

This event is a standard U.S. Figure Skating Nonqualifying Competition



## Cardinal Classic 2018

Hosted by the Skating Club of Northern Virginia  
Sanctioned by US Figure Skating  
April 6-8, 2018

Register Online by February 23, 2018  
[www.scnv.org](http://www.scnv.org)

<http://comp.entryeeze.com/Home.aspx?cid=375>

The Cardinal Classic will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website. This competition will be using the 2017-2018 Well Balanced Program Requirements for all Singles, Pairs and Theatre on Ice events. Compliance with these rules as updated or amended is the sole responsibility of the participants and their coaches.

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

### **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



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any event. Juvenile and Intermediate skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level.

**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 Intermediate Short and Free Skate events (Well Balanced Program) must be under 18 years of age at the close of entries.

Skaters entering beginner – preliminary events will be divided as closely as possible by age should the number of entries warrant more than one group.

**ENTRIES:**

**Online entry with secure credit card payment is available at:**

<http://comp.entryeeze.com/Home.aspx?cid=375>

Online entries must be completed by midnight on February 23, 2018. No paper entries will be accepted. Late entries may be accepted at the discretion of the competition committee. If accepted, a late fee of \$45 will be assessed. The competition committee reserves the right to limit entries to any event, to cancel an event based upon time restrictions and to combine event levels. The Chief Referee and Competition Chairperson reserve the right to combine ladies' and men's/girl's and boy's events where permitted by U.S. Figure Skating Rulebook.

Theatre on Ice liability waivers will be sent to the email address of each skater on the roster and must be received back no later than March 16, 2018. Theatre on Ice Planned program content should be emailed to registrar@scnv.org no later than March 16, 2018.

**Entry fees are as follows:**

First IJS Event \$145

Each Additional IJS Event \$85

First Non-IJS Event (including Showcase Single Events) \$105

Each Additional Non-IJS Event \$65

Jump and Spin Events ONLY \$45

Showcase Groups and Learn to Skate TOI \$70 for teams, plus \$10 for each skater in the team

Theatre on Ice Teams (except Learn to Skate TOI) \$350 per group

Late Fee (if sent after February 23) \$45 per event

- Short Program and Free Skate are considered separate events and if both are entered, the fee would include both the First and Additional IJS Event Fees.
- All two-person teams should make payment arrangements among themselves and provide ONE payment for the entire team and register only once with the other team member in the partner field. The person who registers is the person who receives the benefit of any reduced additional event fee. The person in the partner field does not receive the benefit of any reduced additional event fee.
- Theatre on Ice and Production Teams should choose one person to register and provide ONE payment for the entire team. These TOI fees stand alone and do not affect another registration for non-TOI events.
- Theatre on Ice CE and FS should be registered for separately and will be judged separately. Registration cost is \$350 for the first event and \$0 for the second event.

**REFUND POLICY:** Entry fees will not be refunded after February 23, 2018, unless no competition exists or an 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 assessed a \$35.00 fee. Payment of the fee will be required before skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will not be available by phone, email or mail. Skaters' and coaches' schedules will be available via the web at [www.scnv.com](http://www.scnv.com).

**FACILITIES:** The competition will be held at Prince William Ice Center, 5180 Dale Blvd, Woodbridge, VA 22193, (703) 730-8423, [www.pwice.com](http://www.pwice.com). Facilities include two ice surfaces (Olympic 200' x 100' and NHL 200' x 85'), locker rooms and on-site café. The competition will take place on the Olympic surface.

**MUSIC:** Competitors must provide music for all events, as appropriate. Competition music for all events that require music must be submitted electronically via the online registration system by the music deadline of March 16, 2018 at 11:59 pm.

After you have registered and paid for your events on Entryeze.com, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can return to your account later to upload music by going to the "Competition" tab and then selecting "My music".

Your music must meet the following criteria. If you have questions about what format you have, please contact your coach and get a new version of your music that meets the criteria listed below.

Music Criteria:

- 1) File Format: MP3 (the online system will automatically check this)
- 2) Bit Rate: 192 kbps or higher (this will be checked by the music chairperson and they may request you upload a corrected file)
- 3) Sample Rate: 44,100 kHz (this will be checked by the music chairperson and they may request you upload a corrected file)
- 4) Leaders and trailers (the silence or "dead space" before and after the actual start and end of the program music) may not exceed two (2) seconds. We prefer that there be NO leaders or trailers at all. Excessive leaders and trailers may disrupt the playing of the music during competition.
- 5) File name must include Competitor's name and event level Ex. Jane Smith-Intermediate Long

For questions regarding music uploads, contact Charles at [music@scnv.org](mailto:music@scnv.org).

**Competitors must also bring a copy of their competition music on CD as a backup in case of technical difficulties.**

**LIABILITY:** U.S. Figure Skating, SCNV and Prince William Ice Center accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

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

- Well Balanced Program Free Skate events, Pre-Juvenile – Senior
- Short program events, Intermediate – Senior
- Adult Gold and Adult Masters events (except Adult pairs)

All competitors skating in these events need to submit the planned program content form online through the



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EntryEeze portal. The deadline to submit the form is March 16, 2018.

The 6.0 Majority Judging System will be used for all other events.

**Critiques:** For IJS singles, short and free skate programs, pre-juvenile through senior. Coaches and competitors are invited to attend. Please check rink postings for the time and location of your event's critique room. Theatre on Ice critiques will be available for CE and free skate programs.

**REGISTRATION:** Registration will be open one hour before the first event of each day and run through the last event of the day. The registration table will be located in the lobby at Prince William Ice Center. Check in for all other events should be one hour prior to your event.

