



Compete USA

23rd Annual Compete USA Competition



**Saturday, March 2,
2019**

9:00 am – 5:00 pm

Registration link

<http://comp.entryeeze.com/Home.aspx?cid=633>



McFarland Ice Arena, 4812 Marsh Road, McFarland, WI 53558

Registration Deadline: Tuesday, February 5, 2019

Snowplow through Preliminary Excel

Adult Compulsory – Freeskate

Solo Dance - Showcase – Jumps- Spins – Synchro

Entry Deadline: Tuesday, February 5, 2019

Accountant: Kim Herman

Announcement/Information: www.swfsc.org

Sanctioned by US Figure Skating Learn to Skate USA # 28134



THE SWFSC COMPETE USA COMPETITION IS PART OF THE WISCONSIN COMPETE USA SERIES

The Wisconsin Compete USA Series is optional for skaters that are interested in participating in multiple Compete USA Competitions throughout the state of Wisconsin. Skaters may compete in a series of competitions within the state of Wisconsin and earn points for a final standing for the year. Awards will be presented to skaters with the highest point totals when they compete in at least two of the scheduled events. The Participating Clubs and Skaters' point accumulation can be found at <http://fscouncilwisconsin.weebly.com>. Medals will be awarded at the final competition in the series. Skaters who are not present at the final competition will receive their medals by mail.

Series Point System The Free Skate and Compulsory/Elements events in each of the Series Competitions will be eligible for accumulating points. Each event will have a maximum of 6 skaters. The system for scoring points for the final award will be as follows:

Place	Points
1	6
2	5
3	4
4	3
5	2
6	1

If an event has 2-6 skaters, the points will be awarded as if 6 skaters were in the group. If only one skater is in the group, that skater will be awarded 3 points. Points are accumulated for Compulsory and Freeskate events separately. All skaters who participate in two or more competitions in any of the events except - Jumps, Spins, Dance, Pairs, Artistic, Adult and Synchronized Team events will be eligible to win an award with an overall total of points. Wisconsin Series Medals will be awarded to the first three placements at each level.

Skaters moving to the next level during the series will take their points with them and earn a one-time 3-point bonus.

Learn to Skate USA Mission Statement

The purpose of the competition is to promote a FUN, introductory, competitive experience for all participants at the grassroots level.

Introduction

Compete USA competitions incorporate skills from Learn to Skate USA and U.S. Figure Skating introductory levels into a competitive format. The competition is open to all skaters who are current members of a Learn to Skate USA Program and/or are full members of U.S. Figure Skating. Non-members are eligible to register for the competition but must be a registered Learn to Skate USA or U.S.

Figure Skating member in order to compete. No more than six competitors maximum will constitute a group at a level , and all six receive an award. Levels may contain several groups.

Eligibility and Test Requirements for Skaters

This is a Compete USA Competition set up under the guidelines of the Compete USA Competition Manual as of September 1, 2018. The competition is open to all skaters who are current members of a Learn to Skate USA Program and/or are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but must become registered with Learn to Skate USA or join a USFS member club before they can participate. 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. Skaters may not compete at more than one level in the same type event at the same competition. Skaters may skate up a level for the spins and jumps events.

Eligibility Rules for Coaches/Instructors/Volunteers

Coaches

To be credentialed at a Compete USA event, coaches are required to have:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Learn to Skate USA Instructor Certification OR U.S. Figure Skating compliant coach certification
- SafeSport training completed (for coaches/instructors 18 years old and older)
- Background check successfully passed (for coaches/instructors 18 years old and over)

If a coach/instructor attempts to work at this event without the proper credentials, he or she is in violation of U.S. Figure Skating ethics and code of conduct rules and, as such, will be asked to leave the competition and is subject to disciplinary action.

All officials and adult volunteers of Compete USA events must be SafeSport compliant.

Awards

Results will be posted after skaters have completed their event. Please allow from 5-20 minutes for results to be posted. All events will be final rounds. Awards will be presented to the 1st – 6th place finishers. There will be a maximum of 6 skaters per group. Parents – remember to bring your cameras!

