

# NORTH SHORE SKATING CLUB

## 2022 COMPETE U.S.A. COMPETITION



**Burbank Ice Arena  
Reading, MA**



**Sunday, June 12, 2022**

**8:00am – 4:00pm**

Levels: Snowplow 1 – Preliminary (Excel & Well-Balanced)  
Adult 1 – Adult Bronze  
Hockey 1 - 4

Events: Compulsory Elements  
Compulsory Programs  
Free Skate Programs  
Showcase  
Team Compulsory



**ENTRY DEADLINE: Saturday, May 28, 2022.**

*Learn to Skate USA Approval # 30821*

## ELIGIBILITY:

1. This competition is open to ALL skaters who are current eligible (ER 1.00) members in good standing of either Learn to Skate USA and/or are full members of *U.S. Figure Skating*. Members of other organizations are eligible to compete but will be registered with *U.S. Figure Skating's* "Learn to Skate USA" program through the North Shore Skating Club for an additional \$20.00 fee.
2. Age and badge and/or test level are as of **May 28, 2022**. Adult events are opened to those 18 yrs. & older.
3. Skaters in all events may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.
4. For all Snowplow Sam and Basic Skills 1 – 6 NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For Pre-Free Skate through Free Skate 6, Excel, and Well-Balanced levels, eligibility will be based only upon highest free skate test level passed (i.e. moves in the field test level will not determine skater's competitive level).



## INFORMATION:

1. Skaters will be grouped according to badge or test level (see categories on application page). Age will divide groups if necessary. Males and females may or may not be grouped together. Unless scheduling prevents it, events will be held even if only one competitor.
2. There will be no more than 6 competitors in each group. Awards will be presented to all competitors.
3. For this competition, all skaters competing in the Snowplow Sam – Basic 6 Compulsory *Element* Event will perform each required element in the listed skating order as individual elements when directed by the judge in charge. Skaters competing in the Pre-Free Skate through Free Skate 6 Compulsory Events **must indicate on the application** whether they are entering the Compulsory Elements Event where competitors will perform the elements individually as directed by the judge in charge and/or the Compulsory Program Event where the required elements will be skated in a program without music.
4. For this competition, Showcase will be combined into one category which will be divided into competition groups by skaters' age and/or level only (i.e there will not be separate categories for lyrical pop, comedic impressions, emotional performance, etc.) Interpretive will not be offered at the competition this year.
5. Any skater competing in a Free Skate Program Event or a Showcase Event must provide their own music and send it digitally to [nsscjc@nsskating.org](mailto:nsscjc@nsskating.org) no later than June 4<sup>th</sup>. Please see "Directions for Applying" page later in this document for specific details..
6. Applications will be handled on a first come, first serve basis. If a limit is reached before the deadline date you will be notified via email and your payment refunded. We reserve the right to eliminate or combine groups.
7. Applications received after the deadline date of Saturday, May 28<sup>th</sup> will be accepted at the discretion of the organizing committee. If accepted, a late fee of \$15.00 will be charged, which must be paid prior to the competition.
8. If offered for the level, each competitor may enter only one category for each event as follows: Compulsory Elements, Compulsory Program, Compulsory Spins, Free Skate Program, Showcase and /or Team Compulsories.
6. Any competitor who arrives late for their event will be disqualified.
7. After the deadline for entries, a confirmation notice will be sent **via email**. The finalized schedule of events will be emailed to all registered competitors on or before Wednesday, June 8<sup>th</sup>.
8. NO REFUNDS will be made after the deadline date unless the event is canceled by the competition committee.
9. Practice Ice will be offered for an additional charge. Information on this will be emailed to all registered competitors after the application deadline date.



**DIRECTIONS:** \*\*Take Rte. 128 (US Rte. 95) to exit #58 (Old exit # 40). Take Haverhill St. off of rotary. (Keep National Guard Base on your right.) At first set of lights take a right onto Symonds Way. Bear left into rink parking lot. [From US Rte. 93, go NORTH on Rte. 128 (US Rte. 95) and follow from \*\*]

## QUESTIONS:

Call: Suzi Swezey at (781) 944-5874 or Email: [nsscjc@nsskating.org](mailto:nsscjc@nsskating.org)

# Competitive Progression Through the Levels of U.S. Figure Skating

Singles athletes begin with the Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well-Balanced or Adult levels as appropriate for their ability, test, level and age. Test requirements are the same for the Excel and Well-Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development, but may not enter the same type of event in multiple tracks. Competitive level is determined by highest free skate test passed.

COMPETE USA
Snowplow Sam, Basic 1-6, Hockey 1-4, Pre-Free Skate 1-6, Adult 1-6, Adaptive Skating and specialty events.

