



Hertz Arena

IN HOUSE LEARN TO SKATE USA BASIC SKILLS COMPETITION

DATE: SATURDAY JULY 27, 2019

TIME: 12:00-4:00PM

REGISTRATION DEADLINE: JULY 19, 2019



COMPETITION CHAIR: KANDIS HAWKINS

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239-948-7825 EXT 1302

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either Learn to Skate USA and those who are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but must be registered with Learn to Skate USA or a member club. There will be no more than six competitors maximum in an event and all six should receive an award.

Eligibility and Test Requirements:

Eligibility will be based on skill level as of closing date of entries. All **Snowplow Sam and Basic 1-6** skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.

For the **Pre-Free Skate, Free Skate 1-6, Excel, Well Balanced, and Adult levels** eligibility will be based only upon highest free skate test level passed. Moves in the Field test level will not determine skater's competitive level. 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.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee (LOC) discovers that a skater has been placed in a category that is below his/her class level, the chair and referee will have the option to move the skater into the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors. It is an ethical violation for coaches to sandbag an event.

ENTRIES AND FEES - All entries must be postmarked no later than one week before the competition date. The first event is \$35.00 and each additional event is \$15.00. Entry fees are per person, and must be paid in U.S. dollars. Late entries will be accepted at the discretion of the competition director of the arena in question, and will be subject to an administrative fee of \$15.00. There will be NO REFUNDS after the closing date, unless an event is cancelled. ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fees. **CREDIT CARDS**

OR CASH ONLY (KTB SPORTS.)

MUSIC - Music for free skating programs must be provided on CD. CDs should be clearly marked with the following: skater's name and event. CDs must be turned in at the time of registration. Time duration is always ± 10 seconds. We encourage you to have an additional copy of the music in case of emergency.

ELIGIBILITY RULES FOR COACHES/INSTRUCTORS

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

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

-SafeSport training completed (for coaches/instructors 18 years old and older)

-Background check successfully passed (for coaches/instructors 18 years old and over)

-Learn to Skate USA Instructor Certification completed OR U.S. Figure Skating compliant coach (for coaches under 18 years old)

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

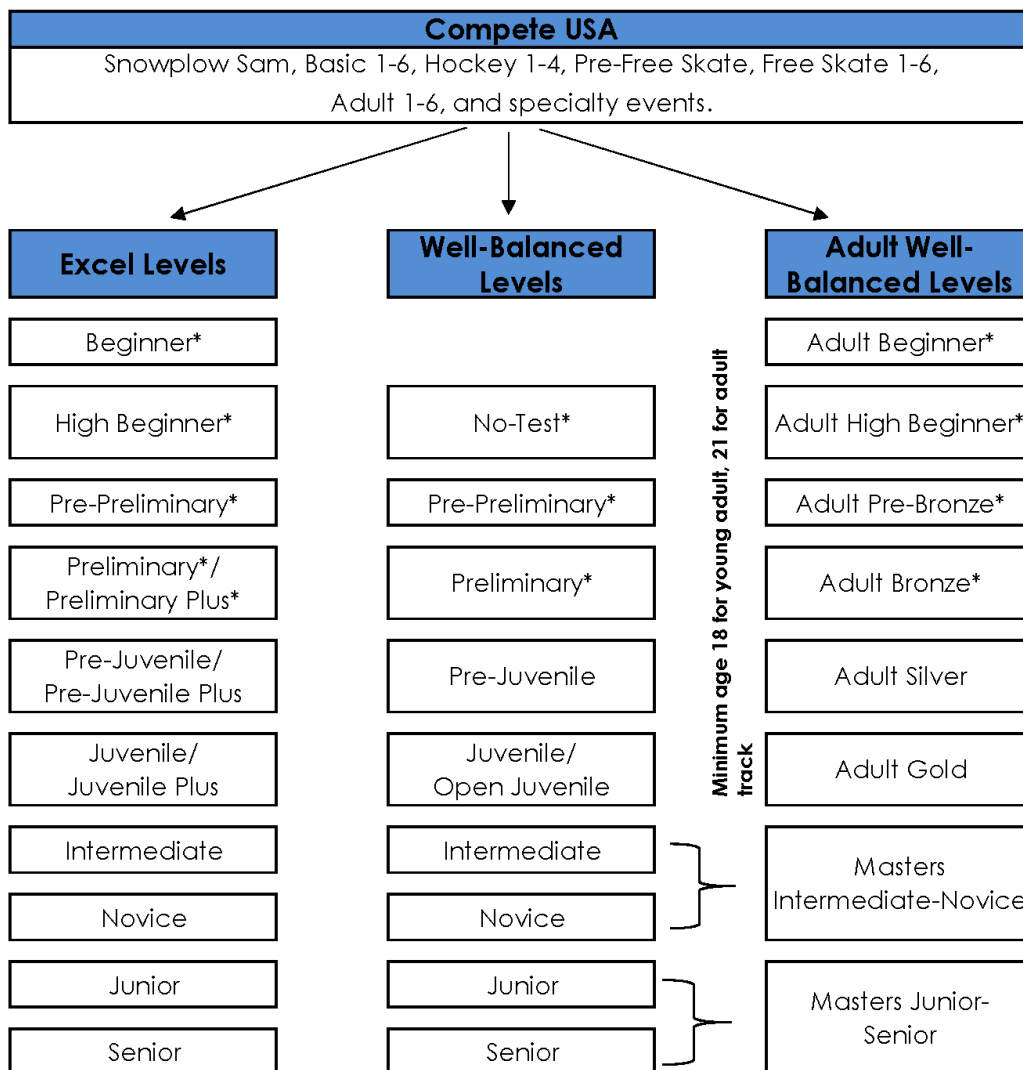
If a coach/instructor attempts to work at this event without the proper credentials, he or she is in violation of U.S. Figure Skating ethics and code of conduct rules and, as such, is subject to disciplinary action.

