

This event is a standard U.S. Figure Skating Nonqualifying Competition



**Cardinal Classic 2019
and Compete USA**

The Cardinal Classic is a designated competition in the 2019 Excel Series

**Hosted by the Skating Club of Northern Virginia
Sanctioned by US Figure Skating
April 5-7, 2019**

Register Online by February 22, 2019

www.scnv.org

<http://comp.entryeze.com/Home.aspx?cid=375>

The Cardinal Classic 2019 and Compete USA 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 will be using the 2018–2019 Well Balanced Program Requirements for all Singles, Pairs and Theatre on Ice events. Compliance with these rules as updated or amended is the sole responsibility of the participants and their coaches.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, who are currently registered members 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.

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SERIES INFORMATION: The Cardinal Classic competition is a designated Excel Series competition for the 2019 Excel Series. As an Excel Series event, skaters entered in the Series at eligible levels will earn points for their placement here in order to qualify for the National Festival to be held in Coral Springs, Florida, June 7–9, 2019. Skaters must be registered for the Excel Series prior to competing at designated competition or by March 1; registration is available by [clicking here](#), and additional information is available on U.S. Figure Skating's [Excel webpage](#). For any questions related to the Excel Series, please contact ExcelSeries@usfigureskating.org.

ELIGIBILITY/TEST LEVEL:

Test level: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

Age restrictions/requirements: Skaters entering juvenile girls free skate events (Well Balanced Program) must be 12 years of age or younger as at the close of entries. Skaters entering open juvenile girls free skate events (Well Balanced Program), must be 13 years of age or older at the close of entries. Skaters entering juvenile boys free skate events must be 13 years of age or younger at the close of entries. Skaters entering open juvenile boys free skate events must be 14 years of age or older at the close of entries. Skaters entering Intermediate Short and Free Skate events (Well Balanced Program) must be under 18 years of age at the close of entries.

Should the number of entries in a 6.0 freeskating event warrant more than one group, skaters will be divided as closely as possible by age.

ENTRIES:

Online entry with secure credit card payment is available at:

<http://comp.entryeeze.com/Home.aspx?cid=375>

Online entries must be completed by midnight on February 22, 2019. No paper entries will be accepted. Late entries may be accepted at the discretion of the competition committee. If accepted, a late fee of \$45 will be assessed. The competition committee reserves the right to limit entries to any event, to cancel an event based upon time restrictions and to combine event levels. The Chief Referee and Competition Chairperson reserve the right to combine ladies' and men's/girl's and boy's events where permitted by U.S. Figure Skating Rulebook.

Theatre on Ice and Production team liability waivers will be sent to the email address of each skater on the roster and must be received back no later than March 15, 2019. Theatre on Ice program descriptions should be emailed to registrar@scnv.org no later than February 22, 2019 in order to be included in the program.

Entry fees are as follows:

First IJS Event \$155

Each Additional IJS Event \$95

First Non-IJS Single Event (including Showcase Single Events) \$115

Each Additional Non-IJS Single Event \$70

Well-Balanced Pairs and Showcase Duet \$180 per pair

Showcase Mini Production Event \$225 per team

Showcase Production Ensemble Event \$300 per team

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Jump and Spin Events ONLY \$45

Compete USA TOI \$80 for teams, plus \$15 for each skater in the team

First Theatre on Ice Team Event (except Compete USA TOI) \$350 per team

Additional Theatre on Ice Team Event (except Compete USA TOI) \$100 per team

First Compete USA Single Event \$55 (except TOI)

Each Additional Compete USA Single Event \$20

****Early Bird Registration Discount (if registered before January 25) 10 percent off entry fees****

Late Fee (if sent after February 23) \$45 per event

- Short Program and Free Skate are considered separate events; if both are entered the fee would include both the First and Additional IJS Event Fees.
- All two-person teams should make payment arrangements among themselves and provide ONE payment for the entire team and register only once with the other team member in the partner field. The person who registers is the person who receives the benefit of any reduced additional event fee. The person in the partner field does not receive the benefit of any reduced additional event fee.
- Theatre on Ice and Production Teams should choose one person to register and provide ONE payment for the entire team. These TOI fees stand alone and do not affect another registration for non-TOI events.
- Theatre on Ice CE and FS should be registered for separately and will be judged separately.
- Participation in the Excel Series is not required to register for Excel events.

REFUND POLICY: Entry fees will not be refunded after February 22, 2019, unless no competition exists or an event is canceled. There will be no refunds for medical withdrawals. **The online processing fees are not refundable.** Checks returned for non-sufficient funds and contested credit card charges will be assessed a \$35.00 fee. Payment of the fee will be required before skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will not be available by phone, email or mail. Skaters' and coaches' schedules will be available via the web at www.scnv.com.

FACILITIES: The competition will be held at Prince William Ice Center, 5180 Dale Blvd, Woodbridge, VA 22193, (703) 730-8423, www.pwice.com. Facilities include two ice surfaces (Olympic 200' x 100' and NHL 200' x 85'), locker rooms and on-site café. The competition will take place on both surfaces.

