

Oilers Ice Center

Saturday, May 9th, 2015



*Tulsa Figure Skating Club,
Sanctioned By U.S. Figure Skating*



Oilers Ice Center
6413 S. Mingo Rd, Tulsa, OK 74133
918-252-0011

*Basic Skills Competition Spring Spectacular sponsored by Tulsa Figure Skating Club,
will be held at Oilers Ice Center on Saturday May 9th 2015.*

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills program/club or any other Basic Skills program/club. Eligibility will be based on skill level as of closing date of entries. All SNOWPLOW SAM AND BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed or one higher and NO official U.S. Figure Skating tests may have been passed including Moves in the Field or individual dances. Skaters in other events may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

ENTRIES AND FEES -All entries must submitted no later than April 25th, 2015 There will be a \$25.00 charge for all late entries. Entry fees are per person, U.S. dollars. The first event is \$50.00 and each additional event is \$25.00. NO refunds after closing date unless event is canceled by Oilers Ice Center. All ENTRY will need to be done online through Entryeeze. Please visit there web site at www.entryeeze.com

AWARDS – Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, and third places. ALL other places will receive ribbons. ALL awards will be given at appropriate times throughout the competition.

SCHEDULE OF EVENTS - Will be posted on the Official Bulletin Board no later than May 6th, 2015. Information regarding groups and skating times will be e-mailed out prior to the beginning of competition.

PRACTICE ICE Practice ice will be available on Saturday May 9th, before the competition start. Practice ice sessions are \$15.00 if you sign up in advance or \$20.00 at the door. They are twenty minutes long and there is a maximum of twenty skaters allowed on the ice during any one session. You may sign up for NO MORE THAN TWO SESSIONS on a first come first served basis. We do not guarantee that everyone's music will be played on each practice ice session. Please bring a second copy of your music for practice ice.

MUSIC - The music for all free skating programs and showcase must be provided on CD's by the skater. CD's should be clearly marked with the name of the skater, event entered and length of music (not skating time). Competition music is to be turned in at the time of registration. Time duration, please follow guidelines set for each event.

REGISTRATION - The registration desk will be open on Saturday morning during practice ice before the start of the competition.

PHOTOGRAPHS - Photography will be available for each event and, can be arranged for at the rink. Photographs can be taken of all individual children, and award pictures will also be taken. **NO FLASH PHOTOGRAPHY is allowed in the rink area during competition.** Flash photography is dangerous to the skaters. The competition committees reserves the right to remove anyone from the rink who ignores requests and warnings regarding the use of flash photography.

EVENTS :

Basic Elements Snow Plow - Basic 8
Basic Free Skate Snow Plow - Basic 8
Free Skate Compulsories Free Skate 1 - Preliminary
Free Skate Program Event Free Skate 1 - Preliminary
Introductory Levels Compulsory Event Beginner - No Test
Introductory Levels Free Skate Program Event Beginner -No Test
Test Track Free Skate Program Event Pre-Preliminary - Preliminary
Adult Compulsories Event Adult 1-6 through Bronze
Adult Free Skate Program Event Adult 1-6 through Bronze
Hockey Elements Events Hockey 1-4
Showcase Events Basic 1-8, Free Skate 1-6, Beginner / High beginner / Adult 1-4, No Test / Pre-Preliminary / Adult Pre-Bronze, Preliminary / Adult Bronze
Spins Event Beginner - Preliminary
Jumps Event Beginner - Preliminary
Solo Pattern Dance Event Preliminary / Pre-Bronze
Interpretive Program Event
Beginner Synchronized Skating Event Beginner 1-3 Preliminary
Special Olympics Badge Program Badge 1-12

Host Hotel Information

Embassy Suites Tulsa
3332 S. 79th E. Ave, Tulsa,Ok,74145
To receive the discounted rate please visit the following website and click on the link for the host hotel:
<http://tulsajuniorhockey.com/host-hotel/>

If you have any questions please contact:

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Basic Elements Event: SNOWPLOW SAM – BASIC 8 (Compulsory)

Each skater will perform the elements in the order listed below (no excessive connecting steps) when directed by a judge or referee.

