-turns on each foot 6. At least 2 consecutive power pulls (backward or forward)
Juvenile & Open Juv.	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. Forward outside double 3 (either foot) 2. Forward inside double 3 (either foot) 3. At least 2 consecutive cross strokes (backward or forward)

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

SHOWCASE EVENTS: Dramatic Entertainment, Light Entertainment, Duet

Dramatic Entertainment Event

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

Light Entertainment Event

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

Duet Event

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

General Event Parameters for all Showcase Events:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline.
3. Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

RULES AND REQUIREMENTS

Showcase events offered for No Test – Senior & Adult (beginner levels offered as part of LTS USA)

- [LIGHT ENTERTAINMENT](#)
- [DRAMATIC ENTERTAINMENT](#)
- [DUET](#)

**The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart.*

SYNCHRONIZED SKATING EVENTS

1. Teams will skate to the music of their choice. Vocal music is permitted.
 2. Teams may have a max of four alternates, in addition to the max number of skaters allowed per level.
 3. See the current USFS Rulebook, technical notification and/or ISU communication for skating requirements.
 4. Synchro Skills (Beginner) levels 1, 2, 3 will compete against each other as "Beginner" with max program time of 2:40 sec. No penalty for a program time that is less.
 5. The following rules apply to teams of all levels:
 - Rule 7020 – Clothing ([2016-2017 Costume Guidelines](#))
 - Rule 7120 – Definitions of Steps and Turns
 - Rule 7130, 7140 – Definitions of Features and Requirements
 - Rule 7150 – General Criteria for Basic Requirements for Elements
 - Rule 7160 – Illegal Elements/Features/Additional Features/Movements
 - Rule 7170 – Non-Permitted Elements, Features, Additional Features and Movements
- [2016-17 Synchronized Skating Free Skate Program Elements](#)
 - [2016-17 Synchronized Skating Synchro Skills Requirements](#)