

# 2018 COLORADO SPRINGS INVITATIONAL/ROCKY MOUNTAIN STATE GAMES

Hosted by the Centennial 7k Skating Club, Sept 13-16, 2018

The Colorado Springs Invitational will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website. This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. In addition, as the Figure Skating event of the Rocky Mountain State Games, it is also open to all Colorado residents and residents of any state that currently has an agreement with Colorado to allow its figure skaters to qualify by competing in Colorado. Those competing as a State Games competitor may be affiliated with the USFS, ISI, or unaffiliated with any organization. Please refer to the current rulebook for non-U.S. Citizens.

**TEST LEVEL:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

**AGE RESTRICTIONS/REQUIREMENTS:** Age restricted events are based upon the skater's age at the registration deadline for regionals – **September 1, 2018.**

## SERIES INFORMATION



The Colorado Springs Invitational is part of the 2018 Colorado Compete USA Series, 2018 Funtastics Series, 2018-19 Adult Competition Series and the 2017/2018 Ice Men Series.

## ENTRIES & FEES

Secure online registration and credit card payment available at [www.centennialskatingclub.org](http://www.centennialskatingclub.org). Entries must be submitted online no later than **midnight on August 5, 2018**. Late entries, if accepted, will be assessed a \$40 late fee.

**Paper Entry forms must be RECEIVED BY**

**August 5, 2018**

First IJS Event	\$120
Additional IJS	\$35
First 6.0 Event	\$100
2 <sup>nd</sup> & subsequent 6.0 Event	\$25
First Basic/Beginner/Therapeutic	\$65
2 <sup>nd</sup> & subsequent Basic/Beg	\$20
FF Memorial Rocker Foxtrot	\$5
Showcase Duets	\$25/skater
Mini Production Ensembles	\$25/skater
Late Fee (after 8/4/2018)	\$50
Change Fee (after 8/4/2018)	\$50
Late Music Fee (after 9/8/17)	\$25
Late PPC Fee (after 8/25/17)	\$25



## ADDITIONAL ENTRY INFO

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 stated refund policy. Notification of competition and practice ice times will NOT be available by phone, mail, or email. Skater and Coach schedules will be available on the web at: [www.centennialskatingclub.org](http://www.centennialskatingclub.org). Persons contesting a valid credit card charge will be charged an additional \$30.00 fee per charge. 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.

## CHANGES

**All entry changes AFTER THE CLOSE OF ENTRIES – August 5, 2018 (event and/or level) are subject to referee approval and a \$50.00 change fee.**

## REFUND POLICY

Full refunds including practice ice, minus the online convenience fee, are available if withdrawal is prior to CLOSE OF ENTRIES –

August 5, 2018. After CLOSE OF ENTRIES, refunds are only available if the event is not held due to lack of entries – 2 competitors constitute an event. Pre-Paid practice ice is not refundable or transferable. There will be NO medical refunds given. The online convenience fee and the paper entry administrative fee are not refundable for any reason.

## FACILITIES

The Colorado Springs Invitational will be held at the Monument Ice Rinks located at 16240 Old Denver Highway, Monument, CO 80132. The East Rink is NHL size with rounded corners and the West rink is 200 x 85 with rounded corners.

## MUSIC

Competitors must provide music for all events, as appropriate. Competition music for all events that require music must be submitted electronically via the online registration system by the music deadline of **Friday, September 8, 2018 at 11:59 pm**.

After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can log out of your account and return later to upload your music by going to the "competition" tab and then selecting "my music". Your music must meet the following criteria. If you have questions about what format you have, please contact your coach and get a new version of your music that meets the criteria listed below.

Music Criteria:

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

**Competitors must also bring a copy of their competition music on CD as a backup in case of technical difficulties and the CD must be turned in at the registration desk at the time of check-in.** Only CDs (standard CD-R format only) will be accepted. CDs must only have one piece of music per CD. Please

keep additional copies of your music readily available rink side during competition events. Music may be picked up at the registration desk following each event. Every reasonable care will be taken, but the hosting club cannot be responsible for music left at the end of the competition.

**Anyone not submitting their music by the deadline date will be assessed a \$25.00 admin fee that will be collected online or at the registration desk before the skater is allowed to skate.**

## LIABILITY

U.S. Figure Skating, the Centennial 7k Skating Club, and the Colorado Sports Center accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

## JUDGING SYSTEM

The IJS judging system will be used for Pre-Preliminary to Senior Free Skate, Adult Silver to Masters Free Skate, and Juvenile / Open Juvenile to Senior Short Programs.

**PLEASE NOTE: We are offering IJS or 6.0 to Pre-Preliminary skaters – skaters may choose one or the other or both!**

Preliminary and Pre-Juvenile IJS calling specifications will be governed by Technical Notification 151 and a maximum of level 1 will be allowed for the Preliminary level and a maximum of level 2 will be allowed for the Pre-Juvenile level. The 6.0 majority system will be used for all other events. 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 15, 2018 if we need to return to the 6.0 system.

