

5th Annual
October
Skatefest



&

Gardens Competitive Series Competition

Presented by Gardens Sports Limited
and



Friday, October 18th, 2024

The Gardens Ice House
13800 Old Gunpowder Road, Laurel MD 20707
www.thegardensicehouse.com

2024 October Skatfest

Friday, October 18th, 2024

Eligibility Rules for Participants: The competition is open to ALL skaters who are current eligible members of either the Learn to Skate USA Program and/or U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Learn to Skate USA Program/club or any other Learn to Skate USA /USFS Program/club.

Eligibility will be based on skill level as of closing date of entries. Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition. For **Snowplow Sam and Basic Skills 1-8**, NO official U.S. Figure Skating tests may have been passed including MIF or individual dances. For the **Freeskate 1-6 and Well Balanced levels**, eligibility will be based upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level).

Deadline Date: Entry deadline is **October 6th, 2024**. Visit www.entryeeze.com to register. There will be **no refunds after the close of** entries except events canceled by the Local Organizing Committee (rule #3235).

Late entries may be accepted at the discretion of the competition committee and may require an additional \$30.00 late fee. We reserve the right to combine groups when applicable and limit the number of entries on a first come, first served basis. Single entrants will be judged against the test standard. Walk in registration will not be accepted. Refunds will not be issued due to weather conditions.

Competition Information

Payment: Visa and MasterCard accepted

Entry Fees: \$65.00 first event
\$30.00 for each additional event.

There will also be a \$30.00 change of event fee if you need to alter your event after the close of entries.

Schedules: Will be posted on our page at <http://www.entryeeze.com> and at www.thegardensicehouse.com as soon as possible after the close of entries. Schedules will not be mailed.

Music: Music must be uploaded via Entryeeze 1 weeks prior to the competition. It is the responsibility of the skater to have a backup CD in your possession. Competition officials are not responsible for the condition of your CD.

Registration Desk: The registration desk will be open throughout the competition. Skaters MUST check in at least one hour prior to the event. It is not unusual for a warm-up for more than one event to be combined. In addition, events frequently run early, so BE READY with skates on before the event is called!

Awards: All events will be final rounds. Medals will be awarded to the top 3 finishers. Awards Ceremonies will be held throughout the competition. Ceremony times will be posted on the competition schedule

Gardens Competitive Series: This competition is a part of the 2023-2024 Gardens Competitive series. All competitors will receive points for their respective placements which will be compiled for their respective team/clubs. Point totals will be announced at the conclusion of each competition in our series with a Team Trophy being awarded at the end of the season to the team with the highest cumulative point totals for the series. **(Please note: At the request of Clubs/Programs operating out of the same facility, team points will be combined.)**

Practice Ice: Will be provided, if time allows and will be determined after the close of entries and announced on the website.

Applications: Applications may NOT be mailed. All entries must be made through out competition page at www.entryeeze.com.

Snowplow Sam – Basic 6 Program with Music

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
- 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
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
SNOWPLOW SAM	1:10 max	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
BASIC 1	1:10 max	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward swizzles, 6-8 in a row • Beginning snowplow stop on one or two feet • Backward wiggles, 6-8 in a row
BASIC 2	1:10 max	<ul style="list-style-type: none"> • 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 swizzles, 6-8 in a row
BASIC 3	1:10 max	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward half-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	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, clockwise and counterclockwise, 4-6 consecutive • Backward half-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	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, clockwise and counterclockwise, 4-6 consecutive • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
BASIC 6	1:10 max	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Mohawk, right to left and left to right • Bunny hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position • T-stop, right or left

	JUMPS	SPINS	STEP SEQUENCE
Aspire 1 Free Skate 1:40 Max	<p>Maximum 5 jump elements: <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> Waltz jump ½ flip ½ lutz <p>Max 1 jump sequence <i>Permitted sequence:</i></p> <ul style="list-style-type: none"> Waltz jump/waltz jump with no turns or hops in between 	<p>Maximum 2 spins: <i>Required spins:</i></p> <ul style="list-style-type: none"> Two-foot spin Forward one foot spin (free foot optional) 	<p>Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> One ½ of the ice
Aspire 2 Free Skate 1:40 Max	<p>Maximum 5 jump elements: <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> Any jump from Aspire 1 Single Salchow Single Toe loop <p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence <i>Permitted combinations:</i></p> <ul style="list-style-type: none"> Waltz jump/toe loop Salchow/toe loop <p><i>Permitted jump sequence:</i></p> <ul style="list-style-type: none"> Waltz jump/waltz jump with no turns or hops in between 	<p>Maximum 2 spins: <i>Permitted spins:</i></p> <ul style="list-style-type: none"> Any spin from Aspire 1 Back upright spin Forward Sit Spin 	<p>Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> One ½ of the ice
Aspire 3 Free Skate 1:40 Max	<p>Maximum 5 jump elements: <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> Any jump from Aspire 1 and 2 Euler (half-loop) Single loop <p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</p>	<p>Maximum 2 spins: <i>Required spin:</i></p> <ul style="list-style-type: none"> Forward upright spin to back upright spin <p><i>Permitted spins:</i></p> <ul style="list-style-type: none"> Any spin from Aspire 1 and 2 Forward Camel Spin 	<p>Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> One ½ of the ice
Aspire 4 Free Skate 1:40 Max	<p>Maximum 5 jump elements: <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> Any jump from Aspire 1, 2 and 3 Single Flip Single Lutz <p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</p>	<p>Maximum 2 spins: <i>Required spin:</i></p> <ul style="list-style-type: none"> Forward camel to forward sit spin combination <p><i>Permitted spins:</i></p> <ul style="list-style-type: none"> Any Spin from Aspire 1, 2 and 3 	<p>Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> One ½ of the ice

Clarifications:

Jumps:

All Levels

- Maximum 2 of any same jump

Aspire 1 and 2

- Euler is not permitted

Jump Sequence:

Aspire 3 and 4

- A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump

Jump Combinations:

Aspire 3 and 4

- Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps

Spins:

All Levels

- Minimum 3 revolutions
- No flying entry
- A Spin may not be repeated
- Basic positions only

Aspire 3 and 4

- One spin must be the required spin
- Second spin must be a spin in one position

Step Sequence:

All Levels

- Jumps may be included in the step sequence
- Moves in the field, Spiral Sequences, Arabesques, Spread Eagles, Ina Bauers, Split Jumps, Etc. are allowed but will not be counted as elements

Well-Balanced Free Skate Program

GENERAL EVENT PARAMETERS:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up one level higher.
- Skaters with physical disabilities may register for standard track or Skate United Track for events
- Step sequence clarification: Implementation date December 1, 2023: pChSq (confirmed or no value)

