

2020 West Coast Florida Compete With Us Series Competition

Mission Statement:

To give our skaters a chance to develop their USFS Basic Skills in a fun competitive environment. During the competition season skaters will have the chance to compete at different clubs and arenas earning points for a final standing. A skater may participate in either Free skating and/or Compulsory/Element events in any of the West Coast Florida Basic Skills Series Competitions to be eligible for accumulating points. Awards will be presented to skaters with the highest point totals. These awards will take place on the ice at the Finale (TBD).

Competition Series Point System

Learn to skate Programs with Music [Freeskate] and Learn to Skate Compulsory/Element events will be eligible for accumulating points in series competitions. Each event will have a maximum of 6 skaters with ties left un-broken. Scoring for the final award will be as follows:

1 st Place - 6 points	2 nd Place - 5 points	3 rd Place - 4 points
4 th Place - 3 points	5 th Place - 2 points	6 th Place - 1 point

** skaters who moved up at least one level will be awarded 6 bonus points only once (only counts once).

Six Skaters max in a group.

All Six Skaters get a medal.

All Six Skaters get series points if they compete.


Points are accumulated for Compulsory and Program with Music [Freeskate] events separately.

Please Note: The USFS West Coast Florida Compete With US Series is sponsored equally by all the participating ice rinks and/or USFS members clubs. Competition announcements and packages will be available at all participating ice rinks and/via the club or rink websites as well as www.sk8stuff.com. Each competition will have its own entry forms and specific rules. Please make sure to read the entire announcement for each competition.

To receive overall award, Skaters must participant in at least 2 competitions of the series (One + Finale; counts as 2) to be eligible to win an overall award at the finale. Events eligible for a series finale award are:
Element & Basic Programs w/Music Events - Learn to Skate Curriculum

[Snowplow Sam thru Pre-Free Skate, Beginner & High Beginner

Spins, Dance, Pairs, Theatre on Ice, Synchronized Teams, & Showcase Events **will NOT be counted for 2020.

Beyond the Basic **will NOT** be counted in the Program with Music [Freeskate] and Elements/Compulsory Program Series for this 2020 season. Events eligible for points will be marked with the bear logo 

Non eligible events for points will be marked with 



1st Annual USFS West Coast Basic Skills Series – Hosted by the following:

<p>Name of Event at Ellenton Ice</p> <p style="text-align: center;">Saturday March 14th, 2020</p> <p>(Deadline Sunday, February 16th, 2020)</p> <p>5309 29th Street East, Ellenton, FL34222</p>	<p>May Open Hertz Arena</p> <p style="text-align: center;">Saturday May 2nd, 2020</p> <p>(Deadline Saturday April 11, 2020)</p> <p>11000 Everblades Pkwy. Estero, FL 33928</p>	<p>Name of Event at Skatium</p> <p style="text-align: center;">Saturday July 18th, 2020</p> <p>(Deadline _____)</p> <p>2250 Broadway, Fort Myers, FL 33901</p>
<p>Name of Event – Wesley Chapel</p> <p style="text-align: center;">Saturday August 15th, 2020</p> <p>(Deadline _____)</p> <p>3173 Cypress Ridge Blvd, Wesley Chapel, FL 33544</p>		

Hertz Arena

May Open Hertz Arena Saturday May 2nd 2020

US Figure Skating Basic Skills Competition & part of *West Coast Florida Compete With Us Series*

In partnership with:

Hertz Arena
11000 Everblades Parkway
Estero, FL, 33928
♦ (239) 948 – 7825; Ext. → 1302
♦ Kandise@floridaeverblades.com

EVENT DATE – Saturday May 2nd, 2020

Entry Deadline – Saturday April 11th, 2020

General Info— The May Open will be held at the Hertz Arena on Saturday May 2nd, 2020. This rink has two ice surfaces, blue and green rinks, both measuring standard NHL 85' x 185' feet. This is a United State Figure skating approved Basic Skills Competition. The approvals will be posted on the official competition bulletin board. Questions regarding this competition should be direct to Kandis Hawkins, Kandise@floridaeverblades.com
Email preferred.

The purpose of this competition is to promote a fun, introductory, competitive experience for the beginning skater.

