



**2019 SKATE CINCINNATI**

**COMPETE USA COMPETITON**

**APRIL 27, 2019**

**Hosted By: The Figure Skating Club of Cincinnati**

**Sanctioned By:** US Figure Skating #28561

**Event Location:** Indian Hill Winter Club

10005 Fletcher Road, Camp Dennison OH 45111

(513) 576-9444

**Competition Chairs:** Mimzi Staten - [skatecincinnati@skatecincinnati.org](https://my.1and1.com/email-account-details/forward/66321767?__lf=MsexchangeCreateFlow)

**Website:** <http://skatecincinnati.org/tests-and-competitions/skate-cincinnati/>

The 2019 Skate Cincinnati competition 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 is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, 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**: All **Snowplow Sam and Basic Skills 1-6** skaters must skate at highest level passed or one level higher and no official U.S. Figure Skating tests may have been passed including moves in the field or individual dances. For the **Free Skate 1-6 and Well Balanced levels**, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skater’s competitive level). Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

**Age restrictions/requirements:** Singles free skate events (Well Balanced Program) have the following requirements.

Juvenile: Girls – 12 years of age or younger; Boys – 13 years of age or younger

Open Juvenile: Girls – 13 years of age or older; Boys – 14 years of age or older

Intermediate: Must be under the age of 18

Adults: Must be 21 years of age or older

Skaters entering pre-juvenile and lower events will be divided as closely as possible by age, should the number of entries warrant more than one group.

**ENTRIES:**

A secure, online registration is available until **11:59pm March 30, 2019** at [http://comp.entryeeze.com/Home.aspx?cid=294](https://u217255.ct.sendgrid.net/wf/click?upn=wlT7aLhUAwAA4-2FIs4FQiFAKkxFjoC-2Btd4Qbuz0JsL1n-2BIS6HMq9LAuqgp3O4S-2BmAcGLgvFKcCjtPNnrY0GewHA-3D-3D_lfPwox4Jsii2nEhvV-2FyJyQTh-2Fa78lT54-2B6OSrv4v1fLVwrv8H49iGIDMD2SPurQ4SQvrJ4fn4SFJD08mG2TAzb3CZKvoLIhhTmZtjkMCu7u8VVJlDxAuIfM1xaKjabeMZ-2FYxRgnypuit3JeqXfUiWWeMe1Q24keRPpb2RLYJp-2FUuBmB-2FrU1WDgC0at5KX4-2FI3EhSBqKmyVfi4zdTFz-2BLZoL3sTvjaaMoKOIMZFwxyjM-3D). Skaters may mail a paper entry form instead, but forms must be **RECEIVED BY March 30, 2019.** The entry fee must be included with the completed application. Late entries may be accepted at the discretion of the competition committee and referee, and will be subject to a $20 late fee. Skaters wishing to change their events after the close of entries may be assessed a $20 charge.

**General Entry Fees**

Basic Skills First Event $45.00

Basic Skills Additional Events $25.00 each

First Event – Non-Basic Skills $60.00

First Duet Event $30.00 each person

Additional Non-Basic Skills Events $30.00 each

**REFUND POLICY:** Entry fees will not be refunded after March 30th, 2019 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a $20 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

**SCHEDULE:** Competitors may be scheduled on any day or time for the announced dates of the competition. A final competition and practice ice schedule will be posted at <http://skatecincinnati.org/tests-and-competitions> approximately 10 days prior to the competition. You will receive a notice from EntryEeze when it is available. The competition schedule is set by the referee, and no changes will be made to the schedule once it is announced unless an error has been made.

**FACILITIES**: The competition will be held at Indian Hill Winter Club, which has dressing rooms, a full-service snack bar, and free parking. IHWC is located at 10005 Fletcher Road, Camp Dennison OH 45111 and their phone number is (513) 576-9444. The ice surface measures 200’ by 85’. Admission to Skate Cincinnati is free.

**MUSIC:** The skater must provide their own music for all Free Skate and Showcase events. The official competition music must be turned in at the registration table at the time of check-in. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the organizing committee cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

If you would like to use the SEGL music for a Snowplow Sam or Basic 1-6 program event that is permissible. If you need a copy of it find it on the Skate Cincinnati page using the link below. Right-click on the file to download: <http://skatecincinnati.org/tests-and-competitions/skate-cincinnati/>

**LIABILITY:** U.S. Figure Skating, The Figure Skating Club of Cincinnati, and Indian Hill Winter Club 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 6.0 Judging System will be used for all events.

