



**June 28 - 30, 2019**

**Events Offered:**

**National Qualifying Series - Singles  
Well-Balanced Non-Qualifying and Adult Events  
Compete USA Events  
Solo Dance Events  
Excel Events**

**Showcase Events - Qualifying Event for National Showcase (Preliminary - Senior)**

**Entry Deadline is May 23, 2019  
Entry, Music and PPC are online only**

To sign up for NQS and Qualifying Singles levels, register [here](#) and then register your event in  
Entryeze for practice ice sign up

To sign up for all other events and practice ice for qualifying levels, register [here](#)



*This event is a standard U.S. Figure Skating Nonqualifying Competition (EMS)  
MC 2/21/19*



The Star Spangled Skate will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

**NATIONAL QUALIFYING SERIES (NQS):**

This competition has been approved by U.S. Figure Skating as an official NQS event. Athletes are required to read the NQS handbook [found here](#) and register for the series through EMS by May 28<sup>th</sup> (separate from competition registration).

**COMPETE USA:** A Compete USA competition is being held in conjunction with this competition and will be conducted in accordance with the [2018-19 Compete USA Competition Manual](#). This competition is open to ALL skaters who are current eligible (ER 1.00) members of either Learn to Skate USA or are full members of U.S. Figure Skating.

**ELIGIBILITY/TEST LEVEL:**

**Test level:** Competition level is the highest test passed as of the entry deadline, in the discipline the skater is entering. All Snowplow Sam and Basic 1-6 skaters may not have passed any U.S. Figure Skating test including Moves in the Field or individual dances. Entrants may skate one level above that for which they qualify, but they may not skate down in any event and not at multiple levels in the same event during the same competition.

**Age restrictions/requirements:** Singles free skate events (Well Balanced Program) have the following requirements on close of entries on May 23, 2019.

Juvenile: Girls – 12 years or younger; Boys – 13 years or younger  
Open Juvenile: Girls – 13 years older; Boys – 14 years or older  
Intermediate must be under the age of 18  
Adults must be 21 years or older

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

The LOC and the Chief Referee reserve the right to combine events.

**NQS REMINDER:** NQS events are combined short program and free skate events for the Intermediate through Senior Levels. Juvenile Free skate is also offered as part of the NQS. If there are more than 24 entries per event, qualifying rounds must be held in accordance with Rule 2460. SEE THE [NQS LOC HANDBOOK](#) FOR DETAILS (p. 5 – 7).

**ENTRIES:** Online entry with secure credit card payment is available via [usfsaonline.org](http://usfsaonline.org) for Qualifying level Singles. Once registration has been made, please register your event in Entryeze to register for practice ice. Practice Ice for Qualifying Levels will be in Entryeze only. Please use [EntryEeze.com](http://EntryEeze.com) only for ALL OTHER events. Registration is ONLINE ONLY and must be completed by 11:59 PM PDT on May 23, 2019. Late entries will be permitted until 11:59 PM PDT on May 28, 2019 and will be subject to a \$35 late entry fee. No entries will be accepted past the May 28, 2019 late entry date.

**Skaters Entering both NQS and non-NQS events:** First register your NQS events and any Qualifying level singles event in EMS. After completing your EMS registration, register your NQS and non-NQS

events in Entryeze. Skaters do not have to be in the National Qualifying Series to compete Juvenile - Senior levels but will enter their registration for these levels in EMS.

Practice and Competition schedules will be available on the website approximately two weeks before the competition. It is essential that a current email address is entered at registration for the competition since email will be the primary communication with competitors.

Showcase entries must indicate both the entrant's Singles Free Skating test level and their Pattern Dance Test level to ensure placement in the correct showcase level in accordance with current U.S. Figure Skating guidelines.

**ENTRY FEES:**

EMS registration fees will be paid by credit card only and a 3% processing fee in addition to the entry fees listed in the table will be paid by the skater. Registration through Entryeze will also include a convenience/processing fee of 3% which will be added to the entry fees listed below.

