

***The Washington Figure Skating Club presents the
21st New Year's Invitational***



An All-Adult Non-Qualifying Competition

Saturday, February 4 and Sunday, February 5, 2023

Prince William Ice Center

5180 Dale Boulevard

Woodbridge, VA 22193

Sanctioned by

U.S. Figure Skating

General Information

Eligibility

All competitors must be members in good standing of a club having membership in U.S. Figure Skating or Skate Canada. A competitor may also enter as an individual member of U.S. Figure Skating or as a member of a probationary club. Skaters may compete in as many disciplines as qualified by test level and age but may compete in only one event per discipline. Disciplines refer to the following events: Free Skating, Compulsory Moves, Spins, Jumps, Dramatic Performance, Lyrical Pop, Character Performance, Comedic Impressions.

Judging System

IJS will be used for these Men's and Women's Free Skating events: Adult Masters Jr/Sr; Adult Masters Int/Nov; Adult Gold; Adult Silver; Adult Bronze. Components Judging System (CJS) will be used for these events: Dramatic Performance, Lyrical Pop, Character Performance, Comedic Impressions. All remaining events will be judged under the 6.0 System.

Except as stated herein, the competition will be conducted according to the rules set forth in the [2022-23 Official U.S. Figure Skating Rulebook](#).

U.S. Figure Skating Adult Competition Series

Adult Competition Series events may take place at all U.S. Figure Skating sanctioned non-qualifying competitions, as per Rule 3060 in the current U.S. Figure Skating Rulebook, as long as these competitions offer Adult 1 through Adult Bronze events. In order to qualify for ACS awards, skaters MUST compete in the non-qualifying competition held in conjunction with the adult sectional championship in their home section. For all competitions, a photo or scanned copy of the event results sheet MUST BE SENT BY THE SKATER to adultcompetitionseries@gmail.com. All results submissions must be received no later than February 24, 2023. Late submissions will not be accepted or counted towards final standings. To view the updated 2022-2023 Adult Competition Series Handbook, please visit [Adult Competition Series](#).

Series Registration

Skaters who wish to participate in the ACS must register between May 27, 2022 and February 1, 2023. Series skaters MUST attend their local Adult Sectionals event, with registration available through USFS's EMS site during the Adult Qualifying Season registration period: December 15, 2022 through February 1, 2023. Registration for the ACS will take place on formsite; registration details will be widely publicized on the U.S. Figure Skating site. A \$20.00 fee will be due at that time. Registration for the

non-qualifying competition held in conjunction with adult sectionals will take place in EMS, which can be found by logging into Members Only. Applicable competition fees will be due when the skater registers. The series registration fee is nonrefundable. In order for skaters to submit results to earn standing and recognition, they must be registered with U.S. Figure Skating as an Adult Competition Series participant by February 1, 2023.

Entries

Entry is through [the EMS Competition Portal](#) only. Registration closes at 11:59 PM EDT on **Wednesday, January 4th, 2023**. A limited late registration period may be offered at the discretion of the Local Organizing Committee (LOC). Refund of entry fee, not processing fee, will be granted if an event is eliminated. Refunds will not be issued for competitor withdrawals.

Entry Fees

- For first event, \$190 for IJS event or \$135 for 6.0/CJS free skate, showcase, Compete USA events, specialty
 - NOTE: If ANY IJS event is entered, that will be considered the first event.
- \$80 per second & subsequent singles, showcase, specialty event
- \$135 total for “Don’t Go It Alone” or “Fantastic 4 or 5” or Team Event; a single team contact must register the team. When you register the team, you will need to provide the following information:
 - Please register in the following categories in EMS:
 - “Don’t Go It Alone” – Showcase → **Duets**
 - “Fantastic 4 or 5” – Other → **Mini Ensemble**
 - Team Event – Other → **Production Ensemble**
 - “Team Contact” – this will be the contact information for a primary person who will be responsible for the team
 - “Team Name” – this will be the name of the team used on the skating orders and in the program
 - Number of team members - this will be basis of the per member charge for the event
 - The team roster - for each of the team members, you will need the following information:
 - Skater first and last name
 - Skater date of birth
 - Skater highest test passed for freeskate and moves in the field
 - Skater USFS number
 - Email address of the skater

\$50 Late entry fee after January 4th, 2023.

Entry fees reserve time on the schedule and competition resources. Entry fees include the cost of video. There will be no refunds for injury or illness.

Critiques will be offered for IJS events only if time permits.