**Exhibitions:** If there is only one skater entered in an IJS event, it will be scheduled as an exhibition, unless the skater wishes to cancel with entry fee refund. There will be no planned exhibitions for 6.0 events (exception Theatre on Ice – see below). If there is only one skater in a 6.0 event when the competition schedule is ready to be published, the event will be cancelled and the skater will be offered the option to skate up a level, if available, or to receive a refund. If withdrawals subsequent to the posting of the schedule reduce the number of entries in an event to one, the remaining skater will be contacted and offered the option of skating an exhibition or receiving a refund of the entry fee for that event. If there is only one Theatre on Ice team in the CE and/or FS events, the team will be offered the option of skating exhibitions (with critiques) or a refund. Skaters in Exhibition events will not be eligible to receive awards.

**PRACTICE ICE:** Practice ice for the day of the competition will be available for pre-purchase online during registration. Early morning and mid-day sessions are planned, depending upon availability. Skaters will be able to select the date and time from the published practice ice schedule after the close of registration. As soon as all schedules are finalized you will receive an email with the start date and time for practice ice selection. You will need your US Figure Skating number and your EntryEeze PIN number in order to access your account and make your selection. Additional practice ice will be available for sale online after pre-purchased sessions have been selected. Skaters are reminded to be on time for practice ice sessions. As is customary, coaches are not allowed on the ice during practice ice sessions and no program music will be played. Practice ice fees are non-refundable.

- 1 practice ice session per event is available for pre-purchase at the time you register for the competition - \$15.00 per session
- On-line sales of practice ice after close of registration - \$18.00 per session
- Pick-up practice ice (if available) the day of the event - \$20.00 per session
- TOI Team practice ice will be available pre-purchase only prior to the close of registration. \$220.00 per 30-minute session. Props and music are permitted during team practice.

Skaters seeking additional practice ice on the Friday prior to the competition should check the freestyle schedule at Prince William Ice Center, [www.pwice.com/page/show/360790-freestyle](http://www.pwice.com/page/show/360790-freestyle).

**PHOTOGRAPHY/VIDEOGRAPHY:** A professional photographer and videographer will be taking photos and videos for all skaters and all freestyle skating events and team events, which will be available for purchase on site. Pre-orders of DVD recordings at a discount will be available for pre-purchase through ProEventPhoto. See <http://store.proeventphoto.com/product/CARDINALCLASSIC.html>. Except for the official videographer, only battery-operated cameras will be allowed. Individual videotaping will be permitted in designated areas only. There will be NO flash photography permitted in the ice arena.

**AWARDS:** Medals will be awarded for First, Second, Third and Fourth place finishers in each group in each event. No medals will be awarded for exhibitions. A championship trophy will be awarded to the winner of the Juvenile Girl Free Skate courtesy of PlumTree Financial, Official Sponsor of SCNV.

**OFFICIAL NOTICES:** An official bulletin board will be maintained on the Cardinal Classic page of [www.scnv.org](http://www.scnv.org). 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 no later than one hour prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

**INFORMATION REGARDING COACHES:**

U.S. Figure Skating Rule MR 5.11 Coach Registration

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

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screening.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

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

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

**FINAL ROUND:** For each 6.0 free skating event (Pre-Preliminary through Senior) made up of more than one group, an equal number of place finishers not to exceed the top 3, will advance to a final round. Final Round will consist of no more than 12 skaters.

**SAFESPORT:** We follow all SafeSport policies and guidelines of USFS and the USOC.

**CONTACT INFO:** For competition schedule and questions, contact Melissa Mahle at [melissa@scnv.org](mailto:melissa@scnv.org). For questions about registration, contact Priscilla Totten, [registrar@scnv.org](mailto:registrar@scnv.org). For questions on music, contact Charles at [music@scnv.org](mailto:music@scnv.org).

**LODGING:** In order to secure the group rate you must identify yourself with the Skating Club of Northern Virginia "Cardinal Classic." A limited number of rooms are available. Please ask about group rates.

Courtyard by Marriott Potomac Mills  
14300 Crossing Place  
Woodbridge, VA 22192  
[www.marriott.com/hotels/travel/waswb-courtyard-potomac-mills-woodbridge/](http://www.marriott.com/hotels/travel/waswb-courtyard-potomac-mills-woodbridge/)  
703-491-4525

**ADDITIONAL INFORMATION:**

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The Cardinal Classic events will all take place on April 6-8, 2018. A tentative schedule, subject to change, will be available through the EntryEeze portal and the club website ([www.scnv.org](http://www.scnv.org)) no later than two weeks before the competition.

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

### General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate 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	Jumps	Spins	Step Sequences	Qualifications
<b>Beginner</b> <b>1:40 Maximum</b>	<b>Max. 5 jump elements:</b> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Max. 2 jump sequences Max. 2 of any same jump</li> </ul>	<b>Max. 2 spins:</b> <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests
<b>High Beginner</b> <b>1:40 Maximum</b>	<b>Max. 5 jump elements:</b> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>	<b>Max. 2 spins:</b> Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests
<b>Pre-Preliminary</b> <b>1:40 maximum</b>	<b>Maximum of 5 jump elements:</b> <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<b>Maximum of 2 spins:</b> <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions)</li> </ul>	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

Level	Jumps	Spins	Step Sequences	Qualifications
<b>Preliminary</b> <b>1:30 +/- 10 sec.</b>	<b>Maximum of 5 jump elements:</b> <ul style="list-style-type: none"> <li>Jumps with not more than one rotation (no Axels).</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<b>Maximum of 2 spins:</b> <ul style="list-style-type: none"> <li>One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions)</li> <li>One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	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
<b>Pre-Juvenile</b> <b>2:00 +/- 10 sec.</b>	<b>Maximum of 5 jump elements:</b> <ul style="list-style-type: none"> <li>Jumps with not more than one rotation (no Axels).</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<b>Maximum of 2 spins:</b> <ul style="list-style-type: none"> <li>One spin in one position, no change of foot (Min. 3 revolutions)</li> <li>One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly.</li> </ul>	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
<b>Juvenile</b> <b>2:15 +/- 10 sec.</b>	<b>Maximum of 5 jump elements:</b> <ul style="list-style-type: none"> <li>Any single jumps, including Axel, are permitted.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<b>Maximum of 2 spins:</b> <ul style="list-style-type: none"> <li>One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <li>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)</li> </ul> <i>Only solo spin may fly</i>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating Pre-Juvenile Free Skate test but may not have passed tests higher than Juvenile Free Skate test