Event/Level	First Event	Additional Events
<b>6.0 Events</b>		
<b>COMPETE USA Events</b> <ul style="list-style-type: none"> <li>● Snowplow Sam</li> <li>● Basic 1-6</li> <li>● Pre-Freeskate through Freeskate 6</li> <li>● Showcase (Snowplow - Freeskate 6)</li> </ul>	\$50 \$50 \$50 \$50	\$35 \$35 \$35 \$35
<b>6.0 Events</b> <ul style="list-style-type: none"> <li>● Dance</li> <li>● Pairs</li> <li>● No Test - Pre-Juvenile Well Balanced</li> <li>● Beginner - Juvenile Excel</li> <li>● Showcase</li> </ul> Group events <ul style="list-style-type: none"> <li>● Mini Production ( 3 - 7 skaters)</li> <li>● Production (8+ skaters)</li> <li>● Theater on Ice</li> <li>● Synchro</li> </ul>	\$80 (\$40 per skater for partnered events)  \$100 \$100 \$100 \$100	\$40 (\$20 per skater for partnered events)  n/a n/a n/a n/a
<b>Exhibitions</b> <ul style="list-style-type: none"> <li>● Individual Program</li> </ul>	\$50	n/a
<b>IJS Events</b>		
<b>IJS Events</b> <ul style="list-style-type: none"> <li>● IJS No Test – Pre-Juvenile Well Balanced</li> <li>● Open Juvenile Well Balanced</li> <li>● Juvenile Well Balanced</li> <li>● Juvenile - Senior Excel</li> </ul>	\$100 \$100 \$100	\$40 \$40 \$40



IJS Events with Critiques Included - NQS and Non-NQS		
<ul style="list-style-type: none"> <li>● Juvenile -Senior Short Program Only</li> <li>● Intermediate -Senior Combined (short + free skate)</li> </ul>	\$100 \$150	\$40 \$40

**REGISTRATION FOR QUALIFYING LEVELS (Juvenile - Senior):**

1. Go to [www.usfsaonline.org](http://www.usfsaonline.org)
  - a. For best experience, the Google Chrome browser is recommended
2. Enter your U.S. Figure Skating or Learn to Skate Member number and password
  - a. If you need assistance with your member number and password, contact Member Services at [memberservices@usfigureskating.org](mailto:memberservices@usfigureskating.org).
3. Click the blue EMS button
4. Click "Competition Registration"
5. Choose "Star Spangled Skate" from the list of competitions.
  - a. If you need assistance completing your registration, contact [productsupport@usfigureskating.org](mailto:productsupport@usfigureskating.org).

**REGISTRATION INSTRUCTIONS FOR ALL OTHER EVENTS:**

1. Go to [EntryEeze.com](http://EntryEeze.com)
2. Click on "Skaters & Parents"
3. Enter your USFSA# (or LTS USA#)
4. Follow instructions after that.

**REFUND POLICY:**

Entry fees will not be refunded after 05/23/2019 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Contested credit card charges will be issued a \$25 fee. Payment of the fee will be required before the skater can participate in practice ice or events. Refunds will be issued in accordance with Rule 3405 and only if the event is not held. In any event with only one entry, the skater will be given a choice of either competing as an individual competitor without a refund or withdrawing from the event and receiving a refund.

**\*\*On Entryeze, you will be asked the following "survey" question: "If you are the only skater in any of the events you entered, would you prefer to skate anyways or withdraw from the single skater event with a refund." Your response to this question is final and will help us process the schedule quicker. There will be no refund for skaters opting to skate.**

**SCHEDULE:** Competitors may be scheduled on any day or time for the announced dates of the competition. The competition and practice ice schedule will be available via EMS and Entryeze as soon as possible after the close of entries. All participants will be notified via email once available.

**FACILITIES:** The competition will be held at Everett Community Ice Arena, located at 2000 Hewitt Avenue (entrance on Broadway) Everett, WA 98201 The indoor ice surface measures: 85x200 with slightly rounded corners. Locker rooms will be available and will strictly adhere to Safesport policies. A snack bar will be open during the competition.

**MUSIC UPLOAD:**

**DEADLINE: 05/28/2019**

**LATE FEE: \$30.00**

All competition music must be electronically submitted via the EMS Skater Portal through the Music & Program Content tab and through the Entryeze site no later than 05/28/2019. All music must meet the



following criteria. If you have questions about what format you have, please contact your coach and get a new version of your music that meets the criteria listed below.

**[CLICK HERE FOR MUSIC UPLOAD HOW TO IN EMS](#)**

***If you need assistance, email [productsupport@usfigureskating.org](mailto:productsupport@usfigureskating.org)***

***If you need assistance uploading music in EntryEeze, email LOC [starspangledskate@gmail.com](mailto:starspangledskate@gmail.com)***

**MUSIC CRITERIA:**

- File Format: MP3 (only format EMS will accept)
- Bit Rate: 192 kbps or higher and Sample Rate: 44,100 kHz
  - This will be verified by the music chair and they may request you upload a corrected file
- Leaders and trailers (the silence or "dead space" before and after the actual start and end of the program music) may not exceed two (2) seconds. We prefer that there be NO leaders or trailers at all. Excessive leaders and trailers may disrupt the playing of the music during competition.