PRE-PRELIMINARY — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps, including single Axel, allowed <ul style="list-style-type: none"> ◦ No double, triple or quadruple jumps allowed ◦ Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels) ◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs. 	<ul style="list-style-type: none"> • Max 1 Choreographic sequence • 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 sequence If IJS is used, then pChSq

PRELIMINARY — 2:00 +/- 10 SECONDS

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> ◦ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ◦ An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination ◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs. 	<ul style="list-style-type: none"> • Max 1 Choreographic sequence • 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 sequence If IJS is used, then pChSq

2024 Excel Program Requirements

<p><u>Excel Beginner</u> & <u>Excel High Beginner</u></p>	<p><u>To reduce redundancy and to create a clearer pipeline, Excel Beginner and Excel High Beginner have been folded into the Aspire Program pipeline.</u></p> <p><u>Excel Beginner most closely matches Aspire 2.</u> <u>Excel High Beginner most closely matches Aspire 3.</u></p> <p><u>Please see the Aspire charts for specific program requirements and more information</u></p>		
<p>Excel Pre-Preliminary 1:40 Max</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> ○ No single Axels, double, or higher jumps allowed ○ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps ○ A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position with no change of foot* <ul style="list-style-type: none"> ○ No flying entry ○ Minimum 3 revolutions • <u>One spin may be either a single position spin with no change of foot or a combination spin with or without a change of foot</u> <ul style="list-style-type: none"> ○ No flying entry • Spins must be of a different character <p><u>Max Level: 1</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • <u>One Choreographic Sequence (pChSq)</u> <ul style="list-style-type: none"> ○ <u>Must be clearly visible</u>
<p>Excel Preliminary 2:00 +/- 10 sec</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> ○ No single Axels, double, or higher jumps allowed ○ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps ○ A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be a camel or layback spin with no change of foot and no change of position* <ul style="list-style-type: none"> ○ No flying entry ○ Minimum 3 revolutions • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry <p><u>Max Level: 1</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • <u>One Choreographic Sequence (pChSq)</u> <ul style="list-style-type: none"> ○ <u>Must be clearly visible</u>

*Denotes required element

2024 Excel Program Requirements

<p>Excel Preliminary Plus 2:00 +/- 10 sec</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, including single Axel <ul style="list-style-type: none"> ○ No double, or higher jumps allowed ○ Single Axel and all other single jumps may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (<u>maximum 2 of any same jump</u>) ○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps ○ A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ No flying entry ○ Minimum 3 revolutions <p><u>Max Level: 1</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • One Choreographic Sequence (pChSq) <ul style="list-style-type: none"> ○ Must be clearly visible
---	---	--	---

Adult 1-6 Free Skate with Music

GENERAL EVENT PARAMETERS:

- The skating order of the required elements is optional
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated; connecting moves and steps should be demonstrated throughout the program
- To be skated on full ice
- Skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels
- A 0.2 deduction will be taken for each required element missing and for those elements performed from a higher level

ADULT 1 — 1:40 MAX

ELEMENTS

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop – two feet or one foot

ADULT 4 — 1:40 MAX

ELEMENTS

- Forward outside edge on a circle, right and left
- Forward inside edge on a circle, right and left
- Forward crossovers, clockwise and counterclockwise
- Backward one-foot glides, right and left
- Hockey stop, both directions

ADULT 2 — 1:40 MAX

ELEMENTS

- Forward skating across the width of the ice
- Forward one-foot glides
- Forward slalom
- Backward skating
- Backward swizzles, 4-6 in a row

ADULT 5 — 1:40 MAX

ELEMENTS

- Backward outside edge on a circle, right and left
- Backward inside edge on a circle, right and left
- Backward crossovers, clockwise and counterclockwise
- Forward outside three-turn, right and left
- Beginning two-foot spin

ADULT 3 — 1:40 MAX

ELEMENTS

- Forward stroking using the blade properly
- Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise
- Backward skating to a long two-foot glide
- Forward chasses on a circle, clockwise and counterclockwise
- Backward snowplow stop, Right and Left

ADULT 6 — 1:40 MAX

ELEMENTS

- Forward stroking with crossover end patterns
- Backward stroking with crossover end patterns
- Forward inside three-turn, right and left
- T-stop
- Lunge
- Two-foot spin into one-foot spin (min 2 revs on 1 foot)

Adult Beginner - Bronze Free Skate Program with Music

GENERAL EVENT PARAMETERS:

- Skaters will skate to the music of their choice; vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description; revolutions must be in position.

ADULT BEGINNER — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet and waltz jump • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same jump 	Max 2 Spins <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests

ADULT HIGH BEGINNER — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump. 	Max 2 Spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests

ADULT PRE-BRONZE — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ◦ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps ◦ Jump sequence is any listed jump immediately followed by a waltz jump • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are permitted (<u>half flip and half lutz are permitted</u>) • No single Lutz, single Axel, double or triple jumps are permitted 	Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E) • Min 3 revs • Spins with a flying entry are not permitted • A two-foot spin is permitted as one of the spins at this level and is of a different character than a one-foot spin 	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate

ADULT BRONZE — 1:50 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ◦ 1 combination may contain 3 jumps, and the other may contain only 2 jumps ◦ Jump sequence is any listed jump immediately followed by a waltz jump • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted 	Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted 	Max 1 Sequence: <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals) • Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such. 	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

Snowplow Sam - Basic 6 Elements

THERE ARE TWO FORMAT OPTIONS FOR THE ELEMENTS EVENT:

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)
 Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.
 - To be skated on 1/3 to 1/2 ice (determined by the LOC)
 - No music
 - Divide Snowplow Sam skaters by level (1-4), if registrations warrant
 - ***All elements must be skated in the order listed.***
 - Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
SNOWPLOW SAM	1:00 max	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
BASIC 1	1:00 max	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward swizzles, 6-8 in a row • Beginning snowplow stop on one or two feet • Backward wiggles, 6-8 in a row
BASIC 2	1:00 max	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward swizzles, 6-8 in a row
BASIC 3	1:00 max	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward half-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	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, clockwise and counterclockwise, 4-6 consecutive • Backward half-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	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, clockwise and counterclockwise, 4-6 consecutive • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
BASIC 6	1:00 max	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Mohawk, right to left and left to right • Bunny hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position • T-stop, right or left

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
- The skater must demonstrate the required elements listed
- A deduction will be taken for each element performed from a higher level
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
Aspire 1	1:15 max	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • One-foot upright spin • Choreographic step sequence
Aspire 2	1:15 max	<ul style="list-style-type: none"> • Single Salchow • Single Toe Loop • Sit spin • Choreographic step sequence
Aspire 3	1:15 max	<ul style="list-style-type: none"> • Single Loop • Salchow/Toe loop jump combination • Forward upright spin to back upright spin • Choreographic step sequence
Aspire 4	1:15 max	<ul style="list-style-type: none"> • Single Flip • Waltz Jump-Euler-Salchow jump combination • Camel-Sit spin combination • Choreographic step sequence