EXCEL LEVELS	WELL-BALANCED LEVELS	ADULT LEVELS
Beginner*	No-Test*	Adult Beginner*
High Beginner*	Pre-Preliminary*	Adult High Beginner*
Pre-Preliminary*	Preliminary	Adult Pre-Bronze*
Preliminary/ Preliminary Plus	Pre-Juvenile	Adult Bronze
Pre-Juvenile/ Pre-Juvenile Plus	Juvenile/ Open Juvenile	Adult Silver
Juvenile/ Juvenile Plus	Intermediate	Masters Intermediate-Novice
Intermediate/ Intermediate Plus	Novice	
Novice	Junior	Masters Junior-Senior
Junior	Senior	
Senior		

Minimum age 18 for young adult, 21 for adult

*Levels above the dotted line may be offered at Compete USA competitions and U.S. Figure Skating nonqualifying competitions.*

*\*Beginner, High Beginner, No-Test, Pre-Preliminary and Pre-Bronze require current Learn to Skate USA and/or U.S. Figure skating full membership; all other levels require a current full U.S. Figure skating membership.*

# Snowplow Sam - Basic 6 Elements

*THERE ARE TWO FORMAT OPTIONS FOR THE ELEMENTS EVENT:*

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)  
 Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.
  - To be skated on 1/3 to 1/2 ice (determined by the LOC)
  - No music
  - Divide Snowplow Sam skaters by level (1-4), if registrations warrant
  - All elements must be skated in the order listed.

LEVEL	TIME	SKATING RULES/STANDARDS
SNOWPLOW SAM	1:00 max	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
BASIC 1	1:00 max	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on one or two feet</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
BASIC 2	1:00 max	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward swizzles, 6-8 in a row</li> </ul>
BASIC 3	1:00 max	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
BASIC 4	1:00 max	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
BASIC 5	1:00 max	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
BASIC 6	1:00 max	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk, right to left and left to right</li> <li>• Bunny hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position</li> <li>• T-stop, right or left</li> </ul>

# Snowplow Sam – Basic 6

## Program with Music

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

- To be skated on full ice with music
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

LEVEL	TIME	SKATING RULES/STANDARDS
SNOWPLOW SAM	1:10 max	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
BASIC 1	1:10 max	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on one or two feet</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
BASIC 2	1:10 max	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward swizzles, 6-8 in a row</li> </ul>
BASIC 3	1:10 max	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
BASIC 4	1:10 max	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
BASIC 5	1:10 max	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
BASIC 6	1:10 max	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk, right to left and left to right</li> <li>• Bunny hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position</li> <li>• T-stop, right or left</li> </ul>

# Pre-Free Skate - Free Skate 1-6 Compulsory & Elements Events

For this competition, skaters in the Pre-Free Skate through Free Skate 6 levels may compete in either the Compulsory Element Event where skaters are asked by the judge or referee to perform each element individually (listed on the application page as “Compulsory Element Event”) and/or they may compete in the Compulsory Program Event putting the required elements in a program form without music (listed on the application page as “Compulsory Program Event”).

## PRE-FREE SKATE – FREE SKATE 1 - 6 COMPULSORY ELEMENT EVENT

Format: Each skater will perform one element at a time in the order listed below when directed by a judge or referee. Unless otherwise specified, all elements will be skated in one direction only.

- To be skated on 1/3 of the ice surface

## PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY PROGRAM EVENT

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 half of the ice surface.
- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.

LEVEL	TIME	SKATING RULES/STANDARDS
PRE-FREE SKATE	1:15 max	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free foot position, minimum 3 revolutions</li> <li>• Mazurka – right or left</li> <li>• Waltz jump</li> </ul>
FREE SKATE 1	1:15 max	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• Backward outside three-turn, right and left</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
FREE SKATE 2	1:15 max	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Backward inside three-turn, right and left</li> <li>• Beginning back spin, optional entry and free-foot position, maximum 3 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
FREE SKATE 3	1:15 max	<ul style="list-style-type: none"> <li>• Alternating mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
FREE SKATE 4	1:15 max	<ul style="list-style-type: none"> <li>• Forward power 3s, 2-3 consecutive sets, right or left</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> </ul>
FREE SKATE 5	1:15 max	<ul style="list-style-type: none"> <li>• Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin, minimum 3 revolutions</li> <li>• Waltz jump-loop jump combination</li> <li>• Lutz jump</li> </ul>
FREE SKATE 6	1:15 max	<ul style="list-style-type: none"> <li>• Forward power pulls, minimum 3 on each foot</li> <li>• Camel, sit spin combination, minimum of 4 revolutions total</li> <li>• Waltz jump-Euler (half loop)-Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>

# Pre-Free Skate - Free Skate 1-6

## Program with Music

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

- To be skated on full ice
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- *Bonus skills from the same level or below are allowed but will not be judged elements*
- A 0.2 deduction will be taken for each element performed from a higher level

