

Burlington Hockey & Skating Assoc.
80 Peach Orchard Rd.
Burlington, MA 01803



2020 Burlington Hockey & Skating Association
Compete USA Winter Skate
Sunday, January 12, 2020
36 Ray Ave, Burlington, MA 01803
Visit our web site at burlingtonskating.org

www.entryeeze.com/Home.aspx?cid=347
Learn to Skate USA Competition Sanction #29055

2020 BHSА Compete USA Winter Skate

The Burlington Hockey & Skating Assoc * January 12, 2020 * Burlington Ice Palace, Burlington, MA

Entries: This competition is open to all skaters who are members in good standing of the U S Figure Skating Association.

Eligibility: Skaters who are currently enrolled in either a Learn to Skate USA Program or are full US Figure Skating Members are eligible to compete. Eligibility will be based on skill level passed as of **January 3, 2020**.

ALL BASIC SKILLS SKATERS, SNOWPLOW SAM, & BASIC LEVELS 1 THROUGH 6 MUST SKATE AT HIGHEST LEVEL PASSED or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or Individual Dances.

SKATERS IN OTHER EVENTS MAY SKATE AT HIGHEST LEVEL PASSED OR ONE LEVEL HIGHER BUT NOT BOTH LEVELS in the same event during the same competition. Skaters will be broken into groups of approximately four (4) skaters, by birth date. Males and females may, or may not, be placed in the same group.

****Please note: If a skater competes at a non-qualifying competition in a “Beginner or No Test” category, then that skater must compete at the equivalent or higher level in a Basic Skills approved competition.**

Deadline: All entries **must be** received via EntryEeze online payment system (www.entryeeze.com) no later than

January 3, 2020. Late entries may be accepted at the discretion of the Competition Committee and when accompanied with a **\$15.00 late fee.**

Contacts: Lisa Cline @ bhsawinterskate@gmail.com Emails will be answered within 48 hrs.

Fees: All entries must be **received via Entry Eeze online payment system**

(www.entryeeze.com) no later than January 3, 2020 and are limited to first come, first serve. Late entries will be accepted only if the limit has not been reached, *MMhk uMikZX'Ut MI` NXXlsmI NjICUpjMZ ZI {xt`ZZ*, at the discretion of the organizers. Entry fees are per person, U.S. dollars. The first event is *OPUU* and each additional event is *OUUU*.

Events	1st Event	Additional Event(s)
Basic Elements/Program	\$50.00	\$30.00 per event
Free Skate Compulsories/Program		
Excel Compulsories/Program		
Well Balanced Compulsories/Program		
Showcase Events		
Team Compulsories		
Adult Compulsories		
Adult 1-6 and Beginner-Bronze Free Skate Program		

Refunds: Entry fees are not refundable after the entry deadline unless an event is canceled.

Test & Age: As of **January 3, 2020**, Entry Deadline.

Sponsoring Club: Winchester Figure Skating Club Facilities: The Burlington Ice Palace has handicap access at our main entrance.

Ice surface is 200 x 85 with round corners.

Locker Rooms: This event will be following the Locker Rooms and Changing Area policy included in the SafeSport Handbook.

Admission: No admission fee will be charged.

Music: The music for all free skating programs **must be** uploaded to the EntryEeze website prior to the competition. A copy of the music on CD is required as the backup and is to be turned in at registration on the competition day. The CD should be clearly marked with the name of the skater, event entered and length of music. Time duration is always ± 10 seconds.

Awards: Everyone will receive an award. Awards will be presented to first, second, third, and fourth places. ALL awards will be made at appropriate times throughout the competition.

Schedule and Practice Ice: Competition schedules and practice ice request forms will be posted on our the EntryEeze website at www.entryeeze.com.

SNOWPLOW SAM – BASIC 6 ELEMENTS

Two format options for the Elements Event:

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)

Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

To be skated on 1/3 to 1/2 ice (determined by the LOC)

No music

Divide Snowplow Sam skaters by level (1-4), if registrations warrant

All elements must be skated in the order listed.

