



# SOUTHERN EASTERN GREAT LAKES Figure Skating Council 2016 Competition February 19-21, 2016 Cincinnati, OH



**Hosted By:** **The Figure Skating Club of Cincinnati**  
[www.skatecincinnati.org](http://www.skatecincinnati.org)

**Sanctioned By:** US Figure Skating # 22732

**Event Location:** Sports Plus  
10765 Reading Road, Cincinnati, OH 45241  
(513) 769-1010

**Competition Chairs:** Jeff Privett (513) 413-4431  
Send inquiries to: [segl@skatecincinnati.org](mailto:segl@skatecincinnati.org)

SEGL 2015 will be conducted in accordance with the rules and regulations of U.S. Figure Skating, 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:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

**AGE RESTRICTIONS/REQUIREMENTS:** Skaters entering Juvenile free skate events (well balanced program) must be under 14 years of age at the close of entries. Skaters entering Open Juvenile free skate events (well balanced program) must be at least 14 years of age at the close of entries.

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

**ENTRIES AND FEES:**

A secure, online registration is available until **11:59pm January 10, 2016** at <http://skatecincinnati.org/tests-and-competitions/segl/>. Skaters may mail a paper entry form instead, but forms must be **RECEIVED BY January 10, 2016**. 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**

First Solo Event	\$85.00 ( <b>\$95 if IJS event</b> )
First Basic Skills Solo Event	\$45.00
Additional Solo Full-Ice Events	\$40.00 each
Additional Solo Basic Skills OR Half-Ice Events	\$30.00 each
First Pair/Partnered Event	\$50.00 per person

Additional Partnered Events  
Mini Production/Ensemble Event

\$30.00 per person  
\$85.00 per team + \$8 per skater

**REFUNDS:**

**No refunds for events will be made after the closing date (JANUARY 10, 2016) unless the event is canceled by the referee.** Refunds will not be issued if a skater has personal conflicts with the referee's schedule. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Refunds will not be given for missed practice sessions; however, a skater is allowed to change his/her practice ice time before the session occurs. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$20 service fee.

**FACILITIES:**

All events will be held at Sports Plus, which has dressing rooms, one restaurant, a pro shop and free parking. Sports Plus has two ice surfaces, each measuring 200' x 85'. Admission to SEGL is free.

**MUSIC:**

The skater must provide their own music for all Free Skate, Short Program, Showcase, and Dance events. The official competition music must be turned in at the registration table at the time of check-in. All music must be on CD's only. Due to compatibility and reliability reasons, no music may be submitted on re-recorded "CD-RW" discs. CDs should be clearly marked with the name of the skater, event entered and length of music (not skating time). Skaters should also have a backup CD readily available rinkside during their event. Music can be picked up at the registration desk after their event. The organizing committee will not accept responsibility for damage or loss of music but will take every precaution to ensure their safety.

**Basic Skills Programs 1-8:** Skaters may provide their own music for these events. Please make sure that the music does not exceed the time limit. If skaters or coaches prefer, they may use the designated Basic Skills CD for the 2016 season. Please contact Jeff Privett at (513) 413-4431 or [segl@skatecincinnati.org](mailto:segl@skatecincinnati.org) to obtain a copy of this CD.

**LIABILITY:**

U.S. Figure Skating, The Figure Skating Club of Cincinnati, and Sports Plus accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with rule 1600 of the official US figure skating rulebook.

**JUDGING SYSTEM:**

The international judging system (IJS) will be used for the following events:

- *Well balanced program free skate events, (Open) Juvenile – Senior, Adult gold, Masters Int. - Senior*
- *Short program events, (Open) Juvenile – Senior*
- *Spin events, Juvenile – Senior, Adult Gold - Masters*

All competitors skating in these events need to submit the planned program content form online. The deadline to submit the form is February 7<sup>th</sup>, 2016. Please submit the form to the competition's EntryEeze online registration site.

The 6.0 majority judging system will be used for:

- *Well balanced program free skate events, Pre-preliminary – Pre-juvenile, Adult Beginner - Silver*
- *Introductory free skate events (beginner, high beginner, no-test)*
- *All test track events*
- *All pairs events*
- *All specialty singles events (spins except noted above, jumps except noted above, compulsory moves, etc.)*
- *All showcase events*
- *All Basic Skills events*
- *All Dance events*

**REGISTRATION:**

The official registration desk will be located in the rink lobby area at Sports Plus. It will open approximately 30 minutes prior to the first practice ice session on Saturday morning and remain open throughout the scheduled competition events. **Competitors must check in at least one (1) hour prior to their event**, and should be prepared to skate earlier than scheduled, should the competition be running ahead.

**PRACTICE ICE:**

There will be practice ice available beginning Friday, February 19, 2016. 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 January 10, 2016. 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.

**EVENT VIDEO AND PHOTOGRAPHY:**

Photography and/or video services will be 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:**

All events will be final rounds. Medals will be presented to 1st through 4th places. All other places will receive ribbons. 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.