Competitors must also bring a copy of their competition music on CD as a backup in case of technical difficulties and must be available rink side during the competition. Only CDs (standard CD-R format only) will be accepted for backups and must be clearly marked with the competitor's name, event, and running time.

LIABILITY: U.S. Figure Skating, Everett Figure Skating Club, Angel of the Winds Arena and Everett Community Ice Rink accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

**JUDGING SYSTEM:**

**INTERNATIONAL JUDGING SYSTEM**

The International Judging System (IJS) will be used for the following events:

- No Test – Pre-Juvenile Well Balanced (optional 6.0 judging also available)
- Excel Plus Intermediate - Senior
- Open Juvenile and Juvenile
- Juvenile -Senior Short Program Only
- Intermediate -Senior Combined (short + free skate)

**PLANNED PROGRAM CONTENT (PPC):**

**DEADLINE: 06/23/19**

**LATE FEE: \$30.00**

Competitors participating in IJS events must submit their PPC via the EMS Skater Portal or Entryeze no later than 6/23/2019. Program content must be entered under the Music & Program Content tab of your EMS or in the EntryEeze.com site for this competition.

**[CLICK HERE FOR PPC SUBMISSION HOW TO](#)**

***If you need assistance to enter the PPC in EMS, email [productsupport@usfigureskating.org](mailto:productsupport@usfigureskating.org)***

***If you need assistance to enter the PPC in Entryeze please contact your coach***

**6.0 JUDGING SYSTEM**

The 6.0 Judging System will be used for:

- Snowplow Sam
- Basic 1 – Basic 6 Pre-Freeskate - Freeskate 6 Showcase events
- No Test - Pre-Juvenile Well Balanced (optional IJS judging also available)
- Excel Events Beginner - Juvenile
- Pairs

- Dance
- Showcase
- Mini Production (3 – 7 skaters)
- Production (8+ skaters)
- Theater On Ice and Synchro

## EXHIBITION

- Individual

## **REGISTRATION:**

Registration will be open one to two hours before the first event and run through the last event of the day. The registration table will be located in the lobby of the Everett Community Ice Arena. Please register promptly upon arrival.

**LOCKER ROOMS AND CHANGING AREAS:** Please click here to review the [Locker Rooms and Changing Area policy](#). More detailed information can be found in the [SafeSport Handbook](#).

**PRACTICE ICE:** All practice ice will be available for purchase online through the Entryeeze site only. For skaters entering Qualifying level events through the EMS system, registration will also need to be made through Entryeeze to schedule practice ice. Practice Ice must be purchased at time of registration. Practice ice is limited to one session per entered event. The practice ice sessions will be \$15 for 20 minutes prior to entry deadline of May 23, 2019 and \$20 after the May 23, 2019 deadline. Skaters must check in with the ice monitor prior to taking the ice. No refunds will be given to those who do not attend their reserved practice ice. Practice ice for Intermediate to Senior will be limited to 16 skaters. All other levels will be limited to 20 skaters. No music will be played during practice ice sessions.

Everett Figure Skating Club cannot offer specific times for practice ice until the number of competitors and events are known. Once the competition schedule is finalized by the Chief Referee, specific practice ice times will be made available to complement the competition schedule. At such time, skaters will be able to log into their account in [www.entryeeze.com](http://www.entryeeze.com) and select practice ice times.

After the close of registration and the initial practice ice reservation period, additional practice ice sessions may become available. This will be announced through [www.entryeeze.com](http://www.entryeeze.com). Please ensure that the email address submitted during online entry is accurate to receive updates about practice ice availability and scheduling.

Practice ice may also be sold at the registration desk during the competition on a first-come, first-serve basis for \$20 per each 20 minutes session, including drop-ins. There will be no refunds for those who do not appear for their reserved practice session. Every effort will be made to schedule practice ice on the same day as the event, but this is not guaranteed.

## **PHOTO/VIDEO:**

A professional video company and photographer will be at the rink as approved LOC vendors. All other videotaping and photography is restricted to hand- held battery operated equipment, without tripod on behalf of a relative (son/ daughter) skater, and is permissible only from the bleacher area. No videotaping or photography is allowed from rinkside. **Videotaping of any skater other than your own is strictly prohibited.** Please be courteous to those viewing the event. Solicitation by any photographer or agent of anyone to be the subject of still or video photography is not permitted. For safety reasons, no flash photography during the event is allowed.

Self service Podium Photos will be available. Video will be available for purchase. Still photography will be available for purchase by Action Photos by Marianne.