## PLANNED PROGRAM CONTENT

If you are registered for an IJS event, you are required to complete the planned program content form by **Friday, August 25 at 11:59 pm** in the online registration system. **Anyone not submitting a PPC by the deadline date will be assessed a \$25.00 admin fee that will be collected online or at the registration desk before the skater is allowed to skate.**

## 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 day and will close after the start of the last practice ice session or event of the day. Please register promptly when you arrive at the ice arena.

### PRACTICE ICE

We will be offering 2 types of practice ice:

- 1) Warm-up ice (15 minute session 1-3 hours prior to your event) for free skate, and short program events – no music will be played, selectable by the skater. Max number of sessions is 1 per event.
- 2) Unofficial practice ice NO MUSIC (20 minute session no music played) that will be available throughout the competition, selectable by the skater from the schedule once posted. Max number of sessions is 2 per skater for pre-purchase.

Practice ice pricing:

- 1) Warm up Ice
  - a. 10.00 pre-purchased
  - b. 15.00 purchase from the schedule
  - c. 20.00 at registration desk
- 2) Unofficial practice ice NO MUSIC
  - a. 15.00 pre-purchased
  - b. 20.00 purchase from the schedule
  - c. 25.00 at registration

You will receive an email with a PIN number in order to access your practice ice records and select your sessions. No showcase props are allowed on practice ice sessions. Practice ice will be available starting on Thursday, Sept 14 depending on the competition schedule. PRACTICE ICE SESSIONS ARE NON-TRANSFERABLE AT ANY TIME AND NON-REFUNDABLE AFTER CLOSE OF ENTRIES.

### VIDEO/PHOTOGRAPHY

Professional videotaping and photographs will be available for purchase. **NO FLASH PHOTOGRAPHY 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/Basic Skills 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/Basic Skills events have a max of 6 people in a group). THERE WILL BE NO FINAL ROUNDS. The top three placements in all events for Colorado residents, as well as any state that has an agreement to allow its figure skaters to qualify by competing in Colorado, will be sent to the 2019 State Games of America office for reference.

### INFORMATION REGARDING COACHES

#### U.S. Figure Skating Rule MR 5.11 Coach Compliance

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
  - B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
  - C. Must complete the appropriate CER courses (A,B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
  - D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.
- For Learn to Skate USA ONLY coaches** - Any person, 18 and older, instructing in a U.S. Figure Skating Learn to Skate USA Program

must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor member. The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential. If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge all coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

### CONTACTS

Registrar: Karen Sulpizio  
[sksul@aol.com](mailto:sksul@aol.com)  
 Competition Chair: Lisa Landon  
[lisa\\_landon@comcast.net](mailto:lisa_landon@comcast.net)  
 Chief Referee: Lisa Landon  
[lisa\\_landon@comcast.net](mailto:lisa_landon@comcast.net)

### HOST HOTEL

Our host hotel:

Drury Inn & Suites – 1170 Interquest Parkway, Colorado Springs, CO 80921 719-598-2500

Mention Colorado Springs Invitational to receive our event pricing.

### SINGLES FREE SKATE – WELL-BALANCED, 6.0 MAJORITY SCORING

See the 2018/2019 rulebook for current rules and requirements. **Standard levels offered:** Pre-Preliminary, Adult Beginner, Adult High Beginner, Adult Pre-Bronze, and Adult Bronze. **SPECIAL LEVELS OFFERED ARE LISTED BELOW:** The levels listed below will still be governed by the well-balanced program rules regarding number of jump elements, spin elements, and step sequence requirements – the only difference is in the jump content allowed.

LEVEL	REQUIREMENTS	TIME
Limited Pre-Preliminary	Refer to Rule 4280 in 2018/2019 Rule Book – no axels allowed	1:40 Max

### SINGLES – WELL-BALANCED FREE SKATE AND SHORT PROGRAM EVENTS – IJS SCORING

See 2018/2019 rulebook for current rules and requirements. Free Skate and Short Programs will be separate events and not combined. **Standard Free Skate levels offered:** Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Open Juvenile, Intermediate, Novice, Junior, Senior, Adult Silver, Adult Gold, Masters Int/Nov, and Masters Jr/Sr. **Standard Short Program levels offered:** Intermediate, Novice, Junior, and Senior. Short Program and Free Skate will be held as separate events and NOT combined. **SPECIAL LEVELS OFFERED FOR SHORT PROGRAM ARE LISTED BELOW:**

LEVEL	REQUIREMENTS	SHORT PROGRAM
Juvenile	Refer to Rule 4240 in 2018/2019 Rule Book for required elements – Age 12 and younger	2:10 Max
Open Juvenile	Refer to Rule 4240 in 2018/2019 Rule Book for required elements - Age 13 and older	2:10 Max

### SINGLES – TEST TRACK - 6.0 MAJORITY SCORING

**Standard levels offered:** Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, and Senior. Events will be based on the Test Track requirements listed at the end of this announcement.

