

# 2023 CENTENNIAL SPRING CLASSIC

Hosted by the Centennial Skating Club, May 13-14, 2023



The Centennial Spring Classic competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the [current rulebook](#), the Compete USA Manual, 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. Skaters must be a currently registered member of Learn to Skate USA, a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

**TEST LEVEL:** As of December 1, 2022, singles athletes may opt to accelerate their test progression within U.S. Figure Skating and thus compete at level(s) best suited for their technical skillset. Athletes must still meet the minimum requirements for each level and additionally, if participating within the National Qualifying Series (NQS) or National Excel Series (Excel), they will establish a **competitive floor** (i.e., the lowest level they can compete at). The **competitive floor** is determined only by the level selected through the EMS Series Application for NQS or Excel and is not uniquely tied to competition registration (regardless of series participation).

Eligibility Notes:

1. The singles free skate test levels will remain as a minimum requirement to compete.
2. Athletes may not skate down in any event.
3. This update does NOT apply to Adult, Showcase and Solo Dance.

If an athlete, coach, parent and/or guardian needs assistance with confirming their eligibility, email [events@usfigureskating.org](mailto:events@usfigureskating.org) or refer to information sheet [HERE](#).

**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 close of entries April 18, 2023.

**COVID-19 INFORMATION:** For the most recent U.S. Figure Skating COVID-19 policy requirements, [CLICK HERE](#).

## SERIES INFORMATION

The Centennial Spring Classic is part of the 2023 Skate Colorado Compete USA Series.

**LAST CHANCE IN COLORADO TO QUALIFY FOR NATIONAL SHOWCASE 2023!!!**

## ENTRIES & FEES

Secure online registration available at [www.centennialskatingclub.org](http://www.centennialskatingclub.org) powered by EntryEeze. Payment must be made at the time of registration by credit card only. Each transaction includes a 3.5% transaction fee.

Entry Deadline: **04/18/23 at 11:59 pm MT**

Late entries, if accepted, will be assessed a late fee as listed below.

First NQ Event	\$85
2 <sup>nd</sup> & subsequent NQ events	\$55
First Compete USA Event	\$70
2 <sup>nd</sup> & subsequent CUSA events	\$40
Late Entry Fee (after 4/18)	\$25
Change Fee (after 4/18)	\$25
Late Music Fee (after 4/30)	\$25
Music Change Fee (after 4/30)	\$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. 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 – April 18, 2023 (event and/or level) are subject to referee approval and a \$25.00 change fee.**

## REFUND POLICY

Full refunds including practice ice, minus the online convenience fee, are available if withdrawal is prior to CLOSE OF ENTRIES – April 18, 2023. After CLOSE OF ENTRIES, refunds are only available if the event is not held due to lack of entries. Pre-Paid practice ice is not refundable or transferable. **There will be NO medical refunds given.** The online transaction fee is not refundable for any reason.

## FACILITIES

The Centennial Spring Classic will be held at the Monument Ice Rinks at 16240 Old Denver Highway, Monument, CO 80132. The East Rink is NHL size 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 **April 30, 2023 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 or M4a (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 along with any connectors required as a backup in case of technical difficulties.**

**Anyone not submitting their music by the deadline date will be assessed a \$25.00 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 CJS system will be used for all Showcase events. All other events will use the 6.0 system.

## SKATESAFE COMPLIANCE

For full details about SkateSafe compliance at U.S. Figure Skating competitions, refer to the U.S. Figure Skating SkateSafe webpage: [www.usfigureskating.org/skatesafe](http://www.usfigureskating.org/skatesafe)

## LOCKER ROOMS

Two (2) locker rooms in the rink will be available for putting on skates. No changing of costumes is allowed in the locker rooms. Come to the rink ready to skate.

## LIABILITY

U.S. Figure Skating, the Centennial Skating Club, and the Monument Ice Rinks accept no responsibility for illness, 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. U.S. Figure Skating Waivers are a requirement for ALL athletes. The online waivers must be completed via Members Only prior to the competition, instruction [here](#).

## PRACTICE ICE

We will be offering the following:

Practice Ice (20 min session) - Max number of reservations is 2 per skater. Additional sales will be made once those that pre-pay have selected their sessions

Cost: Practice ice – no music

- a. 15.00 pre-purchased online
- b. 20.00 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.