**REGISTRATION:** Registration will be open one hour before the first event and run through the last event of the day. The registration table will be located in the rink lobby area at the Indian Hill Winter Club. Please register promptly upon arrival.

**LOCKER ROOMS AND CHANGING AREAS:** Please click here to review the [Locker Rooms and Changing Area policy](http://www.usfigureskating.org/content/Locker%20Room%20and%20Changing%20Area.pdf). More detailed information can be found in the [SafeSport Handbook](http://www.usfigureskating.org/content/safesport%20handbook.pdf).

**PRACTICE ICE:** There will be practice ice available beginning Saturday, April 27, 2019. Skaters may purchase practice ice online or with their paper entry form at the time of registration. Practice ice is $12.00 per 20 minute session if purchased by March 30th, 2019. Skaters may also purchase practice ice at a walk-on rate of $15 per 20 minutes if space is still available. Practice ice may be cancelled if an insufficient number of reservations are received. No music will be played during practice ice.

**Skaters who pre-register will receive an email approximately 1-2 weeks before the competition informing them to select their desired practice ice time online.** The practice ice selection is first-come, first-served, and those who pre-register will be allowed to select times first. All skaters registered for the competition will receive a confirmation message from the EntryEeze Online Registration system with a PIN. Use your PIN and US Figure Skating number to select practice ice time.After skaters who have pre-registered have an opportunity to select their practice ice times, all other skaters will have the opportunity to purchase and select practice ice at the "walk-on" rate. Phone or email reservations will not be accepted.

**PHOTOGRAPHY/VIDEOGRAPHY**: There will not be professional photography or video services available for purchase. Flash photography is not allowed in the arena during the warm-up or during the competition, as it is a safety hazard to the skaters.

**AWARDS:** Medals will be presented to 1st through 4th places. Awards will be presented off the ice to all participants after final results have been tabulated. An awards schedule will be posted near the results area.

**OFFICIAL NOTICES:** An official bulletin board will be maintained at the Registration Desk. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

**IMPORTANT NOTICE FOR ALL COACHES:**

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the following requirements:

Coaching U.S. Figure Skating athletes:

* Current member in good standing with U.S. Figure Skating
* Completed background check (green light status)
* Completed SafeSport Training\*
* Continuing Education Requirements (CERs) for the 2018-19 Competition Season
* Proof of current general liability insurance with limits of $1 million per occurrence/$5 million aggregate.

Coaching Compete USA athletes:

• Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership

* Completed SafeSport Training\* (for coaches 18 years old and over)
* Completed background check (green light status) (for coaches 18 years old and over)

• Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

\*SafeSport training is available through www.usfsaonline.org for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons

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

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential.  There can be no exceptions to this policy.

If a foreign coach has only foreign athletes at your competition, a background check and SafeSport Training is not required. Instead, the coach must submit a letter from their Federation stating they are a member in good standing.

For more information regarding Coach Compliance, please visit:

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

**CONTACT INFO:** If you have questions, please contact Mimzi Staten at [skatecincinnati@skatecincinnati.org](mailto:skatecincinnati@skatecincinnati.org).

**LODGING:** Please visit the competition webpage for more information about lodging, special rates, and host hotels: <http://skatecincinnati.org/tests-and-competitions/skatecincinnati/> **SECTION 2: EVENTS OFFERED**

See current rulebook or click [here](http://www.usfigureskating.org/story?id=84114) for current rules and requirements.

**BASIC SKILLS EVENTS**

**Basic Skills Event: ELEMENTS - SNOWPLOW SAM THROUGH BASIC 6 LEVELS**

1. Each skater will perform each element when directed by a judge/referee. All skaters perform first element before moving on to the next and so on.

* To be skated on 1/2 ice.
* No music
* **All elements must be skated in the order listed.**