LEVEL	TIME	SKATING RULES/STANDARDS
PRE-FREE SKATE	1:40 max	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free, foot position, minimum 3 revolutions</li> <li>• Mazurka, right or left</li> <li>• Waltz jump</li> <li>• <i>NOT ALLOWED – Waltz jump-side toe hop-waltz jump</i></li> </ul>
FREE SKATE 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> <li>• <i>NOT ALLOWED – Waltz jump-toe loop jump combination</i></li> </ul>
FREE SKATE 2	1:40 max	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Beginning back spin, optional entry and free foot position, maximum 2 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> <li>• <i>NOT ALLOWED – Waltz jump-toe loop or Salchow-toe loop jump combination</i></li> </ul>
FREE SKATE 3	1:40 max	<ul style="list-style-type: none"> <li>• Alternating mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> <li>• <i>NOT ALLOWED – Waltz-loop jump combination</i></li> </ul>
FREE SKATE 4	1:40 max	<ul style="list-style-type: none"> <li>• Forward power 3s, 2-3 consecutive sets, right or left</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> <li>• <i>NOT ALLOWED – Waltz-loop or Waltz-Euler-Salchow jump combination</i></li> </ul>
FREE SKATE 5	1:40 max	<ul style="list-style-type: none"> <li>• Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin, minimum 3 revolutions</li> <li>• Waltz-loop jump combination</li> <li>• Lutz jump</li> </ul>
FREE SKATE 6	1:40 max	<ul style="list-style-type: none"> <li>• Creative step sequence using a variety of three turns, mohawks and toe steps, half-ice</li> <li>• Camel-sit spin combination spin, minimum of 4 revolutions total</li> <li>• Waltz jump-Euler (half loop)-Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>

# 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 half-ice
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than free skate program*

LEVEL	TIME	SKATING RULES/STANDARDS
EXCEL BEGINNER	1:15 max	<ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• Salchow jump</li> <li>• One-foot upright spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
EXCEL HIGH BEGINNER	1:15 max	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Salchow-toe loop jump combination</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
EXCEL PRE-PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Flip jump</li> <li>• Loop-loop jump combination</li> <li>• Camel spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
EXCEL PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Flip-loop jump combination</li> <li>• Camel-sit combination spin, minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>

# Well-Balanced Levels Compulsory

*FORMAT:* To be skated on half-ice

- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than free skate program*

LEVEL	TIME	SKATING RULES/STANDARDS
NO TEST	1:15 max	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Upright spin with change of foot, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
PRE-PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Single jump-single jump (no Axel) combination</li> <li>• Spin with one change of position and no change of foot, minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>
PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Axel jump</li> <li>• Single jump-single jump (may <u>not</u> include Axel) combination</li> <li>• Spin combination with one change of foot, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>



# 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

### EXCEL BEGINNER — 1:40 MAX

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

JUMPS	SPINS	STEP SEQUENCES
Maximum 4 jump elements: <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front)</li> <li>• Single rotation jumps: Salchow, toe loop only</li> <li>• Eulers (half loops) are not allowed</li> <li>• Maximum 2 jump combinations or sequences.</li> </ul> Combination jumps permitted <ul style="list-style-type: none"> <li>• Waltz jump/toe loop and/or</li> <li>• Salchow/toe loop</li> </ul> Sequence permitted <ul style="list-style-type: none"> <li>• Waltz jump/ waltz jump (no turns or hops in between)</li> </ul> Maximum 2 of any same jump	Maximum 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins</li> <li>• No change of foot</li> <li>• No flying entry</li> </ul> Minimum 3 revolutions  Max Level: Base	Maximum 1 Sequence: <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt)               <ul style="list-style-type: none"> <li>o Must use one-half of the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>

### EXCEL HIGH BEGINNER — 1:40 MAX

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

JUMPS	SPINS	STEP SEQUENCES
Maximum 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front)</li> <li>• Single rotation jumps: toe loop, Salchow, Euler (half loop), loop</li> <li>• Flip, Lutz, and Axel NOT permitted</li> </ul> Maximum 2 jump combinations or sequences. One 3-jump combination is allowed <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> Maximum 2 of any same jump	Maximum 2 spins: <ul style="list-style-type: none"> <li>• Both spins must be in a single position</li> <li>• No change of foot</li> <li>• No flying entry</li> <li>• Permitted forward spins: upright, sit, camel</li> <li>• Permitted back spins: upright</li> </ul> Minimum 3 revolutions Max Level: Base  Both spins may be of the same character	Maximum 1 Sequence: <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt)               <ul style="list-style-type: none"> <li>o Must use one-half of the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>

**EXCEL PRE-PRELIMINARY — 1:40 MAX**

*Must not have passed higher than U.S. Figure Skating pre- preliminary free skate test*

