

2010 Colorado Springs Invitational / Rocky Mountain State Games

September 14-19, 2010

**Mark "Pa" Sertich Ice Arena
Colorado Springs, Colorado**

Part of the Colorado Basic Skills Series

**Official Figure Skating Event of the Rocky Mountain State Games!
(Qualify to compete in State Games of America 2011 in San Diego, CA)**

Secure Online Registration and credit card payment will be available at www.centennialskatingclub.org

ISU IJS (New Judging System) will be used for Juvenile/Open Juvenile and higher + Adult Gold and Adult Masters Freeskate and Intermediate and higher Short Program

Skater and Coaches schedules will be posted on the web at: www.centennialskatingclub.org

Skaters will be able to choose their own practice ice sessions online after the schedule is posted. Additional practice ice will be available for sale online after those that pre-register for their sessions have chosen them.

Chief Referee: Lisa Landon
Chief Accountant: Carl Nash

Sponsored By:
Centennial Skating Club of Colorado Springs

Deadline for Entries:

**RECEIVED BY July 31, 2010 or Midnight on July 31, 2010 if entering online
Sanctioned by:**



For further information contact:
Lisa Landon – Competition Chair
E-mail: lisa_landon@comcast.net (preferred)
www.centennialskatingclub.org

Rules

The 2010 Colorado Springs Invitational will be conducted in accordance with the rules and regulations of US Figure Skating, as set forth in the 2010/2011 Rulebook.

ISU Judging System – The IJS will be used to determine results in Juvenile/Open Juvenile singles Freeskate; Intermediate, Novice, Junior, and Senior Short Program and Freeskate events; Adult Gold and Adult Masters Freeskate. All other events will use the 6.0 judging system. All skaters registering for an IJS event **MUST** submit the USFS online Program Content Form by July 31, 2010. This form can be found at www.usfigureskating.org in the member's only section: www.usfsaonline.org. The program content form **MUST** be submitted online. All skaters in IJS events will have their event evaluation results available to them at the conclusion of the competition – you may purchase them at the Ways and Means table. **The competition committee reserves the ability to return to the 6.0 judging system should we be unable to get enough officials (both judges and technical panel) for the IJS events and it will be posted on the club website by July 15th.**

Eligibility

This competition is open to all eligible members of US Figure Skating and Skate Canada. Skate Canada members must include official permission of their association with their entry form. Competition level is determined by the highest test passed as of the closing date for entries. Pre-Preliminary, Preliminary, and Pre-Juvenile will be grouped according to age. Juvenile and above will be grouped as set forth in the 2010 USFSA Rulebook. All competitors must comply with USFS requirements relating to test level and eligibility. Entrants may skate one level above that for which they qualify in any event, but they may NOT skate down a level in any event. Entrants are NOT required to skate all events at the same level. All age-restricted events are determined by the skater's age as of September 1, 2010, in accordance with the 2010/2011 rule book.

Eligibility – State Games of America

In order to compete in the State Games of America (SGA), participants must have qualified by:

- Placing First, Second, or Third in any figure skating event in a local State Games competition occurring between May 1, 2009 and close of entries for SGA 2011
- Placing First, Second, or Third in any figure skating event at the 2009 State Games of America competition
- For Synchronized Team Skating, placing First, Second, or Third in a local State Games competition, or if the event is not held in the local State Games, placing First, Second or Third at the US Synchronized Team Sectional Championships or at one of the 5 ISI National competitions in a Synchronized Team Skating event
- For Theater on Ice/Production, placing First, Second, or Third in a local State Games competition, or if the event is not held in the local State Games, placing First, Second or Third at the US National Theater on Ice Competition or at one of the 5 ISI National competitions in a Production/Ensemble event

Rules – State Games of America (per 2009 SGA announcement – these may change based on the 2011 host organization)

- Skaters who placed 1st in their event at the 2009 State Games of America, must move up one test level except for those at the Senior level
- Skaters may enter any event at SGA by virtue of placement at the local State Games figure skating competition
- Skaters may enter events at their current test level or one level higher
- Skaters may NOT enter events at a level lower than their current test level
- Skaters may NOT enter both a restricted and unrestricted free skate event
- Skaters holding memberships in both USFS and ISI must skate at the highest level attained
- Skaters are NOT required to skate all events at the same level
- Skaters may NOT enter more than one level in any event
- Decision of the judges is final once results have been posted

Facilities

The Colorado Springs Invitational will be held at Mark "Pa" Sertich Ice Arena, located in Colorado Springs. The arena's ice surface is 85' by 200' with rounded corners. Vending machines and spectator seating are available. No admission will be charged.

Liability

Skaters, parents, and coaches are encouraged to read rule 3222 of the USFS Rule Book regarding club, facility and USFSA liability. Your signature on the entry form or your acceptance of the waiver online when you register will indicate that you have read this section.

Registration

The registration desk will be located in the lobby of the ice arena and will open 1 hour prior to the first practice ice session of the competition and at 6:00 a.m. for all competition days. It will close 30 minutes after the end of the competition each day. Please register promptly when you arrive at the ice arena.

Hotel Information

Our host hotel this year is the **Crowne Plaza Hotel**. It is located at 2886 South Circle Drive, Colorado Springs, CO 80906. This hotel's amenities include a Health and Fitness Center, Rental Car Desk, Indoor and Outdoor Pool, Convenience Store, Newsstand, Gift Shop, Business Center, Wireless Internet Access, Room Service, Thibodeaux's Restaurant, Rick's Bar, The Market Place

Rate is \$89.00 per night single/double/triple/quad + taxes

Please call 877-227-6963 or 719-576-5900 for room reservations or click the link in our online registration system and reference **THE COLORADO SPRINGS INVITATIONAL** to receive special rates or use the link on our website to make your reservations. Rooms are blocked until September 1, 2010. Usage of our host hotel provides expense offsets and allows us to keep the entry fees lower!

Music

Competitors are **REQUIRED** to turn in a **CD** for each music event that they are entered in to the registration before you will be allowed to register for the competition. **NO CD-RW DISCS WILL BE ACCEPTED. NO TAPES WILL BE ACCEPTED.** Each CD must be clearly labeled with the skater's name, event, and length of the program. There must only be one program on the CD. No more than a 3 second lead in can be used on CDs both for competition & practice ice. These CDs cannot be returned to the skater until their event is completed. Please bring at least one back-up CD for practice ice and emergencies and have it at rink side during your event. Please make sure that all CDs are labeled with the skater's name and event and are recorded at an adequate volume.