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	March followed by a two-foot glide and dip Forward two-foot swizzles, 2-3 in a row Forward snowplow stop Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	Forward two-foot glide and dip Forward two-foot swizzles, 6-8 in a row Beginning snowplow stop on two-feet or one-foot Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	Forward one-foot glide (no variations), either foot Scooter pushes, right and left foot, 2-3 each foot Moving snowplow stop Two-foot turn in place, forward to backward Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	Beginning forward stroking showing correct use of blade Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive Forward slalom Moving forward to backward two-foot turn on a circle Beginning backward one-foot glide, either foot
Basic 4	1:00 max.	Forward outside edge on a circle, clockwise or counterclockwise Forward crossovers, 4-6 consecutive, clockwise and counterclockwise Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive Backward one-foot glides (no variations), right and left Beginning two-foot spin, maximum 4 revolutions
Basic 5	1:00 max.	Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, clockwise and counterclockwise Forward outside three-turn, right and left Advanced two-foot spin, minimum 4 revolutions Hockey stop
Basic 6	1:00 max.	Forward inside three-turn, right and left Bunny Hop Basic forward spiral on a straight line (no variations), right or left Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry T-stop, right or left

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

To be skated on full ice with music.

The skater may use elements from a previous level.

A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.

Divide Snowplow Sam skaters by level (1-4), if registrations warrant

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	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.	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.	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.	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.	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.	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.	Forward inside three-turn, right and left Bunny Hop Basic forward spiral on a straight line (no variations), right or left Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position T-stop, right or left

PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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

To be skated on ½ ice.

No music

The skater must demonstrate the required elements listed

Bonus skills from the same level or below are allowed but will not be judged elements.

A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max.	Forward inside open Mohawk from a standstill position (R to L and L to R) Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise One-foot upright spin, optional entry and free-foot position - minimum 3 revolutions Mazurka – right or left Waltz jump
Free Skate 1	1:15 max.	Forward stroking, 4-6 consecutive powerful strokes Backward outside three-turn, right and left One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions Toe loop Half flip jump
Free Skate 2	1:15 max.	Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis Backward inside three-turn, right and left Beginning back spin, optional entry and free-foot position - maximum 3 revolutions Half Lutz Salchow jump
Free Skate 3	1:15 max.	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.	Forward power 3's, 2-3 consecutive sets, right or left Sit spin - minimum 3 revolutions Euler (half loop jump) Flip jump
Free Skate 5	1:15 max.	Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets both directions Camel spin - minimum 3 revolutions Waltz jump/loop jump combination Lutz jump
Free Skate 6	1:15 max.	Forward power pulls, minimum 3 on each foot Camel, sit spin combination - minimum of 4 revolutions total Waltz jump/Euler (half loop)/ Salchow jump combination Axel jump; minimum requirement is a clear attempt either stationary or moving

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

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

To be skated on full ice.

The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.

Bonus skills from the same level or below are allowed but will not be judged elements.

A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max.	Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise One-foot upright spin, optional entry and free-foot position- minimum 3 revolutions Mazurka - right or left Waltz jump 35A° 115H "ž ° H N T % d k u S y B Z (n Z ' a n u S , N T % d k u ')
Free Skate 1	1:40 max.	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 35A° 115H "ž ° H N T % d k u (n Z ' j n n u V h k U b M t o l ')
Free Skate 2	1:40 max.	Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis Beginning back spin, optional entry and free-foot position, maximum 2 revolutions Half Lutz Salchow jump 35A° 115H "ž ° H N T % d k u (n Z ' j n n u M I X ' @ y M a n , (n Z ' j n n u V h k U b M t o l ')
Free Skate 3	1:40 max.	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 35A° 115H "ž ° H N T % j n n u V h k U b M t o l ')
Free Skate 4	1:40 max.	Forward power 3's, 2-3 consecutive sets, right or left Sit spin – minimum 3 revolutions Euler (half loop jump) Flip jump 35A° 115H "ž ° H N T % j n n u M I X H N T % b j Z y @ y M a n , V h k U b M t o l ')
Free Skate 5	1:40 max.	Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets both directions Camel spin – minimum 3 revolutions Waltz/loop jump combination Lutz jump
Free Skate 6	1:40 max.	Creative step sequence using a variety of three turns, Mohawks and toe steps, half-ice Camel, sit spin combination - minimum of 4 revolutions total Waltz jump/ Euler (half loop)/Salchow jump combination Axel jump; minimum requirement is a clear attempt either stationary or moving

EXCEL COMPULSORY

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

To be skated on ½ ice.