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| Level | Time | Skating rules/standards |
| Snowplow Sam | 1:00 max. | * March followed by a two-foot glide and dip * Forward two-foot swizzles, 2-3 in a row * Forward snowplow stop * Backward wiggles, 2-6 in a row |
| Basic 1 | 1:00 max. | * Forward two-foot glide and dip * Forward two-foot swizzles, 6-8 in a row * Beginning snowplow stop on two-feet or one-foot * Backward wiggles, 6-8 in a row |
| Basic 2 | 1:00 max. | * Forward one-foot glide (no variations), either foot * Scooter pushes, right and left foot, 2-3 each foot * Moving snowplow stop * Two-foot turn in place, forward to backward * Backward two-foot swizzles, 6-8 in a row |
| Basic 3 | 1:00 max. | * Beginning forward stroking showing correct use of blade * Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive * Forward slalom * Moving forward to backward two-foot turn on a circle * Beginning backward one-foot glide, either foot |
| Basic 4 | 1:00 max. | * Forward outside edge on a circle, clockwise or counterclockwise * Forward crossovers, 4-6 consecutive, clockwise and counterclockwise * Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive * Backward one-foot glides (no variations), right and left * Beginning two-foot spin, maximum 4 revolutions |
| Basic 5 | 1:00 max. | * Backward outside edge on a circle, clockwise or counterclockwise * Backward crossovers, 4-6 consecutive, clockwise and counterclockwise * Forward outside three-turn, right and left * Advanced two-foot spin, minimum 4 revolutions * Hockey stop |
| Basic 6 | 1:00 max. | * Forward inside three-turn, right and left * Bunny Hop * Basic forward spiral on a straight line (no variations), right or left * Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry * T-stop, right or left |

**Basic Skills Event: COMPULSORY - PRE-FREE SKATE THROUGH FREE SKATE 2 LEVELS**

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

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

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| Level | Time | Skating rules/standards |
| Pre-Free Skate | 1:15 max. | * Forward inside open Mohawk from a standstill position (R to L and L to R) * Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise * Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions * Mazurka * Waltz jump |
| Free Skate 1 | 1:15 max. | * Forward stroking, 4-6 consecutive powerful strokes * Backward outside three-turns, right and left * One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions * Toe loop * Half flip jump |
| Free Skate 2 | 1:15 max. | * Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis * Backward inside three-turns, right and left * Beginning back spin- maximum 2 revolutions * Half Lutz * Salchow jump |

**Basic Skills Event: PROGRAM WITH MUSIC - SNOWPLOW SAM THROUGH BASIC 6 LEVELS**

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

* To be skated on full ice with music. Skaters who wish to perform half ice and to the SEGL provided music may do so without penalty but must bring their own copy of the music. If you need a copy of the SEGL provided music, find it on the Skate Cincinnati page using the link below. Right-click on the file to download: <http://skatecincinnati.org/tests-and-competitions/skate-cincinnati/>
* The skater may use elements from a previous level.
* A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.

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| Level | Time | Skating rules/standards |
| Snowplow Sam | 1:10 max. | * March followed by a two-foot glide and dip * Forward two-foot swizzles, 2-3 in a row * Forward snowplow stop * Backward wiggles, 2-6 in a row |
| Basic 1 | 1:10 max. | * Forward two-foot glide and dip * Forward two-foot swizzles, 6-8 in a row * Beginning snowplow stop on two-feet or one-foot * Backward wiggles, 6-8 in a row |
| Basic 2 | 1:10 max. | * Forward one-foot glide (no variations), either foot * Scooter pushes, right and left foot, 2-3 each foot * Moving snowplow stop * Two-foot turn in place, forward to backward * Backward two-foot swizzles, 6-8 in a row |
| Basic 3 | 1:10 max. | * Beginning forward stroking showing correct use of blade * Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive * Forward slalom * Moving forward to backward two-foot turn on a circle * Beginning backward one-foot glide, either foot |
| Basic 4 | 1:10 max. | * Forward outside edge on a circle, clockwise or counterclockwise * Forward crossovers, 4-6 consecutive, clockwise and counterclockwise * Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive * Backward one-foot glides (no variations), right and left * Beginning two-foot spin, maximum 4 revolutions |
| Basic 5 | 1:10 max. | * Backward outside edge on a circle, clockwise or counterclockwise * Backward crossovers, 4-6 consecutive, clockwise and counterclockwise * Forward outside three-turn, right and left * Advanced two-foot spin, minimum 4 revolutions * Hockey stop |
| Basic 6 | 1:10 max. | * Forward inside three-turn, right and left * Bunny Hop * Basic forward spiral on a straight line (no variations), right or left * Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position * T-stop, right or left |

**Basic Skills Event: PROGRAM WITH MUSIC - PRE-FREE SKATE THROUGH FREE SKATE 2 LEVELS**

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

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

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| Level | Time | Skating rules/standards |
| Pre-Free Skate | 1:40 max. | * Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise * Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions * Mazurka * Waltz jump * *NOT ALLOWED -Waltz jump, side toe hop, waltz jump* |
| Free Skate 1 | 1:40 max. | * Forward stroking, 4-6 consecutive powerful strokes * One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions * Toe loop jump * Half flip jump * *NOT ALLOWED – Waltz jump/toe loop combination* |
| Free Skate 2 | 1:40 max. | * Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis * Beginning back spin- maximum 2 revolutions * Half Lutz * Salchow jump * *NOT ALLOWED – Salchow/toe loop combination* |

**Basic Skills Event: SHOWCASE PROGRAM - BASIC 1 THROUGH FREESKATE 2 LEVELS**

Format: Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater’s in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

**Showcase categories may include:**

* Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
* Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
* Duets: Theatrical/artistic performances by any competitors.