**SCHEDULES:**

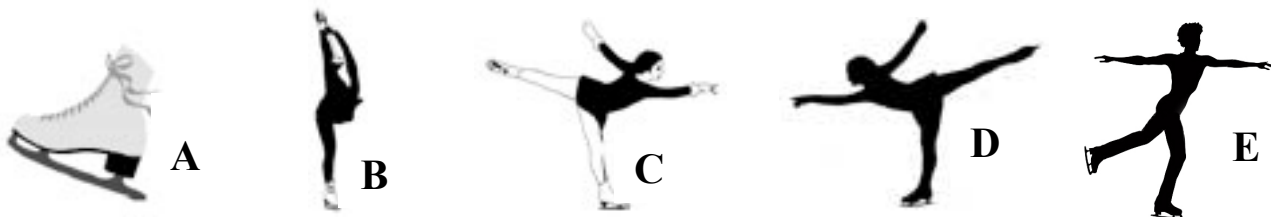
A final competition and practice ice schedule will be posted at <http://skatecincinnati.org/tests-and-competitions/seg1/> approximately 10 days prior to the competition. The competition schedule is set by the referee, and no changes will be made to the schedule once it is announced unless an error has been made by the referee.

**TEST SESSION:**

FSC Cincinnati will host a test session during the SEGL competition weekend if time allows. The exact date of the test session will be determined by the competition schedule and ice availability. Skaters who wish to test will find a test application and deadline on the FSCC website: <http://skatecincinnati.org/tests-and-competitions/us-figure-skating-tests/>. Space may be limited.

**EVENT PROGRAM:**

An official SEGL 2016 program will be available for a nominal fee. You may also place a personal or "Good Luck" ad in the program for \$6. If desired, you may choose one of the graphics below to accompany your message.





To place a "Good Luck" ad, please use the enclosed form on the last page of this announcement, or through the "merchandise" tab on the online registration system. Please note that late entries may not appear in the official program.

**INFORMATION REGARDING COACHES:**

U.S. Figure Skating Rule MR 5.11 Coach Compliance

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must 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 screen.
- 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.

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

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

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 compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

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

**LODGING:**

Our host hotel is the Hilton Garden Inn Sharonville. Please visit the competition webpage for more information about lodging, special rates, and host hotels: <http://skatecincinnati.org/tests-and-competitions/seg/>

**SECTION 1: BASIC SKILLS EVENTS****EVENT: BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8**

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 or half ice**. There will be no penalty for using only half ice for these events.
- **Skaters may provide their own music**. Vocal music is allowed. If skaters prefer, you may skate to music provided for the 2016 Basic Skills events (please refer to the MUSIC section on page 2 for details)
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level

Level	Time	Skating rules/standards
Snowplow Sam 1-3	1:00 +/-10 max.	<ol style="list-style-type: none"> <li>1. March followed by a two-foot glide and dip</li> <li>2. Forward two-foot swizzles, 2-3 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles, 2-6 in a row</li> </ol>
Basic 1	1:00 +/-10 max.	<ol style="list-style-type: none"> <li>1. Forward two-foot glide and dip</li> <li>2. Forward two-foot swizzles, 6-8 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles, 6-8 in a row</li> </ol>
Basic 2	1:00 +/-10 max.	<ol style="list-style-type: none"> <li>1. Forward one-foot glide, either foot</li> <li>2. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot</li> <li>3. Moving snowplow stop</li> <li>4. Two-foot turn in place, forward to backward</li> <li>5. Backward two-foot swizzles, 6 - 8 in a row</li> </ol>
Basic 3	1:00 +/-10 max.	<ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>3. Forward slalom</li> <li>4. Backward one-foot glide, either foot</li> <li>5. Two-foot spin, minimum three revolutions</li> </ol>
Basic 4	1:00 +/-10 max.	<ol style="list-style-type: none"> <li>1. Standstill forward outside three-turn, right and left</li> <li>2. Forward crossovers, 4-6 consecutive both directions</li> <li>3. Backward stroking, 4-6 strokes</li> <li>4. Backward snowplow stop, right or left</li> </ol>
Basic 5	1:00 +/-10 max.	<ol style="list-style-type: none"> <li>1. Backward crossovers, 4-6 consecutive, both directions</li> <li>2. Basic one-foot spin, free leg held to side of spinning leg, minimum three revolutions</li> <li>3. Side toe hop, either direction</li> <li>4. Hockey stop</li> </ol>
Basic 6	1:00 +/-10 max.	<ol style="list-style-type: none"> <li>1. Standstill forward inside three-turn, right and left</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line, right or left</li> <li>4. Lunge, right or left</li> <li>5. T-stop, right or left</li> </ol>
Basic 7	1:00 +/-10 max.	<ol style="list-style-type: none"> <li>1. Standstill forward inside open Mohawk, right to left and left to right</li> <li>2. Ballet Jump, either direction</li> <li>3. Back crossovers to a back outside edge landing position, clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
Basic 8	1:00 +/-10 max.	<ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three-turns, right and left</li> <li>2. Waltz jump</li> <li>3. Mazurka, either direction</li> <li>4. Combination move, clockwise <u>or</u> counter clockwise – two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position -minimum three revolutions</li> </ol>

## EVENT: Free Skate 1-6 Program Event

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 moves and steps should be demonstrated throughout the program. Vocal music is allowed.

