

# 8<sup>th</sup> Annual

# *Spring Fling*

**A Gardens Competitive Series Competition**

*Presented by Gardens Sports Limited*

and



and

GARDENS  
FIGURE  
SKATING  
CLUB  
LAUREL  
MARYLAND

**Sunday March 22<sup>nd</sup>, 2026**

The Gardens Ice House

13800 Old Gunpowder Road, Laurel MD 20707

[www.thegardensicehouse.com](http://www.thegardensicehouse.com)

## **I. COMPETITION OVERVIEW**

The 2026 Spring Fling will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, and/or current Compete USA handbook as well as any pertinent updates that have been posted on the U.S. Figure Skating website.

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

Skaters must be a currently registered member of a U.S. Figure Skating member club, Learn to Skate USA® member, or an individual member in accordance with the current rulebook. For non-U.S. citizens, please refer to the rulebook for more information.

## **II. ELIGIBILITY**

### **ELIGIBILITY & TEAM FORMATION**

#### **Compete USA Events**

Skaters must meet the minimum test requirements for the event's level, but not exceed the maximum permissible test requirement.

#### **High School & Middle School Team Events**

All skaters must be enrolled as a full-time student as defined by the institution that they attend, grades 9-12 (High School) or grades 6-8 (Middle School), as per state guidelines. This includes traditional, online, and home-schooled students.

**A minimum of two (2) skaters is required to form a team.** Team members may include skaters of any gender. Skaters do not have to be at the same test or competitive level. Athletes may compete either for the high school they are attending, or as a high school collaborative, defined as follows:

- Athletes from a single school, representing that school, OR
- Athletes representing two or more area high schools combining to form a team.

### **TEAM REPRESENTATION**

Competitors may not represent more than ONE high school skating team at one time.

### **TEAM MANEUVER EVENTS**

Athletes may “skate up” one level but they may not compete on a team at a lower level than the highest Singles test they have passed.

## ARTISTIC FREE SKATE EVENTS

Level will be determined by the highest singles test passed. Skaters may compete at the highest level they have passed, or “skate up” up to one level higher, BUT not both levels in the same event during the same competition.

### **EVENTS OFFERED:**

- **U.S. Figure Skating Program Requirements:** [usfigureskating.org](http://usfigureskating.org) --> Skate --> Compete --> Program Requirements
- **Compete USA Program Requirements:** [learntoskateusa.com/competeusa](http://learntoskateusa.com/competeusa)
- **Skate United:** For any Skate United (S.U.) Athlete, please have them register for their appropriate level under the “standard” option. Once the registration is complete, the following form must be submitted to the competition chair via email at [gregm@thegardensicehouse.com](mailto:gregm@thegardensicehouse.com).
  - [Click here for the Skate United Athlete Form.](#)
- **Skating Accommodation Memorandum (S.A.M.):** Skaters using a S.A.M. must submit their S.A.M. to the competition chair via email at [gregm@thegardensicehouse.com](mailto:gregm@thegardensicehouse.com).
  - [Click here for more information about S.A.Ms.](#)

COMPETE USA EVENTS	JUDGING	1 <sup>st</sup> Event Price	2 <sup>nd</sup> Event Price
Snowplow Sam-Basic 6 Program w/ Music	6.0	\$68	\$33
Aspire 1-4 Program w/ Music	6.0	\$68	\$33
Well-Balanced Free Skate Program (Pre-Preliminary, Preliminary)	6.0	\$68	\$33
Excel (Pre-Preliminary, Preliminary, Preliminary Plus)	6.0	\$68	\$33
Adult 1-6 Program w/ Music	6.0	\$68	\$33
Adult Beginner – Bronze Freeskate Program w/ Music	6.0	\$68	\$33
Snowplow Sam-Basic 6 Elements	6.0	\$68	\$33
Aspire 1-4 Compulsory	6.0	\$68	\$33
Adult 1-6 Compulsory Moves	6.0	\$68	\$33
Compete USA-Spin Challenge (1-4)	6.0	\$68	\$33
Compete USA-Jump Challenge (1-4)	6.0	\$68	\$33
Compete USA-Compulsory Moves Level 1-4	6.0	\$68	\$33
Showcase Events	6.0	\$68	\$33
Interpretive Events	6.0	\$68	\$33
Solo Dance Events	6.0	\$68	\$33
Special Olympics	6.0	\$68	\$33
TEAM MANEUVERS	JUDGING	1 <sup>st</sup> Event Price per Team	Additional Cost per skater
Team Compulsory Challenge	6.0	\$80	\$5

MIDDLE SCHOOL TEAM MANEUVERS	JUDGING	1 <sup>st</sup> Event Price per Team	Additional Cost per skater
Level A Team Maneuvers	6.0	\$95	\$5
Level B Team Maneuvers	6.0	\$95	\$5
Level C Team Maneuvers	6.0	\$95	\$5
Level D Team Maneuvers	6.0	\$95	\$5
HIGH SCHOOL TEAM MANEUVERS	JUDGING	1 <sup>st</sup> Event Price per Team	Additional Cost per skater
Level A Team Maneuvers	6.0	\$95	\$5
Level B Team Maneuvers	6.0	\$95	\$5
Level C Team Maneuvers	6.0	\$95	\$5
Level D Team Maneuvers	6.0	\$95	\$5
ARTISTIC FREE SKATE	JUDGING	1 <sup>st</sup> Event Price	2 <sup>nd</sup> Event Price
Artistic Free Skate	6.0	\$68	N/A

### **OUR COMMUNITY:**

U.S. Figure Skating is dedicated to fostering a culture of belonging and community that is welcoming for all individuals. We are committed to championing diversity, equity and inclusion and understand its value in combating discrimination and challenging inequalities necessary to develop champions both on and off the ice. We are actively working toward developing equitable practices and policies that foster safety and empower all individuals to authentically pursue their unique path in all areas of our sport. We stand firmly on the belief that our members are the most important asset to our organization and that our differences are meaningful and strengthen our sport. We believe that skating is for everyone.

### **NON-DISCRIMINATION:**

U.S. Figure Skating commits in policy, principle and practice to sustain a non-discriminatory approach on and off the ice for all members. We strive to provide equal opportunity for all despite their varied backgrounds, experiences and identities, and want all members to feel valued and respected at every level of organization. U.S. Figure Skating's SkateSafe® Program receives, investigates and addresses allegations of discrimination or harassment throughout its membership and the organization. Please refer to the [SkateSafe® Program Handbook](#) for further definition of harassment, discrimination and abuse.

By attending this event, all participants are willingly committing to upholding U.S. Figure Skating's Code of Ethics (*GR 1.01*) and Code of Conduct (*GR 1.02*), as detailed within the [U.S. Figure Skating Rulebook](#).

To report a concern of discrimination or harassment to U.S. Figure Skating, please visit [www.USFigureSkating.org/SkateSafe](http://www.USFigureSkating.org/SkateSafe) or email [SkateSafe@USFigureSkating.org](mailto:SkateSafe@USFigureSkating.org).

### **ATHLETE ASSISTANCE/ACCOMMODATIONS:**

Should a skater with disabilities require any specific accommodations or assistance for their competitive event, please submit your approved S.A.M to the Competition Chair by the registration deadline at [gregm@thegardensicehouse.com](mailto:gregm@thegardensicehouse.com).