MUSIC: Competitors must provide music for all events, as appropriate. Competition music for all events that require music must be submitted electronically via the online registration system by the music deadline of March 15, 2019 at 11:59 pm.

After you have registered and paid for your events on Entryeze.com, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can return to your account later to upload music by going to the "Competition" tab and then selecting "My music".

Your 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.

Music Criteria:

- 1) File Format: MP3 (the online system will automatically check this)
- 2) Bit Rate: 192 kbps or higher (this will be checked by the music chairperson and they may request you upload a corrected file)

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3) Sample Rate: 44,100 kHz (this will be checked by the music chairperson and they may request you upload a corrected file)

4) 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.

5) File name must include Competitor's name and event level Ex. Jane Smith-Intermediate Long

Penalty for Incorrect Music or Failure to Upload Music

The LOC may assess each competitor/team an additional \$25 charge per event segment, if the competitor/team: 1) fails to submit their music prior to the close of online music submission, 2) submits files that do not follow the specifications above, or 3) uploads the incorrect music for a given event segment (e.g. uploads short program music instead of the free skate). In the event the LOC decides to assess a penalty, the competitor/teams will not receive their credentials at registration until they pay the penalty fee and turn in their music on CD, conforming to the requirements above.

For questions regarding music uploads, contact Charles at music@scnv.org.

Competitors must also bring a copy of their competition music on CD as a backup in case of technical difficulties.

LIABILITY: U.S. Figure Skating, SCNV and Prince William Ice Center 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: The International Judging System (IJS) will be used for the following events:

- Well Balanced Program Free Skate events, Preliminary–Senior
- Short program events, Juvenile–Senior
- Adult Gold and Adult Masters Free Skate events (except Adult pairs)
- Excel Preliminary PLUS, Pre-Juvenile PLUS, Juvenile PLUS and Intermediate through Senior

All competitors skating in these events need to submit the planned program content form online through the EntryEeze portal. The deadline to submit the form is March 15, 2019. IJS critiques will only be available to skaters who submit planned program content forms.

The 6.0 Majority Judging System will be used for all other events.

CRITIQUES: For IJS singles, short, well-balanced free skate programs, preliminary through senior and IJS Excel programs. Coaches and competitors are invited to attend. Please check rink postings for the time and location of your event's critique room. IJS critiques will only be available to skaters who submit Planned Program Content.

Theatre on Ice critiques will be available for CE and free skate programs.

REGISTRATION: Registration will be open one hour before the first event of each day and run through the last event of the day. The registration table will be located in the lobby at Prince William Ice Center. Check in for all other events should be one hour prior to your event.

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](#).

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EXHIBITIONS AND SINGLE-ENTRY EVENTS:

- Well-Balanced IJS Events & Short Programs: If there is only one skater entered, it will be scheduled as an exhibition (with critique if applicable), unless the skater wishes to cancel with entry fee refund. Skaters in Exhibitions will not be eligible to receive awards.
- Excel Events: If there is only one skater entered, it will be scheduled as a single-entry event and eligible to receive awards.
- Theatre on Ice CE and/or FS events: If there is only one team entered, it will be scheduled as a single-entry event and eligible to receive awards.
- Showcase Mini Production and Production Ensemble events: If there is only one team entered, it will be scheduled as a single-entry event and eligible to receive awards.
- Compete USA events: If there is only one skater entered, it will be scheduled as a single-entry event and eligible to receive awards.

All other 6.0 events: If there is only one skater when the competition schedule is ready to be published, the event will be cancelled, and the skater will be offered the option to skate up a level, if available (paying any difference in event fee), or to receive a refund. If withdrawals subsequent to the posting of the schedule reduce the number of entries in an event to one, it will be scheduled as a single-entry event. The Chief Referee and Competition Chairperson reserve the right to combine ladies' and men's/girl's and boy's events where permitted by U.S. Figure Skating Rulebook.

PRACTICE ICE: Practice ice for the day of the competition will be available for pre-purchase online during registration. Early morning and mid-day sessions are planned, depending upon availability. Skaters will be able to select the date and time from the published practice ice schedule after the close of registration. As soon as all schedules are finalized you will receive an email with the start date and time for practice ice selection. You will need your US Figure Skating number and your EntryEeze PIN number in order to access your account and make your selection. Additional practice ice will be available for sale online after pre-purchased sessions have been selected. Skaters are reminded to be on time for practice ice sessions. As is customary, coaches are not allowed on the ice during practice ice sessions and no program music will be played (exception: exclusive team practice ice sessions). Practice ice fees are non-refundable.

- 1 practice ice session per event is available for pre-purchase at the time you register for the competition - \$15.00 per session
- On-line sales of practice ice after close of registration - \$18.00 per session
- Pick-up practice ice (if available) the day of the event - \$20.00 per session
- TOI Team practice ice will be available pre-purchase only prior to the close of registration. \$225.00 per 30-minute session. Props and music are permitted during team practice.