Registrations - Fees - Deadline

- Secure Online Registration and credit card payment will be available at: www.swfsc.org/EntryEeze Simply follow the links for competition information and use the link to register for the competition and pay with a credit card
- **Solo Events**
 - \$68.00 for the first event
 - \$20.00 for each additional event
 - **\$10.00/skater for each individual competing in Duets Team and Showcase events**
 - **Deadline for Entries: RECEIVED BY midnight on February 5, 2019**
 - Late entries will be accepted at the discretion of the organizers- \$20 late fee.
 - **NO refunds after closing date unless event is canceled by SWFSC.**
- **Synchro Events:** Each synchro team has to be registered separately with payment for that team (all members together) in the online system. When your Team Manager registers the team, you will need to provide the following information:
 - "Team Contact" the Team Manager - the person doing the Team Registration
 - "Team Name" – this will be the name of the team used on the skating order and in the program
 - Number of team members (this should include alternates) and will be the basis of the per member charge for the event
 - **Duets , Showcase and Other Team Events** (i.e. more than one person is participating), You will register as a group;
 - \$68.00/"team" and 10.00/each person on the team**you will need to provide the following information:**
 - "Team Contact" –. the person doing the Team/Group
 - "Team Name" – this will be the name of the team used on the skating orders and in the program
 - Number of team members
 - The team roster - for each of the team/group members, you will need the following information:
 - Skater first and last name
 - Skater date of birth
 - Skater highest test passed
 - Skater USFS number
 - Email address of the skater if over 18 or the email address of the skater's legal guardian if under 18 so that they can accept the liability waiver for that skater
 - T-shirt size for skaters who are not in any other events.
- **Synchro Team Roster** - for each of the team members, you will need the following information:
 - Skater first and last name
 - Skater date of birth
 - Skater highest test passed for freeskate and moves in the field
 - Skater USFS number
 - Email address of the skater if over 18 or the email address of the skater's legal guardian if under 18 so that they can accept the liability waiver for that skater.
 - T-shirt size for skaters who are not in any other events.

Schedule of Events

Skater and Coach schedules will be posted on the web at: www.swfsc.org with a link to the Club's entryEeze website one week prior to the competition. All competitors should arrive at the rink and register 45 minutes prior to their scheduled event.

Admission

No admission charge for the SWFSC **Compete USA** competition

Music

Music must be provided on CDs in final format, and turned in at registration desk. CD's should be labeled with the skater's name, event information and music length. Each CD may have only ONE (1) music track on it. Lead in time must not exceed 2 seconds. A duplicate CD should be readily available with your coach rink side during your program. The Local Organizing Committee (LOC) SWFSC, competition officials and volunteers exercise reasonable care when handling CDs. However they are not responsible for damage to or loss of any CDs. Remember to pick-up your music following your event as CDs will not be mailed back to you. Vocal music with lyrics is permitted.

Interruption in Music – U.S. Figure Skating Rule 1403

If, after the competitor or team's name has been called to compete an issue occurs with the CD provided, the competitor will have up to 3 minutes to rectify the situation with a backup copy of the music on CD. After 3 minutes, the competitor or team will be considered withdrawn.

Practice Ice/ Rink size

"Skaters will be able to pick their own practice ice sessions online but you MUST indicate number of sessions you want online when you register and you MUST pay for them when you register online with entryeeze.com . You will receive an email with a PIN number in order to access your practice ice records and select your sessions. Practice ice will be \$10.00/20 minutes, if you pre-order the sessions. Please indicate the number of sessions you would like online. We will allow additional practice ice sales online for \$12.00/20 minutes after the schedule has been posted and those that pre-register for sessions have had time to select their sessions. Additional practice ice will be available for purchase during the competition and will cost \$13.00/20 minutes at the Registration Desk. Practice Ice for Synchro Teams can be pre-purchased for \$ 50.00/team for exclusive use of the ice for 15 minutes. Music may be played during synchronized team practice ice. Rink size is 100 x 200.