Age Classes

There will be age classes for all free skate, dramatic entertainment and light entertainment events.

Class I: 21 to 35 years

Class III: 46 to 55 years

Class II: 36 to 45 years

Class IV: 56 years to 65 years

Class V: 66 years and above

At the discretion of the Chief Referee, age groups may be combined to form events of 3 or more entries. Women and men will be combined in Showcase, Spins, Jumps, Compulsory Moves events.

Exhibitions and Single-Entry Events

- IJS Events: If there is only one skater entered, it will be scheduled as an exhibition, unless the skater wishes to cancel with an entry fee refund. Skaters in exhibitions will not be eligible to receive awards.
- Athletes in adult silver and higher free skate events with no competitor of the same gender in another age class will be offered the opportunity to skate an exhibition, skate up to the next higher level (if this provides a competitor), or be issued a refund.
- For adult bronze and pre-bronze free skate events, single-entry events may be combined with the other gender.
- In 6.0 events: If there is only one skater when the competition schedule is ready to be published, the event will be canceled, and the skater will be offered the option to skate up a level or switch to a different event type if available (paying any difference in event fee), or to receive a refund.
- In case of single entries in Showcase events, the LOC reserves the right to combine adjacent levels and/or to combine categories as appropriate.
- Single-entry Showcase events could perform exhibitions and receive CJS scores if there isn't an appropriate way to combine. Ice time permitting.

Awards

Awards will be presented to the first, second, and third place winners in each event. Competitors not able to make the award ceremony may pick up their medal at the registration desk afterwards. Awards not collected by the close of the competition will be forfeited.

Liability

U.S. Figure Skating, Washington Figure Skating Club, and the Local Organizing Committee undertake no responsibility for damages or injuries suffered by skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by, or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, WFSC, and against its and their officers, and their entries shall be accepted only on such condition.

Music

Music should be uploaded via the [EMS competition portal](#) by **1/18/2023 11:59 PM EDT**. Failure to do so will result in a \$20 late fee being applied to your card that must be paid prior to receiving credentials at registration.

Music Criteria:

- File Format: MP3
- Bit Rate: 192kbps or higher and Sample Rate: 44,100 kHz
- This will be verified by the music chair and they may request you upload a corrected file.
- Leaders and trailers *the silence or “dead space” before and after the actual start and end of the program music) may not exceed 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.

Competitors must also bring a copy of their competition music stored on a portable audio device with an audio output port/jack (e.g. smartphone or digital audio player with an analog, 3.5 mm jack, or USB/Lightning port to analog audio adapter) as a backup in case of technical difficulties. The competition will ****not**** accept CD audio files as backup.

Planned Program Content (PPC)

For events that require a PPC to be submitted, PPCs should be submitted via the [EMS competition portal](#) by **1/18/2023 11:59 PM EDT**. Failure to do so will result in a

\$20 late fee being applied to your card that must be paid prior to receiving credentials at registration

Rink

Prince William Ice Center has two rink surfaces with rounded corners and hockey barriers. One surface is 200' by 85' (NHL) and the other is 200' by 100' (Olympic). This year the competition events will be held on the NHL surface.

Coaches must have a valid ID and be fully compliant with U.S. Figure Skating Rule MR 5.11. Coaches who are not fully compliant and present an ID will NOT be issued credentials and will not be allowed to put skaters on events.

Contact

Inquiries and questions may be e-mailed to wfscnewyears@gmail.com.

Competition Chair: Amanda Babcock
Co-Competition Chair: Sherry Chen
Chief Referee: Heather Nemier

Schedule and Practice Ice The schedule of events and practice ice will be posted on the New Year's Invitational EMS website. The final schedule will be available at the competition and skaters must check for updates both at the New Year's Invitational EMS website and at the competition.

Any event may be held on either Saturday afternoon/evening or Sunday morning/afternoon. The schedule will not be available until after close of entries.

Hotels

Washington FSC is proud to partner with HBC Event Services to offer non-local skaters discounted rates on local hotels that include breakfast.

HOTEL RESERVATION LINK

(<http://groups.reservetravel.com/group.aspx?id=60566>)

Please call HBC Event Services at (505) 346-0522 and/or support@hbcevents.com if you have any questions and/or have any special hotel requests.

Composition of Events

Events Offered

See Appendix A for full description of events as well as event requirements. For any discrepancies between the Competition Announcement and the [Compete USA Manual](#) or the [2022-23 Official U.S. Figure Skating Rulebook](#), the Compete USA Manual or the 2022-23 Official U.S. Figure Skating Rulebook shall take precedence.