**General event parameters:**

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge’s mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant’s marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

\* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on [www.usfigureskating.org](http://www.usfigureskating.org).

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| **LEVEL** | **ELEMENTS** | **QUALIFICATIONS** | **PROGRAM LENGTH** |
| Basic 1-6 | Elements only from Basic 1-6 curriculum | May not have passed any higher than Basic 6 level. | Time: 1:00 max. |
| Pre-Free Skate-  Free Skate 2 | 3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop. | May not have passed any official U.S. Figure Skating free skate tests. | Time: 1:30 max. |

**FREE SKATE EVENTS**

**Event: EXCEL PROGRAM FREE SKATE - BEGINNER THROUGH NOVICE LEVELS**

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| **Excel Beginner Free Skate**  1:40 Max  Must not have passed higher than Learn to Skate USA Free Skate 2 | Maximum 4 jump elements:   * Jumps with no more than one-half rotation (front to back or back to front) * Single rotation jumps: Salchow, toe loop only * Eulers (half loops) are not allowed. * Maximum 2 jump combinations or sequences * Maximum 2 of any same jump | **Maximum 2 spins:**   * Two upright spins * No change of foot * No flying entry * Minimum 3 revolutions | **Maximum 1 Sequence:**   * Choreographic Step Sequence\* (ChSt)   + Must use one-half of the ice surface   + Moves in the field and spiral sequences are allowed but will not be counted as elements   + Jumps may be included in the step sequence |
| **Excel High Beginner Free Skate**  1:40 Max  Must not have passed higher than Learn to Skate USA Free Skate 4 | **Maximum 5 jump elements:**   * Jumps with no more than one-half rotation (front to back or back to front) * Single rotation jumps: toe loop, Salchow, Euler (half-loop), loop * Flip, Lutz, & Axel NOT permitted * Maximum 2 jump combinations or sequences * Maximum 2 of any same jump | **Maximum 2 spins:**   * Both spins must be in a single position * No flying entry * Permitted forward spins: upright, sit, camel * Permitted back spins: upright * Minimum 3 revolutions * Spins must be of a different character | **Maximum 1 Sequence:**   * Choreographic Step Sequence\* (ChSt)   + Must use one-half of the ice surface   + Moves in the field and spiral sequences are allowed but will not be counted as elements   + Jumps may be included in the step sequence |
| **Excel Pre-Preliminary**  1:40 Max  Must not have passed higher than U.S. Figure Skating pre- preliminary free skate test  Open to LTS USA free skate 5 & 6  LTS USA or full U.S. Figure Skating membership permitted | **Maximum 5 jump elements:**   * All single jumps allowed, except for the Axel   + No single Axels, double, or higher jumps allowed   + Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded * Maximum 2 jump combinations or jump sequences   + Jump combinations limited to 2 jumps. One 3-jump combination is allowed   + Jump sequence is any listed jump immediately followed by a waltz jump | **Maximum 2 spins:**   * One spin must be in a single position\* * One spin may change feet and/or position * No flying entry * Minimum 3 revolutions * Spins must be of a different character | **Maximum 1 Sequence:**   * Choreographic Step Sequence\* (ChSt)   + Must use one-half of the ice surface   + Moves in the field and spiral sequences are allowed but will not be counted as elements   + Jumps may be included in the step sequence |
| **Excel Preliminary**  1:30 +/- 10 seconds  Must not have passed higher than U.S. Figure Skating preliminary free skate test  Full U.S. Figure Skating membership required | **Maximum 5 jump elements:**   * All single jumps allowed, except for the Axel   + No single Axels, double, or higher jumps allowed   + Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded * Maximum 2 jump combinations or jump sequences   + Jump combinations limited to 2 jumps. One 3-jump combination is allowed   + Jump sequence is any listed jump immediately followed by a waltz jump | **Maximum 2 spins:**   * One spin must be in a single position\* * One spin may change feet and/or position * No flying entry * Minimum 3 revolutions * Spins must be of a different character | **Maximum 1 Sequence:**   * Choreographic Step Sequence\* (ChSt)   + Must use one-half of the ice surface   + Moves in the field and spiral sequences are allowed but will not be counted as elements   + Jumps may be included in the step sequence |