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MC 2/21/19



### **AWARDS:**

Awards will be presented at the photographer's table immediately after the posting of each event. ALL award winners are encouraged to pose for the group picture, even if you do not plan to purchase a picture.

Awards will be presented for 1st through 4th place.

Combined Event: Event Medals will be presented for 1-4th places for the Combined Event. All Compete USA entries will receive an award and will be limited to 6 participants for each event.

**OFFICIAL NOTICES:** An official bulletin board will be maintained inside the community rink. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

**TEST CREDIT:** Skaters who desire to receive an IJS Test Credit packet must make their request to the registration desk three (3) hours before the end of the competition. The packet will be available for pickup at the registration desk shortly after the event results are posted or within an hour after the request is made (whichever is the latest), and must be picked up from the registration desk prior to the end of the competition. The fee to receive an IJS Test Packet is \$10.00

### **IMPORTANT NOTICE FOR ALL COACHES:**

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must be included within a skater's registration or updated through their EMS Skater Portal. All coach compliance is verified via EMS and is connected to the U.S. Figure Skating database.

#### U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training\*
- Continuing Education Requirements (CERs) for the 2018-19 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

#### Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Completed SafeSport Training\* (for coaches 18 years old and over)
- Completed background check (green light status) (for coaches 18 years old and over)
- Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

\*SafeSport training is available through <http://www.usfsaonline.org> for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons

The LOC will have a list of compliant coaches verified through the U.S. Figure Skating database who are approved to receive a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential. There can be no exceptions to this policy.

For more information regarding Coach Compliance, please visit:  
<http://usfsa.org/content/Coaches%20Requirements%20Chart.pdf>



**CONTACT INFO:** If you have questions, please contact the competition chairperson, Tippi Mathison at 425-770-8737 or [www.starspangledskate@gmail.com](mailto:www.starspangledskate@gmail.com).

**ADDITIONAL INFORMATION:**

- Official hotel accommodations

**Delta by Marriott** (.9 miles)

3105 Pine St  
Everett, WA 98201  
(425)339-2000

[Click here to get the group rate for Everett Figure Skating Club](#)

- Airport information

**Paine Field Airport** (8.6miles)

3220 100th St SW  
Everett, WA 98204

**Seatac International Airport** (42.6)

17801 International Blvd,  
Seattle, WA 98158

**SEE CURRENT RULEBOOK OR CLICK [HERE](#) FOR CURRENT RULES AND REQUIREMENTS.**

**OFFICIAL NQS SINGLES EVENTS:**

[Intermediate – Senior Combined Short Program + Free Skate](#)  
[Juvenile Free Skate](#)

***NOTE FOR SKATERS:*** It is **not** a requirement for skaters to be registered for the NQS Series to compete in these events.

*\*These events will be conducted in accordance with U.S. Figure Skating Rule 2040 with regard to qualifying and final rounds if more than 24 competitors register. If there are more than 24 competitors, consolation rounds will also be held for the Short Program for Intermediate - Senior skaters.*

**SINGLES EVENTS:**

[No Test - Open Juvenile Well Balanced Free Skate - IJS and 6.0 Judging System offered](#)  
[Short Program Only \(Juvenile - Senior\) IJS Judging system](#)  
[Excel Beginner - Senior IJS judging for Intermediate - Senior and all other levels 6.0](#)

**PARTNERED DANCE EVENTS:**

[Free Dance](#)  
[Pattern Dance](#)

**PAIRS EVENTS:**

[Pairs Short Program](#)  
[Pairs Free Skate](#)

**SOLO DANCE EVENTS:**

Star Spangled Skate is not part of the National Solo Dance Competition Series.

- Levels are based upon the skater's highest pattern dance tested.
- Solo Pattern dance competition event will consist of skaters performing two pattern dances. the patterns skated depend of the quarter of the year the competition is held. For
- Skaters will compete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee and may be competed consecutively or with a break in between pattern dance groupings.

[Solo Pattern Dance,](#)  
[Solo Free Dance](#)

**ADULT EVENTS**

[Adult 1-6 \(Program with music\)](#)  
[Adult Introductory Free Skate Beginner and High Beginner](#)  
[Adult Singles Free Skate](#)  
[Adult Pairs Free Skate](#)  
[Adult Pattern Dance](#)  
[Adult Partnered Free Dance](#)  
[Adult Solo Pattern Dance](#)  
[Adult Solo Free Dance](#)

## SHOWCASE

Showcase events will be conducted in accordance with the Non-qualifying Showcase Competition Guidelines as published by US Figure Skating and posted under the National Showcase Program category on the US Figure Skating website: <http://www.usfsa.org/shell?id=59260>

**Placement Requirement to participate at National Showcase 2019.** Preliminary level through Senior as well as Adult Bronze through Adult Masters, may compete at National Showcase if they placed first, second, third or fourth (1) in a contested non-qualifying showcase/ theatrical/interpretive skating event held in the United States from the close of entries for National Showcase in the current skating year back to the close of entries for National Showcase in the preceding year; or (2) in the immediately preceding National Showcase. Lower levels are not eligible to compete in National Showcase. Competitors who have entered a competition subsequently cancelled for lack of other entries may substitute a testimonial letter from the chair or the registrar to get a bye to National Showcase.