Questions: competition Chair: Alice Wentworth wentworth_alice@rocketmail.com

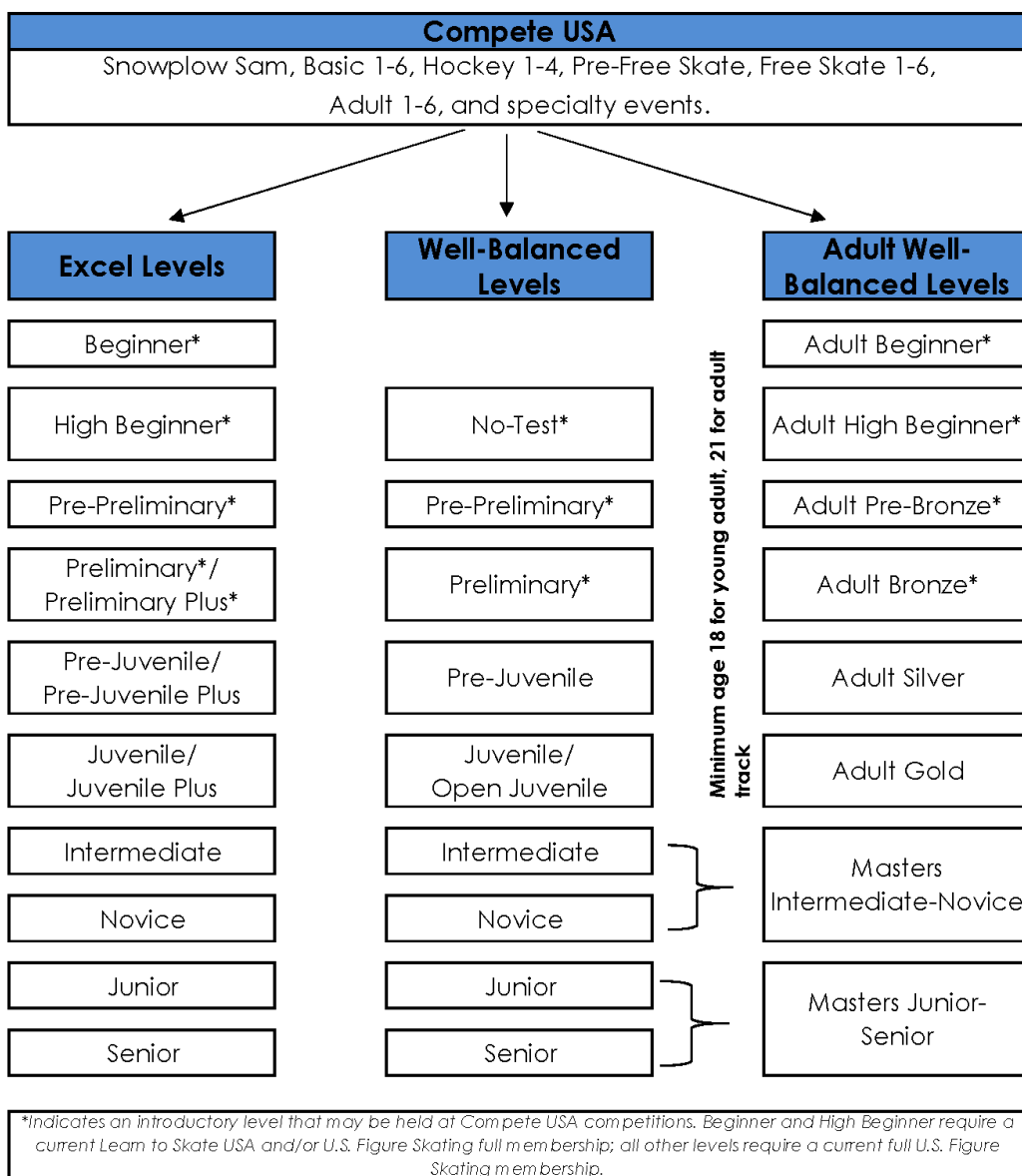
Indemnification Liability Waiver:

U.S. Figure Skating, the Southern Wisconsin Figure Skating Club (SWFSC, the Southern Wisconsin Skating School, (SWSS) the McFarland Community Ice Arena, the organizers and employees undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the SWFSC, The SWSS and the McFarland Community Ice Arena, hosting the competition, and against any officers, volunteers, and employees. The entries shall be accepted only on such condition.



COMPETITIVE PROGRESSION THROUGH THE LEVELS OF U.S. FIGURE SKATING

Singles athletes begin with Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well-Balanced or Adult levels as appropriate for their ability, test level, and age. Test requirements are the same for the Excel and Well-Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development, but may not enter the same type of event in multiple tracks. Competitive level is determined by highest free skate test passed.



SNOWPLOW SAM – BASIC 6 ELEMENTS – Format

- **All elements must be skated in the order listed.**
- 1. For Snowplow and Basic 1 and 2 compulsory elements. Each skater will perform each element when directed by a Judge/Referee. The format will be that all skaters will be asked to each perform the first element before moving on to the next and so on
- 2. For Basic 3 and above, each skater will perform each element in program format (no music) in the order listed below (no excessive connecting steps or choreography). Then the next skater will do accordingly and so forth.
- To be skated on 1/2 ice
- No music

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 two-foot 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 two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<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 two-foot 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 ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry • T-stop, right or left

SNOWPLOW SAM – BASIC 6 PROGRAMS WITH MUSIC

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.