*\*means required element*

*Learn to Skate USA membership OR full U.S. Figure Skating membership required*

JUMPS	SPINS	STEP SEQUENCES
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Only single jumps allowed</li> <li>• No single Axels</li> <li>• Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> <p>Maximum 2 jump combinations or jump sequences</p> <ul style="list-style-type: none"> <li>• Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• One spin must be in a single position with no change of foot*</li> <li>• One spin may change feet or position, but not both</li> <li>• No flying entry Minimum 3 revolutions Spins must be of a different character</li> </ul> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> <li>o Must use one-half of the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>

**EXCEL PRELIMINARY — 2:00 +/- 10 SECONDS**

*Must not have passed higher than U.S. Figure Skating preliminary free skate test*

*\*means required element*

*Full U.S. Figure Skating membership required*

JUMPS	SPINS	STEP SEQUENCES
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Only single jumps allowed</li> <li>• No single Axels</li> <li>• Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> <p>Maximum 2 jump combinations or jump sequences</p> <p>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• One spin must be a camel or layback spin with no change of foot and no change of position*</li> <li>• One spin may change feet and/ or position</li> <li>• No flying entry Minimum 3 revolutions Spins must be of a different character</li> </ul> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> <li>o Full ice</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>

**EXCEL PRELIMINARY PLUS — 2:00 +/- 10 SECONDS**

*Must not have passed higher than U.S. Figure Skating preliminary free skate test*

*\*means required element*

*Full U.S. Figure Skating membership required*

JUMPS	SPINS	STEP SEQUENCES
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>• All single jumps allowed, including single Axel</li> <li>• No double or higher jumps allowed</li> <li>• 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)</li> <li>• Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> <p>Maximum 2 jump combinations or jump sequences</p> <p>All single jumps, including the single Axel, are allowed as part of a jump combination or sequence (no double jumps)</p> <p>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• One spin must be in a single position*</li> <li>• No change of foot</li> <li>• No flying entry</li> <li>• One spin may change feet and/or position</li> <li>• No flying entry</li> </ul> <p>Minimum 3 revolutions</p> <p>Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> <li>o Full ice</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>

# 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.

<i>NO TEST — 1:40 MAX</i>		
<i>JUMPS</i>	<i>SPINS</i>	<i>STEP SEQUENCES</i>
Max 5 Jump Elements <ul style="list-style-type: none"> <li>• Only single jumps allowed except single Axel               <ul style="list-style-type: none"> <li>o No single Axels</li> <li>o Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>o Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))	Max 1 Sequence <ul style="list-style-type: none"> <li>• Step sequence               <ul style="list-style-type: none"> <li>o Must use one-half the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> </ul> </li> <li>o Jumps may be included in the step sequence</li> </ul> If IJS is used, then ChSt

<i>PRE-PRELIMINARY — 1:40 MAX</i>		
<i>JUMPS</i>	<i>SPINS</i>	<i>STEP SEQUENCES</i>
Max 5 Jump Elements <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed               <ul style="list-style-type: none"> <li>o No double, triple or quadruple jumps allowed</li> <li>o Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels)</li> <li>o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>o Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))	Max 1 Sequence <ul style="list-style-type: none"> <li>• Step sequence               <ul style="list-style-type: none"> <li>o Must use one-half the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> </ul> </li> <li>o Jumps may be included in the step sequence</li> </ul> If IJS is used, then ChSt

<i>PRELIMINARY — 2:00 +/- 10 SECONDS</i>		
<i>JUMPS</i>	<i>SPINS</i>	<i>STEP SEQUENCES</i>
Max 5 Jump Elements <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• All single jumps, including 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"> <li>o NO Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>o An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination</li> <li>o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences               <ul style="list-style-type: none"> <li>o 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</li> <li>o Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))	Max 1 Sequence <ul style="list-style-type: none"> <li>• Step sequence               <ul style="list-style-type: none"> <li>o Choreographic step sequence full ice</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> </ul> </li> <li>o Jumps may be included in the step sequence</li> </ul> If IJS is used, then ChSt

# Adult 1-6, Beginner-Bronze Compulsory

- The skating order of the elements is optional; elements may only be attempted once
- To be skated on half ice in simple program format with limited connecting steps
- A 0.2 deduction will be taken for each element missing, repeated or from a higher level