- [Dramatic Entertainment Events](#)
- [Duet Events](#)
- [Production Ensemble Events](#)
- [Compete USA Showcase Events](#)
- [Interpretative Events](#)
- [Light Entertainment Events](#)
- [Mini Production Ensemble Events](#)

## EXCEL FREE SKATE EVENTS

Star Spangled Skate is NOT part of the Excel Competition Series.

- Free skate events for all Excel track levels will be offered: excel beginner, excel high beginner, excel pre- preliminary, excel preliminary, excel pre-juvenile, excel juvenile, excel preliminary plus, excel pre-juvenile plus, excel juvenile plus, excel intermediate, excel novice, excel junior, and excel senior.
- Please refer to the Excel Program Technical Handbook for IJS guidelines for Excel events found here.
- The following Excel levels will use the 6.0 judging system: Beginner, High Beginner, Pre-Preliminary, Preliminary, Pre-Juvenile and Juvenile levels.
- All skaters must either compete at their test level or one level above their highest US Figure Skating free skating test passed.
- Music must be provided for events according to requirements in each competition's announcement.
- The Excel competition will follow all costume rules and requirements as stated for singles events in the 2019 U.S. Figure Skating Rulebook. (Rules 6030-6035)

## COMPETE USA EVENTS

All charts have been updated with changes from the [2018-2019 Compete USA Manual](#) that went into effect September 1, 2018.

The competition is open to all beginner 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 compete but must become registered with Learn to Skate USA or a member club before they can participate.

### **Eligibility and Test Requirements:**

Eligibility will be based on skill level as of closing date of entries. All **Snowplow Sam and Basic Skills 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, test track and Well Balanced 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.

## 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"> <li>· March followed by a two-foot glide and dip</li> <li>· Forward two-foot swizzles, 2-3 in a row</li> <li>· Forward snowplow stop</li> <li>· Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:10 max.	<ul style="list-style-type: none"> <li>· Forward two-foot glide and dip</li> <li>· Forward two-foot swizzles, 6-8 in a row</li> <li>· Beginning snowplow stop on two-feet or one-foot</li> <li>· Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:10 max.	<ul style="list-style-type: none"> <li>· Forward one-foot glide (no variations), either foot</li> <li>· Scooter pushes, right and left foot, 2-3 each foot</li> <li>· Moving snowplow stop</li> <li>· Two-foot turn in place, forward to backward</li> <li>· Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:10 max.	<ul style="list-style-type: none"> <li>· Beginning forward stroking showing correct use of blade</li> <li>· Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>· Forward slalom</li> <li>· Moving forward to backward two-foot turn on a circle</li> <li>· Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>· Forward outside edge on a circle, clockwise or counterclockwise</li> <li>· Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>· Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>· Backward one-foot glides (no variations), right and left</li> <li>· Beginning two-foot spin, maximum 4 revolutions</li> </ul>

Basic 5	1:10 max.	<ul style="list-style-type: none"> <li>· Backward outside edge on a circle, clockwise or counterclockwise</li> <li>· Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>· Forward outside three-turn, right and left</li> <li>· Advanced two-foot spin, minimum 4 revolutions</li> <li>· Hockey stop</li> </ul>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>· Forward inside three-turn, right and left</li> <li>· Bunny Hop</li> <li>· Basic forward spiral on a straight line (no variations), right or left</li> <li>· Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position</li> <li>· T-stop, right or left</li> </ul>

### 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"> <li>· 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</li> <li>· Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions</li> <li>· Mazurka</li> <li>· Waltz jump</li> <li>· <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i></li> </ul>
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> <li>· Forward stroking, 4-6 consecutive powerful strokes</li> <li>· One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>· Toe loop jump</li> <li>· Half flip jump</li> <li>· <i>NOT ALLOWED – Waltz jump/toe loop combination</i></li> </ul>

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

## SHOWCASE EVENTS

\* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on [www.usfigureskating.org](http://www.usfigureskating.org).

- 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.

## 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.