- To be skated on 1/3 to 1/2 ice.
- No music.
- **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam 1-3	1:00 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Forward snowplow stop • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Forward stroking • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Backward one-foot glide, either foot • Two-foot spin - minimum three revolutions
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Standstill forward outside three-turn, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Backward stroking, 4-6 strokes • Backward snowplow stop, right or left
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions • Side toe hop, either direction • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Standstill forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Lunge, right or left • T-stop, right or left
Basic 7	1:00 max.	<ul style="list-style-type: none"> • Standstill forward inside open Mohawk, right to left and left to right • Ballet jump, either direction • Backward crossovers to a back outside edge landing position, clockwise and counter clockwise • Forward inside pivot
Basic 8	1:00 max.	<ul style="list-style-type: none"> • Moving forward outside or forward inside three-turns, right and left • Waltz jump (from a standstill) • Mazurka, either direction • Combination move, clockwise <u>or</u> counter clockwise, two forward crossovers into forward inside Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge • Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions

Basic Program Event: SNOWPLOW SAM – BASIC 8 (Freeskate)

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. Vocal music is allowed.

- To be skated on full ice.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Snowplow Sam 1-3	1:00 +/-10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 +/-10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Forward snowplow stop • Backward wiggles, 6-8 in a row
Basic 2	1:00 +/-10 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 +/-10 max.	<ul style="list-style-type: none"> • Forward stroking • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Backward one-foot glide, either foot • Two-foot spin - minimum three revolutions
Basic 4	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward outside three-turn, right and left • Forward crossovers, 4-6 consecutive both directions • Backward stroking, 4-6 strokes • Backward snowplow stop, right or left
Basic 5	1:00 +/-10 max.	<ul style="list-style-type: none"> • Backward crossovers, 4-6 consecutive, both directions • Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions • Side toe hop, either direction • Hockey stop
Basic 6	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Lunge, right or left • T-stop, right or left
Basic 7	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward inside open Mohawk, right to left and left to right • Ballet Jump, either direction • Back crossovers to a back outside edge landing position, clockwise and counter clockwise • Forward inside pivot
Basic 8	1:00 +/-10 max.	<ul style="list-style-type: none"> • Moving forward outside or forward inside three-turns, right and left • Waltz jump (from a standstill) • Mazurka, either direction • Combination move, clockwise <u>or</u> counter clockwise – two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge • Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions

FREE SKATE 1-6 COMPULSORY 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 ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 or less.

Level	Time	Skating rules/standards
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Advanced forward stroking, 4-6 consecutive • Backward outside three-turns, right and left • One-foot upright scratch spin from backward crossovers - minimum three revolutions • Waltz jump from backward crossovers • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Forward outside or inside spiral, right or left • Waltz three's, right or left, 2-3 sets • Beginning back spin, entry optional – minimum two revolutions • Waltz jump, side toe hop, Waltz jump sequence • Toe loop jump
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> • Forward crossovers in a figure 8 • Backward inside three-turns, right and left • Back spin - minimum three revolutions • Salchow jump • Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Loop jump • Waltz jump/loop jump combination
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Camel spin - minimum three revolutions • Forward upright spin to back upright spin - minimum three revolutions each foot • Loop/loop jump combination • Flip jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Five step Mohawk sequence - one set alternating pattern (refer to Basic Skills Curriculum Free Skate 6) • Camel, sit spin combination - minimum of four revolutions total • Split jump or stag jump • Waltz jump, ½ loop, Salchow jump sequence • Lutz jump

FREE SKATE 1-6 PROGRAM EVENT (FREESKATE)

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 moves and steps should be demonstrated throughout the program. Vocal music is allowed.

- 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.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:30+/-10 sec.