### **COMPLIANCE:**

#### **COACHES**

To be an eligible coach at a nonqualifying competition, coaches must meet the applicable compliance requirements and verified by U.S. Figure Skating. Coach compliance falls into two categories, Coach Compliance (includes choreographers) and Learn to Skate USA® Instructor Compliance. Details regarding compliance requirements can be found in Members Only, click the blue “COACH” button. All compliance requirements must be met at the time of check-in to access the competition, no exceptions.

Coaches of foreign athletes: If you are a coach of a foreign athlete only, you are not subject to U.S. Figure Skating coach compliance and will only be asked to provide a letter of good standing for the federation your athlete represents.

#### **TEAM SERVICE PERSONNEL**

Teams are permitted a maximum of two team service personnel. Team service personnel must have a current U.S. Figure Skating or Learn to Skate USA® membership, a green lighted background check and completed SafeSport™ Training. All compliance requirements must be met at the time of check-in to access the competition, no exceptions. Team service personnel is defined as those indicated as a team manager and/or team service personnel planning to attend the competition with the team.

#### **MANDATORY ATHLETES**

Athletes age 18+ as of the competition start date who will be competing on a team (i.e., synchro, ice dance, pairs, shadow dance, theatre, etc.) with at least one Minor Athlete must complete SafeSport™ Training.

Minor athletes who turn 18 mid-season are encouraged to seek parental consent to take the online SafeSport™ Training early to avoid any disruptions in their ability to participate as the training is required upon turning 18. The athlete will not be compliant until they have completed the training and their Members Only portal reflects completion. Please email [skatesafe@usfigureskating.org](mailto:skatesafe@usfigureskating.org) for instructions or questions regarding parental consent.

### **III. REGISTRATION INFORMATION**

**Visit [www.entryeeze.com](http://www.entryeeze.com) to register.**

**Deadline Date:** Entry deadline is **March 1<sup>st</sup>, 2026**. There will be **no refunds after the close of entries** except events canceled by the Local Organizing Committee (rule #3235).

**Late entries may be accepted at the discretion of the competition committee and may require an additional \$30.00 late fee.** We reserve the right to combine groups when applicable and limit the number of entries on a first come, first served basis. Single entrants will be judged against the test standard. Walk in registration will not be accepted. Refunds will not be issued due to weather conditions.

**Payment:** Visa and MasterCard accepted

**Entry Fees:** \$68.00 first event

\$33.00 second event

\$80.00 Team compulsory events, plus \$5 per skater

\$95.00 High School and Middle School Team event, plus \$5 per skater

**Please Note:** There will also be a \$30.00 change of event fee if you need to alter your event after the close of entries.

**Applications may NOT be mailed.** All entries must be made through our competition page at [www.entryeeze.com](http://www.entryeeze.com).

#### **MUSIC SUBMISSION/UPLOAD:**

Music must be uploaded via Entryeeze 1 week prior to the competition. It is the responsibility of the skater to have a backup CD in your possession. Competition officials are not responsible for the condition of your CD.

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

#### **MUSIC CRITERIA:**

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

## **IV. COMPETITION DETAILS**

### **FACILITIES**

The competition will be held at:

**The Gardens Ice House**

13800 Old Gunpowder Road, Laurel MD 20707

[www.thegardensicehouse.com](http://www.thegardensicehouse.com)

### **LOCKER ROOMS AND CHANGING AREAS**

Locker rooms and changing areas will not be available this competition. All athletes are expected to arrive at the arena ready (costumes, hair, make-up etc.). Athletes will be provided with a “ready room” area to put skates on, but changing will not be permitted in these spaces.

### **U.S. FIGURE SKATING TRAVEL POLICY**

All travel must strictly adhere to Two-Deep Leadership requirements. An Adult Participant cannot transport a Minor Athlete one-on-one and Two-Deep Leadership requirements must be adhered to at all times during In-Program travel, by transporting at least two minors who are at least 8 years of age or a second Adult Participant. An Adult Participant cannot share a hotel room or other sleeping arrangement with a Minor Athlete(s). Full details of the SkateSafe® Travel Policy and any exceptions can be found starting on page 12 of the [SkateSafe® Handbook](#).

### **SCHEDULE**

Competitors may be scheduled on any day or time during the announced dates of the competition. The competition and practice ice schedule will be available after the close of entries. The competition schedule will be posted on our page at <http://www.entryeeze.com> and at [www.thegardensicehouse.com](http://www.thegardensicehouse.com) as soon as possible after the close of entries. Schedules will not be mailed.

### **PRACTICE ICE**

Practice ice will be provided, if time allows, and will be determined after the close of entries and announced on the website.

## **ONSITE CHECK-IN & REGISTRATION DESK**

The registration desk will be open throughout the competition. Skaters **MUST** check in at least one hour prior to the event. It is not unusual for a warm-up for more than one event to be combined. In addition, events frequently run early, so **BE READY** with skates on before the event is called!

If you are participating in a role requiring compliance, please be sure to download or print your compliance card to verify your compliance status on-site, if requested. If you believe your compliance card does not accurately reflect your compliance status, please contact [skatesafe@usfigureskating.org](mailto:skatesafe@usfigureskating.org) at least 2 business days prior to the competition for assistance.

### **PHOTO/VIDEO:**

Live and on-demand streaming, and sales and distribution of U.S. Figure Skating sanctioned and approved events, programs, and activities that include the playback of music is strictly prohibited. This prohibition does not apply to the distribution of footage that does not include music. Questions about this can be directed to [music@usfigureskating.org](mailto:music@usfigureskating.org).

Only handheld (no tripod) battery operated cameras will be permitted. **FLASH PHOTOGRAPHY IS NOT PERMITTED AT ANY TIME.**

Note, per U.S. Figure Skating policy, photographing and/or recording of anyone other than your own skater is strictly prohibited.

## **AWARDS**

All events will be final rounds. Medals will be awarded to the top 4 finishers. Awards Ceremonies will be held throughout the competition. Ceremony times will be posted on the competition schedule.

### **Team Points:**

Team points will be calculated by the Competition Accountant utilizing the accounting software.

### **Gardens Competitive Series:**

This competition is a part of the 2025-2026 Gardens Competitive series. All competitors will receive points for their respective placements which will be compiled for their respective team/clubs. Point totals will be announced at the conclusion of each competition in our series with a Team Trophy being awarded at the end of the season to the team with the highest cumulative point totals for the series.

## **COMMUNICATIONS**

Any adjustments, modifications, or changes must be communicated by the Team Coach and the Competition Chair.

**Protest:**

Any protest must be made in writing to the competition chair by a Team Coach prior to the posting of final scores. Upon receiving notice of protest the Competition Chair will make any appropriate considerations and render a final decision in accordance in the spirit of the Competition Series. All decisions will be final.