Level	Time	Elements
Adult 1	1:30 Max	<ul style="list-style-type: none"> <li>• Forward marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop on one or two feet</li> </ul>
Adult 2	1:30 Max	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides, both feet</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
Adult 3	1:30 Max	<ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Backward snowplow stop, right and left</li> </ul>
Adult 4	1:30 Max	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Hockey stop, both directions</li> <li>• Backward one-foot glides, right and left</li> </ul>
Adult 5	1:30 Max	<ul style="list-style-type: none"> <li>• Backward outside edge and backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin (min. 2 revs.)</li> </ul>
Adult 6	1:30 Max	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (min. 2 revs. on one foot)</li> </ul>
Adult Beginner	1:30 Max	<ul style="list-style-type: none"> <li>• Mazurka</li> <li>• Waltz jump</li> <li>• Forward beginning one-foot spin from backward crossovers (min. 2 revs.)</li> <li>• Forward moving inside open mohawk (right and left), heel to instep</li> <li>• 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)</li> </ul>
Adult High Beginner	1:30 Max	<ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• Half flip</li> <li>• Forward upright spin, minimum 3 revolutions</li> <li>• Backward outside three-turn, right and left</li> <li>• 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)</li> </ul>
Adult Pre-Bronze	1:30 Max	<ul style="list-style-type: none"> <li>• Single toe loop</li> <li>• Jump combination or sequence consisting of half-revolution jumps (half flip, half Lutz, half loop, waltz), toe loop or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence</li> <li>• Forward upright spin, minimum 3 revolutions</li> <li>• 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</li> <li>• Forward spiral (any edge)</li> </ul>
Adult Bronze	1:30 Max	<ul style="list-style-type: none"> <li>• Single Salchow</li> <li>• Jump combination or sequence consisting of half-revolution and/or full revolution jumps (no Lutz or Axel), maximum 2 jumps in combination and 3 jumps in a sequence</li> <li>• Solo spin with no change of foot (min. 3 revolutions)</li> <li>• Backward inside three-turn, right and left</li> <li>• Spiral sequence (minimum 2 spirals), must change edge or foot</li> </ul>

# 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
- 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

### ADULT 1 — 1:40 MAX

#### ELEMENTS

- 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

#### ELEMENTS

- 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

#### ELEMENTS

- 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

#### ELEMENTS

- 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

#### ELEMENTS

- 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

#### ELEMENTS

- 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; 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.

<b>ADULT BEGINNER — 1:40 MAX</b>			
<b>JUMPS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>	<b>QUALIFICATIONS</b>
Max 4 Jump Elements <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet and waltz jump</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
<b>ADULT HIGH BEGINNER — 1:40 MAX</b>			
<b>JUMPS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>	<b>QUALIFICATIONS</b>
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
<b>ADULT PRE-BRONZE — 1:40 MAX</b>			
<b>JUMPS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>	<b>QUALIFICATIONS</b>
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences               <ul style="list-style-type: none"> <li>◦ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>◦ Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are permitted (<u>half flip and half lutz are permitted</u>)</li> <li>• No single Lutz, single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)</li> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> <li>• A two-foot spin is permitted as one of the spins at this level and is of a different character than a one-foot spin</li> </ul>	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
<b>ADULT BRONZE — 1:50 MAX</b>			
<b>JUMPS</b>	<b>SPINS</b>	<b>STEP SEQUENCES</b>	<b>QUALIFICATIONS</b>
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences               <ul style="list-style-type: none"> <li>◦ 1 combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>◦ Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	Max 1 Sequence: <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</li> <li>• 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.</li> </ul>	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

# Spin Challenge

## GENERAL EVENT PARAMETERS:

- Spins may be skated in any order
- Connecting steps are allowed but will not be taken into consideration when scoring
- Spins may not be repeated; only required elements may be included
- All events are skated on half-ice
- Minimum number of revolutions are noted in parentheses

### BEGINNER — 1:30 MAX

#### ELEMENTS

- Upright one-foot spin (3)
- Upright back spin (3)
- Sit spin (3)

### PRELIMINARY — 1:30 MAX

#### ELEMENTS

- Spin with one change of foot and one change of position (min. 3 each foot)
- Sit spin with change of foot (min 3. each foot)
- One position spin, skater's choice (upright, sit or camel) (4)

### HIGH BEGINNER — 1:30 MAX

#### ELEMENTS

- Upright one-foot spin (4)
- Upright spin with change of foot (3 each foot)
- Sit spin (3)

### ADULT BEGINNER — 1:30 MAX

#### ELEMENTS

- Pivot
- Upright two-foot spin (2)

### NO TEST — 1:30 MAX

#### ELEMENTS

- Upright spin with change of foot (3 each foot)
- Sit spin (3)
- Camel spin (3)

### ADULT PRE-BRONZE — 1:30 MAX

#### ELEMENTS

- Upright one-foot spin (3)
- Upright two-foot spin (3)

### PRE-PRELIMINARY — 1:30 MAX

#### ELEMENTS

- Spin combo without change of foot - all 3 basic positions required (3 revs)
- Backward sit spin (3)
- Camel spin (4)

### ADULT BRONZE — 1:30 MAX

#### ELEMENTS

- Upright one-foot spin (3 revs.)
- Solo spin with no change of foot (3 revs.), must be different from the upright spin – may not fly

# Jumps Challenge

## GENERAL EVENT PARAMETERS:

- Each jump may be attempted twice; the best attempt will be counted
- To be skated on half-ice

