

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 two levels above that for which they qualify, but they may not skate down in any event.

AGE RESTRICTIONS/REQUIREMENTS: Age restricted events (see rule book or appropriate Hand Book/Guidelines for restrictions) are based upon the skater's age as of **September 1, 2020.**

Special Covid-19 statement: *Centennial Skating Club and Monument Ice Rinks will be complying with all Federal, State, and Local regulations and any additional public health notices in place at the time of the competition, including recommendations from US Figure Skating. Masks may be required for entry to Monument Ice Rinks. We thank you in advance for your cooperation. Depending upon entries and current health recommendations we will evaluate whether the competition will be cancelled, if cancelled a FULL refund will be issued. Status of the competition will be provided by August 8, 2020.*

SERIES INFORMATION



The Colorado Springs Invitational is part of the 2020-21 Adult Competition Series.

ENTRIES & FEES

Secure online registration available at www.centennialskatingclub.org powered by EntryEze. Entries must be submitted online **no later than midnight on August 7, 2020.** Late entries, if accepted, will be assessed a late fee as listed below.

First IJS Event	\$120
Pairs	\$60/skater
Additional IJS	\$50
Pairs	\$25/skater
First 6.0 Event	\$100
2 nd & subsequent 6.0 Event	\$30
First Compete USA Event	\$65
2 nd & subsequent Compete USA	\$25
Memorial Solo Dances	\$5
Late Entry Fee (after 8/7/2020)	\$50
Change Fee (after 8/7/2020)	\$50
Late Music Fee (after 8/28/20)	\$50
Music Change Fee (after 8/28/20)	\$25
Late PPC Fee (after 8/28/20)	\$50



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. 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 7, 2020 (event and/or level) are subject to referee approval and a \$50.00 change fee.

REFUND POLICY

See COVID statement above. Full refunds including practice ice, minus the online convenience fee, are available if withdrawal is prior to CLOSE OF ENTRIES – August 7, 2020. 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 unless experiencing COVID symptoms.** The online convenience fee is 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

Competition music for all events that require music must be submitted electronically via the online registration system by the music deadline of **Friday, August 28, 2020 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 logout 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:

- 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 a digital device such as a phone or a zip/thumb drive as a backup in case of technical difficulties.

Anyone not submitting their music by the deadline date will be assessed a \$50.00 admin fee per segment collected before the skater is allowed to skate. Anyone needing to change their music after the music deadline will be assessed a \$25.00 change fee per segment collected before the skater

is allowed to skate. Please make sure you have uploaded the correct music!

JUDGING SYSTEM

The IJS judging system will be used for Pre-Preliminary to Senior Free Skate, Adult Silver to Masters Free Skate, Excel Plus levels, Excel Juvenile to Excel Senior, and Juvenile / Open Juvenile to Senior Short Programs and all Pairs Short and Long programs. **PLEASE NOTE: We are offering IJS or 6.0 to Pre-Preliminary skaters – skaters may choose one or the other but NOT both.** Pre-Preliminary through Pre-Juvenile IJS calling specifications will be governed by the 2020-2021 Calling Clarifications for Nonqualifying levels in effect as of the close of entries. Adult/Masters IJS calling specifications will be governed by the current Adult Calling Specifications. 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 for the Pre-Preliminary through Pre-Juvenile IJS free skate events and all pairs events and it will be posted on the club website by July 15, 2020 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 28, 2020 at 11:59 pm** in the online registration system. **Anyone not submitting a PPC by the deadline date will be assessed a \$50.00 fee collected before the skater is allowed to skate.**

LOCKER ROOMS/CHANGING AREAS

LOCKER ROOMS AND CHANGING AREAS:

Based upon current COVID regulations, locker rooms may not be available. Be prepared to come to the rink ready to skate.

Locker rooms and changing areas at U.S. Figure Skating competitive events are for athletes only, will be labeled with regard to specific use and where identified will be gender specific. An exception can be made for athletes 11 years old and younger that will allow for one parent of the same sex to assist their child immediately prior to and after their skating event(s). Please review the Locker Room and Changing Area Policy and the SafeSport Handbook (both found on the U.S. Figure Skating SafeSport page).

LIABILITY

U.S. Figure Skating, the Centennial Skating Club, and the Monument Ice Rinks 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.

PRACTICE ICE

Due to COVID-19, no spectators will be allowed during warm-up ice or practice ice

We will be offering the following:

1) Warm-up ice (15 min. session 0-3 hours prior to your event) for all free skate and short program events – no music, selectable by the skater. Max number of sessions is 1 per event. Can be reserved in advance.

2) Practice Ice (30 min session) may be offered time permitting and will be sold after the schedule is posted

Cost: Warm up Ice – no music

- 15.00 pre-purchased online
- 20.00 purchased online from the schedule – **there will be no payments taken at the competition**

Cost: Practice ice – no music

- 25.00 purchased online from the schedule – **there will be no payments taken at the competition**

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. Warm-up and practice ice will be dependent on the competition schedule.