Skaters seeking additional practice ice on the Friday prior to the competition should check the freestyle schedule at Prince William Ice Center, www.pwice.com/page/show/360790-freestyle.

PHOTOGRAPHY/VIDEOGRAPHY: A professional photographer and videographer will be taking photos and videos for all skaters and all freestyle skating events and team events, which will be available for purchase on site. Pre-orders of DVD recordings at a discount will be available for pre-purchase through ProEventPhoto. See <http://store.proeventphoto.com/product/CARDINALCLASSIC.html>. Except for the official videographer, only battery-operated cameras will be allowed. Individual videotaping will be permitted in designated areas only. There will be NO flash photography permitted in the ice arena.

AWARDS: Medals will be awarded for First, Second, Third and Fourth place finishers in each group in each

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regular event; no medals will be awarded for exhibitions. Compete USA events will be limited to six skaters in a group, if possible, and all will receive awards. All Compete USA competitors are invited to participate in the medal ceremony. A championship trophy will be awarded to the winner of the Juvenile Girl Free Skate. The SpyGirls Press "Most Entertaining" Trophy will be awarded to the Theatre on Ice team for the outstanding Free Skate performance.

OFFICIAL NOTICES: An official bulletin board will be maintained on the Cardinal Classic page of www.scnv.org. 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 no later than one hour prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

TEST CREDIT: Skaters who meet the requirements for test credit must pick up the form at the registration desk.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

In order to be granted access to work within U.S. Figure Skating-sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screening.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

The LOC will have a list of compliant coaches who are cleared for 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—no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without proper registration is an ethics violation which is reported to U.S. Figure Skating and PSA.

For Learn to Skate USA ONLY coaches - Any person, 18 and older, instructing a Learn to Skate USA Program must have successfully passed the annual background screen, be registered as a Learn to Skate USA instructor and have completed the Learn to Skate USA Instructor Certification or U.S. Figure Skating Coach Compliance.

For more information regarding Coach Compliance, please refer to:
<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

FINAL ROUNDS: Time permitting, for No Test and Pre-Preliminary 6.0 free skating events made up of more than one group, an equal number of place finishers not to exceed the top 3 will advance to a final round. Final Round will consist of no more than 12 skaters.

CONTACT INFO: For competition schedule and questions, contact Melissa Mahle at melissa@scnv.org. For questions about registration, contact Ann at registrar@scnv.org. For questions on music, contact Charles at

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music@scnv.org.

LODGING: In order to secure the group rate you must identify yourself with the Skating Club of Northern Virginia "Cardinal Classic." A limited number of rooms are available. Please ask about group rates.

Courtyard by Marriott Potomac Mills

14300 Crossing Place

Woodbridge, VA 22192

www.marriott.com/hotels/travel/waswb-courtyard-potomac-mills-woodbridge/

703-491-4525

ADDITIONAL INFORMATION:

The Cardinal Classic events will all take place on April 5-7, 2019. A tentative schedule, subject to change, will be available through the EntryEeze portal and the club website (www.scnv.org) no later than two weeks before the competition.

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Program Advertising Form

We invite you to show your support or promote your products and/or services by placing an ad in the 2019 Cardinal Classic program book. This event runs from April 5-7, 2019. The program will have a color cover (both sides) and the interior will be black and white.

Business Name: _____

Contact Name: _____

Phone Number: _____

Email: _____

Address: _____

Website _____

Check which ad you would like to run:

- | | | | |
|--------------------------|---------------------------------------|-------------------|----------|
| <input type="checkbox"/> | Outside Back Cover (Color) | (4 3/8" X 7") | \$150.00 |
| <input type="checkbox"/> | Inside Front Cover (Color) | (4 3/8" X 7") | \$150.00 |
| <input type="checkbox"/> | Inside back Cover (Color) | (4 3/8" X 7") | \$100.00 |
| <input type="checkbox"/> | Full Page (B&W) | (4 3/8" X 7") | \$ 75.00 |
| <input type="checkbox"/> | Half Page (B&W) | (4 3/8" x 3 3/8") | \$ 40.00 |
| <input type="checkbox"/> | Personal Message Ad (limit 20 words): | | \$ 5.00 |

DEADLINE: February 22, 2019

MAIL TO: Melissa Mahle, Skating Club of Northern Virginia | P.O. Box 1537 | Fairfax, VA 22038
All checks and money orders are payable to SCNV.

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EVENT: Excel Free Skate–Beginner through Senior levels

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- The IJS judging system will be used in all Excel PLUS events and Excel Preliminary through Senior. The 6.0 judging system will be used for other Excel events.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.