- 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
- A 0.2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

Level	Time	Skating rules / standards
Free Skate 1	1:30+/-10 sec	<ol style="list-style-type: none"> <li>1. Advanced forward stroking, 4-6 consecutive</li> <li>2. One-foot upright scratch spin from backward crossovers, minimum three revolutions</li> <li>3. Waltz jump from backward crossovers</li> <li>4. Half flip jump</li> </ol>
Free Skate 2	1:30+/-10 sec	<ol style="list-style-type: none"> <li>1. Forward outside spiral, right or left</li> <li>2. Beginning back spin – entry optional, minimum two revolutions</li> <li>3. Waltz jump, side toe hop, waltz jump sequence</li> <li>4. Toe loop jump</li> </ol>
Free Skate 3	1:30+/-10 sec	<ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Back spin, minimum three revolutions</li> <li>3. Salchow jump</li> <li>4. Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ol>
Free Skate 4	1:30+/-10 sec	<ol style="list-style-type: none"> <li>1. Forward power 3's, 2-3 consecutive sets, right or left</li> <li>2. Sit spin, minimum three revolutions</li> <li>3. Loop jump</li> <li>4. Waltz jump-loop jump combination</li> </ol>
Free Skate 5	1:30+/-10 sec	<ol style="list-style-type: none"> <li>1. Camel spin, minimum three revolutions</li> <li>2. Forward upright spin to back upright spin, minimum three revolutions each foot</li> <li>3. Loop-loop jump combination</li> <li>4. Flip jump</li> </ol>
Free Skate 6	1:30+/-10 sec	<ol style="list-style-type: none"> <li>1. Camel, sit spin combination, minimum of four revolutions total</li> <li>2. Split jump or stag jump</li> <li>3. Waltz jump, ½ loop, Salchow jump sequence</li> <li>4. Lutz jump</li> </ol>

## EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 8

Format: All skaters will enter ice as one group. Referee will direct each skater to perform each element, one at a time. All skaters will perform the first element before moving on to the next and so on.

- To be skated **on half ice**
- No music
- **All elements must be skated in the order listed**

Level	Time	Skating rules/standards
Snowplow Sam 1-3	1:00 max.	<ol style="list-style-type: none"> <li>1. March followed by a two-foot glide and dip</li> <li>2. Forward two-foot swizzles, 2-3 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles, 2-6 in a row</li> </ol>
Basic 1	1:00 max.	<ol style="list-style-type: none"> <li>1. Forward two-foot glide and dip</li> <li>2. Forward two-foot swizzles, 6-8 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles, 6-8 in a row</li> </ol>
Basic 2	1:00 max.	<ol style="list-style-type: none"> <li>1. Forward one-foot glide, either foot</li> <li>2. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot</li> <li>3. Moving snowplow stop</li> <li>4. Two-foot turn in place, forward to backward</li> <li>5. Backward two-foot swizzles, 6 - 8 in a row</li> </ol>

Basic 3	1:00 max.	<ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>3. Forward slalom</li> <li>4. Backward one-foot glide, either foot</li> <li>5. Two-foot spin – minimum three revolutions</li> </ol>
Basic 4	1:00 max.	<ol style="list-style-type: none"> <li>1. Standstill forward outside three-turn, right and left</li> <li>2. Forward outside edge on a circle, clockwise or counter clockwise</li> <li>3. Forward crossovers, 4-6 consecutive, both directions</li> <li>4. Backward stroking, 4-6 strokes</li> <li>5. Backward snowplow stop, right or left</li> </ol>
Basic 5	1:00 max.	<ol style="list-style-type: none"> <li>1. Backward outside edge on a circle, clockwise or counterclockwise</li> <li>2. Backward crossovers, 4-6 consecutive, both directions</li> <li>3. Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions</li> <li>4. Side toe hop, either direction</li> <li>5. Hockey stop</li> </ol>
Basic 6	1:00 max.	<ol style="list-style-type: none"> <li>1. Standstill forward inside three-turn, right and left</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line, right or left</li> <li>4. Lunge, right or left</li> <li>5. T-stop, right or left</li> </ol>
Basic 7	1:00 max.	<ol style="list-style-type: none"> <li>1. Standstill forward inside open mohawk, right to left and left to right</li> <li>2. Ballet jump, either direction</li> <li>3. Back crossovers to a back outside edge landing position, clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
Basic 8	1:00 max.	<ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three-turns, right and left</li> <li>2. Waltz jump</li> <li>3. Mazurka, either direction</li> <li>4. Combination move, clockwise <u>or</u> counter clockwise, two forward crossovers into forward inside mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions</li> </ol>

### EVENT: Free Skate 1-6 Compulsory Event

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

- To be skated **on half ice**
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

Level	Time	Skating rules / standards
Free Skate 1	1:15 max.	<ol style="list-style-type: none"> <li>1. Advanced forward stroking, 4-6 consecutive</li> <li>2. Backward outside three-turns, right and left</li> <li>3. One-foot upright scratch spin from backward crossovers - minimum three revs</li> <li>4. Waltz jump from backward crossovers</li> <li>5. Half flip jump</li> </ol>
Free Skate 2	1:15 max.	<ol style="list-style-type: none"> <li>1. Forward outside or inside spiral, right or left</li> <li>2. Waltz three's, right or left, 2-3 sets</li> <li>3. Beginning back spin, entry optional – minimum two revolutions</li> <li>4. Waltz jump, side toe hop, waltz jump sequence</li> <li>5. Toe loop jump</li> </ol>
Free Skate 3	1:15 max.	<ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Backward inside three-turns, right and left</li> <li>3. Back spin - minimum three revolutions</li> <li>4. Salchow jump</li> </ol>