### COMPULSORY MOVES (same elements as standard non-qualifying announcement – event rules are different)

**Standard levels offered:** Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Open Juvenile, Adult Beginner, Adult High Beginner, Adult Pre-Bronze, Adult Bronze, Adult Silver, Adult Gold, Masters Int/Nov, and Masters Jr/Sr. Test requirements are listed under Free Skating above. **Rules for the event are as follows:** 1) Moves must be executed without music and without stops between elements; 2) Double jumps may not be substituted for single jumps; 3) Combination jumps may not have a change of foot or turn between jumps; 4) Additional or repeated elements and excessive footwork will be penalized; 5) Pre-Preliminary through Juvenile and Adult Beginner through Adult Silver will be on ½ ice and Adult Gold through Master Jr-Sr will be on full ice; 6) The Chief Referee and Competition Committee may elect to combine men's and ladies events due to limited entries. See event level element descriptions at the end of this announcement.

### SPINS (same elements as standard non-qualifying announcement – event rules are different)

**Standard levels offered:** Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Open Juvenile, Adult Beginner, Adult Pre-Bronze, Adult Bronze, Adult Silver, Adult Gold, Masters Int/Nov, and Masters Jr/Sr. Test and age requirements are listed under Free Skating above. **Rules for the event are as follows:** 1) All levels will skate on 1/2 of the ice surface; 2) No music; 3) Spins must be skated exactly as stated, but may be skated in any order; 4) Counting of revolutions will begin when skater is in a recognizable spin position; 5) Connecting steps may be used, but will have no effect on your score; 6) This event will be judged on control, speed, position, and centering of each spin; 7) The Chief Referee and Competition Committee may elect to combine men's and ladies events due to limited entries. See event level element descriptions at the end of this announcement.

### JUMPS (same elements as standard non-qualifying announcement – event rules are different)

**Standard levels offered:** Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Open Juvenile, Adult Beginner, Adult Pre-Bronze, Adult Bronze, Adult Silver, Adult Gold, Masters Int-Nov, and Masters Jr-Sr. Test and age requirements are listed under Free Skating above. **Rules for the event are as follows:** 1) Pre-Preliminary through Pre-Juvenile and Adult Beginner through Adult Silver will be skated on ½ ice - all other levels will skate on full ice; 2) Jumps must be skated in the order in which they are listed; 3) 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; 4) An axel is a single jump; 5) Combination jumps may not have a change of foot or turn between the jumps; 6) The Chief Referee and Competition Committee may elect to combine men's and ladies events due to limited entries. See event level element definitions at the end of this announcement. **The event will be conducted as follows:** At the conclusion of the warm-up period the first skater will perform each jump in the order that they are listed in the requirements. Each jump will be attempted a maximum of 2 times – a 2<sup>nd</sup> attempt at a jump will be optional and, if attempted, will be the jump that receives the mark from the judges. 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 optional second attempt.

### FRANK FREY MEMORIAL ROCKER FOXTROT SOLO DANCE

This is an open solo dance event with no test requirements. Participants will skate 3 patterns. Skaters may provide their own dance music. If no music is provided, it will be chosen from standard ISU dance selections by the Chief Referee. This dance is skated in memory of Frank Frey, a Centennial 7k 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.

### SHOWCASE EVENTS - DRAMATIC, LIGHT ENTERTAINMENT, DUETS

**Skaters must belong to a club to participate in these events.** **Levels offered:** Basic 1-6, Beginner 1-4, Pre-Free Skate – Free Skate 6, Beginner 5-8, Adult 1-6/Adult Beginner/High Beginner, Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Teen, Intermediate, Young Adult, Novice, Junior, Senior, Adult Pre-Bronze, Adult Bronze, Adult Silver, Adult Gold, and Masters. Props and scenery must be placed and removed by the competitor(s) unaided by the singles and duet competitors **within 30 seconds** of the competitor's name being announced at the beginning of their program and **within 30 seconds** of the competitor's last movement at the end of their program. Anyone not skating is not allowed to step on the ice.

- The use of scenery and/or props is not mandatory.
- All scenery will be portable and not require any mechanical means for transportation (i.e. forklift, etc.). Its movement will be the responsibility of the skater or teams.
- For insurance reasons no propulsion devices will be permitted. This includes items such as cannons as well as trampolines.
- The use of smoke, fire, liquids, live animals, feathers, bubble machines or any substance that may harm the ice surface and/or skaters is not permitted.
- No mirrors or glass of any kind is allowed on the ice.
- TRAMPOLINES OR OTHER SUCH APPARATUS USED TO ASSIST SKATERS JUMPING INTO THE AIR IS NOT PERMITTED. **A 0.2 deduction will be taken by the referee from each judge's score.**
- If a competitor has any doubt concerning the safety of his/her number, the Chief Referee should be consulted.

**SPECIFICS:**

- There is no minimum time requirement for any event.
- Events will not be segregated by gender.
- **There will be a 0.2 deduction for each 5 seconds in excess of the maximum performance and prop placement time taken by the referee from each judge's score**
- Timing starts with the first purposeful motion of the body and ends when motion stops.
- Levels may be combined at the discretion of the Chief Referee

### SKATE THE STATE FUNTASTICS SERIES

**Skaters must belong to a club to participate in these events.** All Compulsory events will be held on ½ ice. Moves are skated in a program format with no stops between elements. All Free Skating events will be held on full ice.