SINGLES	JUDGING
Adult Free Skate (Adult Bronze – Master Jr/Sr)	IJS
SPECIALTY	JUDGING
Adult Compulsory Moves (Adult Beginner–Masters Jr/Sr)	6.0
Adult Jumps Challenge (Adult Beginner–Masters Jr/Sr)	6.0
Adult Spins Challenge (Adult Beginner–Masters Jr/Sr)	6.0
“Don’t Go It Alone”	6.0
“Fantastic 4 or 5”	6.0
Team Event	6.0
SHOWCASE	JUDGING
Emotional Performance (Adult Beginner–Masters Jr/Sr)	CJS
Lyrical Pop (Adult Beginner–Masters Jr/Sr)	CJS
Character Performance (Adult Beginner–Masters Jr/Sr)	CJS
Comedic Impressions (Adult Beginner–Masters Jr/Sr)	CJS
COMPETE USA EVENTS	JUDGING
Adult 1-6 Program w/ Music	6.0
Adult Free Skate (Beginner – Pre-Bronze)	6.0
Adult 1-6, Beginner – Bronze Compulsory Moves	6.0

Appendix A

Event Descriptions and Requirements

SINGLES EVENTS

Adult Silver through Masters Junior-Senior

Eligibility and well-balanced program requirements must be in accordance with the 2022–23 U.S. Figure Skating Rulebook; see section 6500 for Test Qualifications and Program requirements. Skaters in IJS-judged events must enter their Planned Program Content Sheet (PPCS) in the [EMS competition portal](#). Each skater may only enter one free skating event.

Masters Junior-Senior (IJS; Music not to exceed 3:40). Must meet the qualifications for Championship Masters Junior-Senior Free Skate event.

Masters Intermediate-Novice (IJS; Music not to exceed 3:10). Must meet the qualifications for Championship Masters Intermediate-Novice Free Skate event or Adult Gold Free Skate event.

Gold (IJS; Music not to exceed 2:40). Must meet the qualifications for Adult Gold Free Skate event or Adult Silver Free Skate event.

Silver (IJS; Music not to exceed 2:10). Must meet the qualifications for Adult Silver or Adult Bronze Free Skate event.

Bronze (IJS; Music not to exceed 1:50). Must meet the qualifications for Adult Bronze or Adult Pre-Bronze Free Skate event.

Adult 1 – Adult Bronze Compulsory & Free Skate Event Requirements

The Compulsory event comprises required elements at each level. This event is offered at the Adult 1 through Adult Bronze levels.

The Program/Free Skate comprises standardized elements at each level. This event is offered at the Adult 1 through Adult Pre-Bronze levels.

1) COMPULSORY AND PROGRAM/FREE SKATE EVENT:

All skaters must either compete at their test level or one level above of their highest completed Learn to Skate USA Adult class level or U.S. Figure Skating test passed as of the close of entries of the competition.

2) EVENT LEVELS AND ELIGIBILITY/TEST REQUIREMENTS:

Level	Requirement
Adult 1	Have completed or are currently taking adult 1 level in LTS
Adult 2	Have completed or are currently taking adult 2 level in LTS
Adult 3	Have completed or are currently taking adult 3 level in LTS
Adult 4	Have completed or are currently taking adult 4 level in LTS
Adult 5	Have completed or are currently taking adult 5 level in LTS
Adult 6	Have completed or are currently taking adult 6 level in LTS
Adult Beginner	Must not have passed higher than Learn to Skate free skate 1
Adult High Beginner	Must not have passed any U.S. Figure Skating free skate test
Adult Pre-Bronze	Passed adult pre-bronze or pre-preliminary free skate and no higher
Adult Bronze	Passed adult bronze or preliminary free skate and no higher

3) Adult 1 – Adult Bronze: COMPULSORY MOVES REQUIREMENTS:

Compulsory moves will be awarded one mark. The mark shall be for the technical score.