Video Taping/Photography

Professional videotaping and photographs will be available for purchase from Local Motion Productions. The committee will make every attempt to ensure that the cost is reasonable. **NO FLASH PHOTOGRAPHY is allowed in the rink area during competition. Flash photography is dangerous to the skaters! The competition committee reserves the right to remove anyone from the rink who ignores requests and warnings regarding the use of flash photography.**

Awards

Awards will be presented as closely to the conclusion of each event as possible. With the exception of the Beginner events, medals will be awarded to the top four places in each event. Ribbons will be awarded to 5th and 6th place finishers. In Beginner events, medals will be awarded to all participants in the event (Beginner events have a max of 6 people in a group). **THERE WILL BE NO FINAL ROUNDS.**

Rocky Mountain State Games medals will be awarded to the top 3 Colorado skaters in each event. Skaters who are participating in this competition and are representing another state with which Colorado has a standing agreement to allow those skaters to compete in Colorado but qualify to represent their own state, will receive a certificate of participation indicating their placement in the event. All placements will be sent to the 2011 State Games of America office for reference.

Practice Ice

Skaters will be able to pick their own practice ice sessions online but you MUST indicate number of sessions you want on the practice ice form or online when you register and you MUST pay for them with your entry form or when you register online. You will receive an email with a PIN number in order to access your practice ice records and select your sessions. Practice ice will be \$15.00 if you pre-order the sessions. The maximum # of sessions allowed for pre-purchase is 2 freeskate sessions and 1 dance session per skater. No artistic props are allowed on practice ice sessions. Practice ice will be available at Sertich Ice Arena starting on Tuesday or Wednesday, September 14 or 15 depending on the competition schedule. Please indicate the number of sessions you would like online or complete the Practice Ice Reservation Form and return it, with payment, with your competition application. We will allow additional practice ice sales online for \$15.00 per session after the schedule has been posted and those that pre-register for sessions have had time to select their sessions. **PRACTICE ICE SESSIONS ARE NOT REFUNDABLE AFTER CLOSE OF ENTRIES.** Additional practice ice will be available for purchase during the competition and will cost \$18.00 at the Registration Desk.

Entries

Online entry with secure credit card payment is available at www.centennialskatingclub.org. Paper entry forms must be RECEIVED BY July 31, 2010. Online entry must be completed by midnight on July 31, 2010. Entries received after July 31, 2010 will be considered late, and will be accepted at the discretion of the Chief Referee. Late entries will be assessed a \$30.00 late fee. The competition committee reserves the right to limit entries in any event or to cancel an event. Entry fees will only be refunded in accordance with refund policy below. If you wish to be notified that your paper application has been received, include a self-addressed stamped postcard and it will be mailed to you upon receipt. **Notification of competition and practice ice times will NOT be available by phone, mail, or email. Skater and Coaches schedules will be available via the web at www.centennialskatingclub.org**

Persons using checks without sufficient funds will be charged an additional \$30.00 fee per check. All further payments must be made by cash, money order, or certified funds. Skaters will not be allowed to practice or compete until all such debts are satisfied. Any contested credit card charge will be handled as a non-payment and the skater will not be allowed to practice or compete until the all such debts are paid in full via cash or money order.

Refund Policy

Full refunds including practice ice, **minus the online processing fee**, are available if withdrawal is prior to July 31, 2010. After July 31, 2010, entry refunds are only available if the event is not held due to lack of entries – 2 competitors constitutes an event. Pre-Paid practice ice is not refundable or transferable. There will be NO medical refunds given. Payments made by credit card will be refunded to the credit card. Payments made by check will be refunded via club check. **If you register online, the processing fee is not refundable for any reason.**

Entry Fees

Basic/Beginner Events	\$40.00 for first event, \$20.00 for each 2 nd event, \$15.00 for each additional event
Singles Events	\$85.00 for first event, \$25.00 for each 2 nd event, \$15.00 for each additional event
Solo Dance	\$20.00 for the first dance, \$15.00 for each 2 nd dance, \$10.00 for each additional dance
Frank Frey Memorial Rocker Foxtrot SD	\$5.00
Surprise Partner Shadow Dance	\$5.00
Footwork Program	\$10.00
Team Maneuvers	\$10.00 per team + \$5.00 per skater
Team Entertainment	\$10.00 per team + \$5.00 per skater
Theater on Ice	\$10.00 per team + \$5.00 per skater

Make checks payable to: 2010 Colorado Springs Invitational

Mail checks and all forms to: Centennial Skating Club
Attention: Competition Committee
P.O. Box 62991
Colorado Springs, CO 80962-2991

Competition Events

Competitors may skate up one level unless otherwise noted. Event eligibility is based upon last test passed as of July 31, 2010.

Eligibility for all age-restricted events is determined by the skater's age as of September 1, 2010. The Chief Referee and Competition Committee may elect to combine the Young Adult and Adult events due to limited entries. The Chief Referee and Competition Committee may also elect to combine men's and ladies' events due to limited entries in any event. All adult events are for skaters 21 years of age and older, except those events listed as Young Adult where the age requirement is 18-20 years of age.

Singles Free Skating

Competition for Pre-Preliminary through Senior Free Skating and Adult Pre-Bronze through Gold Free Skating will be set forth per the 2010/2011 Rulebook. Adult Masters skaters will be grouped into one event with the max time not to exceed 3:40 seconds. Test, age, and well-balanced program requirements are listed in the 2010/2011 Rulebook – sections 3600-3800. Pre-Juvenile and below and adult events will be grouped by age if entries warrant multiple groups. Short Program and Freeskate will be held as separate events and NOT combined.

Additional freeskate events:

Test Track Freeskating: Events will be offered at the following levels and will be based on the Test Track requirements on the USFS website for 2010/2011:

Pre-Preliminary	Preliminary	Pre-Juvenile
Juvenile	Intermediate	Novice
Junior	Senior	

Level	Age	Test Requirement	Program Duration
Open Juvenile	13 and older	Juvenile FS & no higher	2:15 (No triples allowed)
Adult Masters	21 and older	Intermediate FS or higher	3:40 MAX
Young Adult Pre-Bronze	18-20	Pre-Preliminary FS & no higher	1:40 MAX (No axels or doubles allowed)
Young Adult Bronze	18-20	Preliminary FS & no higher	1:50 MAX (No axels or doubles allowed)
Young Adult Silver	18-20	Pre-Juvenile FS & no higher	2:10 MAX (No doubles allowed)
Young Adult Gold	18-20	Juvenile FS & no higher	2:40 MAX
Young Adult Masters	18-20	Intermediate FS and higher	3:40 MAX

Short Program (Singles)

Test and age requirements are listed under Free Skating above. This is a separate event and NOT combined with the freeskate event. Intermediate, Novice, Junior, and Senior competitors see USFSA 2010/2011 Rulebook, 3640-3672 (see 2010-2011 season information), and/or the 2010 May Governing Council reports, for required elements. **A Juvenile Short Program and Open Juvenile Short Program will be offered and will consist of the same requirements as the Intermediate Short Program so that all Juvenile and Open Juvenile competitors will be competing with skaters of similar age and abilities..**

Compulsory Moves

Test requirements are listed under Free Skating above. Moves must be executed without music and without stops between moves. Double jumps may not be substituted for single jumps. Combination jumps may not have a change of foot or turn between jumps. Required jumps cannot be repeated as part of the combination jump (i.e., the flip jump cannot be repeated in the combination for Preliminary). Additional or repeated elements and excessive footwork will be penalized.