**\*\* NOTE: skaters may enter both the Basic Skills events and the Beginner events if they choose to – however to enter Beginner events, the skater must belong to a club.**

LEVEL	COMPULSORIES	TIME	FREESKATE	TIME
<i>Tots</i>	Forward strokes or marches (min 4); Dip; 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). Elements must be skated in order listed.	1:00 Max	Program is skated on full ice to music of skater's choice. Vocal music is allowed. Program content is limited to elements in the compulsory program	1:00 +/- :10
<i>Beginner 1</i>	Forward strokes or marches (min 4); two-foot glide into 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). Elements must be skated in order listed.	1:00 Max	Program is skated on full ice to music of skater's choice. Vocal music is allowed. Program content is limited to elements from the compulsory programs of Tots and Beginner 1	1:00 +/- :10

<i>Beginner 2</i>	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). Elements must be skated in order listed.	1:00 Max	Program is skated on full ice to music of skater's choice. Vocal music is allowed. Program content is limited to elements in the compulsory programs of Beginner 2 and below	1:00 +/- :10
<i>Beginner 3</i>	Backward pumps (min 4 in each direction); backward strokes (min 4); backward 2 foot turn (either direction); One forward 3-turn (outside or inside, right or left); lunge; T-stop (either foot). Elements skated in any order.	1:00 Max	Program is skated on full ice to music of skater's choice. Vocal music is allowed. Program content is limited to the elements in the compulsory programs of Beginner 3 and below. All forward 3-turns are also allowed	1:00 +/- :10
<i>Beginner 4</i>	Forward mohawk (either direction); Backward crossovers (min 4 in both directions); Forward straight-line spiral (Either foot); Forward inside pivot; Two-foot spin; Ballet jump or mazurka. Elements skated in any order.	1:15 Max	Program is skated on full ice to music of skater's choice. Vocal music is allowed. Program content is limited to the elements in the compulsory programs of Beginner 4 and below.	1:00 +/- :10
<i>Beginner 5</i>	Waltz Jump; Half Flip; Half Lutz; One foot upright spin (free foot to knee); forward outside spiral (either foot); Waltz 3's (three sets on the same foot). Elements skated in any order.	1:15 Max	Program is skated on full ice to music of skater's choice. Vocal music is allowed. Program content is limited to the elements in the compulsory programs of Beginner 5 and below. Jump content is limited to half revolution jumps, and these may be repeated or done in combination. Please note: A half loop is considered a full revolution jump. One and two foot upright spins are allowed. No change-of-foot spins are allowed.	1:30 +/- :10
<i>Beginner 6</i>	Waltz jump/Falling Leaf/half flip jump combination; Salchow jump; one foot scratch spin; back inside pivot; forward inside spiral; Connecting steps (such as 3-turns, mohawks, bunny hops, crossovers, etc.). Elements skated in any order.	1:15 Max	Program is skated on full ice to music of skater's choice. Vocal music is allowed. Program content is limited to the elements in the compulsory programs of Beginner 6 and below. Jump content is limited to salchow jumps, toe loop jumps, and 1/2 rotation jumps which may be repeated alone or in combination. One and two foot upright spins are allowed. No change of foot spins are allowed	1:30 +/- :10
<i>Beginner 7</i>	Waltz jump/Falling Leaf/Toe Loop jump combination; Loop jump; Flip jump; Sit spin; Forward inside or outside spiral (either foot); 5 step Mohawk sequence (2 different, connecting lobes). Elements skated in any order.	1:15 Max	Program is skated on full ice to music of skater's choice. Vocal music is allowed. Program content is limited to the elements in the compulsory programs of Beginner 7 and below. Up to four different single jumps are permitted and may be repeated alone or in combination. No lutzes, axels or multi-revolution jumps are allowed. Upright and sit spins allowed with no change of foot or position. No change of foot spins are allowed.	1:30 +/- :10
<i>Beginner 8</i>	Flip jump; Lutz jump; Camel spin or Back spin; Forward Inside or Outside Spiral (either foot); Back outside 3 turn, Mohawk, back crossover sequence (repeat twice); connecting steps (such as 3-turns, mohawks, bunny hops, crossovers, etc.). Elements skated in any order.	1:15 Max	Program is skated on full ice to music of skater's choice. Vocal music is allowed. Program content is limited to the elements in the compulsory programs of Beginner 8 and below. All single jumps except an axel are permitted, and may be repeated alone or in combination. Multi-revolution jumps are not allowed. Only one position spins are allowed. No change of foot spins are allowed.	1:30 +/- :10
<i>Adult Beginner 1</i>	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). Elements skated in the order listed	1:00 Max	Program is skated on full ice to music of skater's choice. Vocal music is allowed. Jump content is limited to half revolution jumps, and these may be repeated or done in combination. Please note: A half loop is considered a full revolution jump. One and two foot upright spins are allowed.	1:00 +/- :10
<i>Adult Beginner 2</i>	Waltz jump; Half flip; two-foot spin – pick up one foot; Inside Mohawk (either direction); Backward strokes (min 4); Backward crossovers (min 4 in both directions). Elements skated in any order.	1:00 Max	Program is skated on full ice to music of skater's choice. Vocal music is allowed. Jump content is limited to salchow jumps, toe-loop jumps and 1/2 rotation jumps which may be repeated alone or in combination. Upright spins allowed.	1:30 +/- :10
<i>Adult Beginner 3</i>	Waltz jump/Falling Leaf/Toe loop jump combination; Salchow jump; Loop jump; Scratch spin; forward outside or inside spiral; connecting steps (consisting of 3-turns, Mohawks, bunny hops, crossovers, etc). Elements skated in any order.	1:15 Max	Program is skated on full ice to music of skater's choice. 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 is allowed.	1:30 +/- :10