		5. Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	1. Forward power 3's, 2-3 consecutive sets, right or left 2. Sit spin - minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump combination
Free Skate 5	1:15 max.	1. Camel spin - minimum three revolutions 2. Forward upright spin to back upright spin - minimum three revolutions each foot 3. Loop/loop jump combination 4. Flip jump
Free Skate 6	1:15 max.	1. Five step mohawk sequence - one set alternating pattern (refer to Basic Skills Curriculum Free skate 6) 2. Camel, sit spin combination - minimum of four revolutions total 3. Split jump or stag jump 4. Waltz jump, ½ loop, Salchow jump sequence 5. Lutz jump

### EVENT: Basic Skills Showcase Events

Format: To be skated on **full ice** to music of the skater's choice. Showcase groups will be divided by number of entries and ages if possible. Vocal music is permitted and 6.0 judging will be used. Performances will be judged from an entertainment standpoint for theatrical and artistic qualities. **Technical skating skills and difficulty will not be rewarded**; 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.

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 judges' mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.** Deductions will be made for skaters including technical elements not permitted in the event description. 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.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	1:00 Max
FS 1-6	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.	1:30 Max
Basic Skills Duet	No requirements	Neither skater may have passed any official US Figure Skating free skate tests.	1:40 Max

## SECTION 2: FREE SKATING EVENTS

### EVENT: Test Track Free Skate

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
4. Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.



## 5. The following deductions will be taken:

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

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 max.	<p><i>Max. 5 jump elements:</i></p> <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</li> </ul> <p>Max. 2 of any same jump</p>	<p><i>Max. 2 spins:</i></p> <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 Basic Skills free skating badge tests
High Beginner 1:40 max.	<p><i>Max. 5 jump elements:</i></p> <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> </ul> <p>Max. 2 of any same type jump.</p>	<p><i>Max. 2 spins:</i></p> <p>Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</p>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Pre-Preliminary 1:40 max.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</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>	<p><i>Maximum of 2 spins:</i></p> <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
Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <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>	<p><i>Maximum of 2 spins:</i></p> <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
Pre-Juvenile 2:00 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <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>	<p><i>Maximum of 2 spins:</i></p> <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
Juvenile 2:15 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <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>	<p><i>Maximum of 2 spins:</i></p> <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> <li>• <i>Only solo spin may fly</i></li> </ul>	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
Intermediate 2:30 +/- 10	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Any single jumps.</li> <li>• Double jumps permitted: double Salchow and double</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One must be a flying spin (min 5 revolutions),</li> <li>• One must be a combination</li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating juvenile free skate

sec.	<p>toe loop.</p> <ul style="list-style-type: none"> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p>spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot).</p>		<p>test but may not have passed tests higher than intermediate free skate test</p>
<p>Novice</p> <p>Ladies: 3:00 +/- 10 sec.</p> <p>Men: 3:30 +/- 10 sec.</p>	<p>Maximum of 7 jump elements for men and 6 for ladies:</p> <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>	<p>Maximum of 3 spins, of a different nature:</p> <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>	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 &amp; 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>
<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec.</p> <p>Men: 4:00 +/- 10 sec.</p>	<p>Maximum of 8 jump elements for men and 7 for ladies:</p> <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>	<p>Maximum of 3 spins of a different nature:</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 positions and one change of foot (2 per position, min. 5) revolutions per foot)</li> </ul>	<p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>
<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec.</p> <p>Men: 4:30 +/- 10 sec.</p>	<p>Maximum of 8 jump elements for men and 7 for ladies:</p> <ul style="list-style-type: none"> <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>Maximum of 3 spins of a different nature:</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>Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p>Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral 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.
- 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.
- Either IJS or the 6.0 judging system may be used for this event.
- All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on [www.usfigureskating.org](http://www.usfigureskating.org), under "Technical Information," then "Singles/Pairs"

Level	Jumps	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 <u>except that one 3-jump combination with a maximum of 3 single jumps is permitted.</u></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</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>o Jump sequences limited to a maximum of 3 single jumps</li> </ul> <p><u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination.</u></p>		<p>elements</p> <ul style="list-style-type: none"> <li>o Jumps may be included in the step sequence</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>o No double, triple or quadruple jumps allowed</li> <li>o 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>o 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>o Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 3 single jumps is permitted.</u></li> <li>o Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul> <p><u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</u></p>	<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>o Must use one-half the ice surface</li> <li>o Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>
<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-type 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>o Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>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</li> <li>o 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>o Jump combinations limited to 2 jumps <u>except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted</u></li> <li>o Jump sequences limited to a maximum of 3 single or double jumps.</li> </ul> </li> </ul> <p><u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</u></p>	<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>o Must use one-half the ice surface</li> <li>o Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>o 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>o No triple or quadruple jumps allowed</li> <li>o An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps, in jump sequences or in jump combinations</li> <li>o 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>o Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</u></li> <li>o Jump sequences limited to a maximum of 3 single or double jumps</li> </ul> </li> </ul> <p><u>Half-loop is considered a listed jump with the value of a single jump when used in a sequence or combination</u></p>	<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>o May start with a flying entry</li> <li>o Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>o No change of foot</li> <li>o May start with a flying entry</li> <li>o 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>• Step Sequence <ul style="list-style-type: none"> <li>o Must fully utilize the ice surface</li> <li>o Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>
<p><b>JUVENILE and OPEN JUVENILE</b></p> <p><b>2:15 +/- 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>o No triple or quadruple jumps allowed</li> <li>o 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</li> <li>o No double jump can be repeated more than once</li> </ul> </li> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>o Jump combinations limited to 2 jumps <u>except one may</u></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.</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One choreographic step sequence*</li> </ul> <p>Must fully utilize the ice surface</p>