Excel Compulsory

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
- The skater must demonstrate the required elements listed
- 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 free skate program*
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
EXCEL PRE- PRELIMINARY	1:15 max	<ul style="list-style-type: none"> • Flip jump • Loop-loop jump combination • Camel spin, minimum 3 revolutions • Choreographic sequence
EXCEL PRELIMINARY	1:15 max	<ul style="list-style-type: none"> • Lutz jump • Flip-loop jump combination • Camel-sit combination spin, minimum 6 revolutions total • Choreographic sequence

Well-Balanced Levels Compulsory

FORMAT: To be skated on half-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
- *Skaters may have the option to skate one level higher in compulsories than free skate program*
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
PRE- PRELIMINARY	1:15 max	<ul style="list-style-type: none"> • Lutz jump • Single jump-single jump (no Axel) combination • Spin with one change of position and no change of foot, minimum 6 revolutions total • Choreographic sequence
PRELIMINARY	1:15 max	<ul style="list-style-type: none"> • Axel jump • Single jump-single jump (may not include Axel) combination • Spin combination with one change of foot, minimum 3 revolutions on each foot • Choreographic sequence

Adult 1-6, Beginner-Bronze Compulsory

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

ADULT 1 — 1:30 MAX

ELEMENTS

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop on one or two feet

ADULT 2 — 1:30 MAX

ELEMENTS

- Forward skating across the width of the ice
- Forward one-foot glides
- Forward slalom
- Backward skating
- Backward swizzles, 4-6 in a row

ADULT 3 — 1:30 MAX

ELEMENTS

- Forward stroking using the blade properly
- Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise
- Forward chasses on a circle, clockwise and counterclockwise
- Backward skating to a long two-foot glide
- Backward snowplow stop, right and left

ADULT 4 — 1:30 MAX

ELEMENTS

- Forward outside edge on a circle, right and left
- Forward inside edge on a circle, right and left
- Forward crossovers, clockwise and counterclockwise
- Hockey stop, both directions
- Backward one-foot glides, right and left

ADULT 5 — 1:30 MAX

ELEMENTS

- Backward outside edge and backward inside edge on a circle, right and left
- Backward crossovers, clockwise and counterclockwise
- Forward outside three-turn, right and left
- Beginning two-foot spin (min 2 revs)

ADULT 6 — 1:30 MAX

ELEMENTS

- Forward stroking with crossover end patterns
- Backward stroking with crossover end patterns
- Forward inside three-turn, right and left
- T-stop
- Lunge
- Two-foot spin into one-foot spin (min 2 revs on 1 foot)

ADULT BEGINNER — 1:30 MAX

ELEMENTS

- Mazurka
- Waltz jump
- Forward beginning one-foot spin from backward crossovers (min 2 revs)
- Forward moving inside open mohawk (right and left) – heel to instep
- Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)

ADULT HIGH BEGINNER — 1:30 MAX

ELEMENTS

- Waltz jump
- ½ flip
- Forward upright spin – minimum 2 revolutions
- Forward outside three-turn, right and left
- Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)

ADULT PRE-BRONZE — 1:30 MAX

ELEMENTS

- Single toe loop
- Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination or 3 jumps in a sequence
- Forward upright spin - minimum 3 revolutions
- Two forward crossovers into a forward inside mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise
- Forward spiral (any edge)

ADULT BRONZE — 1:30 MAX

ELEMENTS

- Single Salchow
- Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination or 3 jumps in a sequence
- Solo spin in one position with no change of foot (min. 3 revolutions)
- Forward inside three-turn, right and left
- Spiral sequence (Minimum 2 spirals)

Team Compulsory

FORMAT: The designated skater from each team will perform their chosen element in sequence on full ice with no music and will follow this format:

1. Minimum of three to four skaters on a team; each skater will do at least one required element
2. Teams will be directed to find a “base” for their team along the boards on the ice where they will stay for the remainder of the event
3. The announcer, referee or judge-in-charge will call the first element (e.g. jump or stop) to be performed
4. The team member performing the element will step forward and execute the skill, with the element first being performed by the skater on team one, then team two, then team three and so on
5. Once all the teams have had their skaters complete the element, the next element will be called
6. Judging is done with one mark for each element (skater) for total team points

LEVEL	JUMPS/STOPS	SPINS/TURNS/GLIDES	SKATING SKILLS
SNOWPLOW SAM – BASIC 3, HOCKEY 1-4	Wiggles, two-foot swizzles forward or backward (4-8 in a row) Snowplow stop (one or both feet) or hockey stop (with skid)	Curves, glide turns or hockey turns (right and left, forward) March then glide on two feet or forward one-foot glide on left and right foot (one-time skater’s height, forward)	Forward half-swizzle pumps or forward C-cuts on a circle (right and left, 6-8 consecutive)
BASIC 4 – BASIC 6	Side toe hop, bunny hop, ballet jump or mazurka -Waltz jump	Forward inside pivot or two-foot spin (min. 3 revs.) One-foot upright spin, optional entry and free foot position (min. 3 revs.)	Moving forward to backward two-foot turns on a circle, clockwise and counterclockwise (from Basic 3)
ASPIRE 1-4	Single jump (no Axel) Jump combination or jump sequence (no Axel allowed)	Solo spin (scratch spin, layback, camel or sit, min. 3 revs., no flying entry) -Combo spin: one change of foot, change of position optional (min. 3 revs. on each foot)	Choreographic Step sequence (ChSt)
ADULT 1-6	Forward snowplow stop Lunge	Forward swizzles, 4-6 in a row Backward one-foot glide, right and left	Forward chasses on a circle, clockwise and counterclockwise
ADULT BEGINNER/ ADULT HIGH BEGINNER	Bunny hop Waltz jump	Beginning one-foot spin from backward crossovers Backward inside three-turn, right and left	Alternating right and left forward outside edges across width of the rink
ADULT PRE- BRONZE/ ADULT BRONZE	Half Flip Salchow jump	Forward upright spin Backward upright spin	Two forward crossovers into a forward inside mohawk, step down and cross behind, one backward crossover and step to a forward inside edge, clockwise and counterclockwise

Jumps Challenge

GENERAL EVENT PARAMETERS:

- Each jump may be attempted twice; the best attempt will be counted
- To be skated on half-ice
- Skaters with physical disabilities may register for standard track or Skate United Track for events