Level	Jumps	Spins	Step Sequences	Qualifications
<b>Intermediate</b> <b>2:40 +/- 10 sec.</b>	<b>Maximum of 6 jump elements:</b> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow and double toe loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<b>Maximum of 2 spins:</b> <ul style="list-style-type: none"> <li>One must be a flying spin (min 5 revolutions),</li> <li>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).</li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating Juvenile Free Skate test but may not have passed tests higher than Intermediate Free Skate test
<b>Novice</b> <b>Ladies: 3:00 +/- 10 sec.</b> <b>Men: 3:30 +/- 10 sec.</b>	<b>Maximum of 7 jump elements for men and 6 for ladies:</b> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop and double loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<b>Maximum of 3 spins, of a different nature:</b> <ul style="list-style-type: none"> <li>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)</li> <li>The other spins are the option of the skater (min 6 revolutions per foot)</li> <li>All spins may fly</li> </ul>	One step sequence or spiral sequence fully utilizing ice surface  (see rule 4104 & 4105 for remarks)	Skaters must have passed at least the U.S. Figure Skating Intermediate Free Skate test but may not have passed tests higher than Novice Free Skate test
<b>Junior</b> <b>Ladies: 3:30 +/- 10 sec.</b> <b>Men: 4:00 +/- 10 sec.</b>	<b>Maximum of 8 jump elements for men and 7 for ladies:</b> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop, double loop and double flip</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<b>Maximum of 3 spins of a different nature:</b> <ul style="list-style-type: none"> <li>One spin in one position (Min. 6 revolutions)</li> <li>One flying spin (Min. 6 revolutions)</li> <li>One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5 revolutions per foot)</li> </ul>	One step sequence fully utilizing ice surface  (See rule 4105 for remarks)	Skaters must have passed at least the U.S. Figure Skating Novice Free Skate test but may not have passed tests higher than Junior Free Skate test



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



## EVENT: Well Balanced Program Free Skate

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters, including adults, may compete at the highest level they have passed, or skate up to one level higher.
- All relevant and appropriate IJS rules will be used in events Juvenile through Senior and Adult Gold and Adult Masters. Coaches and athletes are expected to be aware of these rules by reading the documents on [www.usfigureskating.org](http://www.usfigureskating.org) under "Technical Information," then "Singles/Pairs."

Please consult the current rules for requirements under the IJS system of judging. Intermediate-Senior Short and Free Skate programs are individual events – please be sure to register separately for each segment.

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>NO TEST</b></p> <p><b>1:40 maximum</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed except for the single Axel                             <ul style="list-style-type: none"> <li>○ No single Axels, double, triple or quadruple jumps allowed</li> <li>○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted.</li> <li>○ Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence                             <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
<p><b>PRE-PRELIMINARY</b></p> <p><b>1:40 maximum</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps, including the single Axel, allowed                             <ul style="list-style-type: none"> <li>○ No double, triple or quadruple jumps allowed</li> <li>○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted.</li> <li>○ Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence                             <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>



2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>PRELIMINARY</b></p> <p><b>1:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel or a waltz jump*</li> <li>• 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"> <li>○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>○ 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</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump permitted</li> <li>○ Jump sequences limited to a maximum of 3 single or double jumps.</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence                             <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
<p><b>PRE-JUVENILE</b></p> <p><b>2:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps allowed except for the double Axel                             <ul style="list-style-type: none"> <li>○ No triple or quad jumps allowed</li> <li>○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>○ 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</li> <li>○ Jump sequences limited to a maximum of 3 single or double jumps</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot*                             <ul style="list-style-type: none"> <li>○ May start with a flying entry</li> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position*                             <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ May start with a flying entry</li> <li>○ Min 4 revs</li> </ul> </li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence                             <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>JUVENILE and OPEN JUVENILE</b></p> <p><b>2:20 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps, including the double Axel, allowed                             <ul style="list-style-type: none"> <li>○ No triple or quadruple jumps allowed</li> <li>○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence                                     <ul style="list-style-type: none"> <li>▪ If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump can be included more than twice</li> </ul> </li> <li>• Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>○ 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</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>○ Min 8 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with only 1 position; no change of foot*                             <ul style="list-style-type: none"> <li>○ Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One choreographic step sequence*                             <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>INTERMEDIATE</b></p> <p><b>2:40 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps allowed. No quadruple jumps allowed.                             <ul style="list-style-type: none"> <li>○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</li> <li>○ 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"> <li>▪ 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</li> </ul> </li> <li>○ No double or triple jump can be included more than twice</li> </ul> </li> <li>• Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>○ Jump combinations are limited to 2 jumps except one 3-jump combination is allowed.</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>○ Min 8 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with only 1 position; no change of foot*                             <ul style="list-style-type: none"> <li>○ Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence*</li> <li>• Max Level 2. Only Minimum Variety (5 turns) &amp; Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level.</li> <li>• Must fully utilize the ice surface</li> </ul>