	<p>be a 3-jump combination with a max of 2 double jumps and 1 single jump</p> <ul style="list-style-type: none"> <li>o Half loop is considered a listed jump with the value of a single jump when used in a sequence or combination</li> <li>o Number of jumps in jump sequence is not limited</li> </ul>	(For definition see U.S. Figure Skating rule 4103 (E))	
<p><b>INTERMEDIATE</b></p> <p><b>2:30 +/- 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 <ul style="list-style-type: none"> <li>o No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</li> <li>o If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence</li> <li>o No double or triple jump can be repeated more than once</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>o Combinations are limited to 2 jumps</li> <li>o One 3-jump combination is permitted</li> <li>o 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>o Min 8 revs</li> <li>o 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>o 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*</li> </ul> <p>Must fully utilize the ice surface</p>
<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 <ul style="list-style-type: none"> <li>o 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.</li> <li>o 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>o Combinations limited to 2 jumps</li> <li>o One 3-jump combination is permitted</li> <li>o 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>o Min 10 revs</li> <li>o 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>o 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*</li> </ul> <p>Must fully utilize the ice surface</p>
<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 <ul style="list-style-type: none"> <li>o 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.</li> <li>o 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>o Combinations limited to 2 jumps</li> <li>o One 3-jump combination is permitted</li> <li>o 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>o Min 10 revs</li> <li>o 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>o 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*</li> </ul> <p>Must fully utilize the ice surface</p>
<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>o 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>o 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>o Combinations limited to 2 jumps</li> <li>o One 3-jump combination is permitted</li> <li>o 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>o Min 10 revs</li> <li>o Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>o Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>o 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*</li> </ul> <p>Must fully utilize the ice surface</p>
<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>o 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>o 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>o Combinations limited to 2 jumps</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>o Min 10 revs</li> <li>o Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>o Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>o 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</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence*</li> </ul> <p>Must fully utilize the ice surface</p>

	<ul style="list-style-type: none"> <li>o One 3-jump combination is permitted</li> <li>o Number of jumps in a sequence is not limited</li> </ul>	(For definition see U.S. Figure Skating rule 4103 (E))	
<b>SENIOR LADIES</b>  <b>4:00 +/- 10 sec</b>  *means element is required	<b>Max 7 Jump Elements</b> <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>o 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>o 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>o Combinations limited to 2 jumps</li> <li>o One 3-jump combination is permitted</li> <li>o Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*               <ul style="list-style-type: none"> <li>o Min 10 revs</li> <li>o Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with a flying entry*               <ul style="list-style-type: none"> <li>o Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position*               <ul style="list-style-type: none"> <li>o Min 6 revs</li> </ul> </li> </ul> 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))	<b>Max 2 Sequences</b> <ul style="list-style-type: none"> <li>• One leveled step sequence*               <ul style="list-style-type: none"> <li>o Must fully utilize the ice surface</li> </ul> </li> <li>• One choreographic sequence*               <ul style="list-style-type: none"> <li>o Must be clearly visible</li> </ul> </li> </ul>
<b>SENIOR MEN</b>  <b>4:30 +/- 10 sec</b>  *means element is required	<b>Max 8 Jump Elements</b> <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>o 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>o 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>o Combinations limited to 2 jumps</li> <li>o One 3-jump combination is permitted</li> <li>o Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*               <ul style="list-style-type: none"> <li>o Min 10 revs</li> <li>o Min 2 revs in each position</li> </ul> </li> <li>• 1 spin with a flying entry*               <ul style="list-style-type: none"> <li>o Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position*               <ul style="list-style-type: none"> <li>o Min 6 revs</li> </ul> </li> </ul> 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))	<b>Max 2 Sequences</b> <ul style="list-style-type: none"> <li>• One leveled step sequence*               <ul style="list-style-type: none"> <li>o Must fully utilize the ice surface</li> </ul> </li> <li>• One choreographic sequence*               <ul style="list-style-type: none"> <li>o Must be clearly visible</li> </ul> </li> </ul>

### EVENT: Singles Short Program

Short Program events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the current U.S. Figure Skating rulebook for rules, program length, etc. Skaters may follow the requirements for the 2015-2016 season (<http://www.usfsa.org/content/2015-16%20Singles%20SP%20Chart%20final.pdf>) or the 2016-2017 season (<http://www.usfsa.org/content/2016-17%20Singles%20SP%20Chart%20.pdf>)

Level	Time
Juvenile/ Open Juvenile Short Program	Use Intermediate SP rules, Rule 4230 Juvenile and Open Juvenile will be separated into separate events
Intermediate Short Program	Required elements stated in Rule 4230
Novice Short Program	Required elements stated in Rule 4220
Junior Short Program	Required elements stated in Rule 4210
Senior Short Program	Required elements stated in Rule 4200