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 two-foot 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 two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<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 two-foot 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 $\frac{1}{2}$ 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, 4-6 consecutive, clockwise and counterclockwise • Backward $\frac{1}{2}$ 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, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position • T-stop, right or left

PRE-FREE SKATE – FREE SKATE 1 COMPULSORY

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

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

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max.	<ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions • Mazurka • Waltz jump
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • Backward outside three-turns, right and left • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop • Half flip jump

PRE-FREE SKATE – FREE SKATE 1 PROGRAM WITH MUSIC

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

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

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max.	<ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions • Mazurka • Waltz jump • <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i>
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop jump • Half flip jump • <i>NOT ALLOWED – Waltz jump/toe loop combination</i>

EXCEL COMPULSORY

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

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

Level	Time	Skating rules/standards
Excel Beginner	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • One-foot upright spin - minimum 3 revolutions • Choreographic step sequence
Excel High Beginner	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Salchow/toe loop combination • Sit spin - minimum 3 revolutions • Choreographic step sequence
Excel Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Flip jump • Loop/loop jump combination • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Excel Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Flip/loop jump combination • Camel, sit combination spin – minimum 6 revolutions total • Choreographic step sequence

WELL BALANCED LEVELS COMPULSORY

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

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

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (no Axel) • Spin with one change of position and no change of foot – minimum 6 revolutions total • Choreographic step sequence
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Axel jump • Jump combination: single/single (may include Axel) • Spin with one change of foot and one change of position – minimum 3 revolutions on each foot • Choreographic step sequence

EXCEL FREE SKATE

- 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.
- Skaters may skate at the highest level passed or may skate up one level.

<p>Excel Beginner Free Skate 1:40 Max.</p> <p><u>Must not</u> have passed higher than Learn to Skate USA Free Skate 2</p>	<p>Maximum 4 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: Salchow, toe loop only • Half Loops are not allowed. • Maximum 2 jump combinations or sequences • Maximum 2 of any same jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Two upright spins • No change of foot • No flying entry • Minimum 3 revolutions 	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence
<p>Excel High Beginner Free Skate 1:40 Max.</p> <p><u>Must not</u> have passed higher than Learn to Skate USA Free Skate 4</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front) • Single rotation jumps: toe loop, Salchow, half-loop, loop • Flip, Lutz, & Axel NOT permitted • Maximum 2 jump combinations or sequences • Maximum 2 of any same jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • Both spins must be in a single position • No flying entry • Permitted forward spins: upright, sit, camel • Permitted back spins: upright • Minimum 3 revolutions • Spins must be of a different character 	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence
<p>Excel Pre-Preliminary 1:40 Max.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Pre-preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel • No single Axels, double, or higher jumps allowed • Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences • Jump combinations limited to 2 jumps. One 3-jump combination is allowed • Jump sequences are limited to a maximum of 3 single jumps 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position* • One spin may change feet and/or position • No flying entry • Minimum 3 revolutions • Spins must be of a different character 	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence
<p>Excel Preliminary 1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel • No single Axels, double, or higher jumps allowed • Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences • Jump combinations limited to 2 jumps. One 3-jump combination is allowed • Jump sequences are limited to a maximum of 3 single jumps 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position* • One spin may change feet and/or position • No flying entry • Minimum 3 revolutions • Spins must be of a different character 	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt)</p> <ul style="list-style-type: none"> • Must use one-half of the ice surface • Moves in the field and spiral sequences are allowed but will not be counted as elements • Jumps may be included in the step sequence

Excel Preliminary Plus 1:30 +/- 10 sec. <u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test *means required element Full U.S. Figure Skating membership required	Maximum 5 jump elements: <ul style="list-style-type: none"> All single jumps allowed, including single Axel No double, or higher jumps allowed Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequences limited to a maximum of 3 single jumps 	Maximum 2 spins: <ul style="list-style-type: none"> One spin must be in a single position* One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character 	Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence
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WELL BALANCED FREE SKATE PROGRAM (continued on next page)

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.
- Skaters may compete at the highest free skate level they have passed, or skate up one level higher.

Level	Time	Jumps	Spins	Step Sequences
No-Test	1:40 Max.	Max 5 Jump Elements <ul style="list-style-type: none"> All single jumps allowed except for the single Axel <ul style="list-style-type: none"> No single Axels, double, triple or quadruple jumps allowed Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <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 sequences limited to a maximum of 3 single jumps	Max 2 Spins <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence
Pre-Preliminary	1:40 Max.	Max 5 Jump Elements <ul style="list-style-type: none"> All single jumps, including the 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 jump combination (maximum of 2 single Axels) Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <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 <ul style="list-style-type: none"> Jump sequences limited to max. of 3 single jumps 	Max 2 Spins <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence

Level	Time	Jumps	Spins	Step Sequences
Preliminary	1:40 Max.	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 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"> Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed An Axel plus up to two different, allowable double jumps may be repeated once as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded 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 <ul style="list-style-type: none"> Jump sequences limited to a maximum of 3 single or double jumps 	Max 2 Spins <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 1 Sequence <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence

ADULT 1-6, BEGINNER, PRE-BRONZE AND BRONZE COMPULSORY (continued on next page)

- The skating order of the elements is optional. Element may only be attempted once.
- To be skated in simple program format with limited connecting steps, ½ ice.
- A 0.2 deduction will be taken for each element MISSING, REPEATED or from a higher level

Level	Time	Elements
Adult 1	1:30 Max	<ul style="list-style-type: none"> Forward Marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop – two feet or one foot
Adult 2	1:30 Max	<ul style="list-style-type: none"> Forward skating across the width of the ice Forward one-foot glides Forward slalom Backward skating Backward swizzles, 4-6 in a row
Adult 3	1:30 Max	<ul style="list-style-type: none"> Forward stroking using the blade properly Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise Forward chasses on a circle, clockwise and counterclockwise Backward skating to a long two-foot glide Backward snowplow stop, Right and Left
Adult 4	1:30 Max	<ul style="list-style-type: none"> Forward outside edge on a circle, right and left Forward inside edge on a circle, right and left Forward crossovers, clockwise and counterclockwise Hockey stop, both directions Backward one-foot glides, right and left
Adult 5	1:30 Max	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Forward stroking with crossover end patterns Backward stroking with crossover end patterns Forward inside three-turn, right and left T-stop Lunge

		<ul style="list-style-type: none"> Two-foot spin into one-foot spin (min 2 revs on 1 foot)
Adult Beginner	1:30 Max	<ul style="list-style-type: none"> Bunny hop Mazurka Forward beginning one-foot spin from backward crossovers (min 2 revs) Forward moving inside open Mohawk (right and left) – heel to instep Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult High Beginner	1:30 Max	<ul style="list-style-type: none"> Waltz Jump ½ Flip Forward upright spin – minimum 3 revolutions Backward outside three- turn, right and left Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult Pre-Bronze	1:30 Max	<ul style="list-style-type: none"> Toe loop jump Jump combination or sequence consisting of only ½ revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in combination and 3 jumps in a sequence Forward upright spin - minimum 3 revolutions Two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise Forward spiral (any edge)
Adult Bronze	1:30 Max	<ul style="list-style-type: none"> Salchow jump Waltz jump – toe loop combination jump Backward Upright Spin – entry optional (Min. 3 revolutions) Backward inside three-turn, right and left Spiral sequence (Minimum 2 spirals)- must change edge or foot

ADULT 1-6 FREE SKATE WITH MUSIC

- 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
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

Level	Time	Elements
Adult 1	1:40 Max	<ul style="list-style-type: none"> Forward Marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop – two feet or one foot
Adult 2	1:40 Max	<ul style="list-style-type: none"> Forward skating across the width of the ice Forward one-foot glides Forward slalom Backward skating Backward swizzles, 4-6 in a row
Adult 3	1:40 Max	<ul style="list-style-type: none"> Forward stroking using the blade properly Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise Backward skating to a long two-foot glide Forward chasses on a circle, clockwise and counterclockwise Backward snowplow stop, Right and Left

Adult 4	1:40 Max	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions
Adult 5	1:40 Max	<ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin
Adult 6	1:40 Max	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop (continued on next page) • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)

ADULT BEGINNER – BRONZE FREE SKATE PROGRAM (Continued on next page)

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

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet and Waltz jump • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same jump 	Max. 2 spins <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump. 	Max 2 spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
Adult Pre-Bronze 1:40 Maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> • Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included • 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps. • 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 allowed; except: single Lutz, and single Axel. 	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) 	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 maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> • Max 2 combinations or sequences; • 1 combination/sequence may consist of three jumps, and the other may have only two jumps • 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, 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"> • Choreographic Step Sequence <p>Must use at least ½ ice surface</p> <p>May include Moves in the Field and spirals</p>	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate
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SPINS CHALLENGE

Spins may be skated in any order. Connecting steps are allowed, but will not be scored. Spins may not be repeated. Only required elements may be included.