### BEGINNER — 1:15 MAX

#### ELEMENTS

- Waltz jump (from backward crossovers)
- Half flip or half Lutz
- Single Salchow

### PRELIMINARY — 1:15 MAX

#### ELEMENTS

- Single flip
- Single Lutz
- Jump combination: Any single jump + single loop (may be Axel)

### HIGH BEGINNER — 1:15 MAX

#### ELEMENTS

- Waltz jump (from backward crossovers)
- Single Salchow
- Jump combination: waltz jump-toe loop

### ADULT BEGINNER — 1:15 MAX

#### ELEMENTS

- Mazurka or ballet jump
- Waltz jump

### NO TEST — 1:15 MAX

#### ELEMENTS

- Single Salchow
- Single loop
- Jump combination: Any two half or single revolution jumps (no Axel)

### ADULT PRE-BRONZE — 1:15 MAX

#### ELEMENTS

- Single Toe loop jump
- Half flip, half Lutz or half loop

### PRE-PRELIMINARY — 1:15 MAX

#### ELEMENTS

- Single toe loop
- Single flip
- Jump combination: Any two half or single revolution jumps (no Axel)

### ADULT BRONZE — 1:15 MAX

#### ELEMENTS

- Single Salchow
- Single Toe loop
- Any single jump plus a toe loop combination (no Axels allowed)



# Hockey Events - Hockey 1-4 Elements and Skills Challenge

Invite the Hockey 1-4 participants plus members of the local hockey association by creating fun and challenging skills competition. Ages should be divided by 8 and under, 10 and under, 12 and under, 14 and under, 16 and under, 18 and under and adult.

These age groups may be combined based upon number of entries.

## HOCKEY 1-4 ELEMENTS:

Each skater will perform each element when directed by a judge or referee. The following elements have been chosen for the skaters to perform. Format choice: All skaters perform first element before moving on to the next and so on OR each skater performs all the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice
- All elements must be skated in the order listed
- Time: 1:00 or less

### HOCKEY 1

- Proper basic hockey stance, forward and backward
- March forward across the ice, 8-10 steps
- Two-foot glides and dips from forward marching
- Forward swizzles/double C-cuts (4-6 in a row)
- Stationary snowplow stop

### HOCKEY 2

- Forward strides using 45-degree V-push, focus on good recovery and alternating arm drive
- Forward C-cuts: single leg and alternating feet in a straight line
- Backward hustle or march, then glide on two feet
- Backward swizzles/double C-cuts (4-6)
- Two-foot moving snowplow stop

### HOCKEY 3

- Forward C-cuts (half-swizzle pumps) on a circle, both directions
- Forward outside edges on half-circles, alternating feet on the axis
- Forward inside edges on half-circles, alternating feet on the axis
- Backward C-cuts on a circle, both directions
- Backward snowplow stops: one- and two-foot V-stop

### HOCKEY 4

- Quick starts using forward V-start
- Backward one-foot glide, right and left
- Forward crossovers on a circle, clockwise and counter-clockwise
- Backward crossovers on a circle, clockwise and counter-clockwise
- Hockey stops (to right and left, with speed)

# Showcase Events

Showcase events are open to skaters in the Basic, Free Skate, limited beginner, preliminary and adult bronze levels. 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.

Show costumes are permitted if 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 competitors within one minute of performance. A deduction will be assessed by the referee against each judge's mark for every 10 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 loss 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. The 6.0 judging system will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

For this competition, showcase categories will be combined but will be divided by skater's level and age if necessary.

<i>LEVEL</i>	<i>ELEMENTS</i>	<i>QUALIFICATIONS</i>	<i>PROGRAM LENGTH</i>
BASIC 1-6	Elements only from Basic 1-6 curriculum	Must 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. Half-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: 1:20 max
NO TEST	No prescribed or restricted elements	Must not have passed pre-preliminary free skate or any free dance tests	Time: 1:20 max
PRE-PRELIMINARY	No prescribed or restricted elements	Must have passed no higher than U.S. Figure Skating pre-preliminary or any free dance test	Time: 1:20 max
PRELIMINARY	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating preliminary free skate	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
ADULT BRONZE	No prescribed or restricted elements.	Must have passed no higher than adult bronze free skate or free dance test; see National Showcase guidelines for more specific information regarding adults	Time: 1:30 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 to four skaters on a team; each skater will do at least one required element
2. 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
3. The announcer, referee or judge-in-charge will call the first element (e.g. jump or stop) to be performed
4. 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
5. Once all the teams have had their skaters complete the element, the next element will be called
6. Judging is done with one mark for each element (skater) for total team points

LEVEL	Jumps / Stops	Spins / Turns / Glides	Skating Skills
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 half-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, or 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)
Pre-Preliminary and Preliminary	-Loop jump / loop jump combination -Waltz jump, ½ loop, salchow combination	-Sit spin -Back Spin	-Five step mohawk sequence (2-3 set alternating pattern)
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	-Half 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