### EVENT: Adult Free Skating Events

General event parameters:

1. Skaters aged 21 and older are eligible to compete in adult events.
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. Depending on number of entries, competitors may be divided into age categories.
5. Please consult well-balanced program rules: <http://www.usfigureskating.org/content/AdultSinglesWBPCChart.pdf>

Event Name	Description	Time
Adult Beginner	Skaters may not have passed any US Figure Skating tests (including moves or dance). May only include skills from the Adult Basic Skills 1-6 or Basic Skills 1-8 curriculum.	1:40 max
Adult High Beginner	Skaters may not have passed any US Figure Skating Free Skating test. No spin above a 1-foot upright spin. ½ rotation jumps, Salchow, and toeloop are allowed.	1:40 max
Adult Pre-Bronze	Skaters may have passed the US Figure Skating Adult Pre-Bronze Free Skate test	1:40 max

	and no higher. Elements as stated in 4600.	
Adult Bronze	Skaters may have passed the US Figure Skating Adult Bronze Free Skate test and no higher. Elements as stated in 4590.	1:50 max
Adult Silver	Skaters may have passed the US Figure Skating Adult Silver Free Skate test and no higher. Elements as stated in 4580.	2:10 max
Adult Gold (IJS)	Skaters may have passed the US Figure Skating Adult Gold Free Skate test and no higher. Elements as stated in 4570.	2:40 max
Masters Int/Novice (IJS)	Skaters may have passed the US Figure Skating Intermediate Free Skate test and no higher than the Novice Free Skate test. Elements as stated in 4540.	3:10 max
Masters Jr/Sr (IJS)	Skaters must have passed the US Figure Skating Novice Free Skate test or higher. Elements as stated in 4510.	3:40 max

### EVENT: Pairs Free Skating Events

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

<http://www.usfsa.org/content/2015-16%20Pairs%20FS%20Chart%20v1.pdf>

Event Name	Description	Time
Pre-Juvenile Pairs	Test, age, and elements as stated in 5250.	2:00 +/- 10sec
Juvenile Pairs	Test, age, and elements as stated in 5240.	2:30 +/- 10 sec
Intermediate Pairs	Test, age, and elements as stated in 5230.	3:00 +/- 10 sec
Novice Pairs	Test, age, and elements as stated in 5220.	3:30 +/- 10 sec
Junior Pairs	Test, age, and elements as stated in 5210.	4:00 +/- 10 sec
Senior Pairs	Test, age, and elements as stated in 5200.	4:30 +/- 10 sec
Adult Bronze Pairs	Test, age, and elements as stated in 5550.	2:10 max
Adult Silver Pairs	Test, age, and elements as stated in 5540.	2:40 max
Championship Adult Pairs	Test, age, and elements as stated in 5530.	3:40 max
Centennial Pairs	Test, age, and elements as stated in 5560.	3:10 max

### EVENT: Pairs Short Program Events

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

<http://www.usfsa.org/content/2015-16%20Pairs%20SP%20Chart%20v1.pdf>

Event Name	Description	Time
Intermediate Pairs Short	Test, age, and elements as stated in 5230.	2:30 max
Novice Pairs Short	Test, age, and elements as stated in 5220.	2:50 max
Junior Pairs Short	Test, age, and elements as stated in 5210.	2:50 max
Senior Pairs Short	Test, age, and elements as stated in 5200.	2:50 max

## SECTION 3: SINGLES COMPULSORY EVENTS

### EVENT: Compulsory Program Event

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 is allowed
- Elements may only be performed once
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level
- Skaters may have the option to skate one level higher in compulsories than their free skate program

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. ½ jump of choice</li> <li>3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional)</li> <li>4. Forward or backward spiral</li> </ol>
		<ol style="list-style-type: none"> <li>1. Toe loop jump</li> </ol>

High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>Salchow jump</li> <li>Forward scratch spin - minimum three revolutions</li> <li>Forward or backward spiral</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>Loop jump</li> <li>Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>Solo spin - sit or camel spin - minimum three revolutions</li> <li>Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>Single toe loop</li> <li>Jump combination: single/single (no Axel)</li> <li>Sit spin or camel spin - minimum three revolutions</li> <li>Spiral sequence of one forward spiral and one backward spiral (any edge)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>Single Lutz</li> <li>Jump combination: single/single (may include Axel)</li> <li>Back upright spin - minimum three revolutions</li> <li>Forward inside spiral</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>Single jump (may include Axel)</li> <li>Jump combination: single/single (may include Axel)</li> <li>Layback spin or camel spin - minimum three revolutions</li> <li>Step sequence - circular</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>Single Axel</li> <li>Jump combination: single/single or double/single</li> <li>Layback spin or camel spin - minimum three revolutions</li> <li>Step sequence – circular</li> </ol>
Adult Beginner	1:15 max	<ol style="list-style-type: none"> <li>Forward crossovers (5 minimum)</li> <li>Waltz jump</li> <li>Two foot upright spin</li> <li>Lunge</li> </ol>
Adult Pre-Bronze	1:15 max	<ol style="list-style-type: none"> <li>Backward crossovers (5 minimum)</li> <li>Waltz jump</li> <li>Forward upright spin (min 3 revolutions)</li> <li>Forward outside spiral</li> </ol>
Adult Bronze	1:15 max	<ol style="list-style-type: none"> <li>Salchow jump</li> <li>Waltz jump – toe loop combination</li> <li>Forward sit spin – minimum 3 revolutions</li> <li>Spiral sequence –minimum 2 spirals</li> </ol>
Adult Silver	1:15 max	<ol style="list-style-type: none"> <li>Single Loop</li> <li>Combination with two single jumps (axels permitted)</li> <li>Sit spin – minimum three revolutions</li> <li>Step sequence – straight line, ½ ice</li> </ol>
Adult Gold	1:15 max	<ol style="list-style-type: none"> <li>Single Lutz or Axel</li> <li>Single/single or single/double jump combination</li> <li>Camel spin – minimum 3 revolutions</li> <li>Step sequence – straight line</li> </ol>