Level	Max Duration	Ice Surface	Elements
Pre-Preliminary	1 min	Half Ice	Salchow, loop, forward spiral (inside or outside), one-foot upright spin (minimum 3 revs), connecting steps
Preliminary Test	1 min	Half Ice	Jump combination consisting of two single jumps; flip; sit spin (minimum 3 revs); forward spiral (inside or outside); connecting steps. No Axels allowed.
Preliminary	1 min	Half Ice	Jump combination consisting of two single jumps; flip; sit spin (minimum 3 revs); forward spiral (inside or outside); connecting steps. An axel is considered a single jump.
Pre-Juvenile Test	1 min 30 se	Half Ice	Jump combination consisting of two single jumps, one of which is a loop; lutz; forward inside spiral or Ina Bauer; front scratch spin to back scratch spin combination – exit on spinning foot (min 3 revs each foot); Camel spin (min. of 3 revs); connecting steps. No Axels allowed.
Pre-Juvenile	1 min 30 sec	Half Ice	Jump combination consisting of two single jumps, one of which is a loop; lutz; forward inside spiral or Ina Bauer; front scratch spin to back scratch spin combination – exit on spinning foot (min 3 revs each foot); Camel spin (min. of 3 revs); connecting steps.
Juvenile Test	1 min 30 sec	Full ice	Jump combination consisting of two single jumps; axel; sit change sit spin (min 4 revs each foot); layback spin (ladies), camel spin (men) (min. of 4 revs); straight-line step sequence; one of the following: Ina Bauer, spread eagle, or forward spiral.
Juvenile	1 min 30 sec	Full Ice	Jump combination consisting of a double jump and single jump or two single jumps; axel; sit change sit spin (min 4 revs each foot); layback spin (ladies), camel spin (men) (min. of 4 revs); straight-line step sequence; one of the following: Ina Bauer, spread eagle, or forward spiral.
Adult/Young Adult Pre-Bronze	1 min 30 sec	Full Ice	Half flip, Salchow, One-foot spin (min 3 revs), Forward spiral (inside or outside), Connecting steps.
Adult/Young Adult Bronze	1 min 30 sec	Full Ice	Jump combination consisting of two single jumps; flip; sit spin (minimum 3 revs); forward spiral (inside or outside); connecting steps. An axel is considered a single jump.
Adult/Young Adult Silver	1 min 30 sec	Full Ice	Jump combination consisting of two single jumps, one of which is a loop; lutz; forward inside spiral or Ina Bauer; front scratch spin to back scratch spin combination – exit on spinning foot (min 3 revs each foot); Camel spin (min. of 3 revs); connecting steps.
Adult/Young Adult Gold	1 min 30 sec.	Full Ice	Jump combination consisting of two single jumps; axel; sit change sit spin (min 4 revs each foot); layback spin (ladies), camel spin (men) (min. of 4 revs); straight-line step sequence; one of the following: Ina Bauer, spread eagle, or forward spiral.
Adult/Young Adult Masters	1 min 30 sec.	Full Ice	Jump combination consisting of a double jump and single jump or two single jumps; axel; sit change sit spin (min 4 revs each foot); layback spin (ladies), camel spin (men) (min. of 4 revs); straight-line step sequence; one of the following: Ina Bauer, spread eagle, or forward spiral.

Artistic Free Skate – Singles

Skaters placing fourth and higher in preliminary and higher artistic/showcase/interpretive solo events, including adult events, will be qualified to enter the next National Showcase. National Showcase contestants must also be qualified by test level. Duets and production ensembles are not required to qualify for National Showcase. For more information about qualifications, contact Melissa Bowman, the National Vice-Chair for National Showcase at patinage_tx@verizon.net.

Test requirements are listed under Free Skating above. Emphasis is to be on artistry rather than the athletic ability of the skater. Skaters will select their own music (vocals allowed) and must interpret the theme and tempo of the music. Costumes are encouraged. Only props that are part of the theme of the music and not a safety hazard will be allowed. Competitors should take no more than 10 seconds after their name is announced to place or carry a prop on the ice with them. There also should be no debris, no live props,

and no fire or water. The Chief Referee and Competition Committee may elect to combine men's and ladies' events **and/or levels** due to limited entries. Skaters will be grouped as follows:

Level	Max Duration	Jumps Permitted
Pre-Preliminary	1:40 max	No axels or doubles
Preliminary	1:40 max	No axels or doubles
Pre-Juvenile	1:40 max	No axels or doubles
Juvenile	2:10 max	No axels or doubles
Intermediate	2:10 max	Singles (Axel allowed); no doubles
Novice	2:10 max	Singles (Axel allowed); no doubles
Junior	2:40 max	No triples
Senior	2:40 max	No triples

Adult Artistic Free Skate

Skaters placing fourth and higher in preliminary and higher artistic/showcase/interpretive solo events, including adult events, will be qualified to enter the next National Showcase. National Showcase contestants must also be qualified by test level. Duets and production ensembles are not required to qualify for National Showcase. For more information about qualifications, contact Melissa Bowman, the National Vice-Chair for National Showcase at patinage_tx@verizon.net.

Competition for Adult Artistic and Adult Masters Artistic will be held as set forth in the 2010/2011 USFSA rulebook. Test, age, and program requirements are listed under section 3810-3821. No props allowed on the ice. The Chief Referee and Competition Committee may elect to combine men's and ladies events as well as Adult and Young Adult events due to limited entries. **Exceptions to the rulebook are:**

Level	Max Duration	Requirements
Young Adult	1:40 max	Age 18-20 - No higher than the Pre-Juvenile Free Skate test and no higher than the Standard Pre-Silver Dance Test
Young Adult Masters	1:40 max	Age 18-20 - Juvenile Free Skate test and above or the Standard Silver Dance Test and above

Team Entertainment

Two to Twelve skaters do a routine for audience enjoyment. Team must enter the level of the highest test member. Emphasis is placed on crowd appeal, costume design, and style. Props, if used, are limited to those the skaters can hand-carry or push onto the ice themselves in one trip. Skaters may not be assisted during the set up time, and the set up is not to take more than thirty (30) seconds. Skaters may not be given off-ice assistance during their number. No residue of any type may remain on the ice after the routine. Live props are not permitted. Props may not be flame, dry ice, or smoke oriented or any substance that will alter the surface of the ice.