### COLORADO COMPETE USA SERIES

- A skater must enter BOTH the Free skate Program AND the Elements/Compulsory event IN THE SAME LEVEL in each of at least TWO of the TEN registered Skate Colorado Compete USA Competitions to be eligible for accumulating points. Skaters must compete in a minimum of 2 competitions. Only up to the best 4 scores (free skate and compulsory/elements added together) of the season will be totaled for the final score in the series. 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:
  - 1st place                                  6 points
  - 2nd place                                  5 points
  - 3rd place                                  4 points
  - 4th place                                  3 points
  - 5th place                                  2 points
  - 6th 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. Move up points will be awarded for all 10 series events (even though the event point scores may not be one of the final four best scores).
- 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, HOWEVER, THE SKATER WILL HAVE TO MOVE UP IN BOTH THE ELEMENTS/COMPULSORY MOVES AND THE PROGRAMS W/MUSIC EVENTS. In this case, those skaters will be allowed to move back to their original level to compete at the next competition and shall not be awarded the 3 point move up credit.
- 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 (all competitions and not just the competitions with the 4 best scores) will be the 1st tie breaker. The total score for all free skate events during the season will be the 2nd tie breaker, the total score for all compulsory events during the season will be the 3rd tie breaker, and the number of levels increased throughout the season will be the 4th 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 in each level from Snowplow Sam through Free Skate 6 and Adult 1-6. The trophies will be awarded to the skaters at their level as of the last competition in which they compete.
- **COMPETITION ANNOUNCEMENT**
- The Skate Colorado Compete USA Competition Series is sponsored equally by the 10 participating ice rinks and/or U.S. Figure Skating 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.
- The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA 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 Learn to Skate USA Program/Club or any other Learn to Skate USA Program/Club.
- Eligibility will be based on skill level as of the closing date of entries.
- All Snowplow Sam through Basic 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 and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.
- All Pre-Free Skate through Free Skate 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. Skaters may have passed Pre-Preliminary MITF and no higher, Preliminary Dance and no higher, and may NOT have passed any U.S. FIGURE SKATING free skate tests.
- 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 and/or their Chief Referee discover 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.

### BASIC ELEMENTS (Basic 1-6)

**Format: Each skater will have the option to perform one element at a time in the order listed below (no excessive connecting steps)**

- To be skated on ½ ice
- No music
- All elements must be skated in the order listed – no additional elements are allowed
- If the description of a required move states the direction of the element or the placement of the free leg, then options are NOT allowed
- Time: 1:00 MAX

### COMPULSORY (Pre-Free Skate – Free Skate 6 and Adult 1-6)

**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 any additional elements from previous levels as connecting steps.
- Bonus skills from the same level or below are allowed but will not be judged elements
- If the description of the move states the direction of the element or the placement of the free leg, then options are NOT allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 MAX Pre-Free Skate – Free Skate 6; 1:30 MAX Adult 1-6

### REQUIRED ELEMENTS

LEVEL	REQUIREMENTS	LEVEL	REQUIREMENTS
Snowplow Sam	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>	Free Skate 3	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, clockwise and counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>• Loop jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>
Basic 1	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>	Free Skate 4	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum three revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> </ul>
Basic 2	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>	Free Skate 5	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz jump-loop jump combination</li> <li>• Lutz jump</li> </ul>