### EVENT: Jumps Challenge

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- Minimal steps allowed but will not be affect scoring.
- Beginner – PreJuvenile, Adult events through Silver will be skated on ½ ice
- Juvenile – Senior, Adult Gold and Masters 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.	<ol style="list-style-type: none"> <li>Waltz jump (from backward crossovers)</li> <li>½ flip or ½ Lutz</li> <li>Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>Waltz jump (from backward crossovers)</li> <li>Single Salchow</li> <li>Jump combination – waltz jump-toe loop</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>Single toe loop</li> <li>Single loop</li> <li>Jump combination – Any two ½ or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>Single toe loop</li> <li>Single flip</li> <li>Jump combination - Any two ½ or single revolution jumps (no Axel)</li> </ol>

Preliminary	1:15 max.	1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)
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	1:15 max.	1. Single Axel 2. Double loop* 3. Jump combination – double/single (no Axel)
Novice	1:15 max.	1. Double loop 2. Double flip* 3. Jump combination – double/double (may be double Axel)
Junior	1:15 max.	1. Choice of double or triple jump 2. Double or triple flip* 3. Jump combination – double/double (may be double Axel)
Senior	1:15 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)
Adult Beginner	1:15 max	1. Bunny Hop 2. Mazurka or ballet jump 3. Waltz jump
Adult Pre-Bronze	1:15 max	1. Waltz jump 2. Toe loop jump 3. ½ flip, ½ Lutz or ½ loop
Adult Bronze	1:15 max	1. Single Salchow 2. Single toe loop 3. Any single jump + single toe loop combination (No Axels allowed)
Adult Silver	1:15 max	1. Single flip 2. Single loop 3. Single/single combination (Axel is permitted)
Adult Gold	1:15 max	1. Single Axel 2. Single Lutz 3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)
Adult Masters	1:15 max	1. Axel type jump 2. Double toe loop, double salchow, or double loop 3. Jump combination (double/double, single/double or double/single)

### EVENT: Spins Challenge

#### 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. On required elements may be included.
2. Beginner – PreJuvenile, Adult events through Silver will be skated on ½ ice and judged under 6.0
3. Juvenile – Senior, Adult Gold and Masters will be skated on full ice and judged under IJS marked with SS and P&E
4. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
High Beginner	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
No Test	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
Pre – Preliminary	1:30 max.	1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
Preliminary	1:30 max.	1. Backward upright spin (3) 2. Combination spin with no change of foot (4) 3. Sit spin (3)
		1. Camel spin (3)



Pre – Juvenile	1:30 max.	2. Combination spin – camel to sit spin; no change of foot (6) 3. Forward to backward scratch spin (3 per foot)
Juvenile & Open Juv.	1:30 max.	1. Sit spin (4) 2. Combination spin – change of foot; optional change of position (4 per foot) 3. Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	1. Flying camel spin (5) 2. Sit spin to backward sit spin (4 per foot) 3. Combination spin – change of foot & change of position (4 per foot)
Novice	1:30 max.	1. Choice of camel, sit or layback spin (6) 2. Camel spin to backward camel spin (4 per foot in position) 3. Combination spin – change of foot & two changes of position (2 per position & 5 per foot)
Junior	1:30 max.	1. Flying sit spin or flying reverse sit spin (6) 2. Ladies – layback spin (6); men – cross-foot spin (6) 3. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)
Senior	1:30 max.	1. Flying spin of choice (6) 2. Solo spin of choice (6) – may not fly 3. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)
Adult Pre-Bronze	1:30 max	1. One-foot upright spin (3) 2. Two-foot upright spin (3) 3. Pivot
Adult Bronze	1:30 max	1. One-foot upright spin (4) 2. One-foot back spin (3) 3. Sit spin (3)
Adult Silver	1:30 max	1. Camel spin (3) 2. Layback, sideways leaning or sit spin (4) 3. Combination spin with at least one change of position, no change of foot (3 in each position)
Adult Gold	1:30 max	1. Solo spin, no change of foot (4) 2. Second solo spin, different from the first; change of foot optional (4) 3. Combination spin with only one change of foot and at least one change of position (4 each foot)
Adult Masters	1:30 max	1. Solo spin of skater's choice (6) 2. Second solo spin, different from the first; change of foot optional (4) May have a flying entry 3. Combination spin that may have more than one change of foot and at least one change of position (4 each foot)

## SECTION 4: DANCE EVENTS

### EVENT: Open Solo Pattern Dance\*

General event parameters:

1. There are no test restrictions for this event. Competitors in the Open Solo Pattern Dance events may choose any number of dances listed below.
2. Each dance constitutes one event.
3. Skaters must provide their own music for each dance.
4. The number of patterns required are in parentheses below.