Eligibility—The Competition is open to ALL skaters who are current, eligible [ER 100] members of either the Basic Skills Program and/or full members of US Figure. To be eligible skater must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/Club or any other Basic Skills Program/Club. 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. If competing Snowplow Sam or Basic 1-6, NO official US Figure Skating tests may have been passed including MIF or individual dances.

For the Pre-Free Skate, 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. Skaters may not compete at more than one level in the same type event at the same competition

Hertz Arena May Open Saturday May 2nd, 2020

Rules – The competition will be conducted under the rules set forth by the US Figure Skating Learn to Skate USA “Compete USA Competition Manual” program.

Registration – Sign up online at <http://EntryEeze.com>

Day of competition check-in will be open 1 hour before the competition begins. Skaters will not be allowed to compete until they have checked in with main table.

Checking in on competition day, please see register at least one hour before your competition time.

Entry Fees – The first event is \$50.00 (Entry fees are per person, U.S. dollars)

The second event is \$20.00

Each additional event after that is \$10.

All entries must be submitted through **EntryEeze → <http://EntryEeze.com>

****Late entries** accepted at the discretion of the Referee, and subject to a \$15 late fee;
Entry Deadline Saturday 4/11/2020 @ 11:59 pm.

Schedule of Events – Tentatively posted, Friday April 24, 2020 at →

www.sk8stuff.com & <http://EntryEeze.com>

Awards – **All competitors will receive a medal.** All awards will be given at appropriate time after competition; see official bulletin board day of competition. A podium will be available for group and individual photos. All events are final rounds.

Music – (Important)

- All programs using music, skater/coach must provide a CD with only one track.
- CD must be turned into registration one-hour before event scheduled.

***Competitors are encouraged to have spare CDs at rink side to be used in case of technical difficulties. Phones will not be accepted to play music due to liability, timing, and physical constraints. Skaters without music will be permitted to skate.*

Practice Ice – Practice ice will be offered in 15 minute sessions.

Cost is \$10.00 per 15 minute sessions.

Purchase practice ice thru EntryEeze during registration (Max 2)

<http://EntryEeze.com> **Ice not purchased will be for sale day of competition.

**First come, first served basis.

Events listed on this page are eligible for Basic Skills Series Points








(look for BEAR Logo in corner of page)

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



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.








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, one set each direction clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position - minimum 3 revolutions • Mazurka – right or left • Waltz jump
 Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • Backward outside three-turn, 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-turn, right and left • Beginning back spin, optional entry and free-foot position - maximum 3 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 • Euler (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), 2-3 sets 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/Euler (half loop)/ Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving



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 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.







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, one set each direction clockwise and counterclockwise • One-foot upright spin, optional entry and free-foot position- minimum 3 revolutions • Mazurka - right or left • Waltz jump • NOT ALLOWED -Waltz jump, side toe hop, waltz jump
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 • NOT ALLOWED – Waltz jump/toe loop combination
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, optional entry and free-foot position, maximum 2 revolutions • Half Lutz • Salchow jump • NOT ALLOWED – Waltz jump/toe loop and Salchow/toe loop combination
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 • NOT ALLOWED – Waltz/loop combination
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 • Euler (half loop jump) • Flip jump • NOT ALLOWED – Waltz/loop and Waltz/Euler/Salchow combination
Free Skate 5 	1:40 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets 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, half-ice • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/ Euler (half loop)/Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving

EXCEL COMPULSORY

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

- To be skated on 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.
- *Skaters may 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

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.
- *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

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,



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

or "skate up" to one level higher.





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	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. These spins must be of a different character	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

	<ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ○ Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump) 	(For definition see U.S. Figure Skating rule 6103 (E))	<ul style="list-style-type: none"> ○ not be counted as elements ○ Jumps may be included in the step sequence
<p>Pre-Preliminary</p> <p>1:40 Max.</p> <p></p>	<p>Max 5 Jump Elements</p> <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 ○ Jump sequence is any listed jump immediately followed by an Axel-type jump 	<p>Max 2 Spins</p> <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 6103 (E))</p>	<p>Max 1 Sequence</p> <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
<p>Preliminary</p> <p>1:30 +/- 10 sec. Max.</p> <p></p>	<p>Max 5 Jump Elements</p> <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 ○ Jump sequence is any listed jump immediately followed by an Axel-type jump 	<p>Max 2 Spins</p> <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 6103 (E))</p>	<p>Max 1 Sequence</p> <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
<p>Adult 1</p> <p></p>	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
<p>Adult 2</p> <p></p>	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
<p>Adult 3</p> <p></p>	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