# DIRECTIONS FOR APPLYING:

**Application Deadline: Saturday, May 28, 2022**

## Step 1

### Three options:

- **Option #1:** Print, complete, scan and email the application below via email to: [nsscjc@nsskating.org](mailto:nsscjc@nsskating.org) and go to [www.nsskating.org/compUSA](http://www.nsskating.org/compUSA) to pay online via credit or debit card.
- **Option #2:** Print, complete and send application below via US Mail to:  
North Shore Skating Club  
Compete USA Competition  
51 Symonds Way  
Reading, MA 01867

With this option you may pay online at [www.nsskating.org/compUSA](http://www.nsskating.org/compUSA)

Or you may enclose a check or money order with the application made payable to:  
North Shore Skating Club

- **Option #3:** Print, complete and turn in application in person accompanied by a check or pay online as stated above

## Step 2 *(Only for those skating in Free Skate - Program with music or Showcase events)*

Send a digital download of the skater's music to [nsscjc@nsskating.org](mailto:nsscjc@nsskating.org) no later than June 4, 2022

- In the subject line of the email put "Compete USA Music" & the competitor's name
- Attach the music as an MP3 file
  - File format: MP3
  - Competitor's Program Music must be the only music on the file
  - Leaders and trailers (the silence or "dead space" after the actual start and at the end of the program music) may not exceed 2 seconds. We prefer no leaders or trailers at all.
- If digital file is not received or we are unable to process, competitor must provide an audio CD with only the program track for use at the competition

# 2022 North Shore Compete USA Competition

Burbank Ice Arena, Reading, MA. 01867

**Sunday, June 12, 2022**

Learn to Skate USA Approval # 30821



Name \_\_\_\_\_ Gender \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age as of 5/28/22 \_\_\_\_\_  
Last First

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone # \_\_\_\_\_ USFS/LTS # \_\_\_\_\_

Home Club or Program \_\_\_\_\_ Professional/Coach \_\_\_\_\_  
*Must be on application*

Coach's Phone: \_\_\_\_\_ Coach's Email \_\_\_\_\_

Highest Level(s) Passed as of May 28, 2022: Learn to Skate Badge (ex. Basic 3, Freeski 5, Adult 3)

USFS Moves in the Field Test \_\_\_\_\_ (ex. Pre-Pre or Preliminary) USFS Free Skating Test \_\_\_\_\_ (ex. Pre-Pre or Preliminary)

**REMINDER:** For each category listed below skaters in all events may skate at **HIGHEST LEVEL PASSED OR ONE LEVEL HIGHER BUT NOT BOTH.** For Free Skate Programs with Music, skaters may skate in either Excel or Well-Balanced but not both.

## PLEASE CHECK THE EVENT(S) YOU ARE ENTERING:

### Compulsory Elements

- Snowplow Sam
- Basic 1
- Basic 2
- Basic 3
- Basic 4
- Basic 5
- Basic 6
- Pre-Free Skate
- Free Skate 1
- Free Skate 2
- Free Skate 3
- Free Skate 4
- Free Skate 5
- Free Skate 6

### Challenge

Spins level \_\_\_\_\_

### Challenge

Jumps level \_\_\_\_\_

### Compulsory Program

- Pre-Free Skate
- Free Skate 1
- Free Skate 2
- Free Skate 3
- Free Skate 4
- Free Skate 5
- Free Skate 6
- Excel Beginner
- Excel High Beginner
- Excel Pre-Preliminary
- Excel Preliminary
- WB No Test
- WB Pre-Preliminary
- WB Preliminary

- Adult 1
- Adult 2
- Adult 3
- Adult 4
- Adult 5
- Adult 6
- Adult Beginner
- Adult High Beg.
- Adult Pre-Bronze
- Adult Bronze

### Free Skate Programs with Music

- Snowplow Sam
- Basic 1
- Basic 2
- Basic 3
- Basic 4
- Basic 5
- Basic 6
- Pre-Free Skate
- Free Skate 1
- Free Skate 2
- Free Skate 3
- Free Skate 4
- Free Skate 5
- Free Skate 6
- Excel Beginner
- Excel High Beginner
- Excel Pre-Preliminary
- Excel Preliminary
- Excel Preliminary Plus
- Well Balanced No Test
- Well Balanced Pre-Pre
- Well Balanced Prelimin.
- Adult 1
- Adult 2
- Adult 3
- Adult 4
- Adult 5
- Adult 6
- Adult Beginner
- Adult High Beg
- Adult Pre-Bronze
- Adult Bronze

### Showcase:

Level \_\_\_\_\_

**Certification of Competitor:** The Competitor is eligible to enter the events checked. The North Shore Skating Club and the Burbank Ice Arena assume no responsibility for any injuries or loss to any skater or spectator while on the ice or on the premises. I have read and understand all rules and policies of the competition as contained herein.