GENERAL EVENT PARAMETERS:

- The skating order of the elements is optional; elements may only be attempted once
- To be skated on half ice in simple program format with limited connecting steps
- A 0.2 deduction will be taken for each element missing, repeated or from a higher level

Level	Time	Elements
Adult 1	1:30 MAX	<ul style="list-style-type: none"> • Forward marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop on one or two feet
Adult 2	1:30 MAX	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3	1:30 MAX	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Forward chasses on a circle, clockwise and counterclockwise • Backward skating to a long two-foot glide • Backward snowplow stop, Right and Left
Adult 4	1:30 MAX	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Hockey stop, both directions • Backward one-foot glides, right and left
		<ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise

Adult 5	1:30 MAX	<ul style="list-style-type: none"> • Forward outside three-turn, right and left • Beginning two-foot spin (min 2 revs)
Adult 6	1:30 MAX	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)
Adult Beginner	1:30 MAX	<ul style="list-style-type: none"> • Mazurka • Waltz jump • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open mohawk (right and left) – heel to instep • Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> • Waltz jump • ½ flip • Forward upright spin – minimum 3 revolutions • Backward outside three- turn, right and left • Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult Pre-Bronze	1:30 MAX	<ul style="list-style-type: none"> • Single toe loop • Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence • Forward upright spin - minimum 3 revolutions • Two forward crossovers into a forward inside mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • Forward spiral (any edge)
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> • Single Salchow • Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination and 3 jumps in a sequence • Solo spin with no change of foot (min. 3 revolutions) • Backward inside three-turn, right and left • Spiral sequence (Minimum 2 spirals)- must change edge or foot

4) Adult 1 – Adult Pre-Bronze: **FREE SKATE REQUIREMENTS:**

Program/Free Skate events will be awarded two marks. The first mark shall be for the technical score. The second mark shall be for program components.

GENERAL EVENT PARAMETERS:

- The skating order of the required elements is optional
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated; connecting moves and steps should be demonstrated throughout the program

- To be skated on full ice
- Skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels
- A 0.2 deduction will be taken for each required element missing and for those elements performed from a higher level

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

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max 4 Jump Elements <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet and waltz jump • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same jump 	Max. 2 spins <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump. 	Max 2 spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
Adult Pre-Bronze 1:40 Maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ○ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps ○ Jump sequence is any listed jump immediately followed by an Axel-type jump • Each jump may be repeated only once and only as part of a combination or 	Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E) • Min 3 revs • Spins with a flying entry are not permitted • A two-foot spin is permitted as one of the spins at this level and is of a different character 	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate

	sequence (maximum of 2 of any jump) <ul style="list-style-type: none"> • Only single and half-revolution jumps are permitted (half flip and half lutz are permitted) • No single Lutz, single Axel, double or triple jumps are permitted 	than a one-foot spin		
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SPECIALTY EVENTS

SHOWCASE EVENTS

Levels are Pre-Bronze, Bronze, Silver, Gold, and Masters; see [Nonqualifying Competition Showcase Guidelines 2020-2021 Season](#) for program rules and test requirements.

Music not to exceed 1:40 for Pre-Bronze, Bronze, Silver, and Gold levels and not to exceed 2:10 for Masters level.

Dramatic Performance

Lyrical Pop

Character Performance

Comedic Impressions

“Don’t Go It Alone”

This is an entertainment event for two or three skaters, no Axel/no double jumps and no overhead lifts. Props may be carried or placed on the ice. Event may be separated into Duets and Trios if 3 or more teams enter each type. Music not to exceed 2:10.

“Fantastic 4 to 5”

This is an entertainment event for groups of 4 or 5 skaters, no Axel/no double jumps and no overhead lifts. Props may be carried or placed on the ice. Music not to exceed 2:10.

TEAM EVENT

Team consists of 3 to 5 members. No team member may perform more than 2 of the below elements. A skater may compete on only one team. For each masters level skater on the team, there must be a bronze or lower level skater on the team. Each member of a team must register separately on EntryEeze.

Each team will have one member complete each of the following elements:

- 1) Half ice step sequence to a Single Axel
- 2) Sit spin
- 3) Spiral (on any single edge) held to complete a circle
- 4) Sequence of 2 split jumps or 2 stag jumps or 1 of each
- 5) Flying Camel spin, camel spin variations optional

SPINS CHALLENGE

GENERAL EVENT PARAMETERS:

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

Level	Time	Skating rules / standards
Adult Beginner	1:30 max.	1. Pivot 2. Upright two-foot spin (2 revs) <i>Spins may not have a flying entry. If judged with IJS, max Level 1.</i>
Adult Pre-Bronze	1:30 max.	1. Upright one-foot spin (3 revs) 2. Upright two-foot spin (3 revs) <i>Spins may not have a flying entry. If judged with IJS, max Level 1.</i>
Adult Bronze	1:30 max.	1. Upright one-foot spin (3 revs) 2. Solo spin with no change of foot (3 revs) - must be different from the upright spin <i>Spins may not have a flying entry. If judged with IJS, max Level 1.</i>
Adult Silver	1:30 max.	1. Solo spin with no change of foot (3 revs) 2. Seconds solo spin, different from the first; change of foot optional (3 revs per foot) 3. Combination spin - with at least one change of position* and no change of foot (2 revs in each position) <i>If judged with IJS, max Level 2.</i>