*\*This event is not a standard nonqualifying event.*

Preliminary: Dutch Waltz (3)	Bronze: Hickory Hoedown (3)	Silver: Rocker Foxtrot (4)	Gold: Quickstep (4)
Preliminary: Canasta Tango (3)	Bronze: Swing Dance (2)	Silver: Tango (2)	Gold: Viennese Waltz (3)
Pre-Bronze: Cha Cha (3)	Pre-Silver: Fourteenstep (4)	Pre-Gold: Kilian (6)	
Pre-Bronze: Fiesta Tango (3)	Pre-Silver: European Waltz (2)	Pre-Gold: Blues (2)	

## SECTION 5: SHOWCASE EVENTS

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 judges' 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 and artistic qualities. **Technical skating skills and difficulty will not be rewarded;** 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 all SINGLES SHOWCASE EVENTS, the following categories will be used:**

- **Dramatic Entertainment:** Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.
- **Light Entertainment:** 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

Competitors may enter either or both of the two showcase categories.

### EVENT: Basic Skills Showcase Events

Format: Showcase groups will be divided by number of entries and ages if possible. Vocal music is permitted and 6.0 judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description. 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.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	1:00 Max
FS 1-2/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.	1:30 Max
Basic Skills Duet	No requirements	Neither skater may have passed any official US Figure Skating free skate tests.	1:40 Max

**EVENT: Singles Showcase Events (Dramatic and Light Entertainment Categories)**

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.
4. Levels with an asterisk (\*) do not qualify for National Showcase

<b>Event</b>	<b>Must have passed(dance tests refer to solo or partnered standard track)</b>	<b>Must not have passed(dance tests refer to solo or partnered standard track)</b>	<b>Age</b>	<b>Time</b>
Beginner, High Beginner, No Test*	No test requirements.	Pre-preliminary Free Skate	No age restriction	1:30 max
Pre-Preliminary*	No requirements.	Preliminary Free Skate	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate or 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum (max age 20)	1:40 max
Juvenile	Juvenile Free Skate or Complete Preliminary Dance	Intermediate Free Skate or Any Silver Dance	13 and under	2:10 max
Teen	Juvenile Free Skate or Complete Preliminary Dance	Intermediate Free Skate or Any Silver Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate or Complete Bronze Dance	Novice Free Skate or Any Gold Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate or Complete Preliminary Dance	Novice Free Skate or Any Gold Dance	18-20	2:10 max
Novice	Novice Free Skate or One Silver Dance	Junior Free Skate or Any Gold Dance	No age restriction	2:10 max
Junior	Junior Free Skate or Two Pre-Gold Dances	Senior Free Skate or Completed Gold Dance		2:40 max
Senior	Senior Free Skate or Complete Gold Dance			2:40 max
Adult Pre-Bronze	No test requirements	No higher than Adult Bronze Free Skate or complete Pre-Bronze Dance Test	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

**EVENT: Showcase Events – Duet and Ensemble Events**

Format:

- Duets are theatrical or artistic performances by any two competitors.
- Mini Production Ensembles are theatrical performances by 3 to 7 competitors.
- Production Ensembles are theatrical performances by 8 or more competitors
- Props and scenery ARE permitted in Duet, Mini Production, and Production Ensemble events.

General event parameters:

1. **Skaters may enter only ONE each duet, mini production ensemble, or production ensemble event.** (However, skaters may enter additional singles showcase events.)
2. Level will be determined by the highest free skate or dance (solo or partnered) test passed of the two skaters. Skaters may compete at the highest level they have passed, or skate up to one level higher.
3. The determination of level will be based upon test requirement at the entry deadline

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	Must have passed (dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
Beginner, High Beginner, No Test*	No test requirements.	Pre-preliminary Free Skate	No age restriction	1:30 max
Pre-Preliminary*	No requirements.	Preliminary Free Skate	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum (max age 20)	1:40 max
Pre Juvenile	Pre Juvenile Free Skate or 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum (max age 20)	1:40 max
Juvenile	Juvenile Free Skate or Complete Preliminary Dance	Intermediate Free Skate or Any Silver Dance	13 and under	2:10 max
Teen	Juvenile Free Skate or Complete Preliminary Dance	Intermediate Free Skate or Any Silver Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate or Complete Bronze Dance	Novice Free Skate or Any Gold Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate or Complete Preliminary Dance	Novice Free Skate or Any Gold Dance	18-20	2:10 max
Novice	Novice Free Skate or One Silver Dance	Junior Free Skate or Any Gold Dance	No age restriction	2:10 max
Junior	Junior Free Skate or Two Pre-Gold Dances	Senior Free Skate or Completed Gold Dance		2:40 max
Senior	Senior Free Skate or Complete Gold Dance			2:40 max
Adult Pre-Bronze	No test requirements	No higher than Adult Bronze Free Skate or complete Pre-Bronze Dance Test	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate or Pairs Events or have passed one Pre-Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max
Mini Production Ensemble	Open		Open	3:10 max
Production Ensemble	Open		Open	6:15 max