Basic 3	<ul style="list-style-type: none"> <li>Beginning forward stroking showing correct use of blade</li> <li>Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>Forward slalom</li> <li>Beginning backward one-foot glide, either foot</li> <li>Moving forward to backward two-foot turn on a circle</li> </ul>	Free Skate 6	<ul style="list-style-type: none"> <li>Forward power pulls, right and left</li> <li>Split jump or stag jump</li> <li>Camel, sit spin combination - minimum of four revolutions total</li> <li>Waltz jump, ½ loop, Salchow jump sequence</li> <li>Axel jump</li> </ul>
Basic 4	<ul style="list-style-type: none"> <li>Backward one-foot glides, right and left</li> <li>Forward outside edge on a circle, clockwise or counter clockwise</li> <li>Forward crossovers, 4-6 consecutive, both directions</li> <li>Beginning two-foot spin, 2-4 revolutions</li> <li>Backward ½ swizzle pumps on a circle, one direction only</li> </ul>	Adult 1	<ul style="list-style-type: none"> <li>Forward Marching</li> <li>Forward two-foot glide</li> <li>Forward swizzle (4-6 in a row)</li> <li>Forward snowplow stop – two feet or one foot</li> </ul>
Basic 5	<ul style="list-style-type: none"> <li>Backward outside edge on a circle, clockwise or counterclockwise</li> <li>Backward crossovers, 4-6 consecutive, both directions</li> <li>Advanced two-foot spin, 4-6 revolutions</li> <li>Forward outside three-turn, right and left</li> <li>Hockey stop</li> </ul>	Adult 2	<ul style="list-style-type: none"> <li>Forward skating across the width of the ice</li> <li>Forward one-foot glides</li> <li>Forward slalom</li> <li>Backward skating</li> <li>Backward swizzles, 4-6 in a row</li> </ul>
Basic 6	<ul style="list-style-type: none"> <li>Forward inside three-turn, right and left</li> <li>Bunny Hop</li> <li>Forward spiral on a straight line, right or left</li> <li>Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>T-stop, right or left</li> </ul>	Adult 3	<ul style="list-style-type: none"> <li>Forward stroking using the blade properly</li> <li>Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>Forward chasses on a circle, clockwise and counterclockwise</li> <li>Backward skating to a long two-foot glide</li> <li>Backward snowplow stop, Right and Left</li> </ul>
Pre-Free Skate	<ul style="list-style-type: none"> <li>Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>Mazurka</li> <li>Waltz jump</li> </ul>	Adult 4	<ul style="list-style-type: none"> <li>Forward outside edge on a circle, right and left</li> <li>Forward inside edge on a circle, right and left</li> <li>Forward crossovers, clockwise and counterclockwise</li> <li>Hockey stop, both directions</li> <li>Backward one-foot glides, right and left</li> </ul>
Free Skate 1	<ul style="list-style-type: none"> <li>Forward power stroking, 4-6 consecutive strokes</li> <li>Backward outside three-turns, right and left</li> <li>Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>Toe loop</li> <li>Half flip jump</li> </ul>	Adult 5	<ul style="list-style-type: none"> <li>Backward outside edge on a circle, right and left</li> <li>Backward inside edge on a circle, right and left</li> <li>Backward crossovers, clockwise and counterclockwise</li> <li>Forward outside three-turn, right and left</li> <li>Beginning two-foot spin</li> </ul>
Free Skate 2	<ul style="list-style-type: none"> <li>Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>Backward inside three-turns, right and left</li> <li>Beginning back spin, up to two revolutions</li> <li>Half Lutz</li> <li>Salchow jump</li> </ul>	Adult 6	<ul style="list-style-type: none"> <li>Forward stroking with crossover end patterns</li> <li>Backward stroking with crossover end patterns</li> <li>Forward inside three-turn, right and left</li> <li>T-stop</li> <li>Lunge</li> <li>Two-foot spin into one-foot spin</li> </ul>

### BASIC PROGRAMS WITH MUSIC (Basic 1-6)

**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 must demonstrate the required elements listed and may use any additional elements from their current level or a previous level
- Bonus skills from the same level or below are allowed but will not be judged elements
- If the description of a required move states the direction of the element or the placement of the free leg, then options are NOT allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:10 MAX

### BASIC FRESKATE PROGRAMS WITH MUSIC AND ADULT PROGRAMS (Pre-Free Skate – Free Skate 6 and Adult 1-6)

**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 listed and may use, but is not required to use, any additional elements from their current level (including bonus elements) or a previous level
- Bonus skills from the same level or below are allowed but will not be judged elements
- If the description of a required move states the direction of the element or the placement of the free leg, then options are NOT allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:40 MAX

### REQUIRED ELEMENTS

LEVEL	REQUIREMENTS	LEVEL	REQUIREMENTS
Snowplow Sam	<ul style="list-style-type: none"> <li>March followed by a two-foot glide and dip</li> <li>Forward two-foot swizzles, 2-3 in a row</li> <li>Forward snowplow stop</li> <li>Backward wiggles, 2-6 in a row</li> </ul>	Free Skate 3	<ul style="list-style-type: none"> <li>Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>Loop jump</li> <li>Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
Basic 1	<ul style="list-style-type: none"> <li>Forward two-foot glide and dip</li> <li>Forward two-foot swizzles, 6-8 in a row</li> <li>Beginning snowplow stop on two-feet or one-foot</li> <li>Backward wiggles, 6-8 in a row</li> </ul>	Free Skate 4	<ul style="list-style-type: none"> <li>Forward power 3's, 2-3 consecutive sets, right or left</li> <li>Sit spin - minimum three revolutions</li> <li>Half Loop jump</li> <li>Flip jump</li> </ul>
Basic 2	<ul style="list-style-type: none"> <li>Forward one-foot glide, either foot</li> <li>Scooter pushes, right and left foot, 2-3 each foot</li> <li>Moving snowplow stop</li> <li>Two-foot turn in place, forward to backward</li> <li>Backward two-foot swizzles, 6-8 in a row</li> </ul>	Free Skate 5	<ul style="list-style-type: none"> <li>Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>Camel spin - minimum three revolutions</li> <li>Waltz-loop jump combination</li> <li>Lutz jump</li> </ul>