LEVEL	REQUIREMENTS	DURATION IN MINUTES
Bronze	No Free Skate, pair, couples, or Free Dance tests passed higher than USFS Pre-Preliminary or Adult Bronze. Jumps with not more than one-half rotation and upright spins only.	1:30
Silver	No Free Skate, pair, couples, or Free Dance tests passed higher than USFS Pre-Juvenile or Adult Silver. Jumps with not more than one rotation (no Axels), no flying spins.	2:00
Gold	No Free Skate, pair, couples, or Free Dance tests passed higher than USFS Intermediate or Adult Gold. No double jumps.	2:30
Platinum	USFS Novice FS or above.	2:30

Spin Competition

Test requirements are listed under Free Skating above. All levels will skate on 1/2 of the ice surface. No music. Spins must be skated exactly as stated, but may be skated in any order. Counting of revolutions will begin when skater is in a recognizable spin position. Connecting steps may be used, but will have no effect on your score. This event will be judged on control, speed, position, and centering of each spin. The Chief Referee and Competition Committee may elect to combine men's and ladies events due to limited entries.

Level	Max Duration	Spins
Pre-Preliminary	1:00 max	One-foot upright spin (optional free foot, 3 revs), two-foot spin (3 revs), forward sit spin (3 revs)
Preliminary	1:00 max	Forward sit spin (3 revs), forward camel spin (3 revs), one-foot upright spin (5 revs).
Pre-Juvenile	1:15 max	Camel spin (4 revs), change foot sit spin (4 revs each foot), front scratch spin to back scratch spin (4 revs each foot).

Juvenile	1:15 max	Flying camel spin (5 revs), change foot sit spin (5 revs each foot), 1 combination spin with no change of foot & 1 change of position (4 revs each position)
Intermediate	1:30 max	Camel spin to back camel spin (5 revs each foot), combination spin consisting of only 1 change of foot and at least 1 change of position (5 revs each foot); layback spin (ladies – 5 revs) or flying camel spin (men – 5 revs)
Novice	1:30 max	Flying spin of choice (6 revs), combination spin with 1 change of foot and at least 1 change of position (5 revs each foot), Ladies: layback spin (6 revs); Men: crossfoot spin (6 revs)
Junior	1:30 max	Flying sit spin (8 revs), combination spin with at least 2 changes of position and only 1 change of foot (6 revs each foot), Ladies: layback spin (8 revs). Men: crossfoot spin (8 revs)
Senior	1:30 max	Flying spin of choice (8 revs), spin combination consisting of at least 2 changes of position and 1 change of foot (6 revs each foot, 2 revs in each position), camel or sit spin with 1 chg of foot (men – 6 revs each foot) or layback spin (ladies – 8 revs)
Adult Pre-Bronze	1:30 max	One-foot upright spin (optional free foot, 3 revs), two-foot spin (3 revs), forward sit spin (3 revs)
Adult Bronze	1:30 max	Forward sit spin (3 revs), forward camel spin (3 revs), one-foot upright spin (5 revs).
Adult Silver	1:30 max	Camel spin (4 revs), change foot sit spin (4 revs each foot), front scratch spin to back scratch spin (4 revs each foot).
Adult Gold	1:30 max	Flying camel spin (5 revs), change foot sit spin (5 revs each foot), 1 combination spin with no change of foot & 1 change of position (4 revs each position)
Adult Masters	1:30 max	Camel spin to back camel spin (5 revs each foot), combination spin consisting of only 1 change of foot and at least 1 change of position (5 revs each foot); layback spin (ladies – 5 revs) or flying camel spin (men – 5 revs)

Jump Competition

Age and test requirements will be the same as those listed in Free Skating. Pre-Preliminary through Pre-Juvenile will be skated on ½ ice. All others will skate on full ice. Jumps must be skated in the order in which they are listed. This is not a mini-program. Only the stroking and edges necessary to prepare for the jump are allowed. Extra moves such as spirals and pivots and other excessive connecting steps will be penalized unless otherwise stated in the requirements. An axel is a single jump. Combination jumps may not have a change of foot or turn between the jumps. Jump requirements for Intermediate and above are the same as those for the 2010/2011 USFS short programs.

The event will be conducted as follows: At the conclusion of the warm-up period the first skater will perform the first jump twice, followed by the second jump twice then, if applicable, the combination jump twice. Jumps must be skated in the order they are listed below however the order of the jumps in the combination jump is optional (ex: double/single or single/double). The judges will score the best performance of each jump. The process will be repeated for the remaining skaters. In levels where the skater is given a choice of jumps to be performed, the first attempt will determine the jumps to be judged and the skater may not change jumps on the second attempt.

Level	Ice Size	Requirements
Pre-Preliminary	½ ice	Toe Loop; Single/Single Combination (no axel)
Preliminary	½ ice	Flip or Lutz; Combination jump of any Single jump + Loop jump
Pre-Juvenile	½ ice	Axel; Double Salchow or Double Toe Loop
Juvenile	Full Ice	Axel; any Double/Single combination; connecting steps into any Double jump
Intermediate	Full Ice	Axel or Double Axel; any Single/Double or Double/Double combination; connecting steps into any Double jump
Novice	Full Ice	Axel or Double Axel; any Double/Double or Triple/Double combination; connecting steps into any Double or Triple jump

Junior	Full Ice	Ladies: Double Axel; any Double/Double or Triple/Double or Triple/Triple combination; connecting steps into Double or Triple Flip Men: Double Axel; any Triple/Double or Triple/Triple combination; connecting steps into any Triple jump
Senior	Full ice	Ladies: Double Axel; Any Triple/Double or Triple/Triple combination; connecting steps into any Triple jump Men: Double or Triple Axel; any Triple/Double or Triple/Triple or Quad/Double or Quad/Triple combination; connecting steps into any Triple or Quad jump
Adult Pre-Bronze	½ ice	Toe Loop; ½ Flip
Adult Bronze	½ ice	Salchow; Single/Single Combination (no axel)
Adult Silver	½ ice	Flip; Single/Single combination
Adult Gold	Full Ice	Lutz; Single/Single combination
Adult Masters	Full ice	Axel; any Single/Single or Single/Double combination; connecting steps into any single jump

Footwork Program Event

Events will be divided by age or gender at the discretion of the referee depending upon the number of entrants. The decision of the referee shall be final. Skaters will perform footwork sequences of their own design to music. Vocal music is allowed. The program should contain a variety of turns and sequences and emphasize the skater's controlled edges and turns in addition to speed and quickness of the routine. The program may contain one-half revolution jumps and spins with less than 3 revolutions. The routine will be judged on both technical merit and presentation. Level restriction refers to Free Skate or Dance test level. Skaters may enter one level higher than their test level.