No music

The skater must demonstrate the required elements listed

A 0.2 deduction will be taken for each element performed from a higher level.

@MZxyk M'aMZ{aZnu{ml {n'yi MZnl ZjzFzj'ab aZxb Vhk ul jynxZy{aMI _xZZ yi MZ'wn` xVt a'

Level	Time	Skating rules/standards
Excel Beginner	1:15 max.	Toe loop jump Salchow jump One-foot upright spin - minimum 3 revolutions Choreographic step sequence
Excel High Beginner	1:15 max.	Loop jump Salchow/toe loop combination Sit spin - minimum 3 revolutions Choreographic step sequence
Excel Pre-Preliminary	1:15 max.	Flip jump Loop/loop jump combination Upright spin with change of foot – minimum 3 revolutions on each foot Choreographic step sequence
Excel Preliminary	1:15 max.	Lutz jump Flip/loop jump combination Camel, sit combination spin – minimum 6 revolutions total Choreographic step sequence

Æ

WELL BALANCED LEVELS COMPULSORY

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

To be skated on ½ ice.

No music

The skater must demonstrate the required elements listed

A 0.2 deduction will be taken for each element performed from a higher level.

@MZxyk M'aMZ{aZnu{ml {n'yi MZnl ZjzFzj'ab aZxb Vhk ul jynxZy{aMI _xZZ yi MZ'wn` xVt a'

Level	Time	Skating rules/standards
No Test	1:15 max.	Loop jump Jump combination to include a toe loop (may not use a loop or Axel) Upright spin with change of foot – minimum 3 revolutions on each foot Choreographic step sequence
Pre-Preliminary	1:15 max.	Lutz jump Jump combination: single/single (no Axel) Spin with one change of position and no change of foot – minimum 6 revolutions total Choreographic step sequence
Preliminary	1:15 max.	Axel jump Jump combination: single/single (may include Axel) Spin with one change of foot and one change of position – minimum 3 revolutions on each foot Choreographic step sequence

EXCEL FREE SKATE

General event parameters:

Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same competition.

Skaters will skate to the music of their choice.

Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.

<p>Excel Beginner</p> <p>1:40 Max.</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 4 jump elements: Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow, toe loop only Eulers (half loops) are not allowed. Maximum 2 jump combinations or sequences. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump Maximum 2 of any same jump</p>	<p>Maximum 2 spins: Two upright spins No change of foot No flying entry Minimum 3 revolutions Max Level: Base</p>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
<p>Excel High Beginner</p> <p>1:40 Max.</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: toe loop, Salchow, Euler (half loop), loop Flip, Lutz, & Axel NOT permitted Maximum 2 jump combinations or sequences. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump Maximum 2 of any same jump</p>	<p>Maximum 2 spins: Both spins must be in a single position <u>No change of foot</u> No flying entry Permitted forward spins: upright, sit, camel Permitted back spins: upright Minimum 3 revolutions Max Level: Base</p>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
<p>Excel Pre-Preliminary</p> <p>1:40 Max.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Pre-preliminary free skate test</p> <p>*means required element</p> <p>Learn to Skate USA membership <u>OR</u> full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump</p>	<p>Maximum 2 spins: One spin must be in a single position <u>with no change of foot*</u> One spin may change feet or position, <u>but not both</u> No flying entry Minimum 3 revolutions Spins must be of a different character Max Level: 1</p>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
<p>Excel Preliminary</p> <p>1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by a waltz jump</p>	<p>Maximum 2 spins: <u>One spin must be a camel or layback spin with no change of foot and no change of position*</u> One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character Max Level: 1</p>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>

<p>Excel Preliminary Plus 1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p>Maximum 5 jump elements: All single jumps allowed, including single Axel No double, or higher jumps allowed Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) Jump combinations limited to 2 jumps. One 3-jump combination is allowed Jump sequence is any listed jump immediately followed by an axel type jump.</p>	<p>Maximum 2 spins: One spin must be in a single position* <u>No change of foot</u> <u>No flying entry</u> One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
---	---	---	---

WELL BALANCED FREE SKATE PROGRAM

General event parameters:

Skaters may not enter both a Well Balanced Free Skate event and an Excel Free Skate event at the same competition. Skaters will skate to the music of their choice.

Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up one level higher.