Basic 3	<ul style="list-style-type: none"> <li>Beginning forward stroking showing correct use of blade</li> <li>Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>Forward slalom</li> <li>Beginning backward one-foot glide, either foot</li> <li>Moving forward to backward two-foot turn on a circle</li> </ul>	Free Skate 6	<ul style="list-style-type: none"> <li>Split jump or stag jump</li> <li>Camel, sit spin combination - minimum of four revolutions total</li> <li>Waltz jump, ½ loop, Salchow jump sequence</li> <li>Axel jump</li> </ul>
Basic 4	<ul style="list-style-type: none"> <li>Backward one-foot glides, right and left</li> <li>Forward outside edge on a circle, clockwise or counter clockwise</li> <li>Forward crossovers, 4-6 consecutive, both directions</li> <li>Beginning two-foot spin, 2-4 revolutions</li> <li>Backward ½ swizzle pumps on a circle, one direction only</li> </ul>	Adult 1	<ul style="list-style-type: none"> <li>Forward Marching</li> <li>Forward two-foot glide</li> <li>Forward swizzle (4-6 in a row)</li> <li>Forward snowplow stop – two feet or one foot</li> </ul>
Basic 5	<ul style="list-style-type: none"> <li>Backward outside edge on a circle, clockwise or counterclockwise</li> <li>Backward crossovers, 4-6 consecutive, both directions</li> <li>Advanced two-foot spin, 4-6 revolutions</li> <li>Forward outside three-turn, right and left</li> <li>Hockey stop</li> </ul>	Adult 2	<ul style="list-style-type: none"> <li>Forward skating across the width of the ice</li> <li>Forward one-foot glides</li> <li>Forward slalom</li> <li>Backward skating</li> <li>Backward swizzles, 4-6 in a row</li> </ul>
Basic 6	<ul style="list-style-type: none"> <li>Forward inside three-turn, right and left</li> <li>Bunny Hop</li> <li>Forward spiral on a straight line, right or left</li> <li>Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>T-stop, right or left</li> </ul>	Adult 3	<ul style="list-style-type: none"> <li>Forward stroking using the blade properly</li> <li>Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>Backward skating to a long two-foot glide</li> <li>Forward chasses on a circle, clockwise and counterclockwise</li> <li>Backward snowplow stop, Right and Left</li> </ul>
Pre-Free Skate	<ul style="list-style-type: none"> <li>Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>Mazurka (Right and Left)</li> <li>Waltz jump</li> </ul>	Adult 4	<ul style="list-style-type: none"> <li>Forward outside edge on a circle, right and left</li> <li>Forward inside edge on a circle, right and left</li> <li>Forward crossovers, clockwise and counterclockwise</li> <li>Backward one-foot glides, right and left</li> <li>Hockey stop, both directions</li> </ul>
Free Skate 1	<ul style="list-style-type: none"> <li>Forward power stroking, 4-6 consecutive strokes</li> <li>Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>Toe loop jump</li> <li>Half flip jump</li> </ul>	Adult 5	<ul style="list-style-type: none"> <li>Backward outside edge on a circle, right and left</li> <li>Backward inside edge on a circle, right and left</li> <li>Backward crossovers, clockwise and counterclockwise</li> <li>Forward outside three-turn, right and left</li> <li>Beginning two-foot spin</li> </ul>
Free Skate 2	<ul style="list-style-type: none"> <li>Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>Beginning back spin, up to two revolutions</li> <li>Half Lutz</li> <li>Salchow jump</li> </ul>	Adult 6	<ul style="list-style-type: none"> <li>Forward stroking with crossover end patterns</li> <li>Backward stroking with crossover end patterns</li> <li>Forward inside three-turn, right and left</li> <li>T-stop</li> <li>Lunge</li> <li>Two-foot spin into one-foot spin</li> </ul>

**THERAPEUTIC BADGE PROGRAMS WITH MUSIC (THERAPEUTIC 2-14)**

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.

- To be skated on full ice
- Vocal music is allowed.
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:10 MAX

Levels are described on page 14.

**ISI Program Members:** If you are in an ISI program, please use the below conversion chart to determine your appropriate competition level.