Level	Max Duration	Requirements
Pre-Bronze	45 seconds	No tests higher than Adult Pre-Bronze, Pre-Preliminary, or Preliminary Dance
Bronze	1 min	No tests higher than Adult Bronze, Preliminary, or Bronze Dance
Silver	1 min	No tests higher than Adult Silver, Pre-Juvenile, or Pre-Silver Dance
Gold	1 min 15 sec	No tests higher than Adult Gold, Juvenile, or Pre-Gold Dance
Platinum	1 min 15 sec	Intermediate, Gold Dance, or above

Solo Dance

The following dance events will be offered. **Each dance is a separate event.** Skaters may choose one or more of the dances at their test level as well as one or more of the dances above their test level. Due to time constraints, some lower dance groups may be flighted. Compulsory dance music will be chosen from standard ISU dance selections. The Chief Referee and Competition Committee may elect to combine men's and ladies events due to limited entries as well as youth and adult competitors. Events will be grouped by age if entries warrant. Number of patterns is based on test requirements.

Level	Test Requirement	Dances Available and # of Patterns
Preliminary	No more than 1 Pre-Bronze passed	Rhythm Blues (2), Canasta Tango (2)
Pre-Bronze	No more than 1 Bronze passed	Swing Dance (2), Fiesta Tango (2)
Bronze	No more than 1 Pre-Silver passed	Willow Waltz (2), Hickory Hoedown (2)
Pre-Silver	No more than 1 Silver passed	Foxtrot (3), European Waltz (2)
Silver	No more than 1 Pre-Gold passed	American Waltz (2), Tango (2)
Pre-Gold	No more than 1 Gold passed	Killian (4), Blues (3)
Gold	Not limited	Westminster Waltz (2), Viennese Waltz (2)

Frank Frey Memorial Rocker Foxtrot Solo Dance

This is an open solo dance event with no test requirements. Participants will skate 3 patterns. This dance is skated in memory of Frank Frey, a Centennial Skating Club member who won the event in 2003. Frank passed away suddenly from a heart attack in December of 2003. The Rocker Foxtrot was Frank's favorite dance.

Surprise Partner Shadow Dance

This is a dance event with two levels – partners will be drawn 30 minutes prior to the event. The goal of this event is to have fun and to see how well you can mirror your partner and match his/her steps. Music will be chosen by the LOC but will match the appropriate timing for each dance.

Level	Test Requirement	Dances Available and # of Patterns
Low	No higher than Bronze dances	Rhythm Blues (2)
High	Pre-Silver dances and higher	Fourteenstep (2)

Team Maneuver Event:

The team maneuver event consist of teams of three to six athletes (any mix of male and female) from the same club each performing no more than two of the six required elements prescribed for their level. An athlete may compete for only one

team. Skaters may “skate up” to any level they desire, but they may not compete on a team at a lower level than the highest test they have passed. The event will be judged on a team basis. Skaters will have a general warm-up. There **may** also be individual warm-ups for each element at the discretion of the referee. Teams will be assigned a place to line up along the barrier, and must remain on the ice for their entire competition. Elements will be skated one-at-a-time, and the announcer will call the representative from each team when it is his or her turn to perform the prescribed element.

Note:

- *If a team has one athlete perform more than two elements, any succeeding elements performed by that athletes will receive no value*
- *If a competitor performs an element higher than that listed, that element will receive no credit. For example, if the element specified is a Salchow jump and the competitor performs a double Salchow jump, no credit is given for this element.*

High Team Maneuver (junior, senior):

1. Axel or double Axel
2. A combination consisting of two double jumps or a triple jump and a double jump.
3. A double or triple Lutz immediately preceded by connecting steps or other free skating moves.
4. Flying spin (any position or entrance)
5. Combination spin (one change of foot and at least one change of position)
6. Serpentine step sequence utilizing the entire ice surface

Intermediate Team Maneuver (intermediate and novice):

1. Axel
2. A combination jump consisting of a single and a double jump or two double jumps.
3. Double loop, flip or Lutz immediately preceded by connecting steps or other free skating movements
4. Camel spin with a change of foot (forward camel to backward camel spin)
5. Spin combination (one change of foot and at least one change of position)
6. Straight line step sequence utilizing the entire ice surface

Low Team Maneuver (pre-preliminary - juvenile):

1. Salchow
2. Waltz jump-toe loop combination jump (no turns or steps in between)
3. Axel
4. Combination spin: camel spin to sit spin (no change of foot)
5. Upright spin (optional free foot position, may have one change of foot)
6. Circular step sequence (utilizing the full ice surface)

Adult High Team (Adult Gold/Masters):

1. Axel
2. A combination jump consisting of a single and a double jump or two single jumps.
3. Single jump immediately preceded by connecting steps or other free skating movements
4. Camel spin with a change of foot (forward camel to backward camel spin)
5. Spin combination (one change of foot and at least one change of position)
6. Straight line step sequence utilizing the entire ice surface

Adult Low team (Adult Pre-Bronze – Adult Silver):

1. Salchow
2. Waltz jump-toe loop combination jump (no turns or steps in between)
3. Axel
4. Combination spin: camel spin to sit spin (no change of foot)
5. Upright spin (optional free foot position, may have one change of foot)
6. Circular step sequence (utilizing the full ice surface)

Theater On Ice Long Program (TOI)/Production (Co-Ed Event)

- A team of eight to thirty skaters (8 to 20 for Bronze level) will create a program using all aspects of skating to tell a story. Vocal music is allowed. Teams may use props and scenery to help tell their story, but is not necessary. No limit to the number of skating elements used in the program. Please refer to the Theater on Ice 2010-2011 guidelines on the USFS Website: go to Programs, then Theater on Ice.
- Teams may use costumes, props and scenery to help tell their story. There is no limit to the number of jumps allowed in a program. However, jumps must have a meaning in relation to the theme and should not be gratuitous. Solo, pair, dance or synchronized elements also must have meaning within the theme. Skaters are permitted to leave the visible portion of the ice such as behind a curtain or piece of scenery, but must remain on the ice surface itself during the number. All participants must wear their skates on the ice at all times.
- Before the music is started the team must take a stationary position on the ice and a skater must give a hand signal.

- The team should provide a written description of the performance. The description should be no more than 50 words in length and should be provided to the competition local organizing committee in the local language.
- An audio description of the program (or other verbal text) may be part of the CD/tape and precede the commencement of the program. The audio reading should not exceed 30 seconds. (See competition section in this guidebook for more information on audio descriptions.)