ASPIRE LOW — 1:15 MAX

ELEMENTS

- Waltz jump (from backward crossovers)
- Half flip or half Lutz
- Single Salchow

ASPIRE HIGH — 1:15 MAX

ELEMENTS

- Waltz jump (from backward crossovers)
- Single Salchow
- Jump combination: waltz jump-toe loop

PRE-PRELIMINARY — 1:15 MAX

ELEMENTS

- Single toe loop
- Single flip
- Jump combination: Any two half or single revolution jumps (no Axel)

PRELIMINARY — 1:15 MAX

ELEMENTS

- Single flip
- Single Lutz
- Jump combination: Any single jump + single loop (may be Axel)

ADULT BEGINNER — 1:15 MAX

ELEMENTS

- Mazurka or ballet jump
- Waltz jump

ADULT PRE-BRONZE — 1:15 MAX

ELEMENTS

- Single Toe loop jump
- Half flip, half Lutz or half loop

ADULT BRONZE — 1:15 MAX

ELEMENTS

- Single Salchow
- Single Toe loop
- Any single jump plus a toe loop combination (no Axels allowed)

Spin Challenge

GENERAL EVENT PARAMETERS:

- Spins may be skated in any order
- Connecting steps are allowed but will not be taken into consideration when scoring
- Spins may not be repeated; only required elements may be included
- All events are skated on half-ice
- Minimum number of revolutions are noted in parentheses
- **Unless stated, spins may not change feet**
- Max spin level:
Aspire low/Aspire high: Base
No test/Pre-Preliminary: Level 1
Preliminary: Level 2
- Spins may not fly
- Skaters with physical disabilities may register for standard track or Skate United Track for events

ASPIRE LOW — 1:30 MAX

ELEMENTS

- Upright one-foot spin (3)
- Upright back spin (3)
- Sit spin (3)

ASPIRE HIGH — 1:30 MAX

ELEMENTS

- Upright one-foot spin (4)
- Upright spin with change of foot (3 each foot)
- Sit spin (3)

PRE-PRELIMINARY — 1:30 MAX

ELEMENTS

- Spin combo - all 3 basic positions required (3 revs)
- Backward sit spin (3)
- Camel spin (4)

PRELIMINARY — 1:30 MAX

ELEMENTS

- Spin combo with change of foot - all 3 basic positions required (3 revs)
- Sit spin with change of foot (min 3. each foot)
- Spin in one position, skater's choice (upright, sit or camel) (4)

ADULT BEGINNER — 1:30 MAX

ELEMENTS

- Pivot, forward or backward
- Upright two-foot spin (2)

ADULT PRE-BRONZE — 1:30 MAX

ELEMENTS

- Upright one-foot spin (3)
- Upright two-foot spin (3)

ADULT BRONZE — 1:30 MAX

ELEMENTS

- Upright one-foot spin (3 revs.)
- Solo spin (3 revs.), must be different from the upright spin (sit, camel or layback)

Showcase Events

Showcase events are open to skaters in the levels listed below. Groups will be divided by number of entries and ages if possible. Skaters with physical disabilities may register for standard track or Skate United track. Skaters with intellectual disabilities may register for Special Olympics events. 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.

Show costumes are permitted if they do not touch or drag on the ice. Costuming and make up for showcase programs should enhance the feeling created by the performance and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories or anything else that may fall to the ice and be hazardous to the skaters are allowed. (a 0.1 deduction will be taken). Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for every 10 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 loss 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. The 6.0 judging system will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

** For specific guidelines regarding the conduct of showcase competitions, refer to the nonqualifying showcase guidelines posted on usfigureskating.org.*

Showcase categories may include:

- Levels can be subdivided or combined, if necessary, depending on entry numbers and event set up to ensure performances are contested as per the guidelines. Example combined events: Character Performance and Comedic Impressions. **Snowplow Sam events are limited to Lyrical Pop and Character Performance.**
- **Emotional (formerly Dramatic) Performance:** Programs should portray a story, expressing conflict, resolution and/or depth of emotion. Skater should provoke an emotional response with the audience - through related skating movements, gestures and choreographic processes. The entire spectrum of emotions should be considered when selecting the theme (e.g. love, loss, longing, fulfillment, happiness, melancholy, sadness, etc.).
 - Lip synching is not permitted.
 - Props and Scenery are permitted.
 - No Technical Limitations.
- **Character Performance:** Skaters will impersonate a character, original or adapted, on the ice. Performances as a character from a movie, musical, book, original idea, original adaptation are all welcome here.
 - Lip synching is required
 - Props and Scenery are permitted
 - No Technical Limitations
- **Comedic Impressions:** A humorous performance intentionally designed to achieve continuous/multiple chuckles, laughs, or audible rises from viewers. Performance is projected outward towards audience and entertaining through skating movements, gestures and physical actions deemed comedic.
 - Lip synching is permitted
 - Props and Scenery are permitted
 - No Technical Limitations
- **Lyrical Pop:** Perform to your favorite song containing lyrics, without lip-synching.
 - Lip synching is not permitted
 - Props and Scenery are not permitted
 - No Technical Limitations
- **Duets/Trios:** Theatrical/artistic performances by 2 to 3 skaters.
- **Mini production ensembles:** Mini production ensembles: Theatrical performances by three to seven competitors. 2:00 maximum length.
- **Production ensembles:** Production ensembles: Theatrical performances by eight to 30 skaters. 2:30 maximum length. NOTE: Skaters may only enter one duet, one mini production, and one production ensemble.

Showcase Events

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
SNOWPLOW SAM	Elements only from Snowplow Sam 1-4 curriculum	May not have passed any official U.S. Figure Skating tests	Time: 1:00 max
BASIC 1-6	Elements only from Basic 1-6 curriculum	May not have passed any official U.S. Figure Skating tests	Time: 1:00 max
ASPIRE 1-4/ADULT 1-6/ ADULT BEGINNER/ADULT HIGH BEGINNER	No prescribed or restricted elements	May not have passed any official U.S. Figure Skating free skate or free dance tests	Time: 1:20 max
PRE-PRELIMINARY	No prescribed or restricted elements	Must have passed no higher than U.S. Figure Skating pre-preliminary or any free dance test	Time: 1:20 max
PRELIMINARY	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating preliminary free skate or free dance test	Time: 1:30 max
ADULT PRE-BRONZE	No prescribed or restricted elements	Must have passed no higher than adult pre-bronze free skate test; see National Showcase guidelines for more specific information regarding adults	Time: 1:40 max

Interpretive

COMPETITION FORMAT:

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof lock-er room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

Levels: Levels should be broken by ability with ages divided appropriately

Judging Rules: Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/ expression. Spins and jumps performed must be appropriate to competition level.