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



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.



*Indicates an introductory level that may be held at Compete USA competitions. Beginner and High Beginner require a current Learn to Skate USA and/or U.S. Figure Skating full membership; all other levels require a current full U.S. Figure Skating membership.

SNOWPLOW SAM – BASIC 6 ELEMENTS

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.**

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 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

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 ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
Basic 4	1:10 max.	<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	1:10 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 1-6 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 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
Free Skate 2	1:15 max.	<ul style="list-style-type: none">• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis• Backward inside three-turns, right and left• Beginning back spin- maximum 2 revolutions• Half Lutz• Salchow jump
Free Skate 3	1:15 max.	<ul style="list-style-type: none">• Alternating Mohawk/crossover sequence, right to left and left to right• Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise• Advanced back spin with free foot in crossed leg position- minimum 3 revolutions• Loop jump• Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ul style="list-style-type: none">• Forward power 3's, 2-3 consecutive sets, right or left• Sit spin - minimum 3 revolutions• Half loop jump• Flip jump
Free Skate 5	1:15 max.	<ul style="list-style-type: none">• Backward outside three-turn, Mohawk (backward power three-turn), both directions• Camel spin - minimum 3 revolutions• Waltz jump-loop jump combination• Lutz jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none">• Forward power pulls, minimum 3 on each foot• Camel, sit spin combination - minimum of 4 revolutions total• Waltz jump, ½ loop, Salchow jump sequence• Beginning Axel jump

PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times 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>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Beginning back spin- maximum 2 revolutions • Half Lutz • Salchow jump • <i>NOT ALLOWED – Salchow/toe loop combination</i>
Free Skate 3	1:40 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, minimum 3 revolutions • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination • <i>NOT ALLOWED – Waltz/loop combination</i>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin – minimum 3 revolutions • Half Loop jump • Flip jump • <i>NOT ALLOWED – Waltz/half-loop/Salchow sequence</i>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin – minimum 3 revolutions • Waltz-loop jump combination • Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> • Creative step sequence using a variety of three turns, Mohawks and toe steps • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/ half-loop/Salchow jump sequence • Beginning Axel jump

WELL BALANCED LEVELS 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 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

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.

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 <p>Jump sequences limited to a maximum of 3 single jumps</p>	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 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
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 (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • 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-BRONZE COMPULSORY

- 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 • 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

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
- 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• 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 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 • No single Lutz, single Axel or double jumps are allowed 	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 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"> • Choreographic Step Sequence Must use at least ½ ice surface May include Moves in the Field and spirals	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

HOCKEY EVENTS – HOCKEY 1-4 ELEMENTS AND SKILLS CHALLENGE

Invite the Hockey 1-4 participants plus members of the local hockey association by creating fun and challenging skills competition. Ages should be divided by 8 & under, 10 & under, 12 & under, 14 & under, 16 & under, 18 & under, and adult. These age groups may be combined based upon number of entries.