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>NOVICE LADIES</b></p> <p><b>3:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps are allowed. No quadruple jumps allowed.                             <ul style="list-style-type: none"> <li>○ 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"> <li>• If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ 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</li> </ul> </li> <li>• Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 flying spin with no change of foot or position*                             <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence*                             <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>NOVICE MEN</b></p> <p><b>3:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps are allowed. No quadruple jumps allowed.                             <ul style="list-style-type: none"> <li>○ 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"> <li>▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ 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</li> </ul> </li> <li>• Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> </ul> </li> <li>• 1 flying spin with no change of foot or position*                             <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence*                             <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>JUNIOR LADIES</b></p> <p><b>3:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions                             <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice                                     <ul style="list-style-type: none"> <li>▪ 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</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ All 3 basic positions with min 2 revs in each position for highest base value</li> </ul> </li> <li>• 1 spin with a flying entry*                             <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position*                             <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence*                             <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>JUNIOR MEN</b></p> <p><b>4:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 8 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions                             <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice                                     <ul style="list-style-type: none"> <li>▪ 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</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>○ Min 10 revs</li> </ul> </li> <li>• All 3 basic positions with min 2 revs in each position for highest base value</li> <li>• 1 spin with a flying entry*                             <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position*                             <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence*                             <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>SENIOR LADIES</b></p> <p><b>4:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions                             <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice                                     <ul style="list-style-type: none"> <li>▪ 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</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ All 3 basic positions with min 2 revs in each position for highest base value</li> </ul> </li> <li>• 1 spin with a flying entry*                             <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position*                             <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 2 Sequences</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence*                             <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> <li>• One choreographic sequence*                             <ul style="list-style-type: none"> <li>○ Must be clearly visible</li> </ul> </li> </ul>
<p><b>SENIOR MEN</b></p> <p><b>4:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 8 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions                             <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice                                     <ul style="list-style-type: none"> <li>▪ 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</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences                             <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*                             <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ All 3 basic positions with min 2 revs in each position for highest base value</li> </ul> </li> <li>• 1 spin with a flying entry*                             <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position*                             <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 2 Sequences</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence*                             <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> <li>• One choreographic sequence*                             <ul style="list-style-type: none"> <li>○ Must be clearly visible</li> </ul> </li> </ul>

## EVENT: Singles Short Program

General event parameters:

- This chart has been updated with changes from the U.S. Figure Skating Governing Council and the ISU Congress that went into effect July 1, 2017.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- 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.
- All relevant and appropriate IJS rules will be used in events Intermediate through Senior. Coaches and athletes are expected to be aware of these rules by reading the documents on [www.usfigureskating.org](http://www.usfigureskating.org) under "Technical Information," then "Singles/Pairs."
- Please consult the current rules for requirements under the IJS system of judging. Intermediate-Senior Short and Free skate programs are individual events – please be sure to register separately for each segment.



This event is a standard U.S. Figure Skating Nonqualifying Competition



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

## EVENT: Adult 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
<b>Adult Beginner</b>  1:40 Maximum	<b>Max. 4 jump elements</b> <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, or ballet</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	<b>Max. 2 spins</b> <ul style="list-style-type: none"> <li>• Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1 Badge Test
<b>Adult High Beginner</b>  1:40 Maximum	<b>Max 4 jump elements:</b> <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same type jump.</li> </ul>	<b>Max 2 spins:</b> <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1 Badge Test
<b>Adult Pre-Bronze</b>  1:40 Maximum	<b>Max 4 Jump Elements:</b> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences</li> <li>• 1 jump combination/sequence may contain 3 jumps, and the other may contain only 2 jumps.</li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are permitted</li> <li>• No single Lutz, single Axel or double or triple jumps are permitted</li> </ul>	<b>Max 2 Spins:</b> <ul style="list-style-type: none"> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> </ul>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>• Connecting steps throughout the program are required</li> </ul>	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze Free Skate
<b>Adult Bronze</b>  1:50 maximum	<b>Max 4 Jump Elements:</b> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences;</li> <li>• 1 combination/sequence may contain 3 jumps, and the other may contain only 2 jumps</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	<b>Max 2 Spins:</b> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	<b>Max 1 Sequence:</b> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing at least half of the ice surface (may include moves in the field and spirals)</li> <li>• 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</li> </ul>	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze Free Skate

Level	Jumps	Spins	Step Sequences	Qualifications
<b>CHAMPIONSHIP ADULT SILVER &amp; ADULT SILVER</b>  2:10 maximum	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences</li> <li>• 1 combination/sequence may contain 3 jumps, and the other may contain only 2 jumps</li> <li>• Additional jump sequences which contain non-listed jumps of not more than 1 revolution performed as part of connecting footwork preceding single jumps are permitted</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps, including single Axel, are permitted</li> <li>• No double or triple jumps are permitted</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</li> <li>• 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.</li> </ul>	Skaters may not have passed tests higher than U.S. Figure Skating Adult Silver Free Skate
<b>CHAMPIONSHIP ADULT GOLD &amp; ADULT GOLD</b>  2:40 maximum	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>• Max 3 combinations or sequences</li> <li>• 1 jump combination/sequence may contain 3 jumps; the remaining jump combinations/sequences are limited to 2 jumps</li> <li>• Each jump combination or sequence may include only 1 double jump</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence                             <ul style="list-style-type: none"> <li>○ If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>• All single jumps, including the single Axel, and the following double jumps are permitted: double toe loop, double Salchow.</li> <li>• Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 4 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<b>Max 1 Step Sequence</b> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• 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.</li> </ul>	Adult Gold Free Skate test



Level	Jumps	Spins	Step Sequences	Qualifications
<p><b>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE &amp; MASTERS INTERMEDIATE-NOVICE</b></p> <p>3:10 maximum * means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Max 3 combinations or sequences</li> <li>• 1 jump combination/sequence may contain 3 jumps; the remaining jump combinations/sequences are limited to 2 jumps</li> <li>• Only 1 jump combination or sequence may include 2 double jumps</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence                             <ul style="list-style-type: none"> <li>◦ If both executions of the same jump are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>• All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop</li> <li>• Double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 5 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• 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.</li> </ul>	<p>See Rule 2552 for age requirements See Rule 4540 for test requirements</p>
<p><b>CHAMPIONSHIP MASTERS JUNIOR-SENIOR &amp; MASTERS JUNIOR-SENIOR</b></p> <p>3:40 maximum * means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Max 3 combinations or sequences</li> <li>• 1 jump combination may contain 3 jumps; the remaining jump combinations are limited to 2 jumps</li> <li>• Number of jumps in sequence is unlimited, but only the 2 highest-value jumps in a jump sequence will be counted</li> <li>• No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence                             <ul style="list-style-type: none"> <li>◦ If both executions (of the same Axel or multi-rotation jump) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 5 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• 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.</li> </ul>	<p>See Rule 2552 for age requirements See Rule 4510 for test requirements</p>



**EVENT: Adult Pairs Free Skate Program**

General event parameters:

- Skaters will skate to the music of their choice and vocal music is allowed.
- All Adult Pairs judged with 6.0 system.