Level	Time	Skating rules/standards
Free Skate 1	1:30+/-10 sec.	<ul style="list-style-type: none"> • Advanced forward stroking, 4-6 consecutive • One-foot upright scratch spin from backward crossovers - minimum three revolutions • Waltz jump from backward crossovers • Half flip jump
Free Skate 2	1:30+/-10 sec.	<ul style="list-style-type: none"> • Forward outside spiral, right or left • Beginning back spin, entry optional - minimum two revolutions • Waltz jump, side toe hop, Waltz jump sequence • Toe loop jump
Free Skate 3	1:30+/-10 sec.	<ul style="list-style-type: none"> • Forward crossovers in a figure 8 • Back spin - minimum three revolutions • Salchow jump • Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:30+/-10 sec.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Loop jump • Waltz jump-loop jump combination
Free Skate 5	1:30+/-10 sec.	<ul style="list-style-type: none"> • Camel spin - minimum three revolutions • Forward upright spin to back upright spin - minimum three revolutions each foot • Loop-loop jump combination • Flip jump
Free Skate 6	1:30+/-10 sec.	<ul style="list-style-type: none"> • Camel, sit spin combination - minimum of four revolutions total • Split jump or stag jump • Waltz jump, ½ loop, Salchow jump sequence • Lutz jump

INTRODUCTORY LEVELS COMPULSORY 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 ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- 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 their free skate program.*

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ul style="list-style-type: none"> • Waltz jump • ½ jump of choice • Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional) • Forward or backward spiral
High Beginner	1:15 max.	<ul style="list-style-type: none"> • Toe loop jump • Salchow jump • Forward scratch spin - minimum three revolutions • Forward or backward spiral
No Test	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Solo spin - sit <u>or</u> camel spin - minimum three revolutions • Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.

INTRODUCTORY LEVELS FREE SKATE PROGRAM EVENT

General event parameters:

- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:30 +/- 10 sec.	<i>Maximum 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences. • Max. 2 of any same jump. 	<i>Maximum 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions). 	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests.
High Beginner 1:30 +/- 10 sec.	<i>Maximum 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop). • Single rotation jumps: Salchow and toe loop only. • Maximum of 2 jump combinations or sequences. • Max. 2 of any same type jump. 	<i>Maximum 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions). 	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests.
No Test 1:30 +/- 10 sec.	<i>Maximum 5 jump elements:</i> <ul style="list-style-type: none"> • Up to 2 may be jump combos or sequences. • Jump combos are limited to 2 jumps. • Jump sequences are limited to 3 single jumps (half-loop is not considered a single jump at this level). • No Axels or double jumps are permitted. 	<i>Maximum 2 spins:</i> <ul style="list-style-type: none"> • Spins must be of different character. • Each spin must have a Minimum of 3 revolutions. • Spins may change feet, position and start with a fly. 	One step sequence that utilizes ½ of the ice surface.	

COMPULSORY MOVES EVENT

General event parameters:

- Elements skated on ½ ice
- Elements may be performed only once
- Music is not allowed

Level	Time	Skating rules/standards
Pre-Preliminary	1:00 max.	<ul style="list-style-type: none"> • Single flip • Jump combination: single/single (no Axel) • Sit spin or camel spin - minimum three revolutions • Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:00 max.	<ul style="list-style-type: none"> • Single Lutz • Jump combination: single/single (may include Axel) • Back upright spin - minimum three revolutions • Forward inside spiral

EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted for pre-preliminary – intermediate.
- 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.
- Either IJS or the 6.0 judging system may be used for this event.
- All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under "Technical Information," then "Singles/Pairs".