*Means required element

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



EVENT: Excel Free Skate (continued)

*Means required element

Level	Jumps	Spins	Step Sequences
<p>Excel Preliminary Free Skate</p> <p>1:30 +/- 10 sec.</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test Full U.S. Figure Skating membership required</p>	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> ○ No single Axels, double, or higher jumps allowed ○ 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 <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump immediately followed by a waltz jump. 	<p>Max 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position* • One spin may change feet and/or position • No flying entry • Minimum 3 revolutions • Spins must be of a different character 	<p>Max 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must use one-half of the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence
<p>Excel Preliminary Plus Free Skate</p> <p>1:30 +/- 10 sec.</p> <p>Must not have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, including the Axel <ul style="list-style-type: none"> ○ No double, or higher jumps allowed ○ Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) ○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump followed by an axel type jump. 	<p>Max 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position* • One spin may change feet and/or position • No flying entry • Minimum 3 revolutions • Spins must be of a different character 	<p>Max 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must use one-half of the ice surface ○ Moves in the field and spiral sequences are allowed but will not be counted as elements ○ Jumps may be included in the step sequence
<p>Excel Pre-Juvenile</p> <p>2:00 +/- 10 sec.</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<ul style="list-style-type: none"> • Maximum of 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 <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3-jump combination 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"> • One spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry • One spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ No flying entry ○ Minimum 4 revolutions • Spins must be of a different character 	<p>Max 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize 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 choreographic step sequence

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EVENT: Excel Free Skate (continued)

*Means required element

Level	Jumps	Spins	Step Sequences
<p>Excel Pre-Juvenile Plus Free Skate</p> <p>2:00 +/- 10 sec.</p> <p>Must not have passed higher than U.S. Figure Skating pre-juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel-type jump or a waltz jump* • All single jumps, including the single Axel, allowed. • Only 1 double jump may be attempted (limited to double Salchow or double toe loop) <ul style="list-style-type: none"> ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed. ○ Axel plus up to 1 allowable double jump 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 • Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combination limited to 2 jumps. One 3 jump combination is allowed ○ Jump sequence is any listed jump followed by an axel type jump. 	<p>Max 2 spins:</p> <ul style="list-style-type: none"> • One spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry • One spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ No flying entry ○ Minimum 4 revolutions • Spins must be of a different character 	<p>Max 1 Sequence:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize 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 choreographic step sequence
<p>Excel Juvenile Free Skate</p> <p>2:20 +/- 10 sec.</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, including Axel <ul style="list-style-type: none"> ○ No double or higher jumps allowed ○ Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) ○ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Maximum 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump followed by an axel type jump. 	<p>Max 2 spins:</p> <ul style="list-style-type: none"> • One spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position • One spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions • Both Spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 1 Sequence</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface



EVENT: Excel Free Skate (continued)

*Means required element

Level	Jumps	Spins	Step Sequences
<p>Excel Juvenile Plus Free Skate</p> <p>2:20 +/- 10 sec.</p> <p>Must not have passed higher than U.S. Figure Skating juvenile free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel-type jump* • All single jumps, including the single Axel, allowed. • Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> ○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed ○ No more than 1 Axel plus and 2 different 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 • Maximum 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combination limited to 2 jumps. One 3 jump combination is allowed ○ Jump sequence is any listed jump followed by an axel type jump. 	<p>Max 2 spins:</p> <ul style="list-style-type: none"> • One spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position • One spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions • Both Spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 1 Sequence</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Excel Intermediate Free Skate</p> <p>3:00 +/- 10 sec.</p> <p>Must not have passed higher than U.S. Figure Skating intermediate free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum of 6 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel-type jump* • All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop allowed <ul style="list-style-type: none"> ○ Double flip, double Lutz, double Axel and higher jumps not allowed ○ No more than 1 Axel plus and 2 different 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 • Maximum 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps. One 3 jump combination is permitted. ○ Jump sequence is any listed jump followed by an axel type jump. . 	<p>Max 2 spins:</p> <ul style="list-style-type: none"> • One spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ Minimum 2 revolutions in each position • One spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Minimum 5 revolutions • Both Spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 1 Sequence</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface



EVENT: Excel Free Skate (continued)

*Means required element

Level	Jumps	Spins	Step Sequences
<p>Excel Novice Free Skate</p> <p>3:30 +/- 10 sec.</p> <p>Must not have passed higher than U.S. Figure Skating novice free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum of 7 jump elements for men and 6 for ladies:</p> <ul style="list-style-type: none"> • One must be an Axel-type jump* • All single jumps, including the single Axel, allowed. Double Salchow, double toe loop, double loop, double flip allowed ○ Double Lutz, double Axel and higher jumps not allowed ○ No more than 1 Axel and 3 different double jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence ○ There is no limit to the number of single jumps that can be repeated, but no allowable double jump can be included more than twice • Maximum 3 jump combinations or sequences ○ Jump combinations limited to 2 jumps. One 3 jump combination with a maximum of 3 jumps is allowed ○ Jump sequence is any listed jump followed by an axel type jump 	<p>Max 3 spins:</p> <ul style="list-style-type: none"> • One spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 8 revolutions ○ Minimum 2 revolutions in each position • One flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 3rd spin is option of skater • All spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 1 Sequence</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Excel Junior Free Skate</p> <p>3:30 +/- 10 sec.</p> <p>Must not have passed higher than U.S. Figure Skating junior free skate test</p> <p>Full U.S. Figure Skating membership required .</p>	<p>Maximum of 7 jump elements</p> <ul style="list-style-type: none"> • One must be an Axel-type jump* <ul style="list-style-type: none"> ○ All single and double jumps allowed, except the double Axel. ○ Double Axel and higher jumps not allowed ○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence ○ Maximum 3 jump combinations or sequences. Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump followed by an axel type jump 	<p>Max 3 spins:</p> <ul style="list-style-type: none"> • One spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ All 3 basic positions with minimum 2 revolutions in each position for highest base value • One spin with a flying entry* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • 1 spin with only one position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • All spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 1 Sequence</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface <p>(See rule 4105 for remarks)</p>