Time: Music Duration for all levels: Up to 1:30 max

Coaching: There is to be no instruction allowed during this event from coaches, parents or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.

Special Olympics

SPECIAL OLYMPICS BADGE 1-12

Competition hosts can use the skills listed below to create either an elements event or program event for Special Olympics competitors. If doing a program, music can be used and will be 1:10 max.

BADGE 1

- Stand unassisted for five seconds
- Sit on ice or fall and stand up unassisted
- Knee dip standing still unassisted
- March forward 10 steps assisted

BADGE 2

- March forward ten steps unassisted
- Swizzles, standing still — three repetitions
- Backward wiggles or march assisted
- Two-foot glide forward for distance of at least length of body

BADGE 3

- Backward wiggles or march
- Five forward swizzles
- Forward skating across the rink
- Forward gliding dip covering at least length of body (R and L)

BADGE 4

- Backward two-foot glide covering at least length of body
- Two-foot jump in place
- One-foot snowplow stop (R and L)
- Forward one-foot glide covering at least length of body: (R and L)

BADGE 5

- Forward stroking across rink
- Five backward swizzles
- Forward two-foot curves left and right across rink
- Two-foot turn front to back, in place

BADGE 6

- Gliding forward to backward two-foot turn
- Five consecutive forward half-swizzles on circle (R and L)
- Backward one-foot glide length of body (R and L)
- Forward pivot

BADGE 7

- Backward stroking across the rink
- Gliding backward to forward two-foot turn
- T-stop (R or L)
- Forward two-foot turn on a circle (R and L)

BADGE 8

- Five consecutive forward crossovers (R and L)
- Forward outside edge (R and L)
- Five consecutive backward half-swizzles on a circle (R and L)
- Two-foot spin

BADGE 9

- Forward outside three-turn (R and L)
- Forward inside edge (R and L)
- Forward lunge or shoot the duck at any depth
- Bunny hop

BADGE 10

- Forward inside three-turn (R and L)
- Five consecutive backward crossovers (R and L)
- Hockey stop
- Forward spiral three times length of body

BADGE 11

- Consecutive forward outside edges — minimum of two on each foot
- Consecutive forward inside edges — minimum of two on each foot
- Forward inside mohawk (R and L)
- Consecutive backward outside edges — minimum of two on each foot
- Consecutive backward inside edges — minimum of two on each foot

BADGE 12

- Waltz jump
- One foot spin, minimum of three revolutions
- Forward crossover, inside mohawk, backward crossover, step forward — step sequence should be repeated clockwise and counter clockwise
- Combination of three moves chosen from badges 9-12

Solo Pattern Dance

GENERAL EVENT PARAMETERS:

- Levels are based upon the skaters' highest pattern dance test passed
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for his/her level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30–July 2), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the second quarter).
- Skaters will complete both dances at each level. Dances will be scheduled at the discretion of the chief referee for each competition and may be competed consecutively or with a break in-between pattern dance groupings.
- Skaters with physical disabilities may register for standard track or Skate United Track for events

PRELIMINARY

JANUARY 1–MARCH 31	APRIL 1–JUNE 30	JULY 1–SEPTEMBER 30	OCTOBER 1–DECEMBER 31
1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz

PRE-BRONZE

JANUARY 1–MARCH 31	APRIL 1–JUNE 30	JULY 1–SEPTEMBER 30	OCTOBER 1–DECEMBER 31
1. Swing Dance 2. Cha-Cha	1. Fiesta Tango 2. Swing Dance	1. Cha-Cha 2. Fiesta Tango	1. Swing Dance 2. Cha-Cha

ADULT PRELIMINARY

Qualifications: No higher than one pre-bronze dance test (partnered, solo, standard, adult/adult 21+ or adult 50+/masters)

SELECTED DANCES FOR THE SEASON (NUMBER OF SEQUENCES TO BE DANCED IN PARENTHESES)

Dutch Waltz (2)
Canasta Tango (2)

ADULT PRE-BRONZE

Qualifications: The complete preliminary dance test and no higher than one bronze dance test (partnered, solo, standard, adult/adult 21+ or adult 50+/masters)

SELECTED DANCES FOR THE SEASON (NUMBER OF SEQUENCES TO BE DANCED IN PARENTHESES)

Rhythm Blues (2)
Swing Dance (2)



THEATRE ON ICE

In order to safely practice and compete at the various levels, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level at which they are skating. (See program requirements.) Props, scenery and theatrical makeup are not allowed.

Eligibility Rules: All skaters on the team must either be full U.S. Figure Skating members or members of Learn to Skate USA. It is strongly suggested that teams register with U.S. Figure Skating, but this is not required.

Members of other organizations are eligible to compete, but must be registered with a Learn to Skate USA program or as full members of U.S. Figure Skating.

In order for the team to be eligible for this event, no skaters on the team may have passed higher than the Pre-Preliminary Skating Skills or Adult Pre-Bronze test in any discipline.

Age/Number of Skaters: Skaters may not have reached 18 years of age as of September 1 of the current skating season. Teams should be comprised of 8 – 16 skaters.

Program Duration: Teams will skate a program to music of their choice (vocals are allowed) 1 ½ min. +/- 10 sec. There are no restrictions or requirements on music choice.

Costume Requirements:

Costumes must be the same for all skaters (skating dresses or pants). On a team including males and females, the males may wear pants which coordinate with the female dresses. Gloves, boot covers and head embellishments are not allowed.

Judging Notes: The main emphasis of each level is mastering the Learn to Skate USA of Theatre On Ice and showing control in the skating skills from the badge levels required. The focus is not difficulty, but the performance and expression of the three required elements.

When possible, judges should be selected from those who have participated in a U.S. Figure Skating or PSA seminar where Theatre On Ice has been discussed, or have some familiarity with the discipline of Theatre On Ice.

THEATRE ON ICE EVENTS

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

- Programs should contain skating skills from the Learn to Skate USA program levels listed.
- Elements from higher levels are not allowed.
- Elements from lower levels are encouraged.
- Coaches should refer to the U.S. Figure Skating Learn to Skate USA Instructor’s Manual for further details on the elements.
- Props, scenery and theatrical makeup are not allowed.
- Costume requirements can be found on page 26 of the Compete USA Manual.