Level	Time	Jumps	Spins	Step Sequences
Pre-Preliminary	1:40 Maximum Vocal music permitted	<i>Maximum of 5 jump elements:</i> <ol style="list-style-type: none"> a) Any single jumps, including Axel, allowed. b) Max. 2 jump combinations or sequences c) Jump combinations are limited to 2 jumps. d) Number of jumps in a jump sequence is limited to a maximum of 3 single jumps (½ loop is not considered a single jump.) e) Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Maximum of 2 Axels f) Double or triple jumps are not allowed. 	<i>Maximum of 2 spins:</i> <ol style="list-style-type: none"> a) Spins must be of a different nature. b) Spins may change feet and/or position. c) Spins may start with a fly. d) Minimum of 3 revolutions 	One step sequenced that must use ½ of the ice surface.
Preliminary	1:40 Maximum Vocal music permitted	<i>Maximum of 5 jump elements:</i> <ol style="list-style-type: none"> a) One must be an Axel or Waltz-jump. b) Maximum 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in a jump sequence is limited to a maximum of 3 single jumps (½ loop is not considered a single jump.) e) Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop f) Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences. g) Maximum of 2 Axels or any double jump h) Double flips, double Lutzes, double Axels or triple jumps are not allowed. 	<i>Maximum of 2 spins:</i> <ol style="list-style-type: none"> a) Spins must be of a different nature. b) Spins may change feet and/or position. c) Spins may start with a fly. d) Minimum of 3 revolutions 	One step sequenced that must use ½ of the ice surface.

TEST TRACK FREE SKATE PROGRAM EVENT

General event parameters:

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
- Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
- The following deductions will be taken:
- 0.1 from each mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra element included.
- 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test.
Preliminary 1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels) • Maximum 2 jump combinations or sequences • Maximum 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test, but may not have passed tests higher than the preliminary free skate test.

ADULT COMPULSORIES EVENT, ADULT 1-6 THROUGH BRONZE

General event parameters:

- Elements skated on ½ ice
- Elements may be performed only once
- Music is not allowed

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

- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:30+/-10 sec unless otherwise noted

Adult 1 <ul style="list-style-type: none"> • Falling and Recovery • Forward Marching • Forward two-foot glide • Forward swizzle • Moving Snowplow Stops 	Adult 4 <ul style="list-style-type: none"> • Basic forward outside and forward inside consecutive edges • Backward edges on a circle, (outside and inside, clockwise and counterclockwise) • Backward crossovers, (clockwise and counterclockwise, 5 consecutive) • Forward outside 3-turns, right and left • Forward outside swing rolls to a count of 6
Adult 2 <ul style="list-style-type: none"> • Forward stroking showing correct use of the blade • Forward ½ swizzle pumps on a circle, (clockwise and counterclockwise) 4-6 in a row • Forward one-foot glides • Slalom • Backward swizzles, (4-6 in a row, clockwise and counterclockwise) 	Adult 5 <ul style="list-style-type: none"> • Forward and backward crossovers in a figure 8 pattern • Forward outside to inside change of edge on a line • T-stop, right or left • Forward inside 3-turns, right and left • Beginning one-foot spin
Adult 3 <ul style="list-style-type: none"> • Forward outside and inside edges on a circle (clockwise and counterclockwise) • Forward crossovers (clockwise and counterclockwise) • Backward ½ swizzle pumps on a circle (4-6 in a row consecutive, clockwise and counterclockwise) • Moving forward to backward and backward to forward two-foot turn • Beginning 2-foot spin 	Adult 6 <ul style="list-style-type: none"> • Forward perimeter stroking with crossover end patterns • Backward crossovers to a backward outside edge glide (landing position) • Lunge • Spiral • Footwork sequence: (3-5 forward crossovers to an inside Mohawk, 3-5 backward crossovers, step forward inside the circle and repeat)
Adult Pre-Bronze: Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test. <ul style="list-style-type: none"> • Single Salchow jump • Jump combination or sequence containing a waltz jump and any other half or single rotation jump (Axel not permitted) • Upright spin, crossed position optional, min 2 revs • Forward lunge or spiral on a straight line 	Adult Bronze: Must have passed no higher than adult bronze free skate test or the preliminary free skate test. <ul style="list-style-type: none"> • Single flip jump • Jump combination or sequence with half or single rotation jumps (Axel not permitted) • Sit or camel spin (no flying entry), min 3 revs in position • A spiral or step sequence

ADULT FREE SKATE PROGRAM EVENT, ADULT 1-6 THROUGH BRONZE

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.