Level/Time	Jumps	Spins	Step Sequences
No Test 1:40 Max.	Max 5 Jump Elements All single jumps allowed except for the single Axel <ul style="list-style-type: none"> No single Axels, double, triple or quadruple jumps allowed Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump) 	Max 2 Spins Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))	Max 1 Sequence Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence
Pre-Preliminary 1:40 Max.	Max 5 Jump Elements All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> No double, triple or quadruple jumps allowed Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))	Max 1 Sequence Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence
Preliminary 1:30 +/- 10 sec. Max.	Max 5 Jump Elements 1 must be an Axel-type jump or a waltz jump* All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))	Max 1 Sequence Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence

ADULT 1-6, BEGINNER-BRONZE COMPULSORY

The skating order of the elements is optional. Element may only be attempted once.

To be skated in simple program format with limited connecting steps, ½ ice.

A 0.2 deduction will be taken for each element MISSING, REPEATED or from a higher level

Level	Time	Elements
Adult 1	1:30 Max.	Forward Marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop – two feet or one foot
Adult 2	1:30 Max.	Forward skating across the width of the ice Forward one-foot glides Forward slalom Backward skating Backward swizzles, 4-6 in a row
Adult 3	1:30 Max.	Forward stroking using the blade properly Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise Forward chasses on a circle, clockwise and counterclockwise Backward skating to a long two-foot glide Backward snowplow stop, Right and Left
Adult 4	1:30 Max.	Forward outside edge on a circle, right and left Forward inside edge on a circle, right and left Forward crossovers, clockwise and counterclockwise Hockey stop, both directions Backward one-foot glides, right and left
Adult 5	1:30 Max.	Backward outside edge and backward inside edge on a circle, right and left Backward crossovers, clockwise and counterclockwise Forward outside three-turn, right and left Beginning two-foot spin (min 2 revs)
Adult 6	1:30 Max.	Forward stroking with crossover end patterns Backward stroking with crossover end patterns Forward inside three-turn, right and left T-stop Lunge Two-foot spin into one-foot spin (min 2 revs on 1 foot)
Adult Beginner	1:30 Max.	Mazurka Waltz jump Forward beginning one-foot spin from backward crossovers (min 2 revs) Forward moving inside open Mohawk (right and left) – heel to instep Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult High Beginner	1:30 Max.	Waltz Jump ½ Flip Forward upright spin – minimum 3 revolutions Backward outside three- turn, right and left Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)
Adult Pre-Bronze	1:30 Max.	Single toe loop jump Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence Forward upright spin - minimum 3 revolutions Two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise Forward spiral (any edge)
Adult Bronze	1:30 Max.	Single Salchow jump Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination and 3 jumps in a sequence Solo spin with no change of foot (min. 3 revolutions) Backward inside three-turn, right and left Spiral sequence (Minimum 2 spirals)- must change edge or foot

ADULT 1-6 FREE SKATE WITH MUSIC

General event parameters:

The skating order of the required elements is optional.

The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.

To be skated on full ice

The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.

A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

Level	Time	Elements
Adult 1	1:40 Max	Forward Marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop – two feet or one foot
Adult 2	1:40 Max	Forward skating across the width of the ice Forward one-foot glides Forward slalom Backward skating Backward swizzles, 4-6 in a row
Adult 3	1:40 Max	Forward stroking using the blade properly Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise Backward skating to a long two-foot glide Forward chasses on a circle, clockwise and counterclockwise Backward snowplow stop, Right and Left
Adult 4	1:40 Max	Forward outside edge on a circle, right and left Forward inside edge on a circle, right and left Forward crossovers, clockwise and counterclockwise Backward one-foot glides, right and left Hockey stop, both directions
Adult 5	1:40 Max	Backward outside edge on a circle, right and left Backward inside edge on a circle, right and left Backward crossovers, clockwise and counterclockwise Forward outside three-turn, right and left Beginning two-foot spin
Adult 6	1:40 Max	Forward stroking with crossover end patterns Backward stroking with crossover end patterns Forward inside three-turn, right and left T-stop Lunge Two-foot spin into one-foot spin (min 2 revs on 1 foot)

ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC

General event parameters:

Skaters will skate to the music of their choice and vocal music is allowed

To be skated on full ice

The minimum number of required spin revolutions is indicated in parentheses following the spin description.

Revolutions must be in position.