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

Level	Program Length	Test, Team Size and Age Requirements
TOI/CE 1	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Street Art • Choreographic Process: Contrast • Gesture: Release <p>Skaters should demonstrate elements from Learn to Skate USA Basic 1 - 4. Elements from higher levels are not allowed.</p>
TOI/CE 2	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Street Art • Choreographic Process: Contrast • Gesture: Release <p>Skaters should demonstrate elements from Learn to Skate USA Basic 5 -6 Elements from higher levels are not allowed.</p>
TOI/CE 3	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Street Art • Choreographic Process: Contrast • Gesture: Release <p>Skaters should demonstrate elements from Learn to Skate USA Pre-Free Skate - Free Skate 3. Elements from higher levels are not allowed.</p>
TOI/CE 4	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Street Art • Choreographic Process: Contrast • Gesture: Release <p>Skaters should demonstrate elements from Learn to Skate USA Free Skate 4 - 6. Elements from higher levels are not allowed.</p>

LEARN TO SKATE USA - ASPIRE SYNCHRO (effective July 1, 2023)

The Compete USA competition program is for Learn to Skate USA skaters who are interested in a first competition experience while taking the Synchro 1-4 badges to the next level. In order to safely practice and compete, it is strongly recommended that skaters have mastered the elements of the division in which they are competing (see program requirements).

Basic Requirements for Elements		
Block	Wheel	Circle
Must have a minimum of 3 lines	Must have at least 3 skaters in each spoke	Must have a minimum of 4 skaters

ASPIRE 1	One Circle Element	One Line Element	One Block Element	One Wheel Element	One Intersection Element	Additional Items for Aspire 1
2:10 max 5 Elements Required Holds None Any type of holds permitted 5-20 skaters 13 years of age and younger	Forward and backward skating permitted Must contain a forward glide on an inside or outside edge on one or two feet Change of rotational direction, change of configuration, and travel not permitted	Forward skating only Change of axis and change of configuration not permitted	Forward skating only Change of configuration and pivoting not permitted	Forward skating only Change of rotational direction, change of configuration, and travel not permitted	Must be two lines facing each other Forward skating through the point of intersection Choice of: Upright two foot glide Upright one foot glide	Additional well-balanced SYS elements permitted. Judges will evaluate first element type presented. Elements higher than Basic 6 not permitted. Some common elements above Basic 6 are mazurka, half flip, waltz jump, etc.

LEARN TO SKATE USA - ASPIRE SYNCHRO (effective July 1, 2023)

The Compete USA competition program is for Learn to Skate USA skaters who are interested in a first competition experience while taking the Synchro 1-4 badges to the next level. In order to safely practice and compete, it is strongly recommended that skaters have mastered the elements of the division in which they are competing (see program requirements).

<p>ASPIRE 2</p> <p>2:10 max</p> <p>5 Elements</p> <p>Required Holds None</p> <p>Any type of holds permitted</p> <p>5-20 skaters</p> <p>16 years of age and younger</p>	<p>One Circle Element</p> <p>Forward and backward skating permitted</p> <p>Must contain a forward glide on an inside or outside edge on one foot</p> <p>Change of rotational direction, change of configuration, and travel not permitted</p>	<p>One Line Element</p> <p>Forward and backward skating permitted</p> <p>Change of axis and change of configuration not permitted</p>	<p>One Block Element</p> <p>Forward and backward skating permitted</p> <p>Change of configuration and pivoting not permitted</p>	<p>One Wheel Element</p> <p>Forward and backward skating permitted</p> <p>Change of rotational direction, change of configuration, and travel not permitted</p>	<p>One Intersection Element</p> <p>Must be two lines facing each other</p> <p>Forward skating through the point of intersection</p> <p>Choice of:</p> <p>Upright two foot glide</p> <p>Upright one foot glide</p>	<p>Additional Items for Aspire 2</p> <p>Additional well-balanced SYS elements permitted.</p> <p>Judges will evaluate first element type presented.</p> <p>Elements higher than Basic 6 not permitted.</p> <p>Some common elements above Basic 6 are mazurka, half flip, waltz jump, etc.</p>

LEARN TO SKATE USA - ASPIRE SYNCHRO (effective July 1, 2023)

The Compete USA competition program is for Learn to Skate USA skaters who are interested in a first competition experience while taking the Synchro 1-4 badges to the next level. In order to safely practice and compete, it is strongly recommended that skaters have mastered the elements of the division in which they are competing (see program requirements).

<p>ASPIRE 3</p> <p>2:10 max</p> <p>5 Elements</p> <p>Required Holds 2 different holds shown by the whole team for any length of time</p> <p>Any type of holds permitted</p> <p>5-20 skaters</p> <p>17 years of age and younger</p>	<p>One Circle Element</p> <p>Forward and backward skating permitted</p> <p>Must contain a backward glide on an inside or outside edge on one foot</p> <p>May contain any of the below features*</p> <p>Choice of:</p> <p>Change of rotational direction</p> <p>Change of configuration</p> <p>Travel</p>	<p>One Line Element</p> <p>Forward and backward skating permitted</p> <p>May contain any of the below features*</p> <p>Choice of:</p> <p>Change of axis</p> <p>Change of configuration</p>	<p>One Block Element</p> <p>Forward and backward skating permitted</p> <p>May contain any of the below features*</p> <p>Choice of:</p> <p>Change of Configuration</p> <p>Pivoting</p>	<p>One Wheel Element</p> <p>Forward and backward skating permitted</p> <p>May contain any of the below features*</p> <p>Choice of:</p> <p>Change of rotational direction</p> <p>Change of configuration</p> <p>Travel</p>	<p>One Intersection Element</p> <p>Must be two lines facing each other</p> <p>Forward skating through the point of intersection</p> <p>Choice of:</p> <p>Upright two foot glide</p> <p>Upright one foot glide</p> <p>Forward lunge</p>	<p>Additional Items for Aspire 3</p> <p>Additional well-balanced SYS elements permitted.</p> <p>Judges will evaluate first element type presented.</p> <p><i>*Teams may attempt any number of the listed features. However, teams may also elect to not attempt any of the listed features.</i></p>
<p>ASPIRE 4</p> <p>2:10 max</p> <p>5 Elements</p> <p>Required Holds 2 different holds shown by the whole team for any length of time</p> <p>Any type of holds permitted</p> <p>5-20 skaters</p> <p>17 years of age and younger</p>	<p>One Circle Element</p> <p>Forward and backward skating permitted</p> <p>Must contain at least one of the below features**</p> <p>Choice of:</p> <p>Change of rotational direction</p> <p>Change of configuration</p> <p>Travel</p>	<p>One Line Element</p> <p>Forward and backward skating permitted</p> <p>Must contain at least one of the below features**</p> <p>Choice of:</p> <p>Change of axis</p> <p>Change of configuration</p>	<p>One Block Element</p> <p>Forward and backward skating permitted</p> <p>Must contain at least one of the below features**</p> <p>Choice of:</p> <p>Change of Configuration</p> <p>Pivoting</p>	<p>One Wheel Element</p> <p>Backward skating only</p> <p>Must contain at least one of the below features**</p> <p>Choice of:</p> <p>Change of rotational direction</p> <p>Change of configuration</p> <p>Travel</p>	<p>One Intersection Element</p>	<p>Additional Items for Aspire 4</p> <p>Additional well-balanced SYS elements permitted.</p> <p>Judges will evaluate first element type presented.</p> <p><i>**Teams must attempt at least one of the listed features. However, teams may include more than one of the listed features.</i></p>

LEARN TO SKATE USA - ASPIRE SYNCHRO (effective July 1, 2023)

The Compete USA competition program is for Learn to Skate USA skaters who are interested in a first competition experience while taking the Synchro 1-4 badges to the next level. In order to safely practice and compete, it is strongly recommended that skaters have mastered the elements of the division in which they are competing (see program requirements).