**CONTACT INFORMATION**

**Competition website:** [www.thegardensicehouse.com](http://www.thegardensicehouse.com)

For questions, please contact the following individuals:

Competition Chair:	Greg Maddalone	gregm@thegardensicehouse.com	301-953-0100
Chief Referee:	Thuy Huynh	tweety.t.huynh@gmail.com	
Additional Contact:	Candy Kriner	lntncnb@aol.com	(301) 502-1556

# 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
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
<b>SNOWPLOW SAM</b>	<b>1:10 max</b>	<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>
<b>BASIC 1</b>	<b>1:10 max</b>	<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>
<b>BASIC 2</b>	<b>1:10 max</b>	<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>
<b>BASIC 3</b>	<b>1:10 max</b>	<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>
<b>BASIC 4</b>	<b>1:10 max</b>	<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>
<b>BASIC 5</b>	<b>1:10 max</b>	<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>
<b>BASIC 6</b>	<b>1:10 max</b>	<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>



## 2024 ASPIRE PROGRAM REQUIREMENTS

	JUMPS	SPINS	STEP SEQUENCE
<b>Aspire 1 Free Skate 1:40 Max</b>	<p><b>Maximum 5 jump elements:</b>  <i>Permitted jumps:</i> <ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• <math>\frac{1}{2}</math> flip</li> <li>• <math>\frac{1}{2}</math> lutz</li> </ul>   <b>Max 1 jump sequence</b>  <i>Permitted sequence:</i> <ul style="list-style-type: none"> <li>• Waltz jump/waltz jump with no turns or hops in between</li> </ul> </p>	<p><b>Maximum 2 spins:</b>  <i>Required spins:</i> <ul style="list-style-type: none"> <li>• Two-foot spin</li> <li>• Forward one foot spin (free foot optional)</li> </ul> </p>	<p><b>Maximum 1 Sequence:</b>  <i>Choreographic Step Sequence (ChSt)</i> <ul style="list-style-type: none"> <li>• One <math>\frac{1}{2}</math> of the ice</li> </ul> </p>
<b>Aspire 2 Free Skate 1:40 Max</b>	<p><b>Maximum 5 jump elements:</b>  <i>Permitted jumps:</i> <ul style="list-style-type: none"> <li>• Any jump from Aspire 1</li> <li>• Single Salchow</li> <li>• Single Toe loop</li> </ul>   <b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b>  <i>Permitted combinations:</i> <ul style="list-style-type: none"> <li>• Waltz jump/toe loop</li> <li>• Salchow/toe loop</li> </ul> <i>Permitted jump sequence:</i> <ul style="list-style-type: none"> <li>• Waltz jump/waltz jump with no turns or hops in between</li> </ul> </p>	<p><b>Maximum 2 spins:</b>  <i>Permitted spins:</i> <ul style="list-style-type: none"> <li>• Any spin from Aspire 1</li> <li>• Back upright spin</li> <li>• Forward Sit Spin</li> </ul> </p>	<p><b>Maximum 1 Sequence:</b>  <i>Choreographic Step Sequence (ChSt)</i> <ul style="list-style-type: none"> <li>• One <math>\frac{1}{2}</math> of the ice</li> </ul> </p>
<b>Aspire 3 Free Skate 1:40 Max</b>	<p><b>Maximum 5 jump elements:</b>  <i>Permitted jumps:</i> <ul style="list-style-type: none"> <li>• Any jump from Aspire 1 and 2</li> <li>• Euler (half-loop)</li> <li>• Single loop</li> </ul>   <b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b></p>	<p><b>Maximum 2 spins:</b>  <i>Required spin:</i> <ul style="list-style-type: none"> <li>• Forward upright spin to back upright spin</li> </ul> <i>Permitted spins:</i> <ul style="list-style-type: none"> <li>• Any spin from Aspire 1 and 2</li> <li>• Forward Camel Spin</li> </ul> </p>	<p><b>Maximum 1 Sequence:</b>  <i>Choreographic Step Sequence (ChSt)</i> <ul style="list-style-type: none"> <li>• One <math>\frac{1}{2}</math> of the ice</li> </ul> </p>
<b>Aspire 4 Free Skate 1:40 Max</b>	<p><b>Maximum 5 jump elements:</b>  <i>Permitted jumps:</i> <ul style="list-style-type: none"> <li>• Any jump from Aspire 1, 2 and 3</li> <li>• Single Flip</li> <li>• Single Lutz</li> </ul>   <b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b></p>	<p><b>Maximum 2 spins:</b>  <i>Required spin:</i> <ul style="list-style-type: none"> <li>• Forward camel to forward sit spin combination</li> </ul> <i>Permitted spins:</i> <ul style="list-style-type: none"> <li>• Any Spin from Aspire 1, 2 and 3</li> </ul> </p>	<p><b>Maximum 1 Sequence:</b>  <i>Choreographic Step Sequence (ChSt)</i> <ul style="list-style-type: none"> <li>• One <math>\frac{1}{2}</math> of the ice</li> </ul> </p>

### Clarifications:

#### Jumps:

##### All Levels

- Maximum 2 of any same jump

##### Aspire 1 and 2

- Euler is not permitted

#### Jump Sequence:

##### Aspire 3 and 4

- A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump

#### Jump Combinations:

##### Aspire 3 and 4

- Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps

#### Spins:

##### All Levels

- Minimum 3 revolutions
- No flying entry
- A Spin may not be repeated
- Basic positions only

##### Aspire 3 and 4

- One spin must be the required spin
- Second spin must be a spin in one position

#### Step Sequence:

##### All Levels

- Jumps may be included in the step sequence
- Moves in the field, Spiral Sequences, Arabesques, Spread Eagles, Ina Bauers, Split Jumps, Etc. are allowed but will not be counted as elements

## 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.
- Skaters with physical disabilities may register for standard track or Skate United Track for events
- Step sequence clarification: Implementation date December 1, 2023: pChSq (confirmed or no value)

PRE-PRELIMINARY — 1:40 MAX		
JUMPS	SPINS	STEP SEQUENCES
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>◦ No double, triple or quadruple jumps allowed</li> <li>◦ Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels)</li> <li>◦ 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>◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>◦ 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 must be of a different character</li> <li>• One spin <b>MUST</b> be a spin in one position</li> <li>• One spin may change positions</li> <li>• Spins may change feet</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul>	<ul style="list-style-type: none"> <li>• Max 1Choreographic sequence</li> <li>• Must use one-half the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the sequence</li> </ul> <p>If IJS is used, then pChSq</p>

PRELIMINARY — 2:00 +/- 10 SECONDS		
JUMPS	SPINS	STEP SEQUENCES
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>◦ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>◦ 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>◦ 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>◦ 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>◦ 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 must be of a different character</li> <li>• One spin <b>MUST</b> be a spin in one position</li> <li>• One spin may change positions</li> <li>• Spins may change feet</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul>	<ul style="list-style-type: none"> <li>• Max 1Choreographic sequence</li> <li>• Must use one-half the ice surface</li> <li>• Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>• Jumps may be included in the sequence</li> </ul> <p>If IJS is used, then pChSq</p>