2017-18	LIFTS	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	PIVOT FIGURE or DEATH SPIRAL	STEP SEQUENCE	*ADDITIONAL ELEMENT
<p><b>CHAMPIONSHIP MASTERS PAIRS &amp; MASTERS PAIRS &amp; ADULT GOLD PAIRS</b></p> <p><b>3:40 maximum</b></p>	<p><b>Max 2* different</b></p> <p>One may be a twist lift with no limit on the number of revolutions</p> <p>If lifts are from the same group, they must be different (e.g. one star and one platter, both from Group 3)</p> <p>Min ½ rev and max 3½ revs by man required</p> <p>Variations of the lady's position, no-handed, one-handed and combination lifts are permitted</p> <p>Carry lifts and lifts that include a carry feature are not permitted</p>	<p><b>Max 2 different</b></p> <p>Must have different IJS codes</p> <p>No limit on number of revolutions</p>	<p><b>Max 1</b></p> <p>Single, double or triple jumps permitted</p>	<p><b>Max 1</b></p> <p>Single, double or triple jumps permitted</p> <p>Max two jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p>	<p><b>Max 1</b></p> <ul style="list-style-type: none"> <li>• Min 4 revs by both partners If spin does not have a change of foot</li> <li>• Min 6 revs by both partners If spin has a change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1*</b></p> <p>Pair spin:</p> <ul style="list-style-type: none"> <li>• Min 4 revs by both partners</li> <li>• Optional change of position</li> <li>• Min 2 revs in each position by both partners</li> </ul> <p>Or</p> <p>Pair spin combination:</p> <ul style="list-style-type: none"> <li>• Min 6 revs total by both partners</li> <li>• Min 1 change of position by each partner</li> <li>• Min 1 change of foot by each partner</li> <li>• Min 2 revs in each position by both partners</li> </ul>	<p><b>Max 1*</b></p> <p>Regular one-hand to one-hand hold required</p> <p>At least ½ revolution with man in full pivot position</p>	<p><b>Max 1</b></p> <p>One choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</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><b>Max 1</b></p> <p>May choose to perform one additional element from:</p> <ul style="list-style-type: none"> <li>• Pair spin if not already performed</li> <li>• Pair spin combination if not already performed</li> <li>• Pivot figure/death spiral (max two per program, different IJS codes)</li> <li>• Lift (max three per program, must be different)</li> </ul> <p>Additional elements must have an IJS code that is different from that of any other program element.</p>

2017-18	LIFTS	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	PIVOT FIGURE or DEATH SPIRAL	STEP OR CHOREOGRAPHIC SEQUENCE
<b>ADULT SILVER PAIRS</b>  <b>2:40 maximum</b>	<b>Max 2 different</b>  One <b>must</b> be from Group 1  Other lift may be from Group 1 with a different take off or from Group 2 or may be a single twist lift  Full extension is optional for Group 2 waist lift  Min ½ rev and max 3½ revs by man required  Variation of lady's position, no-handed, one-handed, overhead, carry and combination lifts, and lifts that include a carry feature are <b>not</b> permitted	<b>Max 1</b>  Single throw jumps only  Double or triple throw jumps <b>not</b> permitted	<b>Max 1</b>  Single jumps only  Double or triple jumps <b>not</b> permitted	<b>Max 1</b>  Single jumps only  Max two jumps in jump combination  No limit to number of jumps in jump sequence	<b>Max 1</b>  • Min 3 revs by both partners If spin does not have a change of foot • Min 5 revs by both partners If spin has a change of foot • Min 2 revs in each position	<b>Max 1</b>  Pair spin: • Min 3 revs by both partners • Optional change of position • Min 2 revs in each position by both partners  or  Pair spin combination: • Min 5 revs total by both partners • Min 2 revs in each position by both partners	<b>Max 1</b>  Pivot position <b>not</b> required  Choice of position and hand hold	<b>Max 1</b>  Chosen from: • Step sequence which must utilize at least ½ of ice surface or • Choreographic sequence which must be clearly visible  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
<b>ADULT BRONZE PAIRS</b>  <b>2:10 maximum</b>	<b>Max 1</b>  May be from Group 1 or a Group 2 waist lift  Min ½ rev and max 3½ revs by man required  Full extension is optional for Group 2 waist lift  Variations of the lady's position, no-handed, one-handed, overhead, twist, carry and combination lifts, and lifts that include a carry feature are <b>not</b> permitted	<b>Max 1</b>  Single throw jumps only  Single Axel, double or triple throw jumps <b>not</b> permitted	<b>Max 1</b>  Single jumps only  Single Axel, double or triple jumps <b>not</b> permitted	<b>Max 1</b>  Single jumps only  Single Axel, double or triple jumps <b>not</b> permitted  Max two jumps in jump combination  No limit to number of jumps in jump sequence	<b>Max 1</b>  • Min 3 revs by both partners If spin does not have a change of foot • Min 5 revs by both partners If spin has a change of foot • Min 2 revs in each position	<b>Max 1</b>  Pair spin: • Min 3 revs by both partners • Optional change of position • Min 2 revs in each position by both partners  or  Pair spin combination: • Min 5 revs total by both partners • Min 2 revs in each position by both partners	<b>Max 1</b>  Pivot position <b>not</b> required  Choice of position and hand hold	<b>Max 1</b>  Chosen from: • Step sequence which must utilize at least ½ of ice surface or • Choreographic sequence which must be clearly visible  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