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| **Excel Preliminary Plus**  1:30 +/- 10 seconds  Must not have passed higher than U.S. Figure Skating preliminary free skate test  Full U.S. Figure Skating membership required | **Maximum 5 jump elements:**   * All single jumps allowed, including single Axel   + No double, or higher jumps allowed   + Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)   + Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded * Maximum 2 jump combinations or jump sequences   + All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)   + Jump combinations limited to 2 jumps. One 3-jump combination is allowed   + Jump sequence is any listed jump immediately followed by an axel type jump. | | **Maximum 2 spins:**   * One spin must be in a single position\* * One spin may change feet and/or position * No flying entry * Minimum 3 revolutions * Spins must be of a different character | **Maximum 1 Sequence:**   * Choreographic Step Sequence\* (ChSt)   + Must use one-half of the ice surface   + Moves in the field and spiral sequences are allowed but will not be counted as elements   + Jumps may be included in the step sequence |
| **Excel Pre-Juvenile**  2:00 +/- 10 seconds  Must not have passed higher than U.S. Figure Skating pre- juvenile free skate test  Full U.S. Figure Skating membership required | **Maximum 5 jump elements:**   * All single jumps allowed, except for the Axel   + No single Axels, double, or higher jumps allowed   + Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded * Maximum 2 jump combinations or jump sequences * Jump combinations limited to 2 jumps. One 3-jump combination is allowed * Jump sequence is any listed jump immediately followed by a waltz jump. | | **Maximum 2 spins:**   * 1 spin combination, with or without change of foot\*   + Minimum 6 revolutions   + No flying entry * 1 spin with only 1 position\*   + No change of foot   + No flying entry   + Minimum 4 revolutions   Spins must be of a different character | **Maximum 1 Sequence:**   * Choreographic Step Sequence\* (ChSt)   + Must fully utilize the ice surface   + Moves in the field and spiral sequences are allowed but will not be counted as elements   + Jumps may be included in the choreographic step sequence |
| **Excel Pre-Juvenile Plus**  2:00 +/- 10 seconds  Must not have passed higher than U.S. Figure Skating pre- juvenile free skate test  Full U.S. Figure Skating membership required | **Maximum 5 jump elements:**   * 1 must be an Axel-type jump or a waltz jump\* * All single jumps, including the single Axel, allowed. * Only 1 double jump may be attempted (limited to double Salchow or double toe loop)   + Double loop, double flip, double Lutz, double Axel and higher jumps not allowed.   + Axel plus up to 1 allowable double jump may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination   + Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded * Maximum 2 jump combinations or sequences   + Jump combination limited to 2 jumps. One 3 jump combination is allowed   + Jump sequence is any listed jump immediately followed by an axel type jump. | | **Maximum 2 spins:**   * 1 spin combination, with or without change of foot\*   + Minimum 6 revolutions   + No flying entry * 1 spin with only 1 position\*   + No change of foot   + Spin may start with flying entry   + Minimum 4 revolutions   Spins must be of a different character | **Maximum 1 Sequence:**   * Choreographic Step Sequence\* (ChSt)   + Must fully utilize the ice surface   + Moves in the field and spiral sequences are allowed but will not be counted as elements   + Jumps may be included in the choreographic step sequence |
| **Excel Juvenile**  2:20 +/- 10 seconds  Must not have passed higher than U.S. Figure Skating juvenile free skate test  Full U.S. Figure Skating membership required | | **Maximum 5 jump elements:**   * All single jumps allowed, including Axel   + No double or higher jumps allowed   + Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)   + Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded * Maximum 2 jump combinations or jump sequences   + All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)   + Jump combinations limited to 2 jumps. One 3-jump combination is allowed   + Jump sequence is any listed jump immediately followed by an axel type jump. | **Maximum 2 spins:**   * 1 spin combination, with or without change of foot\*   + Minimum 6 revolutions   + Minimum 2 revolutions in each position * 1 spin with only 1 position\*   + No change of foot   + Minimum 5 revolutions   Both Spins may start with a flying entry  Spins must be of a different character | **Maximum 1 Sequence:**   * Choreographic Step Sequence\* (ChSt)   o Must fully utilize the ice surface |