REGISTRATION

Due to COVID-19, the registration desk may be located outside the East Rink. We will update this as we get closer to the competition. The

registration desk 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.

VIDEO/PHOTOGRAPHY

Due to COVID-19, CSI will be live streamed to allow for viewing of the event from personal devices.

There may also be outside “drive-in” screens that will display the events going on inside the rinks.

Local Motion will be providing services and copies will be available for purchase. Professional action 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

Due to COVID-19, the process as to how skaters will get their medal is still to be determined and will be communicated later.

Awards will be presented as closely to the conclusion of each event as possible. With the exception of the Beginner/Compete USA events, medals will be awarded to the top four places in each event. Ribbons will be awarded to 5th and 6th place finishers. In Compete USA events, medals will be awarded to all participants in the event (Compete USA 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 2022 State Games of America office for reference.

SPECTATORS

Due to COVID-19, we will likely be limiting spectators – we will update the status of this requirement closer to the competition. Masks may be required so please plan ahead.

Each skater will be allowed 2 chaperone credentials that can be used for entry during the skater's event. These must be designated in the online registration system. **Events held in the East rink will allow both chaperones to enter and watch. Events held in the West rink will allow ONLY 1 chaperone to enter and watch.**

TEST CREDIT

Skaters that meet the requirements for test credit may purchase their test credit forms online with their registration (go to your “competition” tab and then “merchandise”) or at the registration desk at the competition at least 1 hour prior to the event. Cost of the form packet is \$10.00. Forms must be picked up at the registration desk prior to the end of the competition.

IMPORTANT NOTICE FOR ALL COACHES

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the following requirements:

Coaching U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training*
- Continuing Education Requirements (CERs) for the 2020-21 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.
- Coaching Compete USA athletes:
 - Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
 - Completed SafeSport Training* (for coaches 18 years old and over)
 - Completed background check (green light status) (for coaches 18 years old and over)
 - Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

*SafeSport training is available through www.usfsaonline.org for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 2 seasons

The LOC will have a list of compliant coaches who are approved to receive 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. There can be no exceptions to this policy.

For more information regarding Coach Compliance, please visit:

<http://usfsa.org/content/Coaches%20Requirements%20Chart.pdf>

CONTACTS

Registrar: Karen Sulpizio

kskul@aol.com

Competition Chair/Chief Referee: Lisa Landon

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 or use the direct link on the front page of the online registration system.

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. Skaters must provide their own dance music that they feel best honors Frank.

ASHLEYANN CARLSON MEMORIAL CHA CHA SOLO DANCE

This is an open solo dance event with no test requirements. Participants will skate 2 patterns. This dance is skated in memory of Ashleyann Carlson, a Centennial Skating Club member who passed away unexpectedly in 2018. The Cha Cha was Ashleyann's favorite dance. Skaters must provide their own dance music that they feel best honors Ashleyann.

BASIC ELEMENTS (Snowplow Sam, Basic 1-6)

Format: Each skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)

- To be skated on ½ ice, no music
- All elements must be skated in the order listed – no additional elements are allowed
- The skater **must demonstrate** the required elements as described
- Each element may only be attempted once
- 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 as described
- Each element may only be attempted once
- 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
- 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"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row 	Free Skate 3	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise • Advanced back spin with free foot in crossed leg position – minimum 3 revs • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination
Basic 1	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row 	Free Skate 4	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum 3 revolutions • Half loop jump (Euler) • Flip jump
Basic 2	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row 	Free Skate 5	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum 3 revolutions • Waltz jump - loop jump combination • Lutz jump
Basic 3	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot 	Free Skate 6	<ul style="list-style-type: none"> • Forward power pulls, minimum 3 on each foot • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/Euler (half loop)/Salchow jump combination • Beginning Axel jump: minimum requirement is a clear attempt either stationary or moving
Basic 4	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, max 4 revolutions 	Adult 1	<ul style="list-style-type: none"> • Forward marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Basic 5	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, min 4 revolutions • Hockey stop 	Adult 2	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Basic 6	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, max 3 revolutions, optional free leg held position and entry • T-stop, right or left 	Adult 3	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Forward chasses on a circle, clockwise and counterclockwise • Backward skating to a long two-foot glide • Backward snowplow stop, right and left
Pre-Free Skate	<ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • 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 • Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions • Mazurka • Waltz jump 	Adult 4	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Hockey stop, both directions • Backward one-foot glides, right and left
Free Skate 1	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • Backward outside three-turns, right and left • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop • Half flip jump 	Adult 5	<ul style="list-style-type: none"> • Backward outside edge and backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin (min 2 revolutions)

Free Skate 2	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Backward inside three-turns, right and left • Beginning back spin – max 2 revs • Half Lutz • Salchow jump 	Adult 6	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)
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COMPETE USA BASIC PROGRAMS WITH MUSIC (Snowplow Sam, 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.