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:30+/-10 sec unless otherwise noted

Adult 1 <ul style="list-style-type: none"> • Falling and Recovery • Forward Marching • Forward two-foot glide • Forward swizzle • Moving Snowplow Stops 	Adult 4 <ul style="list-style-type: none"> • Basic forward outside and forward inside consecutive edges • Backward edges on a circle, (outside and inside, clockwise and counterclockwise) • Backward crossovers, (clockwise and counterclockwise, 5 consecutive) • Forward outside 3-turns, right and left • Forward outside swing rolls to a count of 6
Adult 2 <ul style="list-style-type: none"> • Forward stroking showing correct use of the blade • Forward ½ swizzle pumps on a circle, (clockwise and counterclockwise) 4-6 in a row • Forward one-foot glides • Slalom • Backward swizzles, (4-6 in a row, clockwise and counterclockwise) 	Adult 5 <ul style="list-style-type: none"> • Forward and backward crossovers in a figure 8 pattern • Forward outside to inside change of edge on a line • T-stop, right or left • Forward inside 3-turns, right and left • Beginning one-foot spin
Adult 3 <ul style="list-style-type: none"> • Forward outside and inside edges on a circle (clockwise and counterclockwise) • Forward crossovers (clockwise and counterclockwise) • Backward ½ swizzle pumps on a circle (4-6 in a row consecutive, clockwise and counterclockwise) • Moving forward to backward and backward to forward two-foot turn • Beginning 2-foot spin 	Adult 6 <ul style="list-style-type: none"> • Forward perimeter stroking with crossover end patterns • Backward crossovers to a backward outside edge glide (landing position) • Lunge • Spiral • Footwork sequence: (3-5 forward crossovers to an inside Mohawk, 3-5 backward crossovers, step forward inside the circle and repeat)
Adult Pre-Bronze: Must have passed no higher than adult pre-bronze free skate test or pre-preliminary free skate test. Time: 1:40 maximum Refer to the current U.S. Figure Skating Rulebook #4600 for specific requirements.	Adult Bronze: Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 maximum Refer to the current U.S. Figure Skating Rulebook #4590 for specific requirements.

HOCKEY ELEMENTS EVENTS

Entries may be divided or combined by age groups 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 of 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 <ul style="list-style-type: none"> • Proper forward and backward stance • March forward across the ice, 8-10 steps • March forward with two foot glides and dips • Stationary Snowplow Stop • Forward swizzles (2-4 in a row) 	Hockey 3 <ul style="list-style-type: none"> • One foot Snowplow Stop-introduce hips with ¼ turn twist to hockey stop • Full strides using 45 degree V-push with good recovery using alternating arm drive • Shuffle stride - explosive powerful alternating heel pushes • Backward c-cuts or power pushes on circle/backward outside edge glide on a circle
Hockey 2 <ul style="list-style-type: none"> • Alternating forward c-cuts on a straight line • Scooting or skateboard push, on circle (right and left) • Backwards march then glide on two feet • Backward swizzles (2-4 in a row) • Alternating backward c-cuts in a straight line 	Hockey 4 <ul style="list-style-type: none"> • Forward crossovers on circle (right and left) • Forward alternating crossovers down the length of the ice with wide step transitions • Hockey Stops • Backward crossovers on circle (right and left) • Backward alternating crossovers down ice with wide step transitions

SHOWCASE EVENTS

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

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge's mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

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

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

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

The following Showcase categories will be offered:

- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- NOTE: Skaters may enter a maximum of only once in each group category (duet or mini production ensemble event). *Example: skater may enter a duet and a mini production ensemble, but not two duets.*

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time: 1:00 max.
Free skate 1-6/ Beginner/High Beginner/ Adult 1-4	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.
No Test/ Pre-Preliminary/ Adult Pre-Bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 max.
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 max.