If You Passed ISI level	Enter USFS level	If You Passed ISI level	Enter USFS level
Tot or Pre-Alpha (age 7 and older) Alpha	Basic 1	Freestyle 8 / Open Platinum	Junior or Senior
Advanced Pre-Alpha	Basic 2	Freestyle 9 / Open Platinum	Senior
Advanced Pre-Alpha	Basic 3	Freestyle 10 / Open Platinum	Senior
Alpha/Gamma	Basic 4	Freestyle 2 / Open Bronze	Adult Pre-Bronze
Beta	Basic 5	Freestyle 3 / Open Bronze	Adult Bronze
Delta	Basic 6	Freestyle 4 / Open Silver	Adult Silver
Gamma	Basic 7	Freestyle 5 / Open Gold	Adult Gold
Delta-Freestyle 1	Basic 8	Dance 3	Preliminary Dance
Freestyle 2 or 3 / Open Bronze	Pre-Preliminary	Dance 4	Pre-Bronze Dance
Freestyle 4 / Open Silver	Preliminary	Dance 5	Bronze Dance
Freestyle 5 / Open Silver	Pre-Juvenile	Dance 6	Pre-Silver Dance
Freestyle 6 / Open Gold	Juvenile or Intermediate	Dance 7	Silver Dance
Freestyle 7 / Open Platinum	Novice	Dance 9	Pre-Gold Dance

# Event Descriptions

## Well Balanced Free Skate: 2018-2019 requirements will be used

Link for the well balanced description: <http://www.usfigureskating.org/content/2018-19%20Singles%20F%20Chart.pdf>

## Adult Well Balanced Free Skate: 2018-2019 requirements will be used

Link for the well balanced description: <http://www.usfigureskating.org/content/2017-18%20Adult%20Singles%20WBP%20Chart.pdf>

## Test Track Free Skate

Link for the test track descriptions: <http://www.usfigureskating.org/content/Test%20Track%20Free%20Skate.pdf>

## Short Program Requirements:

Link for the short program descriptions: <http://www.usfigureskating.org/content/2018-19%20Singles%20SP%20Chart.pdf>

## Compulsory Moves:

Link for the Compulsory Moves elements: <http://www.usfigureskating.org/programs?id=59255>

## Jumps Events:

Link for the Jumps elements: <http://www.usfigureskating.org/programs?id=59256>

## Spins Event:

Link for the Spins elements: <http://www.usfigureskating.org/programs?id=59256>

## Showcase Levels (Light, Dramatic, Duets, Mini-Production):

Link for the showcase levels and elements: <http://www.usfigureskating.org/shell?id=59260>

## Additional Showcase levels being offered:

Event	Must meet requirements*	Must not have passed	Age	Time
Basic 1-6 *** Beginner 1-4 ***	Must have passed Free Skating or Dance test (solo or partnered standard track)	Free Skate or Dance (solo or partnered) Test or higher		1:00 max
Pre-Free Skate – Free Skate 6 *** Beginner 5-8 ***	Pre-Free Skate Badge level if registered in Basic Skills	Any USFS Free Skate test		1:30 max
Adult 1-6 *** Adult Beginner 1-3 *** Adult Beginner *** Adult High Beginner ***		Any USFS Free Skate test		1:30 max

\* Skaters must compete at their test level or one level higher, per the above chart. For Basic Skills levels and events, please refer to the U.S. Figure Skating Compete USA Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.

\*\*\*These levels do not qualify for National Showcase



## EVENT: THERAPEUTIC SKATING BADGE PROGRAM

Music may contain vocals

Program length: 1:10 max

### Therapeutic 2 – ON ICE

- A. Stand on ice
- B. Fall and stand up
- C. Knee dip in place
- D. March forward 10 steps

### Therapeutic 3

- A. Three swizzles standing still
- B. March forward 10 steps
- C. Forward two-foot glide
- D. Backward wiggle and march assisted

### Therapeutic 4

- A. Backward wiggle or march
- B. Five forward swizzles
- C. Forward skating
- D. Forward gliding dip

### Therapeutic 5

- A. Backward two-foot glide
- B. Two-foot jump in place
- C. One-foot snowplow stop, R or L
- D. Forward one-foot glide

### Therapeutic 6

- A. Forward stroking across the rink
- B. Five backward swizzles
- C. forward two-foot curves
- D. Two-foot turn front to back standing still

### Therapeutic 7

- A. Gliding forward to backward two-foot turn
- B. Five forward one-foot swizzles, R or L
- C. Backward one-foot glide, R or L
- D. Forward pivot

### Therapeutic 8

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

### Therapeutic 9

- A. Forward outside edge on a circle
- B. Forward inside edge on a circle
- C. Five forward crossovers
- D. Five backward half swizzles, R or L

### Therapeutic 10

- A. Forward outside three-turn, R and L
- B. Forward lunge or shoot the duck
- C. Back outside edge on a circle, R and L
- D. Back inside edge on a circle, R and L

### Therapeutic 11

- A. Forward inside three-turn, R and L
- B. Five backward crossovers, R and L
- C. Hockey stop
- D. Two-foot spin

### Therapeutic 12

- A. Two forward outside edges
- B. Two forward inside edges
- C. Forward Mohawk, R and L
- D. Forward spiral

### Therapeutic 13

- A. Backward outside edges
- B. Two backward inside edges
- C. Two-foot to one-foot spin
- D. Side toe hop, R or L

### Therapeutic 14

- A. One-foot spin
- B. Forward crossover inside Mohawk backward crossover step forward
- C. Backward crossovers to a back outside edge
- D. Waltz jump from a standing or moving position