This event is a standard U.S. Figure Skating Nonqualifying Competition



EVENT: Excel Free Skate (continued)

*Means required element

Level	Jumps	Spins	Step Sequences
<p>Excel Senior Free Skate</p> <p>4:00 +/- 10 sec.</p> <p>Must not have passed higher than U.S. Figure Skating senior free skate test</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> • One must be an Axel-type jump* <ul style="list-style-type: none"> ○ All single and double jumps allowed, including the double Axel. ○ Triple and higher jumps not allowed ○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence ○ Maximum 3 jump combinations or sequences ○ Jump combinations limited to 2 jumps. One 3-jump combination is allowed ○ Jump sequence is any listed jump followed by an axel type jump 	<p>Max 3 spins:</p> <ul style="list-style-type: none"> • One spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 10 revolutions ○ All 3 basic positions with minimum 2 revs in each position for highest base value • One spin with a flying entry* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • One spin with only one position* <ul style="list-style-type: none"> ○ Minimum 6 revolutions • All spins may start with a flying entry. • Spins must be of a different character 	<p>Maximum 2 Sequences:</p> <ul style="list-style-type: none"> • Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One Choreographic Sequence* (ChSq) <ul style="list-style-type: none"> ○ Must be clearly visible

EVENT: Adult Introductory Free Skate

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.
- Learn to Skate USA or Full U.S. Figure Skating membership required

Level	Jumps	Spins	Step Sequences	Qualifications
<p>Adult Beginner</p> <p>1:40 Maximum</p>	<p>Max. 4 jump elements</p> <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 	<p>Max. 2 spins</p> <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1</p>
<p>Adult High Beginner</p> <p>1:40 Maximum</p>	<p>Max 4 jump elements:</p> <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. 	<p>Max 2 spins:</p> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed any U.S. Figure Skating Free Skate tests</p>



This event is a standard U.S. Figure Skating Nonqualifying Competition

EVENT: Well Balanced Program 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 nonqualifying competition. It is permitted to enter a Well Balanced Short and an Excel Free Skate at the same level.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters, including adults, may compete at the highest level they have passed, or skate up to one level higher.
- The IJS judging system will be used in events Preliminary through Senior and Adult Gold and Adult Masters. The 6.0 judging system will be used for other Well Balanced Free Skate events.
- All relevant and appropriate rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on <http://www.usfsa.org/story?id=84114> under "Technical Information," then "Singles/Pairs."

No Test	Rule 6490
Pre-Preliminary	Rule 6480
Preliminary	Rule 6470
Pre-Juvenile	Rule 6460
Juvenile and Open Juvenile	Rule 6452
Intermediate	Rule 6442
Novice Ladies	Rule 6433
Novice Men	Rule 6432
Junior Ladies and Men	Rule 6422
Senior Ladies and Men	Rule 6412
Masters Intermediate-Novice	Rule 6520
Masters Junior-Senior	Rule 6510
Adult Pre-Bronze	Rule 6560
Adult Bronze	Rule 6550
Adult Silver	Rule 6540
Adult Gold	Rule 6530

EVENT: Singles Short Program

General event parameters:

- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
- All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on <http://www.usfsa.org/story?id=84114> under "Technical Information," then "Singles/Pairs."
- Please be sure to register separately for each segment.

Juvenile Short Program	Rule 6451
Intermediate Short Program	Rule 6441
Novice Short Program	Rule 6431
Junior Short Program	Rule 6421
Senior Short Program	Rule 6411



This event is a standard U.S. Figure Skating Nonqualifying Competition

EVENT: Pairs Free Skate Program

General event parameters:

- Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook.
- Skaters will skate to the music of their choice and vocal music is allowed.
- All Adult Pairs judged with 6.0 system.
- The IJS judging system will be used for Juvenile through Senior. The 6.0 judging system will be used for Pre-Juvenile.
- Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

Pre-Juvenile	Rule 7461
Juvenile	Rule 7451
Intermediate	Rule 7441
Novice	Rule 7432
Junior	Rule 7422
Senior	Rule 7412
Adult Bronze	Rule 7551
Adult Silver	Rule 7541
Adult Gold	Rule 7531

EVENT: Pairs Short Program

General event parameters:

- Pairs events will be conducted in accordance with the U.S. Figure Skating rulebook.
- Skaters will skate to the music of their choice and vocal music is allowed.
- The IJS judging system will be used for Novice through Senior pairs short program.
- Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

Novice Short Program	Rule 7431
Junior Short Program	Rule 7421
Senior Short Program	Rule 7411

This event is a standard U.S. Figure Skating Nonqualifying Competition

EVENT: Jumps Challenge

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- Pre-juvenile and lower will be skated $\frac{1}{2}$ ice; Juvenile–Senior will be skated on full ice)

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. $\frac{1}{2}$ flip or $\frac{1}{2}$ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination–waltz jump–toe loop
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination–Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Pre–Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two $\frac{1}{2}$ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination–Any single jump + single loop (may include Axel)
Pre–Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel or double Salchow 2. Single or double jump 3. Jump combination–single/single (may include Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double Salchow or double toe loop 3. Jump combination–single/single or double/single (may include single Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double toe loop or double loop 3. Jump combination–double/single or double/double (may include single Axel)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Double flip 3. Jump combination–double/double (may include double Axel)
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump (Salchow, toe loop, loop, Lutz) 2. Double or triple flip 3. Jump combination–double/double (may include double Axel)
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Choice of double or triple jump (Salchow, toe loop, loop, flip) 2. Double or triple Lutz 3. Jump combination–double/double or triple/double (may include double Axel)
Adult Beginner	1:00	<ol style="list-style-type: none"> 1. Bunny Hop 2. Mazurka or ballet jump
Adult Pre-Bronze	1:00	<ol style="list-style-type: none"> 1. Waltz or toe loop jump 2. $\frac{1}{2}$ flip, $\frac{1}{2}$ Lutz or $\frac{1}{2}$ loop
Adult Bronze	1:00	<ol style="list-style-type: none"> 1. Single Salchow 2. Single toe loop 3. Any single jump + single toe loop combination (No Axels allowed)
Adult Silver	1:15	<ol style="list-style-type: none"> 1. Single flip 2. Single loop 3. Single/single combination (Axel is permitted)
Adult Gold	1:15	<ol style="list-style-type: none"> 1. Single Axel 2. Single Lutz 3. Single/single or single/double jump combination (may include any single jump, double toe loop or double Salchow)

This event is a standard U.S. Figure Skating Nonqualifying Competition

EVENT: Spin 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 half of the ice.
- Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3 revs) 2. Upright back spin (3 revs) 3. Sit spin (3 revs)
High Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (4 revs) 2. Upright spin with change of foot (3 revs on each foot) 3. Sit spin (3 revs)
No-Test	1:30 max.	<ol style="list-style-type: none"> 1. Upright spin with change of foot (3 revs on each foot) 2. Sit spin (3 revs) 3. Camel spin (3 revs)
Pre-Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Spin with one change of position and no change of foot (6 revs) 2. Backward sit spin (3 revs) 3. Camel spin (4 revs)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Spin with one change of foot and one change of position (min. 3 revs each foot) 2. Combination sit spin with change of foot (min. 3 revs each foot) 3. One position spin—skater's choice (upright, sit or camel), (4 revs)
Pre-Juvenile	1:30 max.	<ol style="list-style-type: none"> 1. Backward entry Camel spin (4 revs) 2. Combination spin—All 3 basic positions are required (camel, sit, upright), (2 revs in each position) 3. Forward to backward scratch spin (min 4 revs per foot)
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> 1. Sit spin (4) 2. Combination spin—with change of foot; all 3 basic positions required 2 revs in each position (min. 4 revs per foot) 3. Girls—layback spin (6 revs); Boys—camel spin (5 revs)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Flying camel spin—basic camel position required (5 revs) 2. Sit spin to backward sit spin—basic sit position required (4 revs per foot) 3. Combination spin—change of foot & all 3 basic positions required 4. (2 revs in each position & min 5 revs per foot)
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Illusion to back scratch spin; may change feet (6 revs) 2. Camel spin to backward camel spin (4 revs per foot) 3. Combination spin—change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Flying sit spin or flying reverse sit spin (6 revs) 2. Solo spin of choice—may not fly (8 revs) 3. Combination spin—with change of foot, all 3 basic positions required 4. (2 revs in each position & min 6 revs per foot)
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Flying spin of choice (8 revs) 2. Solo spin of choice (8 revs)—may not fly 3. Combination spin—with change of foot, all 3 basic positions required (2 revs in each position & min 6 revs per foot)
Adult Beginner	1:15	<ol style="list-style-type: none"> 1. Pivot 2. Two-foot upright spin (2)
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> 1. One-foot upright spin (3) 2. Two-foot upright spin (3)
Adult Bronze	1:15	<ol style="list-style-type: none"> 1. One-foot upright spin (4) 2. One-foot back spin (3) 3. Sit spin (3)
Adult Silver	1:30	<ol style="list-style-type: none"> 1. Camel spin (3) 2. Layback, sideways leaning or sit spin (4) 3. Combination spin with at least one change of position, no change of foot (3 in each position)
Adult Gold	1:30	<ol style="list-style-type: none"> 1. Solo spin, no change of foot (4) 2. Second solo spin, different from the first; change of foot optional (4) 3. Combination spin with only one change of foot and at least one change of position (4 each foot)



This event is a standard U.S. Figure Skating Nonqualifying Competition

EVENT: Theatre On Ice (TOI) Events—Choreographic Exercise (CE) and Free Skate

Format: Theatre On Ice consists of two programs the Free Skate and the Choreographic Exercise (CE), which is similar to a short program in singles skating. These two events are judged separately.