# 2025 Excel Program Requirements

<p><b>Excel Pre-Preliminary</b> <b>1:40 Max</b></p> <p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, except for the Axel <ul style="list-style-type: none"> <li>◦ No single Axels, double, or higher jumps allowed</li> <li>◦ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence</li> <li>◦ Max 2 jump combinations, or 1 jump combination and 1 jump sequence</li> <li>◦ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</li> <li>◦ A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin must be in a single position with no change of foot* <ul style="list-style-type: none"> <li>◦ No flying entry</li> <li>◦ Minimum 3 revolutions</li> </ul> </li> <li>• One spin may be either a single position spin with no change of foot or a combination spin with or without a change of foot <ul style="list-style-type: none"> <li>◦ No flying entry</li> </ul> </li> <li>• Spins must be of a different character</li> </ul> <p><i>Max Level: 1</i></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• One Choreographic Sequence (pChSq) <ul style="list-style-type: none"> <li>◦ Must be clearly visible</li> </ul> </li> </ul> <p><b>Maximum 2 spins:</b></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* <ul style="list-style-type: none"> <li>◦ No flying entry</li> <li>◦ Minimum 3 revolutions</li> </ul> </li> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>◦ Minimum 6 revolutions</li> <li>◦ No flying entry</li> </ul> </li> <li>• Spins must be of a different character</li> </ul> <p><i>Max Level: 1</i></p>
<p><b>Excel Preliminary</b> <b>2:00 +/- 10 sec</b> <i>(Will be phased out after 2025 season)</i></p> <p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, except for the Axel <ul style="list-style-type: none"> <li>◦ No single Axels, double, or higher jumps allowed</li> <li>◦ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence</li> <li>◦ Max 2 jump combinations, or 1 jump combination and 1 jump sequence</li> <li>◦ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</li> <li>◦ A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin must be in a single position with no change of foot* <ul style="list-style-type: none"> <li>◦ No flying entry</li> <li>◦ Minimum 3 revolutions</li> </ul> </li> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>◦ Minimum 6 revolutions</li> <li>◦ No flying entry</li> </ul> </li> <li>• Spins must be of a different character</li> </ul> <p><i>Max Level: 1</i></p>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>◦ No flying entry</li> <li>◦ Minimum 6 revolutions</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>◦ No change of foot</li> <li>◦ No flying entry</li> <li>◦ Minimum 3 revolutions</li> </ul> </li> </ul> <p><i>Max Level: 1</i></p>
<p><b>Excel Preliminary Plus</b> <b>2:00 +/- 10 sec</b></p> <p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, including single Axel <ul style="list-style-type: none"> <li>◦ No double, or higher jumps allowed</li> <li>◦ Single Axel and all other single jumps may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 of any same jump)</li> <li>◦ Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>◦ Max 2 jump combinations, or 1 jump combination and 1 jump sequence</li> <li>◦ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</li> <li>◦ A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>◦ No flying entry</li> <li>◦ Minimum 3 revolutions</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>◦ No change of foot</li> <li>◦ No flying entry</li> <li>◦ Minimum 3 revolutions</li> </ul> </li> </ul> <p><i>Max Level: 1</i></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• One Choreographic Sequence (pChSq) <ul style="list-style-type: none"> <li>◦ Must be clearly visible</li> </ul> </li> </ul> <p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>◦ No flying entry</li> <li>◦ Minimum 3 revolutions</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>◦ No change of foot</li> <li>◦ No flying entry</li> <li>◦ Minimum 3 revolutions</li> </ul> </li> </ul> <p><i>Max Level: 1</i></p>

\*Denotes required element

Last updated 10/15/24 - MW



Effective: January 1, 2025 - December 31, 2025

## 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 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 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 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 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 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.

### ADULT BEGINNER — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
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

### ADULT HIGH BEGINNER — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, <math>\frac{1}{2}</math> flip, <math>\frac{1}{2}</math> Lutz, <math>\frac{1}{2}</math> 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

### ADULT PRE-BRONZE — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
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

### ADULT BRONZE — 1:50 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
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 <math>\frac{1}{2}</math> 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

## 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.**
  - Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
<b>SNOWPLOW SAM</b>	<b>1:00 max</b>	<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>
<b>BASIC 1</b>	<b>1:00 max</b>	<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>
<b>BASIC 2</b>	<b>1:00 max</b>	<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>
<b>BASIC 3</b>	<b>1:00 max</b>	<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>
<b>BASIC 4</b>	<b>1:00 max</b>	<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>
<b>BASIC 5</b>	<b>1:00 max</b>	<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>
<b>BASIC 6</b>	<b>1:00 max</b>	<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>



## ASPIRE 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 deduction will be taken for each element performed from a higher level
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
Aspire 1	1:15 max	<ul style="list-style-type: none"><li>• Waltz Jump</li><li>• <math>\frac{1}{2}</math> Flip</li><li>• One-foot upright spin</li><li>• Choreographic step sequence</li></ul>
Aspire 2	1:15 max	<ul style="list-style-type: none"><li>• Single Salchow</li><li>• Single Toe Loop</li><li>• Sit spin</li><li>• Choreographic step sequence</li></ul>
Aspire 3	1:15 max	<ul style="list-style-type: none"><li>• Single Loop</li><li>• Salchow/Toe loop jump combination</li><li>• Forward upright spin to back upright spin</li><li>• Choreographic step sequence</li></ul>
Aspire 4	1:15 max	<ul style="list-style-type: none"><li>• Single Flip</li><li>• Waltz Jump-Euler-Salchow jump combination</li><li>• Camel-Sit spin combination</li><li>• Choreographic step sequence</li></ul>

## 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

### ADULT 1 — 1:30 MAX

#### ELEMENTS

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop on one or two feet

### ADULT 2 — 1:30 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 — 1:30 MAX

#### ELEMENTS

- 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

#### ELEMENTS

- 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

#### ELEMENTS

- 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

#### 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 — 1:30 MAX

#### ELEMENTS

- 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

#### ELEMENTS

- Waltz jump
- $\frac{1}{2}$  flip
- Forward upright spin – minimum 2 revolutions
- Forward 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

#### ELEMENTS

- Single toe loop
- Jump combination or sequence consisting of half revolution jumps ( $\frac{1}{2}$  flip,  $\frac{1}{2}$  Lutz,  $\frac{1}{2}$  loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination or 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

#### ELEMENTS

- Single Salchow
- Jump combination or sequence consisting of  $\frac{1}{2}$  revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination or 3 jumps in a sequence
- Solo spin in one position with no change of foot (min. 3 revolutions)
- Forward inside three-turn, right and left
- Spiral sequence (Minimum 2 spirals)

## 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
<b>SNOWPLOW SAM – BASIC 3, HOCKEY 1-4</b>	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)
<b>BASIC 4 – BASIC 6</b>	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 and free foot position (min. 3 revs.)	Moving forward to backward two-foot turns on a circle, clockwise and counterclockwise (from Basic 3)
<b>ASPIRE 1-2</b>	Single jump (limited to waltz jump, 1/2 flip, 1/2 lutz, salchow, toe loop) Combination jump or jump sequence: waltz jump/toe loop, salchow/toe loop, or waltz jump/waltz jumps with no turns or hops in between	Forward solo spin (2 foot spin, forward 1 foot spin) Backward solo spin	Choreographic step sequence 1/2 Ice (ChSt)
<b>ASPIRE 3-4</b>	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)	Choreographic Step sequence (ChSt)
<b>ADULT 1-6</b>	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
<b>ADULT BEGINNER/ADULT HIGH BEGINNER</b>	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
<b>ADULT PRE-BRONZE/ADULT BRONZE</b>	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

## JUMP CHALLENGE

### GENERAL EVENT PARAMETERS

1. Level 1 through Level 4 events should be skated on half ice.
2. Only the listed elements will be judged.
3. No bonuses will be awarded during jump challenge events using IJS.
4. Each jump may be attempted twice. If the skater chooses to repeat the jump, the second attempt will be the one judged. The second attempt must immediately follow the first attempt.
5. Elements not according to requirements will receive no value.
6. Applicable deductions:
  - a. Time Violations
    1. IJS – for up to every 5 seconds in excess = -0.25
    2. 6.0 – for up to every 10 seconds in excess = 0.1
  - b. Fall Deductions:
    1. IJS – for each fall = -0.25
    2. 6.0 – for each fall = -0.1