| **Excel Juvenile Plus**  2:20 +/- 10 seconds  Must not have passed higher than U.S. Figure Skating juvenile free skate test  Full U.S. Figure Skating membership required | | **Maximum 5 jump elements:**   * 1 must be an Axel-type jump\* * All single jumps, including the single Axel, allowed. * Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop)   + Double loop, double flip, double Lutz, double Axel and higher jumps not allowed   + Only the Axel and 2 different double jumps may be repeated as solo jumps or part of a jump sequence or jump combination   + Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded * Maximum 2 jump combinations or sequences   + Jump combination limited to 2 jumps. One 3 jump combination is allowed   + Jump sequence is any listed jump immediately followed by an axel type jump. | **Maximum 2 spins:**   * 1 spin combination, with or without change of foot\*   + Minimum 6 revolutions   + Minimum 2 revolutions in each position * 1 spin with only 1 position\*   + No change of foot   + Minimum 5 revolutions   Both Spins may start with a flying entry  Spins must be of a different character | **Maximum 1 Sequence:**   * Choreographic Step Sequence\* (ChSt)   o Must fully utilize the ice surface |
| **Excel Intermediate** 2:40 +/- 10 seconds (through 1/31/2019)  3:00 +/- 10 sec (beginning 2/1/2019)  Must not have passed higher than U.S. Figure Skating intermediate free skate test  Full U.S. Figure Skating membership required | | **Maximum 6 jump elements:**   * 1 must be an Axel-type jump\* * All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop allowed   + Double flip, double Lutz, double Axel and higher jumps not allowed   + Only the Axel and 2 different double jumps may be repeated as solo jumps or part of a jump sequence or jump combination   + Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded * Maximum 3 jump combinations or sequences   + Jump combinations limited to 2 jumps. One 3 jump combination is permitted.   + Jump sequence is any listed jump immediately followed by an axel type jump. | **Maximum 2 spins:**   * 1 spin combination, with or without change of foot\*   + Minimum 6 revolutions   + Minimum 2 revolutions in each position * 1 spin with only 1 position\*   + No change of foot   + Minimum 5 revolutions   Both Spins may start with a flying entry  Spins must be of a different character | **Maximum 1 Sequence:**   * Choreographic Step Sequence\* (ChSt)   o Must fully utilize the ice surface |
| **Excel Novice** Ladies: 3:00 +/- 10 seconds  3:30 +/- 10 sec (beginning 2/1/2019)  Men: 3:30 +/- 10  seconds  **Ladies will follow men’s requirements beginning 2/1/19**  Must not have passed higher than U.S. Figure Skating novice free skate test  Full U.S. Figure Skating membership required | **Maximum 6 jump elements for ladies, 7 for men: (Max 7 for ladies starting 2/1/2019)**   * 1 must be an Axel-type jump\* * All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop, double flip allowed   + Double Lutz, double Axel and higher jumps not allowed   + No more than 1 Axel and 3 different double jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence   + There is no limit to the number of single jumps that can be repeated, but no allowable double jump can be included more than twice * Maximum 3 jump combinations or sequences   + Jump combinations limited to 2 jumps. One 3 jump combination with a maximum of 3 jumps is allowed   + Jump sequence is any listed jump immediately followed by an axel type jump. | | **Maximum 3 spins:**   * 1 spin combination, with or without change of foot\*   + Minimum 8 revolutions   + Minimum 2 revolutions in each position * 1 flying spin with no change of foot or position\*   + Minimum 6 revolutions * 3rd spin is option of skater   All spins may start with a flying entry.  Spins must be of a different character | **Maximum 1 Sequence:**   * Choreographic Step Sequence\* (ChSt)   o Must fully utilize the ice surface |