A Theatre On Ice team may roster from 8-24 skaters. The same number of skaters must skate the CE and FS segments of a competition. A maximum of four rostered skaters may be different between the CE and Freestyle programs. Curtain: There will not be any curtain used for the Theatre On Ice events.

Current guidelines and procedures for Theatre On Ice Choreographic Exercise (CE) and Free Skate can be found at www.usfigureskating.org, under "Programs" on the Theatre On Ice page.

Theatre On Ice is a creation using all aspects of figure skating, incorporating a theme, emotion or story, enhanced by music. It is a package that includes five dimensions:

- Theme
- Music/Sound
- Choreography/Skating movements
- Performance/The rapport between the skaters and/or sub-groups of skaters
- Costuming, props and/or scenery

THEATRE ON ICE CHOREOGRAPHIC EXERCISE (CE)

Note that the terms and elements in the CE dictionary are drawn from the choreographic terminology of dance. In developing their choreographic exercises, coaches and choreographers are encouraged to utilize dance resources online to learn more about the CE axes.

Theme: Cultural Dance

Creating an alternate universe by demonstrating unique body movement and gestures outside of everyday life. Movement and music based on the tradition and culture of a geographic location. For example, folk dance, African dance, Irish step dance, Samba, Tango, or Salsa.

Given the intensely personal nature of cultural dance, teams are encouraged to approach their subject matter with respect and a desire to celebrate the dances from cultures around the world.

Choreographic Process: Mirroring

Imitating the movement of another when facing that individual or group.

Gesture: Percussive

Sharp, fast, and explosive body movement.



This event is a standard U.S. Figure Skating Nonqualifying Competition

Theatre On Ice Events and Levels Offered For Competition

- All test levels are as of April 1, 2019.

- All age requirements are as of January 1, 2019.

Level	# of skaters	Minimum Test	Maximum Test	Age	Age Flexibility	CE Length	FS Length
Senior	8-24	Juvenile MIF	None	15+	4 rostered skaters may be outside age range by no more than 3 years	2:30 +/- 10 sec.	5:30 +/- 15 sec.
Junior	8-24*	Juvenile MIF	None	11-18		2:30 +/- 10 sec.	5:00 +/- 15 sec.
Novice	8-24*	Preliminary MIF	None	8-15		2:30 +/- 10 sec.	4:30 +/- 15 sec.
Intermediate	8-24	Pre-Preliminary MIF	None	18 and younger		2:30 +/- 10 sec.	<u>4:00 +/- 15 sec.</u>
Preliminary**	8-24	Pre-Preliminary MIF	None	12 and younger		2:00 +/- 10 sec.	2:30 +/- 15 sec.
Open	8-24	At least one MIF or Dance test***	None	All		N/A	2:30 +/- 10 sec
Adult****	8-24		None	18+	N/A	2:30 +/- 10 sec	5:30 +/- 15 sec.
Special Olympics/Therapeutic Skating	5-20	See below	None	All	N/A	N/A	<u>3:30 max</u>

* Team size at Nations Cup is 12-20 skaters.

**Preliminary level teams may use handheld props but may not use scenery.

*** Learn to Skate USA test levels do not qualify.

**** Team size at the Adult Gold Cup is 8-24.

Special Olympics/Therapeutic Skating-Additional Requirements

- Test Requirements: All team members must have passed any Special Olympics, Therapeutic Skating or have mastered any Special Olympics level with the exception of four skaters who must be enrolled in a Special Olympics or Therapeutic Skating class
- May have up to one mentor on the ice per skater on the team
- Mentors must be listed on the Special Olympics/Therapeutic Skating Theatre On Ice team rosters
- In determining number of skaters on a team only Special Olympic/Therapeutic Skaters are counted in the total.
- Note that there is no program minimum length, programs may not exceed 3:30 maximum.
- Props may be used (including walkers for skaters if needed)
- Scenery is allowed
- Costumes may be worn
- Must be members of U.S. Figure Skating or a registered U.S. Figure Skating Learn to Skate member