LEVEL	TIME	SKATING RULES/STANDARDS
LEVEL 1	1:15 max	<ul style="list-style-type: none"> <li>• Half Flip</li> <li>• Half Lutz</li> <li>• Waltz Jump + Waltz Jump Sequence</li> </ul>
LEVEL 2	1:15 max	<ul style="list-style-type: none"> <li>• Single Loop</li> <li>• Single Salchow</li> <li>• Waltz Jump + Single Toe Loop Combination</li> </ul>
LEVEL 3	1:15 max	<ul style="list-style-type: none"> <li>• Single Flip</li> <li>• Single Lutz</li> <li>• Two Jump Combination: Any two single jumps, may include one single axel</li> </ul>
LEVEL 4	1:15 max	<ul style="list-style-type: none"> <li>• Single Axel</li> <li>• Double Salchow or Double Toe Loop</li> <li>• Three Jump Combination: Any three single jumps, may include one single axel</li> </ul>

# SPIN CHALLENGE

## GENERAL EVENT PARAMETERS

1. All events may be skated on half or full ice, depending on the competition announcement.
2. Spins may be skated in any order. Spins may not be repeated. Only the listed elements will be judged – connecting steps may be performed but will not be considered.
3. Layback spins are not permitted in Level 1 or Level 2.
4. If using IJS, please see bottom of page for spin calling clarifications.
5. Applicable deductions:
  - a. Time Violations
    1. IJS – for up to every 5 seconds in excess = -0.25
    2. 6.0 – for up to every 10 seconds in excess = 0.1
  - b. Fall Deductions:
    1. IJS – for each fall = -0.25
    2. 6.0 – for each fall = -0.1

LEVEL	TIME	SKATING RULES/STANDARDS
LEVEL 1	1:30 max	<ul style="list-style-type: none"> <li>• Forward upright spin (min. 3 revs)</li> <li>• Backward upright spin (min. 3 revs)</li> <li>• Forward upright spin to backward upright spin (min. 3 revs each foot)</li> </ul>
LEVEL 2	1:30 max	<ul style="list-style-type: none"> <li>• Upright spin, forward or backward (min. 3 revs)</li> <li>• Forward sit spin (min. 3 revs)</li> <li>• Forward camel spin (min. 3 revs)</li> </ul>
LEVEL 3	1:30 max	<ul style="list-style-type: none"> <li>• Combination spin, no change of foot, forward or backward (min. 6 revs)</li> <li>• Sit spin, forward or backward (min. 4 revs)</li> <li>• Camel spin, forward or backward (min. 4 revs)</li> </ul>
LEVEL 4	1:30 max	<ul style="list-style-type: none"> <li>• Combination spin, with change of foot, forward or backward (min. 6 revs each foot)</li> <li>• Spin in one position, flying entry, camel, sit, upright or layback (min. 5 revs)</li> <li>• Spin in one position, forward or backward. Camel, sit, upright or layback. Must be different position than flying spin (min. 5 revs)</li> </ul>

## SPIN CALLING CLARIFICATIONS

Spins are called in a program-like fashion; therefore, spin variations may not be repeated. Except as noted below, all spins will be assessed per ISU Communications 2623 (Levels of Difficulty) and 2656 \*SOV), and ISU spin criteria and any associated "V" will be applied.

For competition events Levels 1-4:

Spin in one position: If a basic position is not achieved for two continuous revolutions, but there is a recognizable position attempted (CSp, SSp, LSp, USp, CCSp, CSSp, CLSp, CUSp), the spin will receive a Level Base.

- Level Feature: Five continuous revolutions (no change in position, edge, variation; no loss of basic position) in camel, sit, layback or Biellmann; compulsory for higher than Level Base. (Note: Unlike ISU criteria, this feature does not require the basic sit position to be in a difficult variation.) This feature may be awarded once per spin, if executed in different basic positions and/or in different difficult variations.

Combination Spin (CoSp & CCoSp): If there are not two basic positions achieved for two continuous revolutions, the spin will receive No Value.

- Level Feature: All three basic positions performed anywhere within the combination spin, with each position held for at least two continuous revolutions; compulsory for Level 1.

**COMPETE USA**  
**COMPULSORY MOVES**

**COMPETE**  
 USA  
 Winter 2014

**General event parameters:**

1. Levels 1-4 will be skated on half ice
2. Elements may be performed only once.
3. The skater may include connecting steps between the required elements.
4. Music is not allowed
5. If using IJS, please see page 2 for spin calling clarifications.
6. Applicable deductions:
  - a. Time Violations
    1. IJS - for up to every 5 seconds in excess = -0.25
    2. 6.0 - for up to every 10 seconds in excess = 0.1
  - b. Fall Deductions:
    1. IJS - for each fall = -0.25
    2. 6.0 - for each fall = -0.1

LEVEL	SOLO JUMP	JUMP COMBINATION/SEQUENCE	SPIN	CHOREO/STEP SEQUENCE
<b>Level 1</b> 1:15 max	<ul style="list-style-type: none"> <li>• Half Flip or</li> <li>• Half Lutz</li> </ul>	<ul style="list-style-type: none"> <li>• Waltz Jump + Waltz Jump + SEQ</li> </ul>	<ul style="list-style-type: none"> <li>• Forward One-Foot Upright Spin                     <ul style="list-style-type: none"> <li>◦ No flying entry</li> <li>◦ No change of foot</li> <li>◦ Min. 3 revs.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Spiral on Both Legs                     <ul style="list-style-type: none"> <li>◦ No Variations</li> <li>◦ Forward (FSpr1) or Backwards (BSpr1)</li> <li>◦ Leg must be hip level or higher for min. 3 secs.</li> </ul> </li> </ul>
<b>Level 2</b> 1:15 max	<ul style="list-style-type: none"> <li>• Single Salchow or</li> <li>• Single Toe Loop</li> </ul>	<ul style="list-style-type: none"> <li>• Waltz Jump + Single Toe Loop</li> </ul>	<ul style="list-style-type: none"> <li>• Forward Sit Spin                     <ul style="list-style-type: none"> <li>◦ No flying entry</li> <li>◦ No change of foot</li> <li>◦ Min. 3 revs.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Choreographic Sequence (pChSq) that must be one spiral with variation and one of the following:                     <ul style="list-style-type: none"> <li>◦ Split Jump</li> <li>◦ Stag Jump</li> <li>◦ Falling Leaf</li> </ul> </li> </ul>
<b>Level 3</b> 1:15 max	<ul style="list-style-type: none"> <li>• Single Loop</li> </ul>	<p>Choice of one of the following options:</p> <ul style="list-style-type: none"> <li>• Single Flip + Single Toe Loop</li> <li>• Single Lutz + Single Toe Loop</li> <li>• Single Flip + Single Loop</li> <li>• Single Lutz + Single Loop</li> </ul>	<ul style="list-style-type: none"> <li>• Forward Camel Spin                     <ul style="list-style-type: none"> <li>◦ No flying entry</li> <li>◦ No change of foot</li> <li>◦ Min. 3 revs.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Choreographic Sequence (pChSq)                     <ul style="list-style-type: none"> <li>◦ Must be 2 different skating movements and clearly visible</li> </ul> </li> </ul>
<b>Level 4</b> 1:15 max	<ul style="list-style-type: none"> <li>• Double Salchow or</li> <li>• Double Toe Loop</li> </ul>	<p>Choice of one of the following options:</p> <ul style="list-style-type: none"> <li>• Single Axel + Single Toe Loop</li> <li>• Single Axel + Single Loop</li> </ul>	<ul style="list-style-type: none"> <li>• Combination Spin                     <ul style="list-style-type: none"> <li>◦ No flying entry</li> <li>◦ No change of foot</li> <li>◦ Min. 6 revs. total</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Choreographic Sequence (pChSq)                     <ul style="list-style-type: none"> <li>◦ Must be 2 different skating movements and clearly visible</li> </ul> </li> </ul>

**Spin Calling Clarifications**

Except as noted below, all spins will be assessed per ISU Communications 2623 (Levels of Difficulty) and 2656 \*SOV), and ISU spin criteria and any associated "V" will be applied.