SPINS EVENT

General event parameters:

- Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
High Beginner	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
No Test	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright two-foot spin (3) • Sit spin (3)
Pre – Preliminary	1:30 max.	<ul style="list-style-type: none"> • Upright one-foot spin (3) • Upright back-scratch spin (3) • Sit spin (3)
Preliminary	1:30 max.	<ul style="list-style-type: none"> • Forward scratch to back scratch spin (3) • Combination spin with no change of foot (4) • Sit spin (3)

JUMPS EVENT

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on ½ ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – Waltz jump-toe loop
No Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)

SOLO PATTERN DANCE EVENT

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.
- Skaters will complete both of the 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 dances groupings.

Level	Pattern Dances	# of patterns
Preliminary	1. Rhythm Blues	2
	2. Dutch Waltz	2
Pre-Bronze	1. Swing Dance	2
	2. Cha-Cha	2

INTERPRETIVE PROGRAM EVENT

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 will be broken by ability with ages divided appropriately based on number of entries.

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: Free Skate 1-6 - No Test: 1:15
Pre-Preliminary - Preliminary: 1:30

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.

BEGINNER SYNCHRONIZED SKATING EVENT

The beginner competition program is also part of the U.S. Figure Skating Basic Skills program. The beginner competition program is for Basic Skills level skaters who are interested in a first competition or "team" experience, taking the Synchro 1-4 badges a step further. Beginner teams compete at Basic Skills competitions and nonqualifying synchronized skating competitions around the country.

For Beginner 1-3, skaters may not have passed any test higher than preliminary moves in the field, preliminary freeskate, or two pre-bronze dances. Majority of skaters must be "no test".

Required elements – Each level has specific required elements that must be completed:

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
BEGINNER 1 8-16 skaters, majority under 9 years old 1 ½ - 2 minutes +/- 10 seconds	One circle, which must contain a 2-foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and must have only forward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, choice of 4-spoke or 3-spoke with backward pumps.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
BEGINNER 2 8-16 skaters, majority 9 – 11 years old 1 ½ - 2 minutes +/- 10 seconds	One circle, which must include the choreographed step sequence: 2 forward crossovers, FO 3 turn, back pump, BO 1 foot glide (held for at least 2 counts), back pump, 1 backward crossover, FI stroke (1 direction only, don't need to repeat)	One line, which must cover the ice and may include forward and backward skating.	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the team's choice with backward pumps.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
BEGINNER 3 8-16 skaters, majority at least 12 years old 2 – 2 ½ minutes +/- 10 seconds	Circle element, which must include the combination move from Basic 8. (1 direction only, don't need to repeat)	Line element, which must cover the ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 or 3 configurations.	Wheel element of the team's choice with backward pumps, chasses, or crossovers.	One intersection: Two lines facing each other, 1-foot glide or forward lunge at point of intersection.
PRELIMINARY 8-16 skaters. 2 minutes +/- 10 seconds 8-16 skaters, under 12, majority under 10. <i>Refer to the current U.S. Figure Skating Rulebook #7270 for specific requirements.</i>	One Circle element	One Line element	One Block element	One Wheel element	One Intersection: Forward only

The emphasis of the Beginner competition is on mastering the "basic skills" of synchronized skating:

- Control of rotation in wheels and circles.
- Unison and use of skills such as guiding and shadowing.
- Straight lines in lines, blocks and intersections.
- Incorporating skills from the Basic 1-8 levels to strengthen skating skills.
- Learning how to do transitions and skate to music.
- Learning skills that will be the foundation for higher levels.

Restrictions in Beginner 1 & 2:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Beginner 1 teams may not do steps higher than Basic 5, with the exception of forward chasses.
- Beginner 2 teams may not do steps higher than Free Skate 1, with the exception of forward chasses.