LEVEL	REQUIREMENTS	DURATION IN MINUTES
Introductory	Not more than 50% of the team may have passed MIF, free skate, pair, couples or free dance test higher than USFS Pre-Preliminary.	2:00
Novice	100 % of the team must have passed the USFS Pre-Preliminary MIF test (or pre-bronze adult MIF test) or ISI 3, and not more than 50% of the team may have passed the USFS Juvenile MIF test. No age restrictions	5:00 + - 15
Junior	100 % of the team must have passed the USFS Pre-Preliminary MIF test, USFS Pre-Bronze Adult MIF test, or ISI 3 and not more than 50% of the team may have passed the Intermediate MIF test. No age restrictions	6:00 + - 15
Senior	100% of the team must have passed the USFS Pre-Preliminary MIF test, Pre-Bronze Adult MIF test, or ISI 3 and 50% or more of the team must have passed the USFS Intermediate MIF. No age restrictions	6:00 + - 15
Adult	100% of the team has reached the age of 18 years as of the May 15, 2010. In addition, 100% of the team must have passed at least one USFS or ISI test (other than a Basic Skills badge). This may include an adult or standard MIF, individual dance test (passing the entire dance category not required), freestyle, pairs.	6:00 +- 15

Beginner/Basic Skills Events

USFS Skate Colorado Basic Skills Series

Sponsored by:

ISC of Ft. Collins, Honnen Ice Arena, Broadmoor SC, Colorado SC, Pueblo FSC, Mountain View SC, Northern Colorado SC & Centennial SC

MISSION STATEMENT: Give Colorado skaters a chance to develop their USFS Basic Skills in a fun, competitive environment.

AWARDS: During the competition season, skaters will have the chance to compete at eight different arenas and earn points for a final standing. *Trophies will be awarded at the conclusion of the CSI Basic Skills competition to the skaters with the highest point totals who compete in at least FOUR of the EIGHT scheduled competitions.*

Free skate and Elements/Compulsory Program Series Point System

A skater must enter **BOTH** Free skating **AND** the Compulsory/Elements event in each of at least four of the eight registered Series Basic Skills Competitions to be eligible for accumulating points. Each event will have a maximum of six skaters. **Both youth and adults may accumulate points!**

The system for scoring points for the trophies will be as follows:

1 st place	6 points
2 nd place	5 points
3 rd place	4 points
4 th place	3 points
5 th place	2 points
6 th place	1 point

** A skater will earn three points toward their overall standing each time the skaters enters a level that is higher than the level competed in at the previous competition throughout the duration of the series. In order to keep the extra three points he/she must compete in that level or higher in all subsequent competitions. The points for skaters moving up will be awarded each time the skater competes at a level higher than in their previous competition.*

In the event that there is only one skater in an event, the skater will have the choice to skate alone OR move up a level to compete against other skaters. In this case, those skaters will be allowed to move back to their original level to compete at the next competition.

If an event has 2-6 skaters, the points will be awarded as if there were six skaters in the group. If there is only one skater in the group, that skater will be awarded three points.

In case of a tie, the total number of skaters that the competitor has skated against throughout the series will be the tie breaker.

All points follow the skater throughout the series, so if a skater moves up to higher levels, the points follow the skater. Once a skater moves up a level, they may not compete at a lower level unless they moved up as a result of having no other skaters in their group.

Trophies will be awarded 1-3 place in each level from Snowplow Sam through Free skate 6. The trophies will be awarded to the skaters at their level as of the last competition in the series.

Please note: Spin, Dance, Pair, Theater on Ice, Synchronized team, and Showcase events will not be counted in the final standings. No-Test to Preliminary and Test Track Limited Beginner – Preliminary events will not be counted in the Freeski and Elements/Compulsory Program series.

Rules and Format:

COMPETITION ANNOUNCEMENT

The U.S. Figure Skating Skate Colorado Basic Skills Competition Series is sponsored equally by the eight participating ice rinks and/or USFS member clubs. Competition packages will be available at all participating ice rinks and/or via the club or rink websites. Each competition will have its own entry forms and specific rules so please make sure to read the entire announcement for each competition.

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 are eligible to skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For Free skate 1-6, eligibility will be based only upon highest free skate test level passed (MIF test level will not determine skater's competitive level). All FREE SKATE 1-6 SKATERS are eligible to skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

It is very important to the success of the series that skaters are placed in the correct divisions. If, for whatever reason, the local organizing committee discovers that a skater has been placed in a category that is below their class level, the chair and referee will have the option to move the skater to the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors.

Elements Event – Basic Skills Curriculum and Adults 1-4

Format: Each skater will have the option to perform one element at a time in the order listed below (no excessive connecting steps) **OR** will perform each element 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**
- Time: 1:00 or less

Free skate Compulsory Event – Free skate Curriculum

Format: In 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 but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

Basic Programs 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
- Vocal music is allowed
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:00 +/- 10 seconds

Free skate Programs 1-6 with music and Adults

Format: The skating order of the required elements is optional. The elements are not restricted as 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 .2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

Required Element Descriptions for Elements and Compulsory Programs

Level	Description
Snowplow Sam	<ol style="list-style-type: none"> 1. March followed by a two-foot glide and dip 2. Forward two-foot swizzles - 2-3 in a row 3. Forward snowplow stop 4. Backward wiggles - 2-6 in a row
Basic 1	<ol style="list-style-type: none"> 1. Forward two-foot glide 2. Forward two-foot swizzles - 6-8 in a row 3. Forward snowplow stop 4. Backward wiggles - 6-8 in a row
Basic 2	<ol style="list-style-type: none"> 1. Forward one-foot glide - either foot 2. Forward alternating ½ swizzle pumps, in a straight line- across width of ice 3. Two-foot turn in place - forward to backward 4. Backward two-foot swizzles - 6-8 in a row 5. Moving snowplow stop
Basic 3	<ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise -6-8 consecutive 3. Moving forward to backward two-foot turn - either direction 4. Backward one-foot glide - either foot 5. Two-foot spin
Basic 4	<ol style="list-style-type: none"> 1. Forward outside edge on a circle- clockwise or counterclockwise 2. Forward crossovers- 6-8 consecutive- both directions 3. Forward outside 3-turn - R and L from a standstill 4. Backward stroking 5. Backward snowplow stop - R or L
Basic 5	<ol style="list-style-type: none"> 1. Backward outside edge on a circle- clockwise or counterclockwise 2. Backward crossovers – 6-8 consecutive- both directions 3. One-foot Upright spin - minimum of 3 revolutions 4. Hockey Stop 5. Side Toe hop - either direction
Basic 6	<ol style="list-style-type: none"> 1. Forward inside 3-turn - R and L from a standstill 2. Bunny Hop 3. Forward spiral on a straight line - R or L 4. Lunge - R or L 5. T-stop - R or L
Basic 7	<ol style="list-style-type: none"> 1. Forward inside open Mohawk - R to L and L to R 2. Ballet jump - either direction 3. Backward crossovers to a backward outside edge landing position, clockwise and counterclockwise 4. Forward inside pivot