		<ul style="list-style-type: none"> • 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"> • Mazurka • Waltz jump • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open Mohawk (right and left) – heel to instep • Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult High Beginner 	1:30 Max.	<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"> • Single toe loop jump • Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination 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"> • Single Salchow jump • Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination and 3 jumps in a sequence • Solo spin with no change of foot (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
		<ul style="list-style-type: none"> • Forward Marching



Adult 1 ⊘	1:40 Max	<ul style="list-style-type: none"> • 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 and Time	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements Jumps limited to bunny hop, mazurka, ballet and Waltz jump	Max. 2 spins Two forward upright spins, no change of foot,	Connecting moves and steps should be demonstrated	Skaters may not have passed tests higher than U.S. Figure Skating Learn

	Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same jump	no flying entry (Min. 3 revolutions)	throughout the program	to Skate USA Free Skate 1
Adult High Beginner 1:40 Maximum 	Max 4 jump elements: Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same type jump.	Max 2 spins: 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: Max 2 combinations or sequences 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) Only single and half-revolution jumps are permitted No single Lutz, single Axel, double or triple jumps are permitted	Max 2 Spins: Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 6103 E) Min 3 revs Spins with a flying entry are not permitted	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: Max 2 combinations or sequences 1 combination may contain 3 jumps, and the other may contain only 2 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except single Axel) No single Axel, double or triple jumps are permitted	Max 2 Spins: Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 6103 (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: 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

SPECIAL OLYMPICS BADGE 1-12

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

<p>Badge 1</p> <ul style="list-style-type: none"> A) Stand unassisted for five seconds B) Sit on ice or fall and stand up unassisted C) Knee dip standing still unassisted D) March forward ten steps assisted 	<p>Badge 7</p> <ul style="list-style-type: none"> A) Backward stroking across the rink B) Gliding backward to forward two-foot turn C) T-stop left or right D) Forward two foot turn on a circle: left and right 
<p>Badge 2</p> <ul style="list-style-type: none"> 1) March forward ten steps unassisted 2) Swizzles, standing still: three repetitions 3) Backward wiggle or march assisted 4) Two foot glide forward for distance of at least length of body 	<p>Badge 8</p> <ul style="list-style-type: none"> A) Five consecutive forward crossovers: left and right B) Forward outside edge: left and right C) Five consecutive backward ½ swizzles on a circle: left and right D) Two-foot spin 
<p>Badge 3</p> <ul style="list-style-type: none"> A) Backward wiggle or march B) Five forward swizzles covering at least ten feet C) Forward skating across the rink D) Forward gliding dip covering at least length of body: left and right 	<p>Badge 9</p> <ul style="list-style-type: none"> A) Forward outside 3 turn: left and right B) Forward inside edge: left and right C) Forward lunge or shoot the duck at any depth D) Bunny hop 
<p>Badge 4</p> <ul style="list-style-type: none"> A) Backward two-foot glide covering at least length of body B) Two foot jump in place C) One foot snowplow stop: left and right D) Forward one foot glide covering at least length of body: left and right 	<p>Badge 10</p> <ul style="list-style-type: none"> A) Forward inside three-turn: left and right B) Five consecutive backward crossovers: left and right C) Hockey stop D) Forward spiral three times length of body 
<p>Badge 5</p> <ul style="list-style-type: none"> A) Forward stroking across rink B) Five backward swizzles covering at least ten feet C) Forward two-foot curves left and right across rink D) Two-foot turn front to back, on the spot 	<p>Badge 11</p> <ul style="list-style-type: none"> A) Consecutive forward outside edges: minimum of two on each foot B) Consecutive forward inside edges: minimum of two on each foot C) Forward inside Mohawk: left and right D) Consecutive backward outside edges: minimum of two on each foot E) Consecutive backward inside edges: minimum of two on each foot 
<p>Badge 6</p> <ul style="list-style-type: none"> A) Gliding forward to backward two-foot turn B) Five consecutive forward one-foot swizzles on circle: left and right C) Backward one foot glide length of body: left and right D) Forward pivot 	<p>Badge 12</p> <ul style="list-style-type: none"> A) Waltz jump B) One foot spin: minimum of three revolutions Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise C) Combination of three moves chosen from badges 9-12 