Restrictions in Beginner 3:

-No traveling within elements (change of configuration and rotational direction are allowed).

Restrictions in all levels: All of the synchronized skating "illegal elements" found in Rule #7160 of the U.S. Figure Skating Rulebook .

Please reference <http://usfsa.org/Programs.asp?id=338> for most up-to-date Beginner Synchronized Skating rules.



Special Olympics

SPECIAL OLYMPICS BADGE PROGRAM

The Special Olympics Sports Skills Program is designed for people with mental handicaps who may exhibit any number of physical impairments. The Special Olympics Figure Skating Badge Program allows athletes to learn skills in a progressive order and earn badges at each level. Athletes who complete the Special Olympics Badge Program will be prepared to move into the existing badge program at local rinks.

Badge 1

- A. Stand unassisted for five seconds
- B. Fall and stand up unassisted
- C. Knee dip standing still unassisted
- D. March forward ten steps assisted

Badge 2

- A. March forward ten steps unassisted
- B. Swizzles, standing still: three repetitions
- C. Backward wiggle or march assisted
- D. Two foot glide forward for distance of at least length of body

Badge 3

- A. Backward wiggle or march
- B. Five forward swizzles covering at least ten feet
- C. Forward skating across the rink
- D. Forward gliding dip covering at least length of body: left and right

Badge 4

- A. Backward two-foot glide covering at least length of body
- B. Two foot jump in place
- C. One foot snowplow stop: left and right
- D. Forward one foot glide covering at least length of body: left and right

Badge 5

- A. Forward stroking across rink
- B. Five backward swizzles covering at least ten feet
- C. Forward two-foot curves left and right across rink
- D. Two-foot curves left and right across rink

Badge 6

- A. Gliding forward to backward two-foot turn
- B. Five consecutive forward one-foot swizzles on circle: left and right
- C. Backward one foot glide length of body: left and right
- D. Forward pivot

Badge 7

- A. Backward stroking across the rink
- B. Gliding backward to forward two-foot turn
- C. T-stop left or right
- D. Forward two foot turn on a circle: left and right

Badge 8

- A. Five consecutive forward crossovers: left and right
- B. Forward outside edge: left and right
- C. Five consecutive backward $\frac{1}{2}$ swizzles on a circle: left and right

Badge 9

- A. Forward outside 3 turn: left and right
- B. Forward inside edge: left and right
- C. Forward lunge or shoot the duck at any depth
- D. Bunny hop

Badge 10

- A. Forward inside 3 turn: left and right
- B. Five consecutive backward crossovers: left and right
- C. Hockey stop
- D. Forward spiral three times length of body

Badge 11

- A. Consecutive forward outside edges: minimum of two on each foot
- B. Consecutive forward inside edges: minimum of two on each foot
- C. Forward inside Mohawk: left and right
- D. Consecutive backward outside edges: minimum of two on each foot
- E. Consecutive backward inside edges: minimum of two on each foot

Badge 12

- A. Waltz jump
- B. One foot spin: minimum of three revolutions
- C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise
- D. Combination of three moves chosen from badges 9-12

Skating costumes are optional. Recommended times listed are for guidance only; skaters will not be penalized for not meeting or for exceeding the recommended times.

Assisted means with the help of a person. If the skater uses an assistive device without a person they are unassisted. While coaches are allowed on the ice with the skater during events, the skater is encouraged to perform unassisted.

Special Olympics Badge Elements Event

A group of up to six skaters will be on the ice at the same time. A judge will call out an element from that badge level and each skater will take turns completing that element. The process is repeated for each element in the level.

Special Olympics Badge Program Event

Only one skater is on the ice at a time and will perform a mini-program composed of any elements at or below the specific badge level. Elements from higher levels should not be used. Recommended time is 1 minute, +/- 10 seconds. Music is optional.