**For competition events Levels 1-4:**

**Spin In one position:** If a basic position is not achieved for two continuous revolutions, but there is a recognizable position attempted (CSp, SSp, LSp, USp, CCSp, CSSp, CLSp, CUSp), the spin will receive a Level Base.

- **Level Feature:** Five continuous revolutions (no change in position, edge, variation; no loss of basic position) in camel, sit, layback or Biellmann; compulsory for higher than Level Base. (Note: Unlike ISU criteria, this feature does not require the basic sit position to be in a difficult variation.)

## Showcase Events

Showcase events are open to skaters in the levels listed below. Groups will be divided by number of entries and ages if possible. Skaters with physical disabilities may register for standard track or Skate United track. Skaters with intellectual disabilities may register for Special Olympics events. 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 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 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 specific guidelines regarding the conduct of showcase competitions, refer to the nonqualifying showcase guidelines posted on 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. Example combined events: Character Performance and Comedic Impressions. **Snowplow Sam events are limited to Lyrical Pop and Character Performance.**
- **Emotional (formerly Dramatic) Performance:** Programs should portray a story, expressing conflict, resolution and/or depth of emotion. Skater should provoke an emotional response with the audience - through related skating movements, gestures and choreographic processes. The entire spectrum of emotions should be considered when selecting the theme (e.g. love, loss, longing, fulfillment, happiness, melancholy, sadness, etc.).
  - Lip synching is not permitted.
  - Props and Scenery are permitted.
  - No Technical Limitations.
- **Character Performance:** Skaters will impersonate a character, original or adapted, on the ice. Performances as a character from a movie, musical, book, original idea, original adaptation are all welcome here.
  - Lip synching is required
  - Props and Scenery are permitted
  - No Technical Limitations
- **Comedic Impressions:** A humorous performance intentionally designed to achieve continuous/multiple chuckles, laughs, or audible rises from viewers. Performance is projected outward towards audience and entertaining through skating movements, gestures and physical actions deemed comedic.
  - Lip synching is permitted
  - Props and Scenery are permitted
  - No Technical Limitations
- **Lyrical Pop:** Perform to your favorite song containing lyrics, without lip-synching.
  - Lip synching is not permitted
  - Props and Scenery are not permitted
  - No Technical Limitations
- **Duets/Trios:** Theatrical/artistic performances by 2 to 3 skaters.
- **Mini production ensembles:** Mini production ensembles: Theatrical performances by three to seven competitors. 2:00 maximum length.
- **Production ensembles:** Production ensembles: Theatrical performances by eight to 30 skaters. 2:30 maximum length. NOTE: Skaters may only enter one duet, one mini production, and one production ensemble.

## Showcase Events

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
<b>SNOWPLOW SAM</b>	Elements only from Snowplow Sam 1-4 curriculum	May not have passed any official U.S. Figure Skating tests	Time: 1:00 max
<b>BASIC 1-6</b>	Elements only from Basic 1-6 curriculum	May not have passed any official U.S. Figure Skating tests	Time: 1:00 max
<b>ASPIRE 1-4/ADULT 1-6/ADULT BEGINNER/ADULT HIGH BEGINNER</b>	No prescribed or restricted elements	May not have passed any official U.S. Figure Skating free skate or free dance tests	Time: 1:20 max
<b>PRE-PRELIMINARY</b>	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
<b>PRELIMINARY</b>	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating preliminary free skate or free dance test	Time: 1:30 max
<b>ADULT PRE-BRONZE</b>	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

## Interpretive

**COMPETITION FORMAT:**

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

**Levels:** Levels should be broken by ability with ages divided appropriately

**Judging Rules:** Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/ expression. Spins and jumps performed must be appropriate to competition level.

**Time:** Music Duration for all levels: Up to 1:30 max

**Coaching:** There is to be no instruction allowed during this event from coaches, parents or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.

## Special Olympics

### SPECIAL OLYMPICS BADGE 1-12

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

#### BADGE 1

- Stand unassisted for five seconds
- Sit on ice or fall and stand up unassisted
- Knee dip standing still unassisted
- March forward 10 steps assisted

#### BADGE 7

- Backward stroking across the rink
- Gliding backward to forward two-foot turn
- T-stop (R or L)
- Forward two-foot turn on a circle (R and L)

#### BADGE 2

- March forward ten steps unassisted
- Swizzles, standing still – three repetitions
- Backward wiggles or march assisted
- Two-foot glide forward for distance of at least length of body

#### BADGE 8

- Five consecutive forward crossovers (R and L)
- Forward outside edge (R and L)
- Five consecutive backward half-swizzles on a circle (R and L)
- Two-foot spin

#### BADGE 3

- Backward wiggles or march
- Five forward swizzles
- Forward skating across the rink
- Forward gliding dip covering at least length of body (R and L)

#### BADGE 9

- Forward outside three-turn (R and L)
- Forward inside edge (R and L)
- Forward lunge or shoot the duck at any depth
- Bunny hop

#### BADGE 4

- Backward two-foot glide covering at least length of body
- Two-foot jump in place
- One-foot snowplow stop (R and L)
- Forward one-foot glide covering at least length of body: (R and L)

#### BADGE 10

- Forward inside three-turn (R and L)
- Five consecutive backward crossovers (R and L)
- Hockey stop
- Forward spiral three times length of body

#### BADGE 5

- Forward stroking across rink
- Five backward swizzles
- Forward two-foot curves left and right across rink
- Two-foot turn front to back, in place

#### BADGE 11

- Consecutive forward outside edges – minimum of two on each foot
- Consecutive forward inside edges – minimum of two on each foot
- Forward inside mohawk (R and L)
- Consecutive backward outside edges – minimum of two on each foot
- Consecutive backward inside edges – minimum of two on each foot

#### BADGE 6

- Gliding forward to backward two-foot turn
- Five consecutive forward half-swizzles on circle (R and L)
- Backward one-foot glide length of body (R and L)
- Forward pivot

#### BADGE 12

- Waltz jump
- One foot spin, minimum of three revolutions
- Forward crossover, inside mohawk, backward crossover, step forward – step sequence should be repeated clockwise and counter clockwise
- Combination of three moves chosen from badges 9-12

## Solo Pattern Dance

### GENERAL EVENT PARAMETERS:

- Levels are based upon the skaters' highest pattern dance test passed
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for his/her level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30-July 2), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the second quarter).
- Skaters will complete both dances at each level. Dances will be scheduled at the discretion of the chief referee for each competition and may be competed consecutively or with a break in-between pattern dance groupings.
- Skaters with physical disabilities may register for standard track or Skate United Track for events

<b>PRELIMINARY</b>			
<b>JANUARY 1-MARCH 31</b>	<b>APRIL 1-JUNE 30</b>	<b>JULY 1-SEPTEMBER 30</b>	<b>OCTOBER 1-DECEMBER 31</b>
1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz

<b>PRE-BRONZE</b>			
<b>JANUARY 1-MARCH 31</b>	<b>APRIL 1-JUNE 30</b>	<b>JULY 1-SEPTEMBER 30</b>	<b>OCTOBER 1-DECEMBER 31</b>
1. Swing Dance 2. Cha-Cha	1. Fiesta Tango 2. Swing Dance	1. Cha-Cha 2. Fiesta Tango	1. Swing Dance 2. Cha-Cha