**Event: WELL BALANCED PROGRAM – NO TEST THROUGH PRELIMINARY LEVELS**

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| **2019-20** | **JUMP ELEMENTS** | **SPINS** | **STEP SEQUENCES** |
| **NO TEST**    **1:40 maximum**    \*means element is required | **Max 5 Jump Elements**   * All single jumps allowed except for the single Axel   o No single Axels, double, triple or quadruple jumps allowed   * + Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded * Max 2 jump combinations or jump sequences   o Jump combinations limited to 2 jumps except that one3-jump combination with a maximum of 3 single jumps is allowed   * + Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump). | **Max 2 Spins**   * Spins may change feet and/or position * Spins may start with a flying entry * Min 3 revs.     These spins must be of a different character  (See U.S. Figure Skating rule 6103 (E)) | **Max 1 Sequence**  • Step Sequence  o Must use one-half the ice surface   * Moves in the field and spiral sequences are allowed but will not be counted as elements * Jumps may be included in the step sequence   **If IJS is used, then: ChSt** |
| **PRE-**  **PRELIMINARY**    **1:40 maximum**    \*means element is required | **Max 5 Jump Elements**   * All single jumps, including the single Axel, allowed   o No double, triple or quadruple jumps allowed   * + Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)   + Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded * Max 2 jump combinations or jump sequences   o Jump combinations limited to 2 jumps except that one3-jump combination with a maximum of 3 single jumps is allowed   * + Jump sequence is any listed jump immediately followed by an Axel-type jump. | **Max 2 Spins**   * Spins may change feet and/or position   • Spins may start with a flying entry   * Min 3 revs.     These spins must be of a different character  (See U.S. Figure Skating rule 6103 (E)) | **Max 1 Sequence**  • Step Sequence  o Must use one-half the ice surface   * Moves in the field and spiral sequences are allowed but will not be counted as elements * Jumps may be included in the step sequence   **If IJS is used, then: ChSt** |
| **PRELIMINARY**    **1:30 +/- 10 sec**    \*means element is required | **Max 5 Jump Elements**   * 1 must be an Axel-type jump or a waltz jump\* * All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)   o Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed  o 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  o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded   * Max 2 jump combinations or sequences   o Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed  o Jump sequence is any listed jump immediately followed by an Axel-type jump. | **Max 2 Spins**   * Spins may change feet and/or position * Spins may start with a flying entry * Min 3 revs.     These spins must be of a different character  (See U.S. Figure Skating rule 6103 (E)) | **Max 1 Sequence**  • Step Sequence  o Must use one-half the ice surface   * Moves in the field and spiral sequences are allowed but will not be counted as elements * Jumps may be included in the step sequence   **If IJS is used, then: ChSt** |

**Event: EXCEL COMPULSORY– BEGINNER THROUGH PRELIMINARY LEVELS**

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

* To be skated on ½ ice.
* No music
* The skater must demonstrate the required elements listed
* A 0.2 deduction will be taken for each element performed from a higher level.
* Time: 1:15 maximum
* *Skaters may have the option to skate one level higher in compulsories than free skate program.*

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| Level | Time | Skating rules/standards |
| Excel Beginner | 1:15 max. | * Toe loop jump * Salchow jump * One-foot upright spin - minimum 3 revolutions * Choreographic step sequence |
| Excel High Beginner | 1:15 max. | * Loop jump * Salchow/toe loop combination * Sit spin - minimum 3 revolutions * Choreographic step sequence |
| Excel Pre-Preliminary | 1:15 max. | * Flip jump * Loop/loop jump combination * Upright spin with change of foot – minimum 3 revolutions on each foot * Choreographic step sequence |
| Excel Preliminary | 1:15 max. | * Lutz jump * Flip/loop jump combination * Camel, sit combination spin – minimum 6 revolutions total * Choreographic step sequence |

**Event: COMPULSORY MOVES – NO-TEST THROUGH NOVICE LEVELS**

General event parameters:

1. No Test – Pre-Juvenile: Elements skated on ½ ice
2. Juvenile – Senior: Elements skated on full-ice
3. The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
4. A 0.2 deduction will be taken for each element performed from a higher level.
5. Music is not allowed.
6. Skaters may compete at their test level or one level higher.

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| Level | Time | Skating rules/standards |
| No-Test | 1:15 max. | * Loop jump * Jump combination to include a toe loop (may not use a loop or Axel) * Upright spin with change of foot – minimum 3 revolutions on each foot * Choreographic step sequence |
| Pre-Preliminary | 1:15 max. | * Lutz jump * Jump combination: single/single (no Axel) * Spin with one change of position and no change of foot – minimum 6 revolutions total * Choreographic step sequence |
| Preliminary | 1:15 max. | * Axel jump * Jump combination: single/single (may include Axel) * Spin with one change of foot and one change of position – minimum 3 revolutions on each foot * Choreographic step sequence |
| Pre – Juvenile | 1:15 max. | 1. Axel or double Salchow 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – must include rotating in both directions |
| Juvenile & Open Juv. | 1:15 max. | 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum four revolutions 4. Step sequence – must include 3 difficult turns and rotating in both directions |
| Intermediate | 1:30 max. | 1. Double Salchow, double toe loop or double loop 2. Jump combination: single/single or double/single, double/double 3. Flying spin, minimum five revolutions 4. Step sequence – must include 4 difficult turns and rotations in both directions |
| Novice | 1:30 max. | 1. Double loop or double flip 2. Jump combination: double/single or double/double 3. Flying spin - minimum six revolutions 4. Step sequence – must include 5 difficult turns and rotations in both directions |