- To be skated on full ice. Vocal music is allowed.
- **The skater must demonstrate** the required elements as described 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

COMPETE USA FREE SKATE AND ADULT PROGRAMS WITH MUSIC (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.

- To be skated on full ice. Vocal music is allowed.
- **The skater must demonstrate** the required elements as described and may use, but is not required to 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 1:40 MAX

REQUIRED ELEMENTS

LEVEL	REQUIREMENTS	LEVEL	REQUIREMENTS
Snowplow Sam	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row 	Free Skate 3	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, (minimum three revolutions) • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination • NOT ALLOWED – Waltz jump/Loop combination
Basic 1	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row 	Free Skate 4	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum three revolutions • Half Loop jump (Euler) • Flip jump • NOT ALLOWED – Waltz jump/Half Loop/Salchow combination
Basic 2	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row 	Free Skate 5	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), both directions • Camel spin - minimum three revolutions • Waltz - loop jump combination • Lutz jump
Basic 3	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot 	Free Skate 6	<ul style="list-style-type: none"> • Creative step sequence using a variety of three turns, mohawks, and toe steps • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/ Euler (half loop)/ Salchow jump combination • Beginning Axel jump: minimum requirement is a clear attempt either stationary or moving
Basic 4	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, clockwise and counter clockwise • Backward ½ swizzle pumps on a circle, clockwise or counter clockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, max 4 revolutions 	Adult 1	<ul style="list-style-type: none"> • Forward marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Basic 5	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counter clockwise • Forward outside three-turn, right and left • Advanced two-foot spin, min 4 revolutions • Hockey stop 	Adult 2	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Basic 6	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, max 3 revolutions, optional entry and free leg held position • T-stop, right or left 	Adult 3	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Backward skating to a long two-foot glide • Forward chasses on a circle, clockwise and counterclockwise • Backward snowplow stop, right and left
Pre-Free Skate	<ul style="list-style-type: none"> • 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 counter clockwise • Basic one-foot upright spin, optional entry and free-foot position (minimum 3 revolutions) • Mazurka • Waltz jump • NOT ALLOWED – Waltz jump, side toe hop, waltz jump 	Adult 4	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions

Free Skate 1	<ul style="list-style-type: none"> Forward power stroking, 4-6 consecutive powerful strokes One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions Toe loop jump Half flip jump NOT ALLOWED – Waltz jump/Toe Loop combination 	Adult 5	<ul style="list-style-type: none"> Backward outside edge on a circle, right and left Backward inside edge on a circle, right and left Backward crossovers, clockwise and counterclockwise Forward outside three-turn, right and left Beginning two-foot spin
Free Skate 2	<ul style="list-style-type: none"> Alternating forward outside spiral (right and left) and inside spiral (right and left) on a continuous axis Beginning back spin, max 2 revolutions Half Lutz jump Salchow jump NOT ALLOWED – Salchow/Toe Loop combination 	Adult 6	<ul style="list-style-type: none"> Forward stroking with crossover end patterns Backward stroking with crossover end patterns Forward inside three-turn, right and left T-stop Lunge Two-foot spin into one-foot spin (min 2 revs on 1 foot)

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

SINGLES	JUDGING
<u>Excel Free Skate</u> (Beginner - Pre-Juvenile)	6.0
<u>Excel Free Skate</u> (All Plus Levels, Juvenile - Senior)	IJS
<u>Short Program</u> (Juvenile – Senior)	IJS
<u>Well Balanced Free Skate</u> (Pre-Preliminary – Senior)	IJS
<u>Well Balanced Free Skate</u> (No Test - Pre-Preliminary)	6.0
<u>Adult Singles Free Skate</u> (Adult Pre Bronze - Adult Bronze)	6.0
<u>Adult Singles Free Skate</u> (Adult Silver - Masters Jr/Sr)	IJS
<u>Adult Beginner & High Beginner Free Skate</u>	6.0
PAIRS	JUDGING
<u>Short Program</u> (Novice-Senior)	IJS
<u>Free Skate</u> (Pre. Juv.-Senior)	IJS
SPECIALTY	JUDGING
<u>Compulsory Moves</u> (No Test–Pre-Juvenile)	6.0
<u>Excel Compulsory Moves</u> (Excel Beginner – Excel Preliminary)	6.0
<u>Adult Compulsory Moves</u> (Adult Beginner–Masters Jr/Sr)	6.0
SHOWCASE	JUDGING
<u>Dramatic Entertainment</u> (Beginner – Senior, Adult)	6.0
<u>Light Entertainment</u> (Beginner – Senior, Adult)	6.0