This event is a standard U.S. Figure Skating Nonqualifying Competition

2017-18	LIFTS	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	PIVOT FIGURE or DEATH SPIRAL	STEP OR CHOREOGRAPHIC SEQUENCE
<p><b>CENTENNIAL PAIRS</b></p> <p>3:10 max</p>	<p><b>Max 2 different</b></p> <p>Lifts may be from Group 1 or Group 2 or one may be a single twist lift</p> <p>*If from the same group, each must have different take off (for example, one Lutz lift and one Axel lift, both from Group 1)</p> <p>Full extension is optional for Group 2 waist lift</p> <p>Min ½ rev and max 3½ revs by man required</p> <p>Variations of the lady's position, no-handed, one-handed, overhead, carry and combination lifts, and lifts that include a carry feature are not permitted</p>	<p><b>Max 1</b></p> <p>Single throw jumps only</p> <p>Single Axel throw jumps are permitted</p>	<p><b>Max 1</b></p> <p>Single jumps only</p> <p>Single Axel jumps are permitted</p>	<p><b>Max 1</b></p> <p>Single jumps only</p> <p>Single Axel jumps are permitted</p> <p>Max two jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p>	<p><b>Max 1</b></p> <ul style="list-style-type: none"> <li>• Min 3 revs by both partners If spin does not have a change of foot</li> <li>• Min 5 revs by both partners If spin has a change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1</b></p> <p>Pair spin:</p> <ul style="list-style-type: none"> <li>• Min 3 revs by both partners</li> <li>• Optional change of position</li> <li>• Min 2 revs in each position by both partners</li> </ul> <p>or</p> <p>Pair spin combination:</p> <ul style="list-style-type: none"> <li>• Min 5 revs total by both partners</li> <li>• Min 2 revs in each position by both partners</li> </ul>	<p><b>Max 1</b></p> <p>Pivot position <b>not</b> required</p> <p>Choice of position and hand hold</p>	<p><b>Max 1</b></p> <p>Chosen from:</p> <ul style="list-style-type: none"> <li>• Step sequence which must utilize at least ½ of ice surface</li> <li>or</li> <li>• Choreographic sequence which must be clearly visible</li> </ul> <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>

## EVENT: Jumps Challenge

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- Pre-Juvenile and lower will be skated on half of the ice; Juvenile – Senior will be skated on full ice
- Jumps with an "\*" must be preceded with connecting steps (Intermediate – Senior)

Level	Time	Skating rules / standards
Beginner	1:15 max.	1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1:15 max.	1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	1. Single flip 2. Single Lutz 3. Jump combination – Any single jump (may be Axel) + single loop
Pre – Juvenile	1:15 max.	1. Single Axel 2. Single or double jump 3. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	1. Single Axel 2. Double Salchow 3. Jump combination – single/single or double/single (no Axel)
Intermediate	1:30 max.	1. Single Axel 2. Double loop* 3. Jump combination – double/single (no Axel)
Novice	1:30 max.	1. Double loop 2. Double flip* 3. Jump combination – double/double (may be double Axel)
Junior	1:30 max.	1. Choice of double or triple jump 2. Double or triple flip* 3. Jump combination – double/double (may be double Axel)
Senior	1:30 max.	1. Choice of double or triple jump 2. Double or triple Lutz* 3. Jump combination – double/double or triple/double (may be double Axel)
Level	Time	Skating rules / standards
Adult Beginner	1:00	1. Bunny Hop 2. Mazurka or ballet jump
Adult Pre-Bronze	1:00	1. Waltz or toe loop jump 2. ½ flip, ½ Lutz or ½ loop
Adult Bronze	1:00	1. Single Salchow 2. Single toe loop 3. Any single jump + single toe loop combination (no Axels allowed)
Adult Silver	1:15	1. Single flip 2. Single loop 3. Single/single combination (Axel is permitted)
Adult Gold	1:15	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)



## EVENT: Spin Challenge

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
High Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
No-Test	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright back scratch spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Forward to backward scratch spin (3 per foot)</li> <li>2. Combination spin with no change of foot (4)</li> <li>3. Sit spin (3)</li> </ol>
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> <li>1. Camel spin (3)</li> <li>2. Combination spin – camel to sit spin; no change of foot (6)</li> <li>3. Forward to backward scratch spin (3 per foot)</li> </ol>
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> <li>1. Sit spin (4)</li> <li>2. Combination spin – change of foot; optional change of position (4 per foot)</li> <li>3. Girls – layback spin (4); Boys – camel spin (4)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying camel spin (5)</li> <li>2. Sit spin to backward sit spin (4 per foot)</li> <li>3. Combination spin – change of foot &amp; change of position (4 per foot)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Choice of camel, sit or layback spin (6)</li> <li>2. Camel spin to backward camel spin (4 per foot in position)</li> <li>3. Combination spin – change of foot &amp; two changes of position (2 per position &amp; 5 per foot)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying sit spin or flying reverse sit spin (6)</li> <li>2. Solo spin of choice (6) – may not fly</li> <li>3. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying spin of choice (6)</li> <li>2. Solo spin of choice (6) – may not fly</li> <li>3. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>