- All events are skated on ½ ice.
- Minimum number of revolutions is noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	Upright one-foot spin (3) Upright back spin (3) Sit spin (3)
High Beginner	1:30 max.	Upright one-foot spin (4) Upright spin with change of foot (3 each foot) Sit spin (3)
No Test	1:30 max.	Upright spin with change of foot (3 each foot) Sit spin (3) Camel spin (3)
Pre – Preliminary	1:30 max.	Spin with one change of position and no change of foot (6) Backward sit spin (3) Camel spin (4)
Preliminary	1:30 max.	Spin with one change of foot and one change of position (min. 3 each foot) Change sit spin (min 3. each foot) One position spin – skater's choice (upright, sit or camel) (4)
Adult Beginner	1:30 max.	Pivot Two-foot upright spin (2)
Adult Pre-Bronze	1:30 max.	One-foot upright spin (3) Two-foot upright spin (3)
Adult Bronze	1:30 max.	One-foot upright spin (4) One-foot back spin (3) Sit spin (3)

JUMPS CHALLENGE

Each jump may be attempted twice; the best attempt will be counted.

- To be skated on ½ ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	Waltz jump (from backward crossovers) ½ flip or ½ Lutz Single Salchow
High Beginner	1:15 max.	Waltz jump (from backward crossovers) Single Salchow Jump combination – Waltz jump-toe loop
No Test	1:15 max.	Single toe loop Single loop Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	Single toe loop Single flip Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	Single flip Single Lutz Jump combination – Any single jump + single loop (may be Axel)
Adult Beginner	1:15 max.	Bunny hop Mazurka or ballet jump
Adult Pre-Bronze	1:15 max.	Waltz or toe loop jump ½ flip, ½ Lutz or ½ loop
Adult Bronze	1:15 max.	Salchow Toe loop Any single jump plus a toe loop combination (no Axels allowed)

SOLO PATTERN DANCE

- 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 30th – July 2nd), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2nd quarter).
- Skaters will complete both of the 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 dances groupings.

Level	January 1 st – March 31 st	April 1 st – June 30 th	July 1 st – September 30 th	October 1 st – December 31 st
Preliminary	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	1. Swing Dance 2. Cha-Cha	1. Fiesta Tango 2. Swing Dance	1. Cha-Cha 2. Fiesta Tango	1. Swing Dance 2. Cha-Cha

SHOWCASE EVENTS

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as 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 each ten seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

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

6.0 Judging 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 www.usfigureskating.org.

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- 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. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.
- Light entertainment: Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

SHOWCASE EVENTS

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner/ Adult 1-6/ Adult Beginner/Adult High Beginner	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate or free dance tests.	Time: 1:30 max.
No Test	No prescribed or restricted elements.	Must not have passed Pre-Preliminary Free Skate or any Free Dance tests.	Time: 1:30 max.
Pre-Preliminary	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary May not have passed any 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.
Preliminary/ Adult Bronze	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze Free Skate or Free Dance test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.

TEAM COMPULSORY (continued on next page)

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. Three skaters on a team; each skater will do at least one required element.
2. When the event is called, all skaters will take the ice for a two (2) minute STROKING ONLY warm-up.
3. This will be followed by a one (1) minute individual warm-up for the elements.
4. 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.
5. The announcer, referee or judge-in-charge will call the first element (e.g. jump or stop) to be performed.
6. 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
7. Once all the teams have had their skaters complete the element, the next element will be called.
8. Judging is done with one mark for each element (skater) for total team points.
9. Repeat #4-7 above as this will be done in sequence until all the elements at each level are completed.

Level	Jumps / Stops	Spins / Turns / Glides	Spiral or Step Sequences
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 ½ 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, mazurka -Waltz jump	-Forward inside pivot or two-foot spin (min. 3 revs.) -One-foot upright spin, optional entry & free foot position (min. 3 revs.)	Moving forward to backward two-foot turns on a circle, clockwise and counterclockwise (from Basic 3)
Pre-Free Skate and Free Skate 1-6 levels	-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)	Spiral Sequence (from Free Skate 2)
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	-1/2 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

SYNCHRONIZED SKATING- SNOWPLOW SAM SYNCHRO, SYNCHRO SKILLS 1-3, PRELIMINARY

The emphasis of the Learn to Skate USA synchronized skating competition is on mastering the Synchro Skills of synchronized skating:

- Unison of body alignment, and learning to guide with the head.
- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Learning how to transition within elements with ease and clarity.
- Incorporating skills from Basic 1-6, Pre-Free Skate and Free Skate 1-2 to strengthen skating skills.
- Learning skills that will be the foundation for higher levels.
- Demonstrate ability to recognize and skate to the tempo of the music.

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).

Eligibility Rules: All skaters on the team must either be full U.S. Figure Skating members or members of the Learn to Skate USA program. All Learn to Skate USA Synchronized Skating teams must be registered with U.S. Figure Skating and have a team number.