Signature of Skater or Parent or Guardian if under age 18 \_\_\_\_\_

Signature of Professional/Coach \_\_\_\_\_

USFS # \_\_\_\_\_

Signature of Program Director or Club Officer \_\_\_\_\_

**ENTRY FEES:** One Event: \$55.00 \_\_\_\_\_ Late Fee (If applicable): \$15.00 \_\_\_\_\_  
Two Events: \$80.00 \_\_\_\_\_ Fee to apply for current LTS #: \$20.00 \_\_\_\_\_  
Three Events: \$95.00 \_\_\_\_\_  
For 4+ Add \$15/event \_\_\_\_\_

TOTAL AMOUNT DUE UPON APPLYING \$ \_\_\_\_\_ (\$35.00 service charge for returned checks)

APPLICATION FEE MAY BE PAID ONLINE AT: [www.nsskating.org/compUSA](http://www.nsskating.org/compUSA)

OR Paid in Person or mailed with a check made payable to NORTH SHORE SKATING CLUB

This APPLICATION PAGE must be PRINTED, COMPLETED and SCANNED to: [nsscjc@nsskating.org](mailto:nsscjc@nsskating.org)  
OR submitted in person or mailed to: NORTH SHORE SKATING CLUB

Compete USA Competition  
51 Symonds Way  
Reading, MA 01867

Questions???  
Contact Suzi Swezey  
781-944-5874  
[nsscjc@nsskating.org](mailto:nsscjc@nsskating.org)

**Application Deadline: May 28, 2022**



# 2022 North Shore Compete USA Competition

## Team Competition Entry Form

Burbank Ice Arena, Reading, MA. 01867

**Sunday, June 12, 2022**

Learn to Skate USA Approval # 30821

Team Name: \_\_\_\_\_

**Number of skaters in group: (3 skaters minimum, 4 skaters maximum)**

**Entry fees: \$80.00 per team. Late fee (if applicable): \$15.00.**

\*Members of other organizations are eligible to compete but will be registered with the "Learn to Skate USA" program through the North Shore Skating Club for an **additional \$20.00 fee** (not applicable if competing individually).

The completed entry form with appropriate signatures and fees must be scanned and sent via email to [nsscjc@nsskating.org](mailto:nsscjc@nsskating.org) no later than **Saturday, May 28, 2021** or printed and sent via US Mail and **postmarked no later than May 28<sup>th</sup>, 2022**. Pay online at [www.nsskating.org/compUSA](http://www.nsskating.org/compUSA) or make check payable to **North Shore Skating Club** and mail to: **NSSC; Compete USA, 51 Symonds Way, Reading, MA 01867**. For additional information, please contact Suzi Sweezey (781) 944-5874 or email at [nsscjc@nsskating.org](mailto:nsscjc@nsskating.org). **Entry fees are not refundable after the entry deadline unless an event is canceled.**

**Certification of Competitor:** The competitor is eligible to enter the events checked. It is agreed that the competitor and family hold North Shore Skating Club and/or the Reading Ice Arena Authority harmless from any and all liability either during practice or competition, or from any and all liability for damages to or loss of property.

Name \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_  
USFSA # \_\_\_\_\_ Test Level (as of 5/28/22) \_\_\_\_\_ Telephone # \_\_\_\_\_

Name \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_  
USFSA # \_\_\_\_\_ Test Level (as of 5/28/22) \_\_\_\_\_ Telephone # \_\_\_\_\_

Name \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_  
USFSA # \_\_\_\_\_ Test Level (as of 5/28/22) \_\_\_\_\_ Telephone # \_\_\_\_\_

Name \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_  
USFSA # \_\_\_\_\_ Test Level (as of 5/28/22) \_\_\_\_\_ Telephone # \_\_\_\_\_

### Team Compulsories (Please check desired category)

\_\_\_\_\_ Snowplow Sam 1 – Basic 3, Hockey 1-4

\_\_\_\_\_ Basic 4 – Basic 6

\_\_\_\_\_ Pre-Free Skate – Free Skate 6

\_\_\_\_\_ Pre-Preliminary – Preliminary

\_\_\_\_\_ Adult 1- 6

\_\_\_\_\_ Adult Beginner - High Beginner

\_\_\_\_\_ Adult Pre-Bronze – Adult Bronze

Parent/Coach in charge \_\_\_\_\_ Tel #: \_\_\_\_\_

Parent/Coach's **signature** \_\_\_\_\_ USFS # \_\_\_\_\_ Date \_\_\_\_\_

**Email address** \_\_\_\_\_ **Address (city, state, zip)** \_\_\_\_\_

Director's or Club Officer's signature \_\_\_\_\_ Date \_\_\_\_\_