This event is a standard U.S. Figure Skating Nonqualifying Competition



EVENT: Theatre On Ice (TOI) Events–Learn to Skate USA Levels

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

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

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

Learn to Skate USA Theatre On Ice Levels

Level	Program Length	Test, Team Size and Age Requirements
TOI/CE 1	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Joy (emotion) • Choreographic process: Repetition • Movement or gesture: Allegro (fast movement) <p>Skaters should demonstrate elements from the Learn to Skate USA Basic 1 - 4. Elements from higher levels are not allowed.</p>
TOI/CE 2	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Body as an instrument • Choreographic process: Canon • Movement or gesture: Soft movement (fluid and light) <p>Skaters should demonstrate elements from the Learn to Skate USA Basic 5 - 6 Elements from higher levels are not allowed.</p>
TOI/CE 3	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Traveling through space • Choreographic process: Mirroring • Movement or gesture: Unison <p>Skaters should demonstrate elements from the Learn to Skate USA Pre-Free Skate–Free Skate 3. Elements from higher levels are not allowed.</p>
TOI/CE 4	1:30 +/- 10 seconds	<ul style="list-style-type: none"> • Theme: Rhythm • Choreographic process: Call and response • Movement or gesture: Percussive (sharp, fast movement) <p>Skaters should demonstrate elements from the Learn to Skate USA Free Skate 4 - 6. Elements from higher levels are not allowed.</p>



This event is a standard U.S. Figure Skating Nonqualifying Competition

EVENT: Showcase Events–Dramatic Entertainment Events

Format:

- 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.
- Props and scenery ARE permitted.

General event parameters:

1. Level will be determined by the highest Free Skate or Dance (solo or partnered) test passed, as listed in the table below. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline.
3. Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under “Programs” on the National Showcase page.

EVENT: Showcase Events–Light Entertainment Events

Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Props and scenery are permitted.

General event parameters:

1. Level will be determined by the highest Free Skate or Dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline.
3. Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under “Programs” on the National Showcase page.



This event is a standard U.S. Figure Skating Nonqualifying Competition

Dramatic and Light Entertainment Levels:

Except for Adult events, skaters must compete at the highest level for which they qualify.

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance (solo or partnered) Test	Age	Time
Beginner, High Beginner, No Test* <i>Note: these levels do not qualify for National Showcase</i>	No free skate test passed-	Pre-Preliminary Free Skate Any free Dance	No Age restriction	1:30 max
Pre-Preliminary* <i>Note: this level does not qualify for National Showcase</i>	Pre-Preliminary Free Skate -	Preliminary Free Skate Any free Dance	No Age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre-Juvenile	Pre-Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max



This event is a standard U.S. Figure Skating Nonqualifying Competition

Dramatic and Light Entertainment Levels:

Except for Adult events, skaters must compete at the highest level for which they qualify.

Event	Must meet requirements*	Must not have passed	Age	Time
Adult Pre-Bronze <i>Note: this level does not qualify for National Showcase</i>	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre-Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre-Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	1:40 max



This event is a standard U.S. Figure Skating Nonqualifying Competition

EVENT: Showcase Events–Duet Events

Format:

- Duets are theatrical or artistic performances by any competitors.
- Props and scenery ARE permitted.
- To qualify for National Showcase, both members of a duet must meet at least the minimum test prerequisite for Preliminary Free Skating or Adult Bronze Level

General event parameters:

1. Duets must compete at the highest Free Skate or Dance (solo or partnered) test level of the two skaters or may compete up one level.
2. The determination of level will be based upon test requirement at the entry deadline
3. Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Duet Levels and Events:

Except for Adult events, skaters must compete at the highest level for which they qualify.

Event	Must meet requirements* Must have passed Free Skate or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered standard track)	Age	Time
No Test	-No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No Age restriction	1:30 max
Pre-Preliminary	-Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No Age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre-Juvenile	Pre-Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18–20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance	No age restriction	2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance	No age restriction	2:40 max
Senior	Senior Free Skate OR Senior Free Dance		No age restriction	2:40 max



This event is a standard U.S. Figure Skating Nonqualifying Competition

Duet Levels and Events:

Except for Adult events, skaters must compete at the highest level for which they qualify.

Event	Must meet requirements Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	Must not have passed Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	Age	Time
Adult Pre-Bronze	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre-Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre-Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	1:40 max



This event is a standard U.S. Figure Skating Nonqualifying Competition

EVENT: Showcase Events–Mini Production Ensemble Event

Formats:

- **Mini production ensemble** events are theatrical performances by three to seven competitors. Props and scenery are permitted. Programs are performed under full arena lighting
 - NOTE: Skaters may enter only one duet, mini production AND production event each.

Mini Production Ensemble Events:

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered standard track)	Age	Program Duration
Mini Production	Open	Open	No age restriction	3:10 max

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

EVENT: Showcase Events–Production Ensemble Event

Formats:

- **Production ensemble** events are theatrical performances by eight or more competitors. Props and scenery are allowed. Programs are performed under full arena lighting
 - NOTE: Skaters may enter only one duet, mini production AND production event each.

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Production Ensemble Events:

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Must not have passed Free Skate or Dance test (solo or partnered)	Age	Program Duration
Production Ensemble	Open	Open	No age restriction	6:15 max

Event: 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

Event: 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 (Euler) • 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 (Euler)/Salchow jump combination • Beginning Axel jump

Event: 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 (Euler) • 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, half loop (Euler), Salchow jump combination • Beginning Axel jump