Basic 8	<ol style="list-style-type: none"> 1. Moving forward outside or forward inside three-turns - R and L 2. Waltz jump 3. Mazurka - either direction 4. Combination move - clockwise or counterclockwise - two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge 5. One-foot upright spin, optional free foot position
Free skate 1	<ol style="list-style-type: none"> 1. Advanced forward stroking – 4-6 consecutive strokes 2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside edges 3. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump
Free skate 2	<ol style="list-style-type: none"> 1. Forward outside spiral - R or L, and a forward inside spiral - R or L 2. Waltz Three's- R or L 3. Beginning back spin- entry optional 4. Waltz jump, side toe hop, waltz jump series 5. Toe loop jump
Free skate 3	<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls - 4-6 consecutive 3. Back spin 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop
Free skate 4	<ol style="list-style-type: none"> 1. Spiral sequence, FI spiral, FI Mohawk, BO spiral, clockwise or counter clockwise 2. Forward power 3's, 2-3 consecutive sets - R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
Free skate 5	<ol style="list-style-type: none"> 1. Spiral Sequence, FO Spiral, forward outside 3 turn, one backward crossover, backward inside spiral 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop jump 5. Flip jump
Free skate 6	<ol style="list-style-type: none"> 1. Five step Mohawk sequence – 1 set alternating pattern 2. Camel, sit spin combination - minimum of 4 revolutions total 3. Split jump or stag jump 4. Waltz jump, 1/2 loop, salchow combination 5. Lutz jump
Adult 1	<ol style="list-style-type: none"> 1. Forward Swizzles 4-6 in a row 2. Backward Swizzles 4-6 in a row 3. Forward 1-foot glide R&L 4. Two foot turn in place 5. Snowplow stop
Adult 2	<ol style="list-style-type: none"> 1. Forward Crossovers, clockwise and counter clockwise 2. Moving 2-foot turn on a curve both directions 3. Backward 1-foot glide R or L 4. Forward Pivot
Adult 3	<ol style="list-style-type: none"> 1. Inside Mohawk either direction 2. Backward crossovers, clockwise and counter clockwise 3. Basic forward outside and forward inside edges – 4-6 consecutive 4. Two-foot spin – entry optional
Adult 4	<ol style="list-style-type: none"> 1. Forward Outside 3-Turns R&L 2. Forward Inside 3-Turns R&L 3. Perimeter stroking with crossover end pattern 4. Power 3-turns one direction only, set of 3

**** Please Note: For all Snowplow Sam 1- Basic 8 Elements events, the elements MUST be skated in the order listed.**

Required Element Descriptions for Programs with Music

Snowplow Sam through Basic 8 and Adult 1-4 are the same elements as in the Elements/Compulsory Programs event – Freeskiate 1 through Freeskiate 6 are as below

Level	Description
Free skate 1	<ol style="list-style-type: none"> 1. Advanced forward stroking – 4-6 consecutive strokes 2. Scratch spin from backward crossovers 3. Waltz jump from backward crossovers 4. Half flip jump

Free skate 2	<ol style="list-style-type: none"> 1. Forward outside spiral - R or L 2. Beginning back spin- entry optional 3. Waltz jump, side toe hop, waltz jump series 4. Toe loop jump
Free skate 3	<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back spin 3. Salchow jump 4. Waltz jump/toe loop or Salchow/toe loop
Free skate 4	<ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive sets - R or L 2. Sit spin 3. Loop jump 4. Waltz jump/loop jump
Free skate 5	<ol style="list-style-type: none"> 1. Camel spin 2. Forward upright spin to back upright spin 3. Loop/loop jump 4. Flip jump
Free skate 6	<ol style="list-style-type: none"> 1. Camel, sit spin combination - minimum of 4 revolutions total 2. Split jump or stag jump 3. Waltz jump, 1/2 loop, salchow combination 4. Lutz jump

Artistic Free Skate – Basic

No test requirements. Emphasis is to be on artistry rather than the athletic ability of the skater. Skaters will select their own music (vocals allowed) and must interpret the theme and tempo of the music. Costumes are encouraged. Only props that are part of the theme of the music and not a safety hazard will be allowed. Competitors should take no more than 10 seconds after their name is announced to place or carry a prop on the ice with them. There also should be no debris, no live props, and no fire or water. The Chief Referee and Competition Committee may elect to combine men's and ladies' events due to limited entries.

Level	Max Duration	Jumps Permitted
Beginner	1 min 40 sec max	No Axels, No Doubles

Basic Team Entertainment

Two to Twelve skaters do a routine for audience enjoyment. Emphasis is placed on crowd appeal, costume design, and style. Props, if used, are limited to those the skaters can hand-carry or push onto the ice themselves in one trip. Skaters may not be assisted during the set up time, and the set up is not to take more than thirty (30) seconds. Skaters may not be given off-ice assistance during their number. No residue of any type may remain on the ice after the routine. Live props are not permitted. Props may not be flame, dry ice, or smoke oriented or any substance that will alter the surface of the ice.

LEVEL	REQUIREMENTS	DURATION IN MINUTES
Basic	No Free Skate, pair, couples, or Free Dance tests passed	1:30

Basic Team Maneuver Event:

The team maneuver event consist of teams of three to six skaters (any mix of male and female) from the same club or skating school each performing no more than two of the six required elements prescribed for their level. A skater may compete for only one team. Skaters may "skate up" to any level they desire, but they may not compete on a team at a lower level than the highest test they have passed. The event will be judged on a team basis. Skaters will have a general warm-up. There **may** also be individual warm-ups for each element at the discretion of the referee. Teams will be assigned a place to line up along the barrier, and must remain on the ice for their entire competition. Elements will be skated one-at-a-time, and the announcer will call the representative from each team when it is his or her turn to perform the prescribed element.

Note:

- If a team has one athlete perform more than two elements, any succeeding elements performed by that athletes will receive no value
- If a competitor performs an element higher than that listed, that element will receive no credit. For example, if the element specified is a Salchow jump and the competitor performs a double Salchow jump, no credit is given for this element.

Beginner High Team (Beginner 5-7 or Freeskate 1-6)

1. Forward Spirals R&L on a circle (either forward inside or forward outside – skater's choice)
2. A Waltz Jump/Toe Loop combination jump
3. A Salchow immediately preceded by connecting steps or other free skating moves.
4. Sit spin
5. Upright Scratch Spin
6. Step sequence covering ½ the ice

Beginner Low Team (Beginner 1-4 or Basic 1-8):

1. Bunny Hop
2. Forward One-foot glide (R or L) blue line to blue line (center of ice)
3. Waltz Jump
4. Two Foot Spin
5. Forward Straight Line Spiral (R or L) covering ½ ice
6. Snowplow stop

Beginner Freeskate and Compulsory Moves (Funtastics Format)

Skaters must belong to a club to participate in these events

All Compulsory events will be held on ½ ice. All Free Skating events will be held on full ice.