**(Spin Challenge continued)**

Level	Time	Skating rules / standards
Adult Beginner	1:15	<ol style="list-style-type: none"> <li>1. Pivot</li> <li>2. Two-foot upright spin (2)</li> </ol>
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> <li>1. One-foot upright spin (3)</li> <li>2. Two-foot upright spin (3)</li> </ol>
Adult Bronze	1:15	<ol style="list-style-type: none"> <li>1. One-foot upright spin (4)</li> <li>2. One-foot back spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Adult Silver	1:30	<ol style="list-style-type: none"> <li>1. Camel spin (3)</li> <li>2. Layback, sideways leaning or sit spin (4)</li> <li>3. Combination spin with at least one change of position, no change of foot (3 in each position)</li> </ol>
Adult Gold	1:30	<ol style="list-style-type: none"> <li>1. Solo spin, no change of foot (4)</li> <li>2. Second solo spin, different from the first; change of foot optional (4)</li> <li>3. Combination spin with only one change of foot and at least one change of position (4 each foot)</li> </ol>

## **EVENT: Theatre On Ice (TOI) Events – Choreographic Exercise (CE) and Free Skate**

Format: Theatre On Ice consists of two programs the Free Skate and the Choreographic Exercise (CE), which is similar to a short program in singles skating. These two events are judged separately.

A Theatre On Ice team may have no fewer than eight (8) members, all of whom must skate at some point during the visible portion of the performance. A team may have only 4 alternates but no more than 24 may skate in a competition. Open level teams are limited to a maximum of twenty (20) skaters on a team. The same skaters must skate both CE and Free Skate in combined events. Curtain: There will not be any curtain used for the Theatre On Ice events.

Current guidelines and procedures for Theatre On Ice Choreographic Exercise (CE) and Free Skate can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the Theatre On Ice page.

Theatre On Ice is a creation using all aspects of figure skating, incorporating a theme, emotion or story, enhanced by music. It is a package that includes five dimensions:

- Theme
- Music/Sound
- Choreography/Skating movements
- Performance/The rapport between the skaters and/or sub-groups of skaters
- Costuming, props and/or scenery

### **THEATRE ON ICE CHOREOGRAPHIC EXERCISE (CE)**

All three Choreographic Elements should be present and integrated into the entire program. Development of the elements in a variety of ways will be rewarded. Elimination of an element will be reflected in the score.

#### **Theme: The Meaning of Life**

#### **Choreographic Process: Diminution**

*A choreographic sequence of movement that decreases upon repetition.*

*Note: Diminution can be used to relate to size, energy, density, and number of movements in a sequence. (Opposite of Accumulation)*

#### **Gesture: Adagio (Slow)**

*Slow, continuous, and sustained body movement.*



## Theatre On Ice Events and Levels Offered For Competition

- All test levels are as of April 1, 2018.

- All age requirements are as of January 1, 2018.

Level	# of skaters	Minimum Test	Maximum Test	Age	Age Flexibility	CE Length	FS Length
Senior	8-24	Juvenile MIF	None	> 16	4 rostered skaters may be outside age range by no more than 3 years	2:30 +/- 10 sec.	5:30 +/- 15 sec.
Junior	8-24	Juvenile MIF	None	>10 <19		2:30 +/- 10 sec.	5:00 +/- 15 sec.
Novice	8-24	Preliminary MIF	None	>7 <16		2:30 +/- 10 sec.	4:30 +/- 15 sec.
Intermediate	8-24	Pre-Preliminary MIF	None	<19		2:30 +/- 10 sec.	4:00 +/- 15 sec.
Preliminary**	8-24	Pre-Preliminary MIF	None	<13		2:00 +/- 10 sec.	2:00 +/- 15 sec.
Open	8-24	At least one MIF or Dance test	None	All	N/A	2:30 +/- 10 sec	4:00 +/- 15 sec.
Adult	8-24		None	>18	N/A	2:30 +/- 10 sec	5:30 +/- 15 sec.
Special Olympics/Therapeutic Skating	8-20	See below	None	All	N/A	N/A	3:30 max

\*\*Preliminary level teams may use handheld props but may not use scenery.

### Special Olympics/Therapeutic Skating – Additional Requirements

- Test Requirements: All team members must have passed any Special Olympics, Therapeutic Skating or have mastered any Special Olympics level with the exception of four skaters who must be enrolled in a Special Olympics or Therapeutic Skating class
- May have up to one mentor on the ice per skater on the team
- Mentors must be listed on the Special Olympics/Therapeutic Skating Theatre On Ice team rosters
- In determining number of skaters on a team only Special Olympic/Therapeutic Skaters are counted in the total.
- Note that there is no program minimum length, programs may not exceed 3:30 maximum.
- Props may be used (including walkers for skaters if needed)
- Scenery is allowed
- Costumes may be worn
- Must be members of U.S. Figure Skating or a registered U.S. Figure Skating Learn to Skate member



## EVENT: Theatre On Ice (TOI) Events – Learn to Skate USA Levels

Format: The competitive programs shall create a story based on the theme while demonstrating the choreographic process and gesture or movement.

- Programs should contain skating skills from the Learn to Skate USA program levels listed.
- Elements from higher levels are not allowed.
- Elements from lower levels are encouraged.
- Coaches should refer to the U.S. Figure Skating Learn to Skate USA Instructor’s Manual for further details on the elements.
- Props, scenery and theatrical makeup are not allowed.

Please refer to the Learn to Skate Instructor's Manual for more detailed information on Theatre On Ice 1-4.