Adult Gold	1:30 max.	<ol style="list-style-type: none"> 1. Solo spin with no change of foot (4 revs) 2. Second solo spin, different from the first; change of foot optional (4 revs per foot) 3. Combination spin - with change of foot and at least one change of position* (2 revs in each position and 4 revs per foot) <p><i>If judged with IJS, max Level 3.</i></p>
Masters Intermediate/Novice	1:30 max.	<ol style="list-style-type: none"> 1. Solo spin (5 revs if one foot, 4 revs per foot if change of foot) 2. Second solo spin, different from the first (5 revs if one foot, 4 revs per foot if change of foot) 3. Combination spin - with change of foot and at least one change of position* (2 revs in each position and 4 revs per foot)
Masters Junior/Senior	1:30 max.	<ol style="list-style-type: none"> 1. Solo spin (5 revs if one foot, 4 revs per foot if change of foot) 2. Second solo spin, different from the first (5 revs if one foot, 4 revs per foot if change of foot) 3. Combination spin - with change of foot and at least one change of position* (2 revs in each position and 4 revs per foot)

JUMPS CHALLENGE

GENERAL EVENT PARAMETERS:

- Each jump may be attempted twice; the best attempt will be counted.
- Adult silver and lower will be skated $\frac{1}{2}$ ice; adult gold – masters junior/senior will be skated on full ice

Level	Time	Elements
Adult Beginner	1:15 max	<ol style="list-style-type: none"> 1. Mazurka or ballet jump 2. Waltz jump
Adult Pre-Bronze	1:15 max	<ol style="list-style-type: none"> 1. Toe loop jump 2. $\frac{1}{2}$ flip, $\frac{1}{2}$ Lutz or $\frac{1}{2}$ loop

Adult Bronze	1:15 max	<ol style="list-style-type: none"> 1. Single Salchow 2. Single toe loop 3. Any single jump + single toe loop combination (No Axels allowed)
Adult Silver	1:15 max	<ol style="list-style-type: none"> 1. Single flip 2. Single loop 3. Single/single combination (Axel is permitted)
Adult Gold	1:15 max	<ol style="list-style-type: none"> 1. Single Axel or waltz jump 2. Single Lutz 3. Jump combination that may include any single jump, double toe loop, or double Salchow. May include only one double jump.
Masters Intermediate/Novice	1:30 max	<ol style="list-style-type: none"> 1. Single Axel or waltz jump 2. Salchow (single or double), toe loop (single or double) or loop (single or double) 3. Jump combination that may include any single jump, double toe loop, double Salchow, or double loop
Masters Junior/Senior	1:30 max	<ol style="list-style-type: none"> 1. Loop jump (single or double) or flip jump (single or double) 2. Lutz (single or double) 3. Jump combination that may include any single or double jump

COMPULSORY MOVES

GENERAL EVENT PARAMETERS:

- The skating order of the elements is optional; elements may only be attempted once
- To be skated on full ice in simple program format with limited connecting steps
- A 0.2 deduction will be taken for each element missing, repeated or from a higher level

Level	Time	Elements
Adult Silver	1:30 max	<ul style="list-style-type: none"> ● Single loop ● Single/single jump combination ● Solo spin with no change of foot (min. 3 revolutions) ● Straight line step sequence
Adult Gold	1:30 max	<ul style="list-style-type: none"> ● Single loop ● Single/single jump combination ● Solo spin with no change of foot (min. 3 revolutions) ● Straight line step sequence
Masters Intermediate/ Novice	1:30 max	<ul style="list-style-type: none"> ● Choice of any solo jump (any single jump, double Salchow, double toe loop or double loop allowed) ● Jump combination that may include any single jump, double Salchow, double toe loop or double loop ● Solo spin of skater's choice (min. 6 revolutions) ● Straight line step sequence
Masters Junior/Senior	1:30 max	<ul style="list-style-type: none"> ● Choice of any solo jump (all single and double jumps allowed) ● Jump combination that may include any single or double jump ● Solo spin of skater's choice (min. 8 revolutions) ● Straight line step sequence