Test Requirement	Compulsories	Free Skating
Tots Must be age five and under on September 1, 2010	Forward strokes or marches (min 4); two-foot glide; forward two-foot swizzles (min 4); snowplow stop (one or two foot stop permissible); backward wiggles (min 4); two-foot hop on the spot (standstill, no rotation). Duration: 1 minute maximum. Elements must be skated in order listed.	Program skated on full ice to music of skater's choice. No vocal music is allowed. Program content is limited to elements in the compulsory program. Duration: 1 minute +-10 seconds
Beginner 1 Age 16 and under as of September 1, 2010	Forward strokes or marches (min 4); two-foot glide and dip; forward two-foot swizzles (min 4); one foot glide (either foot); snowplow stop (one or two foot stop allowed); two-foot hop on the spot (standstill, no rotation). Duration: 1 minute maximum. Elements must be skated in order listed.	Program skated on full ice to music of skater's choice. No vocal music allowed. Program content is limited to elements from the compulsory programs of Tots and Beginner 1. Duration: 1 minute +-10 seconds
Beginner 2 Age 16 and under as of September 1, 2010	Forward strokes (min 4); bunny hop; forward crossovers (min 4 in both directions); forward to backward two-foot turn on a circle (either direction); backward two-foot swizzles (min 4); backward one-foot glide (on both right and left foot). Duration: 1 minute maximum. Elements must be skated in order listed.	Program skated on full ice to music of skater's choice. No vocal music allowed. Program content is limited to elements from the compulsory programs of Beginner II and below. Duration: 1 minute +- 10 seconds
Beginner 3 Age 16 and under as of September 1, 2010	Backward strokes (min 4); backward crossovers (min 4 in both directions); forward mohawk (either direction); Inside 3-turn (either foot); two-foot spin; T-stop (either foot). Duration: 1 minute maximum. Elements skated in any order.	Program skated on full ice to music of skater's choice. No vocal music allowed. Program content is limited to elements from the compulsory programs of Beginner III and below. Outside 3-turns are also allowed. Duration: 1 minute +- 10 seconds
Beginner 4 Age 16 and under as of September 1, 2010	Forward straight-line spiral (either foot); Waltz 3's (3 sets on same foot); lunge; one-foot spin (free foot to skating knee only); waltz jump; Mazurka or Half-Flip. Duration: 1 minute maximum. Elements skated in any order.	Program skated on full ice to music of skater's choice. No vocal music is allowed. Jump content is limited to half-revolution jumps (these may be repeated alone or in combination). NOTE: toe loop, half loop, and salchow are FULL revolution jumps and are NOT allowed. One and two foot upright spins are allowed. Duration: 1 minute +- 10 seconds

<p>Beginner 5 Age 16 and under as of September 1, 2010</p>	<p>Back inside pivot; forward outside spiral (either foot); Salchow jump; waltz jump-falling leaf - half-flip (from a mohawk take-off) combination; one-foot spin (optional free foot); connecting steps (consisting of 3-turns, Mohawks, bunny hops, crossovers, etc). Duration: 1 minute 15 seconds maximum. Elements skated in any order.</p>	<p>Program skated on full ice to music of skater's choice. No vocal music is allowed. Jump content is limited to Salchow, Toe-loop and half-revolution jumps (NOTE: half loop is a FULL revolution jump and is not allowed) that may be repeated alone or in combination. Upright and sit spins allowed with no change of foot or position. Duration: 1 minute 30 seconds +- 10 seconds</p>
<p>Beginner 6 Age 16 and under as of September 1, 2010</p>	<p>Forward inside spiral (either foot); Salchow jump; Waltz jump - falling leaf - toe-loop jump combination; loop jump; one-foot upright scratch spin; connecting steps (Consisting of 3-turns, Mohawks, bunny hops, crossovers, etc). Duration: 1 minute 15 seconds maximum. Elements skated in any order.</p>	<p>Program skated on full ice to music of skater's choice. No vocal music allowed. Up to four different single jumps are permitted and may be repeated alone or in combination. No lutz, axels, or multi-revolution jumps are allowed. All one-position spins are allowed, but no combinations. Duration: 1 minute 30 seconds +- 10 seconds</p>
<p>Beginner 7 Age 16 and under as of September 1, 2010</p>	<p>Forward outside or inside spiral; loop jump; flip jump; waltz jump - half-loop - salchow jump combination; sit spin (min 3 revs); connecting steps (consisting of 3-turns, Mohawks, bunny hops, crossovers, etc). Duration 1 minute 15 seconds maximum. Elements skated in any order.</p>	<p>Program is skated on full ice to music of skater's choice. No vocal music is allowed. All single jumps except an axel are allowed and may be repeated alone or in combination. Multi-revolution jumps are not allowed. No change-of-foot spins are allowed. Duration: 1 minute 30 seconds +- 10 seconds</p>
<p>Adult Beginner 1 Age 17 and older as of September 1, 2010</p>	<p>Forward strokes (min 4); Forward crossovers (min 4 in both directions); Forward to backward two-foot turn on a circle (either direction); backward two-foot swizzles (min 4); backward one-foot glide (on right and left foot); snowplow stop (one or two-foot stop). Duration: 1 minute maximum. Elements skated in the order listed</p>	<p>Program is skated on full ice to music of skater's choice. No vocal music is allowed. Jump content is limited to half revolution jumps that can be repeated alone or in combination (NOTE: Toe-loop, salchow, and half-loop are considered FULL revolution jumps and are not allowed); One and two-foot upright spins are allowed. Duration: 1 minute +- 10 seconds</p>
<p>Adult Beginner 2 Age 17 and older as of September 1, 2010</p>	<p>Backward strokes (min 4); Backward crossovers (min 4 in both directions); Two-foot spin – pick up one foot; inside Mohawks (either direction); Waltz jump; half-flip jump. Duration: 1 minute maximum. Elements skated in any order.</p>	<p>Program is skated on full ice to music of skater's choice. No vocal music is allowed. Jump content is limited to salchow jumps, toe-loop jumps and half-revolution jumps that may be repeated alone or in combination (NOTE: half-loop jump is considered a FULL revolution jump and is not allowed); Upright spins allowed. Duration: 1 minute 30 seconds +- 10 seconds</p>
<p>Adult Beginner 3 Age 17 and older as of September 1, 2010</p>	<p>Scratch spin; salchow jump; loop jump; forward outside or inside spiral; Waltz jump-falling leaf - toe-loop jump combination; connecting steps (consisting of 3-turns, Mohawks, bunny hops, crossovers, etc). Duration: 1 minute 15 seconds maximum. Elements skated in any order.</p>	<p>Program is skated on full ice to music of skater's choice. No vocal music is allowed. All single jumps except an axel are permitted and may be repeated alone or in combination. Multi-revolution jumps are not allowed. No change-of-foot spins are allowed. Duration: 1 minute 30 seconds +- 10 seconds</p>

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