<b>ADULT PRELIMINARY</b>			
<b>Qualifications:</b> No higher than one pre-bronze dance test (partnered, solo, standard, adult/adult 21+ or adult 50+/masters)			
<b>SELECTED DANCES FOR THE SEASON (NUMBER OF SEQUENCES TO BE DANCED IN PARENTHESES)</b>			
Dutch Waltz (2) Canasta Tango (2)			

<b>ADULT PRE-BRONZE</b>			
<b>Qualifications:</b> The complete preliminary dance test and no higher than one bronze dance test (partnered, solo, standard, adult/adult 21+ or adult 50+/masters)			
<b>SELECTED DANCES FOR THE SEASON (NUMBER OF SEQUENCES TO BE DANCED IN PARENTHESES)</b>			
Rhythm Blues (2) Swing Dance (2)			

## 2025-26 High School – Team Maneuvers

	<b>Jumps</b>	<b>Spins</b>	<b>Edge or Skating Skill Sequence</b>
<b>A</b>  <i>Skaters may not have passed higher than Preliminary Singles (This level is best suited for skaters that compete Aspire through Preliminary Excel)</i>	<p>1. Waltz jump</p> <p>2. Mazurka</p> <p>3. Salchow/toe loop combination</p> <p>4. Optional: Single Loop</p>	<p>1. Two-foot spin (min 3 revs)</p> <p>2. Forward upright one-foot spin (min 3 revs)</p> <p>3. Forward sit spin</p> <p>4. Optional: Backward upright spin</p>	<p>1. Forward Power Three Turns (as performed on Preliminary Skating Skills)</p> <p>2. Basic forward spiral on a straight line (no variations), right or left</p> <p>3. Choreographic step sequence – ½ ice length</p> <p>4. Optional: Backward one-foot glides, both feet</p>
<b>B</b>  <i>Skaters may not have passed higher than Pre-Silver Singles (This level is best suited for skaters that compete Pre-Juvenile through Intermediate Excel)</i>	<p>1. Any single jump</p> <p>2. Waltz jump/loop jump combination</p> <p>3. Split jump</p> <p>4. Optional: Single Lutz</p>	<p>1. Forward upright spin (optional free foot position, min 5 revs)</p> <p>2. Forward or backward camel spin (optional free foot position, min 5 revs)</p> <p>3. Combination spin, at least one change of position. (no fly, no change of foot, min 6 revs total)</p> <p>4. Optional: Backward sit spin (min 3 revs)</p>	<p>1. Forward OR Backward Power Circle (as performed on Bronze Skating Skills)</p> <p>2. Forward to Backward Lunge</p> <p>3. Choreographic sequence (at least 2 different movements REQUIRED, pattern not restricted, see Rule 6105)*</p> <p>4. Optional: Five-Step Mohawk Sequence (as performed on Pre-Bronze Skating Skills)</p>

<b>C</b> <u>No test restrictions</u> <i>(This level is best suited for skaters that compete Novice through Senior Excel)</i>	1. Single Axel 2. Any double jump 3. Any 3 jump combination, consisting of single or double jumps 4. Optional: Double Lutz	1. Forward upright spin to back upright spin (variations permitted, min 6 revs each foot) 2. Flying spin (any position, no change of foot, variations permitted, min 5 revs) 3. Combination spin (at least 1 change of position, change of foot optional, may fly, min 10 revs total) 4. Optional: Layback spin (variations permitted, min 5 revs)	1. Spiral Sequence (as performed for Pre-Silver Skating Skills) 2. Short edge element (NO change of position, NO change of edge, max 7 second hold, see Rule 8375 for acceptable elements) 3. Choreographic sequence (at least 2 different movements REQUIRED, pattern not restricted, see Rule 6105)* 4. Optional: Backward Rocker Choctaw Sequence (as performed for Silver Skating Skills)
<b>D</b> <u>No test restrictions</u> <i>(This level is best suited for skaters that compete Intermediate through Senior Well-Balanced Singles)</i>	1. Double Axel 2. Combination jump (double/double OR triple/triple) 3. Double or triple loop immediately preceded by connecting steps 4. Optional: Double or Triple Lutz	1. Camel spin w/ EITHER difficult entry OR difficult exit (NO fly, change of foot required, variations permitted, min 6 revs each foot) 2. Flying Sit Spin (variations permitted, NO change of foot, min 5 revs) 3. Combination spin (change of foot REQUIRED, change of direction permitted, fly permitted, all 3 basic positions REQUIRED, min 2 revs per position, min 8 revs TOTAL) 4. Optional: Forward upright spin to back upright spin (optional free foot position, min 8 revs each foot)	1. BO Power Dbl 3-Turns to Power Dbl Inside Rockers (as performed for Gold Skating Skills) 2. Twizzle sequence (max 3 twizzles, change of direction REQUIRED, change of foot REQUIRED, optional free foot position, no more than 3 steps between twizzles) 3. Choreographic sequence (at least 2 different movements REQUIRED, pattern not restricted, see Rule 6105)* 4. Optional: Straight Line Step Sequence (as performed for Pre-Gold Skating Skills)

\*Step/choreographic sequences should be distinct from the step sequence elements found on skating skills test.



## 2025-2026 High School - Artistic Free Skate Rules

The primary focus of the event will be on the skater's ability to artistically express and present a complete composition while demonstrating technical skills.

- **Strong emphasis** will be on five specifically defined components evaluating the artistry of each program and skater. These components are:
  - Expression of the music's character/feeling and rhythm.
  - Finesse, reflect the details and nuances of the music
  - Originality of composition, *creativity!*
  - Multi-dimensional use of space and design of movements
  - Involvement of the skater physically, emotionally and intellectually as they deliver the intent of the music and composition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest singles test passed. Skaters may compete at the highest level they have passed, or "skate up" up to one level higher.
- Unintended falls, poorly executed skating elements and obvious losses of control will negatively affect the competitor's marks.
- Technical difficulty is not rewarded in artistic free skate.
- Utilization of space and time: good ice coverage and pattern should be attained; program highlights should be spread through the entire performance.

The 6.0 judging system will be used. One mark will be awarded by each judge for each performance. No technical skating mark will be awarded.

No props are permitted for this event.

Artistic Free Skate is not to be judged as a gendered event.

**TIMING:** Timing of the program will begin with the first purposeful movement of any competitor. For performances that are over the time allotment, standard time deductions will apply to the score as per U.S. Figure Skating's current rulebook (Rule 6914 G.). Timing will cease when the last skater comes to a complete stop.

Technical requirements by level are included on the following page.