Judges' Deductions (Applies all Aspire Synchro Divisions)	
Description	Deduction
Costume/prop violation (see costume guidelines in rulebook)	0.1 from the component mark
Costume failure	0.1 from the component mark
Program time violation every 5 seconds in excess (referee to inform judges)	0.1 from both marks for every 5 seconds in excess
Fall, 1 skater (each time)	0.1 from technical mark
Element not according to requirements	0.2 from technical mark
Omission of an element (not attempted)	0.6 from technical mark
Illegal element (see rulebook)	1.0 from both marks
Holds (incorrect number and not shown by the whole team)	0.2 from technical mark per missing hold

LEARN TO SKATE USA - ASPIRE SYNCHRO (effective July 1, 2023)

The Compete USA competition program is for Learn to Skate USA skaters who are interested in a first competition experience while taking the Synchro 1-4 badges to the next level. In order to safely practice and compete, it is strongly recommended that skaters have mastered the elements of the division in which they are competing (see program requirements).

Eligibility Rules:

- All skaters on the team must be either full U.S. Figure Skating members, Aspire members or members of the Learn to Skate USA program. All Aspire synchronized skating teams must be registered with U.S. Figure Skating and have a team number.
- Skaters competing in the Aspire 1 through Aspire 3 divisions may have passed the preliminary skating skills, freestyle and/or dance* test, but no higher.
- Skaters competing in the Aspire 4 division may have passed the pre-bronze skating skills, freestyle and/or dance* test, but no higher.
- The skater's test level is as of October 1, 2023.
- No skater may compete on multiple Aspire synchronized skating teams and/or cross skate to any of the U.S. Figure Skating competitive divisions.

**Skaters may pass two of the three required dance tests for the pre-bronze level and still be eligible to compete in Aspire 1-Aspire 3. Skaters may pass two of three required dance tests for the bronze level and still be eligible to compete in Aspire 4.*

Age/Number of Skaters:

- The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1st.
- Each team must have between 5-20 skaters. Teams may have a maximum of 4 alternates listed on their roster, in addition to the maximum number permitted on the ice for their respective divisions.

Costume Rules/Illegal Elements:

- Aspire synchronized skating teams should follow the costume rules outlined in the rulebook
- Illegal elements outlined in the rulebook apply to all Aspire Synchronized divisions.

Compliance for Instructors/Coaches:

- To be credentialed as a coach at a Compete USA event, individuals coaching a synchronized skating team are required to have:
 - Learn to Skate USA instructor membership OR U.S. Figure Skating full membership.
 - SafeSport™ Training completed (for coaches 18 years of age and older)
 - 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.
 - Background check successfully passed (for coaches 18 years of age and older).
 - Learn to Skate USA Instructor Certification completed (for coaches under 18 years of age).
 - If you have questions about compliance, the U.S. Center for SafeSport™, or U.S. Figure Skating's SkateSafe® Program, contact skatesafe@usfigurekating.org.

2024-2025 High School - Artistic Free Skate Rules

The primary focus of the event will be on the skater's ability to artistically express and present a complete composition while demonstrating technical skills.

- **Strong emphasis** will be on five specifically defined components evaluating the artistry of each program and skater. These components are:
 - Expression of the music's character/feeling and rhythm.
 - Finesse, reflect the details and nuances of the music
 - Originality of composition, *creativity!*
 - Multi-dimensional use of space and design of movements
 - Involvement of the skater physically, emotionally and intellectually as they deliver the intent of the music and composition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or "skate up" up to two levels higher.
- Unintended falls, poorly executed skating elements and obvious losses of control will negatively affect the competitor's marks.
- Technical difficulty is not rewarded in artistic free skate.
- Utilization of space and time: good ice coverage and pattern should be attained; program highlights should be spread through the entire performance.

The 6.0 judging system will be used. One mark will be awarded by each judge for each performance. No technical skating mark will be awarded.

No props are permitted for this event.

TIMING: Timing of the program will begin with the first purposeful movement of any competitor. For performances that are over the time allotment, standard time deductions will apply to the score as per U.S. Figure Skating's current rulebook (Rule 6914 G.). Timing will cease when the last skater comes to a complete stop.

Technical requirements by level are included on the following page.

Artistic Free Skate Levels

Level	Time	Jumps	Spins	Step Sequence
Level A <i>(Aspire through Pre-Preliminary singles test levels)</i>	1:40 max	3 jumps of choice (may include 1 two-jump combination or sequence)	1 spin of choice	1 choreographic step sequence (covering at least half the ice)
Level B <i>(Preliminary & Pre-Bronze singles test levels)</i>	2:00 max	3 jumps of choice (may include 1 two-jump combination or sequence)	1 spin of choice	1 choreographic step sequence (full ice coverage)
Level C <i>(Bronze - Silver singles test levels)</i>	2:10 max	3 jumps of choice (may include 1 two-jump combination or sequence)	2 spins of choice	1 choreographic step sequence (full ice coverage)
Level D <i>(Pre-Gold & Gold singles test levels)</i>	2:40 max	3 jumps of choice (may include 2 two-jump combinations or sequences)	2 spins of choice	1 choreographic step sequence (full ice coverage)