Hockey 1-4 Elements: Each skater will perform each element when directed by a judge or referee. The following elements have been chosen for the skaters to perform. Format choice: 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
- **All elements must be skated in the order listed**
- Time: 1:00 or less

Hockey 1 <ul style="list-style-type: none">• Proper basic hockey stance, forward and backward• March forward across the ice, 8-10 steps• Two-foot glides and dips from forward marching• Forward swizzles / double C-cuts (4-6 in a row)• Stationary Snowplow Stop	Hockey 3 <ul style="list-style-type: none">• Forward C-cuts (1/2 swizzle pumps) on a circle, both directions• Forward outside edges on half circles, alternating feet on the axis• Forward inside edges on half circles, alternating feet on the axis• Backward C-Cuts on a circle, both directions• Backward snowplow stops, one foot and two feet V-stop
Hockey 2 <ul style="list-style-type: none">• Forward strides using 45 degree V-Push, focus on good recovery and alternating arm drive• Forward C-cuts: single leg and alternating feet in a straight line• Backward hustle or march, then glide on two feet• Backward swizzles / double C-cuts (4 – 6)• Two-foot moving Snowplow stop	Hockey 4 <ul style="list-style-type: none">• Quick starts using forward V-Start• Backward one-foot glide, right and left• Forward crossovers on a circle, clockwise and counterclockwise• Backward crossovers on a circle, clockwise and counterclockwise• Hockey stops (to right and left, with speed)

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 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.

SPINS CHALLENGE

General event parameters:

- Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions are 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

General event parameters:

- 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

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 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

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 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

Saturday July 27, 2019 12:00PM TO 4:00PM
ENTRY FORM *(Check the box)* **CREDIT CARD OR CASH ONLY:**

Name _____ Age _____ Sex _____
Last First

Address _____ City _____

State _____ Zip _____ Email Address _____

Area Code/Phone # _____ Birth date _____

Current Skating Level _____ Last USFSA Level Passed _____

Current Learn to Skate USA or USFSA membership # _____

NAME ON CREDIT CARD: _____

CARD NUMBER _____

EXPIRATION DATE: _____

Please check the event(s) you are entering:

Snowplow Sam

- ☐ Elements
☐ Solo program

Basic 1

- ☐ Elements
☐ Solo Program

Basic 2

- ☐ Elements
☐ Solo Program

Basic 3

- ☐ Elements
☐ Solo Program

Basic 4

- ☐ Elements
☐ Solo Program

Basic 5

- ☐ Elements
☐ Solo Program

Basic 6

- ☐ Elements
☐ Solo Program

Basic 7

- ☐ Elements
☐ Solo Program

Basic 8

- ☐ Elements
☐ Solo Program

Freeskate 1

- ☐ Compulsories
☐ Solo program

Freeskate 2

- ☐ Compulsories
☐ Solo program

Freeskate 3

- ☐ Compulsories
☐ Solo program

Freeskate 4

- ☐ Compulsories
☐ Solo program

Freeskate 5

- ☐ Compulsories
☐ Solo program

Freeskate 6

- ☐ Compulsories
☐ Solo program

No Test

- ☐ Compulsories
☐ Solo program

USFS Pre-Preliminary

- ☐ Compulsories
☐ Solo program

USFS Preliminary

- ☐ Compulsories
☐ Solo program

Showcase

- ☐ Basic 1-8
☐ FreeSkate 1-6&Adult
1-4
☐ No Test, PrePre,
Adult Pre-Bronze
☐ Prelim & Adult Bronze

Adult Freeskate

- ☐ Adult 1
☐ Adult 2
☐ Adult 3
☐ Adult 4
☐ Adult 5
☐ Adult 6
☐ Pre Bronze Adult
☐ Bronze Adult

Ice Dance

- ☐ Preliminary
☐ Pre-Bronze

ENTRY FEE IS \$30.00 FOR 1st EVENT AND \$15.00 PER EACH ADDITIONAL EVENT

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

The completed entry form, with fees, must be postmarked no later than July 17, 2019.

CASH OR CREDIT CARDS ONLY.

- **Hertz Arena** Competition Chairmen, Kandis Hawkins 239-948-7825, EXT. 1302 email kandise@floridaeverblades.com

ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS THE EVENT IS CANCELLED BY THE HOST RINK.

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds Learn to Skate USA, USFS, Hertz Arena, KTB Florida Sports harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

Parent/Guardian Signature_____ Date_____

Program Director/Club Officer_____ Date_____

COMPETITOR SIGNATURE_____ Date_____