### Learn to Skate USA Theatre On Ice Levels

Level	Program Length	Test, Team Size and Age Requirements
TOI/CE 1	1:30 +/- 10 seconds	<ul style="list-style-type: none"> <li>• Theme: Joy (emotion)</li> <li>• Choreographic process: Repetition</li> <li>• Movement or gesture: Allegro (fast movement)</li> </ul> <p>Skaters should demonstrate elements from the Learn to Skate USA program levels 1 through 4. Elements from higher levels are not allowed.</p>
TOI/CE 2	1:30 +/- 10 seconds	<ul style="list-style-type: none"> <li>• Theme: Body as an instrument</li> <li>• Choreographic process: Canon</li> <li>• Movement or gesture: Soft movement (fluid and light)</li> </ul> <p>Skaters should demonstrate elements from the Learn to Skate USA program levels 5 through 6 Elements from higher levels are not allowed.</p>
TOI/CE 3	1:30 +/- 10 seconds	<ul style="list-style-type: none"> <li>• Theme: Traveling through space</li> <li>• Choreographic process: Mirroring</li> <li>• Movement or gesture: Unison</li> </ul> <p>Skaters should demonstrate elements from the Learn to Skate USA Free Skate 1 through 3. Elements from higher levels are not allowed.</p>
TOI/CE 4	1:30 +/- 10 seconds	<ul style="list-style-type: none"> <li>• Theme: Rhythm</li> <li>• Choreographic process: Call and response</li> <li>• Movement or gesture: Percussive (sharp, fast movement)</li> </ul> <p>Skaters should demonstrate elements from the Learn to Skate USA Free Skate 4 through 6. Elements from higher levels are not allowed.</p>



## EVENT: Showcase Events – Dramatic Entertainment Events

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness.
- Props and scenery ARE permitted.

General event parameters:

1. Level will be determined by the highest Free Skate or Dance (solo or partnered) test passed, as listed in the table below. 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](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

## EVENT: Showcase Events – Light Entertainment Events

Format:

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

General event parameters:

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

### Dramatic and Light Entertainment Levels:

Except for Adult events, skaters must compete at the highest level for which they qualify.

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance (solo or partnered) Test	Age	Time
Beginner, High Beginner, No Test*  <i>Note: these levels do not qualify for National Showcase</i>	No free skate test passed-	Pre-Preliminary Free Skate Any free Dance	No Age restriction	1:30 max
Pre-Preliminary*  <i>Note: these levels do not qualify for National Showcase</i>	Pre-Preliminary Fee Skate -	Preliminary Free Skate Any free Dance	No Age restriction	1:30 max



Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Pre-Juvenile	Pre-Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max
<b>Event</b>	<b>Must meet requirements*</b> Must have passed Free Skate or Dance Test (solo or partnered).	<b>Must not have passed</b> Free Skate or Dance Test (solo or partnered; standard, adult).	<b>Age</b>	<b>Time</b>
Adult Pre-Bronze <i>Note: these levels do not qualify for National Showcase</i>	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre-Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max



<p>Adult Silver</p>	<p>Adult Silver Free Skate                  Juvenile Free Skate (prior to 10/1/94)                  Pre-Juvenile Free Skate                  Adult Silver Free Dance                  Intermediate Free Dance                  Preliminary Free Dance (prior to 9/2/2000)                  OR                  3rd Figure (prior to 10/1/77)</p>	<p>Adult Gold Free Skate                  Juvenile Free Skate (On/after 10/1/94)                  Adult Gold Free Dance                  Novice Free Dance                  Bronze Free Dance (prior to 9/2/2000)                  OR                  4th Figure (prior to 10/1/77)</p>	<p>21 and older</p>	<p>1:40 max</p>
<p>Adult Gold</p>	<p>Adult Gold Free Skate                  Juvenile Free Skate                  Adult Gold Free Dance                  Novice Free Dance                  OR                  3rd Figure (prior to 10/1/77)</p>	<p>Intermediate FS (on/after 10/1/91)                  Junior Free Dance                  Silver Free Dance (Prior to 9/2/2000)                  OR                  5th Figure Test (prior to 10/1/77)</p>	<p>21 and older</p>	<p>1:40 max</p>
<p>Masters</p>	<p>Intermediate Free Skate                  Adult Gold Free Dance                  Junior Free Dance                  Silver Free Dance (Prior to 9/2/2000)                  3rd Figure Test (prior to 10/1/77)                  OR                  8th Figure Test (10/1/77-9/30/79)</p>		<p>21 and older</p>	<p>1:40 max</p>



## EVENT: Showcase Events – Duet Events

### Format:

- Duets are theatrical or artistic performances by any competitors.
- Props and scenery ARE permitted.
- To qualify for National Showcase, both members of a duet must meet at least the minimum test prerequisite for Preliminary Free Skating or Adult Bronze Level

### General event parameters:

1. Duets must compete at the highest Free Skate or Dance (solo or partnered) test level of the two skaters or may compete up one level .
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](http://www.usfigureskating.org), under “Programs” on the National Showcase page.

### Duet Levels and Events:

Except for Adult events, skaters must compete at the highest level for which they qualify.

Event	Must meet requirements* Must have passed Free Skate or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered standard track)	Age	Time
No Test	-No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No Age restriction	1:30 max
Pre-Preliminary	-Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No Age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Pre-Juvenile	Pre-Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance	No age restriction	2:10 max



Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance	No age restriction	2:40 max
Senior	Senior Free Skate OR Senior Free Dance		No age restriction	2:40 max
<b>Event</b>	<b>Must meet requirements</b> Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	<b>Must not have passed</b> Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	<b>Age</b>	<b>Time</b>
Adult Pre-Bronze	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre-Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre-Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	1:40 max

## **EVENT: Showcase Events – Mini Production Ensemble Events**

### Formats:

- **Mini production ensemble** events are theatrical performances by three to seven competitors. Props and scenery are permitted. Programs are performed under full arena lighting
  - NOTE: Skaters may enter only one duet, mini production AND production event each.
- There are no age or test restrictions.
- Program duration is 3:10 max.

Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.



## Program Advertising Form

We invite you to show your support or promote your products and/or services by placing an ad in the 2018 Cardinal Classic & Virginia Theatre on Ice Festival program book. This event runs from April 6-8, 2018. The program will have a color cover (both sides) and the interior will be black and white.

Business Name: \_\_\_\_\_

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DEADLINE: February 26, 2018

MAIL TO: Melissa Mahle, Skating Club of Northern Virginia | P.O. Box 1537 | Fairfax, VA 22038  
All checks and money orders are payable to SCNV.