#### Artistic Free Skate Levels

Level	Time	Jumps	Spins	Step Sequence
<b>Level A</b> <i>(Aspire through Pre-Preliminary singles test levels)</i>	<b>1:40 max</b>	3 jumps of choice (may include 1 two-jump combination or sequence)	1 spin of choice	1 choreographic step sequence (covering at least half the ice)
<b>Level B</b> <i>(Preliminary &amp; Pre-Bronze singles test levels)</i>	<b>2:00 max</b>	3 jumps of choice (may include 1 two-jump combination or sequence)	1 spin of choice	1 choreographic step sequence (full ice coverage)
<b>Level C</b> <i>(Bronze - Silver singles test levels)</i>	<b>2:10 max</b>	3 jumps of choice (may include 1 two-jump combination or sequence)	2 spins of choice	1 choreographic step sequence (full ice coverage)
<b>Level D</b> <i>(Pre-Gold &amp; Gold singles test levels)</i>	<b>2:40 max</b>	3 jumps of choice (may include 2 two-jump combinations or sequences)	2 spins of choice	1 choreographic step sequence (full ice coverage)

**2025-26 Middle School – Team Maneuvers**

	<b>Jumps</b>	<b>Spins</b>	<b>Edge or Skating Skill Sequence</b>
<b>A</b> <i>Skaters may not have passed higher than Preliminary Singles</i> <i>(This level is best suited for skaters that compete Aspire through Preliminary Excel)</i>	1. Waltz jump 2. Mazurka 3. Salchow/toe loop combination 4. Optional: Single Loop	1. Two-foot spin (min 3 revs) 2. Forward upright one-foot spin (min 3 revs) 3. Forward sit spin 4. Optional: Backward upright spin	1. Forward Power Three Turns (as performed on Preliminary Skating Skills) 2. Basic forward spiral on a straight line (no variations), right or left 3. Choreographic step sequence – $\frac{1}{2}$ ice length 4. Optional: Backward one-foot glides, both feet
<b>B</b> <i>Skaters may not have passed higher than Pre-Silver Singles</i> <i>(This level is best suited for skaters that compete Pre-Juvenile through Intermediate Excel)</i>	1. Any single jump 2. Waltz jump/loop jump combination 3. Split jump 4. Optional: Single Lutz	1. Forward upright spin (optional free foot position, min 5 revs) 2. Forward or backward camel spin (optional free foot position, min 5 revs) 3. Combination spin, at least one change of position. (no fly, no change of foot, min 6 revs total) 4. Optional: Backward sit spin (min 3 revs)	1. Forward OR Backward Power Circle (as performed on Bronze Skating Skills) 2. Forward to Backward Lunge 3. Choreographic sequence (at least 2 different movements REQUIRED, pattern not restricted, see Rule 6105)* 4. Optional: Five-Step Mohawk Sequence (as performed on Pre-Bronze Skating Skills)

<b>C</b> <u>No test restrictions</u> <i>(This level is best suited for skaters that compete Novice through Senior Excel)</i>	<ol style="list-style-type: none"> <li>1. Single axel</li> <li>2. Any double jump</li> <li>3. Any 3 jump combination, consisting of single or double jumps</li> <li>4. Optional: Double Lutz</li> </ol>	<ol style="list-style-type: none"> <li>1. Forward upright spin to back upright spin (variations permitted, min 6 revs each foot)</li> <li>2. Flying spin (any position, no change of foot, variations permitted, min 5 revs)</li> <li>3. Combination spin (at least 1 change of position, change of foot optional, may fly, min 10 revs total)</li> <li>4. Optional: Layback spin (variations permitted, min 5 revs)</li> </ol>	<ol style="list-style-type: none"> <li>1. Spiral Sequence (as performed for Pre-Silver Skating Skills)</li> <li>2. Short edge element (NO change of position, NO change of edge, max 7 second hold, see Rule 8375 for acceptable elements)</li> <li>3. Choreographic sequence (at least 2 different movements REQUIRED, pattern not restricted, see Rule 6105)*</li> <li>4. Optional: Backward Rocker Choctaw Sequence (as performed for Silver Skating Skills)</li> </ol>
<b>D</b> <u>No test restrictions</u> <i>(This level is best suited for skaters that compete Intermediate through Senior Well-Balanced Singles)</i>	<ol style="list-style-type: none"> <li>1. Double axel</li> <li>2. Combination jump (double/double OR triple/double)</li> <li>3. Double or triple loop immediately preceded by connecting steps</li> <li>4. Optional: Double or Triple Lutz</li> </ol>	<ol style="list-style-type: none"> <li>1. Camel spin w/ EITHER difficult entry OR difficult exit (NO fly, change of foot required, variations permitted, min 6 revs each foot)</li> <li>2. Flying Sit Spin (variations permitted, NO change of foot, min 5 revs)</li> <li>3. Combination spin (change of foot REQUIRED, change of direction permitted, fly permitted, all 3 basic positions REQUIRED, min 2 revs per position, min 8 revs TOTAL)</li> <li>4. Optional: Forward upright spin to back upright spin (optional free foot position, min 8 revs each foot)</li> </ol>	<ol style="list-style-type: none"> <li>1. BO Power Dbl 3-Turns to Power Dbl Inside Rockers (as performed for Gold Skating Skills)</li> <li>2. Twizzle sequence (max 3 twizzles, change of direction REQUIRED, change of foot position, no more than 3 steps between twizzles)</li> <li>3. Choreographic sequence (at least 2 different movements REQUIRED, pattern not restricted, see Rule 6105)*</li> <li>4. Optional: Straight Line Step Sequence (as performed for Pre-Gold Skating Skills)</li> </ol>

\*Step/choreographic sequences should be distinct from the step sequence elements found on skating skills test.



## 2025-2026 Middle School - Artistic Free Skate Rules

The primary focus of the event will be on the skater's ability to artistically express and present a complete composition while demonstrating technical skills.

- **Strong emphasis** will be on five specifically defined components evaluating the artistry of each program and skater. These components are:
  - Expression of the music's character/feeling and rhythm.
  - Finesse, reflect the details and nuances of the music
  - Originality of composition, *creativity!*
  - Multi-dimensional use of space and design of movements
  - Involvement of the skater physically, emotionally and intellectually as they deliver the intent of the music and composition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest singles test passed. Skaters may compete at the highest level they have passed, or "skate up" up to one level higher.
- Unintended falls, poorly executed skating elements and obvious losses of control will negatively affect the competitor's marks.
- Technical difficulty is not rewarded in artistic free skate.
- Utilization of space and time: good ice coverage and pattern should be attained; program highlights should be spread through the entire performance.

The 6.0 judging system will be used. One mark will be awarded by each judge for each performance. No technical skating mark will be awarded.

No props are permitted for this event.

Artistic Free Skate is not to be judged as a gendered event.

**TIMING:** Timing of the program will begin with the first purposeful movement of any competitor. For performances that are over the time allotment, standard time deductions will apply to the score as per U.S. Figure Skating's current rulebook (Rule 6914 G.). Timing will cease when the last skater comes to a complete stop.

Technical requirements by level are included on the following page.



#### Artistic Free Skate Levels

Level	Time	Jumps	Spins	Step Sequence
<b>Level A</b> <i>(Aspire through Pre-Preliminary singles test levels)</i>	<b>1:40 max</b>	3 jumps of choice (may include 1 two-jump combination or sequence)	1 spin of choice	1 choreographic step sequence (covering at least half the ice)
<b>Level B</b> <i>(Preliminary &amp; Pre-Bronze singles test levels)</i>	<b>2:00 max</b>	3 jumps of choice (may include 1 two-jump combination or sequence)	1 spin of choice	1 choreographic step sequence (full ice coverage)
<b>Level C</b> <i>(Bronze - Silver singles test levels)</i>	<b>2:10 max</b>	3 jumps of choice (may include 1 two-jump combination or sequence)	2 spins of choice	1 choreographic step sequence (full ice coverage)
<b>Level D</b> <i>(Pre-Gold &amp; Gold singles test levels)</i>	<b>2:40 max</b>	3 jumps of choice (may include 2 two-jump combinations or sequences)	2 spins of choice	1 choreographic step sequence (full ice coverage)