Level and Time	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements Jumps limited to bunny hop, mazurka, ballet and Waltz jump Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same jump	Max. 2 spins Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1
Adult High Beginner 1:40 Maximum	Max 4 jump elements: Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same type jump.	Max 2 spins: Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
Adult Pre-Bronze 1:40 Maximum	Max 4 Jump Elements: Max 2 combinations or sequences 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) Only single and half-revolution jumps are permitted No single Lutz, single Axel, double or triple jumps are permitted	Max 2 Spins: Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 6103 E) Min 3 revs Spins with a flying entry are not permitted	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate
Adult Bronze 1:50 maximum	Max 4 Jump Elements: Max 2 combinations or sequences 1 combination may contain 3 jumps, and the other may contain only 2 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except single Axel) No single Axel, double or triple jumps are permitted	Max 2 Spins: Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 6103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position No flying spins are permitted	Max 1 Sequence: 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

SHOWCASE EVENTS

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

Show costumes are permitted, as long as they do not touch or drag on the ice. Costuming and make-up for showcase programs should enhance the feeling created by the performance and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. A 0.1 deduction will be taken. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for each ten seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

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

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on www.usfigureskating.org.

Showcase categories may include:

Levels can be subdivided or combined, if necessary, depending on entry numbers and event set up to ensure performances are contested as per [the guidelines](#).

Dramatic entertainment: Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.

Light entertainment: Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.

Duets: Theatrical/artistic performances by any competitors.

Mini production ensembles: Theatrical performances by three to seven competitors.

Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.



SHOWCASE EVENTS

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

TEAM COMPULSORY

Format: The designated skater from each team will perform their chosen element in sequence on full ice, with no music, and will follow this format:

1. Minimum of three skaters on a team; each skater will do at least one required element.
2. When the event is called, all skaters will take the ice for a two (2) minute STROKING ONLY warm-up.
3. This will be followed by a one (1) minute individual warm-up for the elements.
4. Teams will be directed to find a “base” for their team along the boards on the ice where they will stay for the remainder of the event.
5. The announcer, referee or judge-in-charge will call the first element (e.g. jump or stop) to be performed.
6. The team member performing the element will step forward and execute the skill, with the element first being performed by the skater on team one, then team two, then team three and so on
7. Once all the teams have had their skaters complete the element, the next element will be called.
8. Judging is done with one mark for each element (skater) for total team points.
9. Repeat #4-7 above as this will be done in sequence until all the elements at each level are completed.

Level	Element 1	Element 2	Element 3
Snowplow Sam – Basic 3, Hockey 1-4	-Wiggles, two-foot swizzles forward or backward, (4-8 in a row) -Snowplow stop (one or both feet) or hockey stop (with skid)	-Curves, glide turns, or hockey turns (right and left, forward) -March then glide on two feet or forward one-foot glide on left and right foot (one-time skater’s height, forward)	Forward ½ swizzle pumps or forward c-cuts on a circle (right and left, 6-8 consecutive)
Basic 4-Basic 6	-Side-toe hop, bunny hop, ballet jump, mazurka -Waltz jump	-Forward inside pivot or two-foot spin (min. 3 revs.) -One-foot upright spin, optional entry & free foot position (min. 3 revs.)	Moving forward to backward two-foot turns on a circle, clockwise and counterclockwise (from Basic 3)
Pre-Free Skate and Free Skate 1-6 levels	-Single jump (no Axel) -Jump combination or jump sequence (no Axel allowed)	-Solo spin (scratch spin, layback, camel or sit, min. 3 revs, no flying entry) -Combo Spin: One change of foot, change of position optional (min. 3 revs. on each foot)	Spiral Sequence (from Free Skate 2)
Adult 1-6	-Forward Snowplow stop -Lunge	-Forward swizzles – 4-6 in a row -Backward one-foot glide, right and left	-Forward chasses on a circle – clockwise and counterclockwise
Adult Beginner/Adult High Beginner	-Bunny hop -Waltz jump	-Beginning one-foot spin from backward crossovers -Backward inside three turn, right and left	Alternating right and left forward outside edges across width of the rink
Adult Pre-Bronze/Adult Bronze	-1/2 Flip -Salchow jump	-Forward upright spin -Backward upright spin	Two forward crossovers into a forward inside Mohawk, step down and cross behind, one backward crossover and step to a forward inside edge, clockwise and counterclockwise