2024-25 High School – Team Maneuvers

	Jumps	Spins	Edge or Skating Skills Sequence
<p>BEGINNER</p> <p>(Skaters may not have passed U.S. Figure Skating tests higher than pre-preliminary singles, pre-preliminary skating skills, or preliminary pattern dance)</p>	<ol style="list-style-type: none"> 1. ½ Flip jump 2. Bunny hop 3. Waltz jump/toe loop combination 	<ol style="list-style-type: none"> 1. Two-foot spin (min 3 revs) 2. Beginning back upright spin (min 3 revs) 3. Forward upright one-foot spin (min 3 revs) 	<ol style="list-style-type: none"> 1. One foot glide – right or left 2. Forward lunge – right or left 3. Choreographic step sequence – ½ ice length
<p>LOW</p> <p>(Skaters may not have passed higher than pre-bronze singles skate test)</p>	<ol style="list-style-type: none"> 1. Single flip jump 2. Waltz jump/Euler/salchow combination 3. 3 leap sequence (can consist of falling leaf, mazurka, ballet jump, side to hop, stag jump, split jump, Euler) 	<ol style="list-style-type: none"> 1. Forward upright spin (optional free foot position, min 3 revs) 2. Sit spin (variations allowed, min 3 revs) 3. Combination spin, at least one change of position. (no fly, no change of foot, min 6 revs total) 	<ol style="list-style-type: none"> 1. Waltz Eight (as performed for Pre-Preliminary Skating Skills) 2. Forward shoot the duck – right or left 3. Straight line choreographic step sequence – full ice*
<p>INTERMEDIATE</p> <p>(Skaters may not have passed higher than silver singles test)</p>	<ol style="list-style-type: none"> 1. Double jump 2. Jump sequence consisting of 2 or 3 jumps, with single axel as 2nd or 3rd jump (no triples) 3. Split jump 	<ol style="list-style-type: none"> 1. Layback spin (variations permitted, min 5 revs) 2. Flying spin (any position, no change of foot, variations permitted, min 5 revs) 3. Combination spin (at least 1 change of position, change of foot optional, may fly, min 5 revs) 	<ol style="list-style-type: none"> 1. Inside Slide Chasse Pattern (as performed for Pre-Silver Skating Skills) 2. Short edge element (NO change of position, NO change of edge, max 7 second hold, see Rule 8375 for acceptable elements) 3. Circular choreographic step sequence*

2024-25 High School – Team Maneuvers

<p>HIGH</p> <p>(no test restrictions)</p>	<ol style="list-style-type: none"> 1. Single or double Axel 2. Combination jump (double/double OR triple/double) 3. Double or triple flip or lutz immediately preceded by connecting steps 	<ol style="list-style-type: none"> 1. Flying Spin (variations permitted, NO change of foot, min 5 revs) 2. Camel spin w/ EITHER difficult entry OR difficult exit (NO fly, change of foot optional, variations permitted, min 5 revs) 3. Combination spin (change of foot REQUIRED, change of direction permitted, fly permitted, all 3 basic positions REQUIRED, min 2 revs per position, min 8 revs TOTAL) 	<ol style="list-style-type: none"> 1. Sustained edge step (as performed for Gold Skating Skills) 2. Twizzle sequence (max 3 twizzles, change of direction REQUIRED, change of foot REQUIRED, optional free foot position, no more than 3 steps between twizzles) 3. Choreographic sequence (at least 2 different movements REQUIRED, pattern not restricted, see Rule 6105) *
--	---	---	--

**Step/choreographic sequences should be distinct from the step sequence elements found on skating skills test.*

General Event Parameters:

1. Team maneuver events consist of teams of at least 2 athletes (any mix of gender) from the same high school team with no one skater performing more than 5 of the total number of elements.

Note:

- *Teams must attempt all listed elements in each category. A total of 9 elements will be performed per team.*
 - *Each team will have one skater assigned per element. Teams cannot assign two skaters to the same element.*
 - *If a competitor performs an element higher than that listed, that element will receive no credit. For example, if the element specified is a single Salchow jump and the competitor performs a double Salchow jump, no credit is given for this element.*
2. Each high school team may enter only one team in each competitive level (the only exception is for the Cyber Challenge where teams are able to enter more than one team at a given level).
 3. An athlete may only compete at one team maneuvers level per competition.
 4. Athletes may “skate up” but they may not compete on a team at a lower level than the highest Singles test they have passed. Beginner Team Maneuvers does not permit any U.S. Figure Skating tests, including but not limited to skating skills, singles, pattern dance (partnered or solo), free dance (partnered or solo), and pairs.
 5. Teams will have the option to use one retry, per element category per team. For example, High School Team A can re-skate one element from Jumps, one element from Spins, and/or one element from Step/Skating Skills Sequence.
 6. For the Cyber Challenge event, warm-up times may be omitted from filming.

2024-25 High School – Team Maneuvers

Running a Team Maneuvers Event:

These guidelines are recommended but not required. The Chief Referee of the competition hosting Team Maneuvers events may adjust these below guidelines as needed. If adjustments to these guidelines are made, they must be noted in the competition announcement prior to the start of events.

- Each level (Beginner, Low, Intermediate, High) listed above will be held as its own event. It is recommended to have no more than 4 teams on the ice at one time for the safety of the skaters. It is ultimately up to the discretion of the Referee to limit the number of skaters.
 - For example, if 8 teams register for a Beginner Team Maneuver event, it is recommended to split the event into 2 warm up groups. Events with multiple warm-ups are still judged together as one group.
- Events are conducted separately from each other (i.e. Low Team will be completed in its entirety before Intermediate Team, etc.).
- The event will be judged on a team basis. Team Maneuvers will be judged using the 6.0 Judging System. For team maneuvers, judges will give one mark per team.
- Athletes will have a general warm-up of stroking-only for 1 minute at the beginning of the event. The event referee will announce the stroking-only warm up has ended and teams should stand by the boards opposite of the official's panel.
- Teams may be assigned a place to line up along the barrier and should remain on the ice for their entire event, following the general warm up.
- The event referee will call for a 30 second warm up per element, where all skaters performing the announced element will warm up together (or separated into separate warm up groups for safety, if needed).
 - For example, all skaters performing the first jump for Low Team Maneuvers will receive 30 seconds to warm up for that element. Once that element has fully concluded, a 30 second warm up for the second jump element will be called, and so on. Skaters should return to the boards at the conclusion of the warm-up.
 - Skaters should not perform any other elements other than the announced element during warm-ups.
 - At the discretion of the event referee, element warm-ups may be combined for the given level. For example, warm-ups for all Beginner jump elements may be combined into one warm up.
- Elements will be skated one-at-a-time, and the announcer will call the representative from each team when it is the team's turn to perform the prescribed element.
- Teams must attempt all the listed elements in each category. One retry per element category per team is allowed. Retries must be signaled properly to the event referee by raising one arm into the air for a retry.
 - Retries must be requested immediately after the performed element.

2024-25 High School – Team Maneuvers

Timing Breakdown for Referees:

Allotment for Warm-Ups

1-minute stroking warm up

30-seconds per element (Jumps, Spins, and Step or Skating Skills Sequence)

Allotment for Performance Time

Est. 30 seconds per element

Example of timing for an event with 4 teams

	Minutes
Warm-Ups	
Combined Warm-Ups (1min stroking + 30s per element)	5.5
Performances	
One Team (30s x 9 elements = 4.5 min) X Number of Teams (4)	18
Total Time Allotment	23.5