In order for the team to be eligible for Snowplow Sam Synchro or Synchro Skills 1-3 events, no skaters on the team may have passed higher than a preliminary test (moves in the field, freestyle or dance). The skater's test level is as of the competition entry deadline.

No skater may compete on multiple Learn to Skate USA synchronized skating teams.

Age/Number of Skaters: Varies based on the level. The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1. If the majority of the team is younger than the listed age, consider skating "up" to the level that best meets the skaters' skill levels.

Each Synchro Skills team may have between 8-16 skaters. A Snowplow Sam Synchro team may have between 5-12 skaters. Teams may have a maximum of four alternates listed on their roster, in addition to the maximum number permitted on the ice for their respective level.

Costume Rules: Learn to Skate USA synchronized skating teams should follow **Rule 7022 Clothing and Equipment** (U.S. Figure Skating Rulebook) when selecting their clothing for competition.

SYNCHRONIZED SKATING SNOWPLOW SAM, SYNCHRO SKILLS 1-3 PRELIMINARY

Required elements – Each level has specific required elements that must be completed:

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
SNOWPLOW SAM SYNCHRO 5-12 skaters, majority under 7 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward inside or outside edge 1 foot glide and/or 2 foot glide. May have backwards skating.	One line, skated forward, which must cover half ice to full ice.	One block, skated forward, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, skated forward, in any shape.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
SYNCHRO SKILLS 1 8-16 skaters, majority under 9 years old Maximum 2 minutes 10 seconds	One circle, which must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and may include forward and/or backward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel of the team's choice with backward pumps.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
SYNCHRO SKILLS 2 8-16 skaters, majority under 12 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward 3-turn and must contain a backward inside and/or backward outside edge glide.	One line, which must cover full ice and may include forward and/or backward skating.	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the team's choice with backward pumps and/or chasses.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
SYNCHRO SKILLS 3 8-16 skaters, majority at least 12 years old Maximum 2 minutes 10 seconds Minimum of two different hand holds	One circle, which must contain a mohawk and must contain a backward inside and/or backward outside edge glide.	Line element, which includes a change of configuration (1 line to 2 lines or 2 lines to 1 line), and must cover full ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 different configurations.	Wheel element of the team's choice with backward pumps, chasses, and/or crossovers.	One intersection.
PRELIMINARY 8-16 skaters who are under age 12, majority under age 10 2:00 +/- 10 seconds Minimum of two different hand holds	One circle element	One line element	One block element	One wheel element	One intersection element (forward only)

Restrictions in Snowplow Sam Synchro and Synchro Skills 1:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Lines may not pivot.
- Snowplow Sam Synchro teams: backwards skating is allowed, but not required, in the circle and is not permitted in any other elements or transitions.
- Teams may not do steps higher than Basic 6.

Restrictions in Synchro Skills 2:

- Additional elements are not allowed (the team must do only their required elements).
- Wheels may not travel, change rotational direction or change configuration.
- Circles may not change rotational direction or change configuration. Traveling is allowed, but not required.
- Lines may not pivot.
- Synchro Skills 2 teams may not do steps higher than Free Skate 2, with the exception of split jumps, stag jumps and split falling leaf jumps.

Restrictions in all levels: All of the synchronized skating "illegal elements" found in Rule 7160 of the U.S. Figure Skating Rulebook.

Please reference <http://usfsa.org/programs?id=84096&menu=synchronized> for most up-to-date Learn to Skate USA Synchronized Skating rules

This is a worksheet for your own use for all events EXCEPT SYNCHRO EVENTS which start on Page 24

Questions:

Alice Wentworth – 608-833-5451 wentworth_alice@rocketmail.com

Skaters Name _____ DOB _____

USFS or Learn to Skate USA # _____ e-mail _____

Address _____ Phone _____

Club or Learn to Skate Program Affiliation _____

Club Officer or Program Director approval _____

Coach Name _____ e-mail _____

Coach Signature _____

Parent/Guardian Signature _____

Snowplow –Basic 6 – Check ✓ level and circle appropriate group(s)

_____ Snowplow: Elements , Program

_____ Basic 1: Elements, Program,

_____ Basic 2: Elements, Program

_____ Basic 3: Elements, Program, Showcase: Solo, Duet, Production

_____ Basic 4: Elements, Program, Showcase: Solo, Duet, Production

_____ Basic 5: Elements, Program, Showcase: Solo, Duet, Production

_____ Basic 6: Elements, Program, Showcase: Solo, Duet, Production

Free Skate - Check ✓ Level and circle appropriate group (s)