**Event: JUMPS CHALLENGE – BEGINNER THROUGH NOVICE LEVELS**

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice

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| 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 + single loop (may include Axel) |
| Pre – Juvenile | 1:15 max. | 1. Single Axel or double Salchow 2. Single or double jump 3. Jump combination – single/single (may include Axel) |
| Juvenile & Open Juv. | 1:15 max. | 1. Single Axel 2. Double Salchow or double toe loop 3. Jump combination – single/single or double/single (may include single Axel) |
| Intermediate | 1:30 max. | 1. Single Axel 2. Double toe loop or double loop 3. Jump combination – double/single or double/double (may include single Axel) |
| Novice | 1:30 max. | 1. Double loop 2. Double flip 3. Jump combination – double/double (may include double Axel) |

**Event: SPINS CHALLENGE – BEGINNER THROUGH NOVICE LEVELS**

General event parameters:

1. 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.
2. All events are skated on ½ ice.
3. Minimum number of revolutions are noted in parentheses.

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| Level | Time | Skating rules / standards |
| Beginner | 1:30 max. | 1. Upright one-foot spin (3 revs) 2. Upright back spin (3 revs) 3. Sit spin (3 revs) |
| High Beginner | 1:30 max. | 1. Upright one-foot spin (4 revs) 2. Upright spin with change of foot (3 revs on each foot) 3. Sit spin (3 revs) |
| No-Test | 1:30 max. | 1. Upright spin with change of foot (3 revs on each foot) 2. Sit spin (3 revs) 3. Camel spin (3 revs) |
| Pre – Preliminary | 1:30 max. | 1. Spin with one change of position and no change of foot (6 revs) 2. Backward sit spin (3 revs) 3. Camel spin (4 revs) |
| Preliminary | 1:30 max. | 1. Spin with one change of foot and one change of position (min. 3 revs each foot) 2. Combination sit spin with change of foot (min. 3 revs each foot) 3. One position spin – skater’s choice (upright, sit or camel), (4 revs) |
| Pre – Juvenile | 1:30 max. | 1. Backward entry Camel spin (4 revs) 2. Combination spin – All 3 basic positions are required (camel, sit, upright), (2 revs in each position) 3. Forward to backward scratch spin (min 4 revs per foot) |
| Juvenile & Open Juv. | 1:30 max. | 1. Sit spin (4) 2. Combination spin – with change of foot; all 3 basic positions required 2 revs in each position (min. 4 revs per foot) 3. Girls – layback spin (6 revs); Boys – camel spin (5 revs) |
| Intermediate | 1:30 max. | 1. Flying camel spin-basic camel position required (5 revs) 2. Sit spin to backward sit spin-basic sit position required (4 revs per foot) 3. Combination spin – change of foot & all 3 basic positions required   (2 revs in each position & min 5 revs per foot) |
| Novice | 1:30 max. | 1. Illusion to back scratch spin; may change feet (6 revs) 2. Camel spin to backward camel spin (4 revs per foot) 3. Combination spin – change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot) |

**Event: SHOWCASE – FREESKATE 3-6 THROUGH PRELIMINARY LEVELS**

Format: Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater’s in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

**Showcase categories may include:**

* Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
* Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
* Duets: Theatrical/artistic performances by any competitors.

**General event parameters:**

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge’s mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant’s marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

\* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on [www.usfigureskating.org](http://www.usfigureskating.org).

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| **LEVEL** | **ELEMENTS** | **QUALIFICATIONS** | **PROGRAM LENGTH** |
| Free Skate 3-6/ Beginner/High Beginner/ | 3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop. | May not have passed any official U.S. Figure Skating free skate tests. | Time: 1:30 max. |
| No Test | No prescribed or restricted elements | May not have passed Pre-Preliminary free skate or any Free Dance tests. | Time: 1:30 max. |
| Pre-Preliminary | No prescribed or restricted elements | Must have passed no higher than U.S. Figure Skating Pre-Preliminary free skate test. | Time: 1:30 max. |
| Preliminary | No prescribed or restricted elements | Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze Free Skate or Free Dance test. See National Showcase guidelines for more specific information regarding adults. | Time: 1:40 max. |