_____ Pre-Free Skate: Compulsory, Program, Showcase: Solo, Duet, Production

_____ Free Skate 1: Compulsory, Program, Showcase: Solo, Duet, Production

_____ Beginner Excel: Compulsory, Program, Spins, Jumps, Showcase: Solo, Duet, Production

_____ High Beginner Excel: Compulsory, Program, Spins, Jumps, Showcase: Solo, Duet, Production

_____ No Test: Compulsory, Program, Spins, Jumps, Showcase: Solo, Duet, Production

_____ Pre-Preliminary Well Balanced: Compulsory, Program, Spins, Jumps, Showcase: Solo, Duet, Production

_____ Pre-Preliminary Excel: Compulsory, Program, Spins, Jumps, Showcase: Solo, Duet, Production

_____ Preliminary Well Balanced: Compulsory, Program, Spins, Jumps, Showcase: Solo, Duet, Production

_____ Preliminary Excel: Compulsory, Program, Spins, Jumps, Showcase: Solo, Duet, Production

_____ Preliminary Excel Plus Compulsory, Program

_____ Adult 1: Compulsory, Program

_____ Adult 2: Compulsory, Program

_____ Adult 3: Compulsory, Program

_____ Adult 4: Compulsory, Program

_____ Adult 5: Compulsory, Program

_____ Adult 6: Compulsory, Program

_____ Adult Pre-Bronze: Compulsory, Program, Showcase: Solo, Duet, Production

_____ Adult Bronze: Compulsory, Program, Showcase: Solo, Duet, Production

ENTRY FEE \$68.00 and \$20.00 PER EACH ADDITIONAL EVENT. SHOWCASE, DUETS AND PRODUCTION EVENTS THE FEE IS \$68.00 Plus \$10.00/EVENT/PERSON .

First Event \$_____ Additional Events \$_____ Total: \$_____

Certification of Competitor: The Competitor is eligible to enter the events checked.

Synchronized Skating On Line Registration: entryeeze.com Procedure – Team Managers will register the team and the individual team members. They will need each skater's USFS number and correct spelling of each member's name.

Registration on: Entryeeze.com

Synchronized Team Event Registration Worksheet - Team captain copy. Register : entryeeze.com

Team Name: _____ Club/Program: _____

Primary Coach: _____ Additional Coach: _____

Primary Coach Phone: _____ Primary Coach Email: _____

Team Contact: _____ Team Contact Email: _____

Check Level of Team: Beginner 1: ____ Beginner 2: ____ Beginner 3: ____

**COMPETE USA SYNCHRONIZED SKATING/ENTRY FORM Worksheet
SWFSC Compete USA March 2, 2019**

ENTRY FORM 1: Team Information

Team name:		U.S. Figure Skating #:	
Club (if applicable):			
Team contact person:			
Daytime phone number:		Email:	
Address:		City:	State/ZIP:
Primary coach:			U.S. Figure Skating #:
Daytime phone number:		Email:	
Number of skaters:		Number of alternates:	

Please check the level and/or event(s) entered:

- [] BS Level 1
[] BS Level 2
[] BS Level 3

Entry Fee for Sybnchro Team and skaters:

Enclosed is

\$ _____ for _____ Compete USA events \$ 50.00 per team/Learn to Skate USA event

\$ _____ for _____ competitors \$ 8.00 per skater/Learn to Skate USA event

\$ 50.00 for 15 minutes exclusive team practice ice.

_____ totak

COMPETE USA SYNCHRONIZED SKATING/ENTRY FORM p. 2

Name of the team:
Name of the club or program represented:

TEAM ROSTER (Please list skaters in alphabetical order. It is not necessary to indicate who is an alternate).

Skaters' names in alphabetical order:	Skater signature or parent/guardian (if skater is under 18):
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
Alt. 1	
Alt. 2	
Alt. 3	
Alt. 4	

Indicate t-shirt size if this is the only event in which you are participating

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ENTRY FORM 3: Liability Waiver/Certification by Club Officer

Team name:	Level:
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U.S. Figure Skating, the Southern Wisconsin Figure Skating Club (SWFSC, the Southern Wisconsin Skating School, (SWSS) the McFarland Community Ice Arena, the organizers and employees undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the SWFSC, The SWSS and the McFarland Community Ice Arena, hosting the competition, and against any officers, volunteers, and employees. The entries shall be accepted only on such condition.

Club officer or skating school director: *All of the skaters listed on the team entry form are to the best of my knowledge, eligible members in good standing and eligible to compete under U.S. Figure Skating or Skate Canada rules.*

Print Name:	Signature:
Title:	Legible e-mail:
Club or LTS- USA program name:	Phone () -