## ONSITE CHECK-IN

**The registration desk will be located inside the East Rink lobby.** It 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.

## SPECTATORS

Spectators are welcome at the event and there will be no restrictions as to the number of spectators per skater. No admission will be charged.

## SCHEDULE

Competitors may be scheduled on any day or time during the announced dates of the competition. The competition and practice ice schedule will be available after the close of entries. All participants will be notified via email once available.

## VIDEO/PHOTOGRAPHY

**Per U.S. Figure Skating policy, photographing and/or recording of anyone other than your own skater is strictly prohibited. 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 warnings regarding the use of flash photography.

## AWARDS

**Results will be listed online only.** Awards will be presented as closely to the conclusion of each event as possible outside the East Rink. Podiums and backdrop will be available for photos. Medals will be awarded to all participants in each group for Compete USA events. (Compete USA events have a max of 6 people in a group). Medals for non-qualifying events and showcase will be awarded for first through fourth. **THERE WILL BE NO FINAL ROUNDS.**

## COACHES

To be an eligible coach at a nonqualifying competition, coaches must meet the applicable compliance requirements and verified by U.S. Figure Skating. Coach compliance falls into three categories, Coach/Choreographer, Learn to Skate USA Instructor, or Foreign Coach/Choreographer. Details regarding compliance requirements can be found [HERE](#). All compliance requirements must be met at the time of check-in to access the competition, no exceptions.

## MANDATORY ATHLETES

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

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

## U.S. FIGURE SKATING TRAVEL POLICY

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

## CONTACTS

Registrar: Karen Sulpizio

[sksul@aol.com](mailto:sksul@aol.com)

Competition Chair/Chief Referee: Lisa Landon

[lisa\\_landon@comcast.net](mailto:lisa_landon@comcast.net)

Club Website: [www.centennialskatingclub.org](http://www.centennialskatingclub.org)

## COMPETITION PROGRAM

The skating program will be digital this competition and will be available for download by all competitors, coaches, and parents. Good luck ads may be purchased for \$5.00 by clicking the “merchandise” option under the “Competition” menu in your account!



# 2023 Skate Colorado Compete USA Series

<p><b>Aspen Invitational (Lewis Arena)</b>  <b>Date: Dec 2-3, 2022</b>  <a href="http://www.aspenfigureskatingclub.com">www.aspenfigureskatingclub.com</a>            0861 Maroon Creek Rd            Aspen, CO            Competition Chair: Janette Buchanan  <a href="mailto:janettebuchanan@yahoo.com">janettebuchanan@yahoo.com</a>            (650) 465-1720  <b>Competition Application Deadline: 10/24/22</b></p>	<p><b>Denver Invitational</b>  <b>(South Suburban Sports Complex)</b>  <b>Date: March 9-12, 2023</b>  <a href="http://www.denverfsc.org">www.denverfsc.org</a>            4810 E. County Line Road            Littleton, CO 80126            Competition Chair: Lisa May  <a href="mailto:lisa@denverfsc.org">lisa@denverfsc.org</a>            (720) 272-0290  <b>Competition Application Deadline: Feb 5, 2023</b></p>
<p><b>Ft. Collins Classic (EPIC)</b>  <b>Date: Mar 30 – April 2, 2023</b>  <a href="http://www.fortcollinsfsc.org">www.fortcollinsfsc.org</a>            1801 Riverside            Fort Collins, CO 80525            Competition Chair: Amy Aspelund / Ali Lemoyne  <a href="mailto:aspelua@yahoo.com">aspelua@yahoo.com</a> / <a href="mailto:sturtevant.ali@gmail.com">sturtevant.ali@gmail.com</a>            970-556-4850  <b>Competition Application Deadline: March 11, 2023</b></p>	<p><b>Funtastics (APEX)</b>  <b>Date: April 14-16, 2023</b>  <a href="http://www.alpinesc.org">www.alpinesc.org</a>            13150 W 72<sup>nd</sup> Ave            Arvada, CO 80005            Competition Chair: Carol Zeles  <a href="mailto:cmzeles@gmail.com">cmzeles@gmail.com</a>            (303) 979-0802  <b>Competition Application Deadline: TBD</b></p>
<p><b>Centennial Spring Classic (Monument Ice Rinks)</b>  <b>Date: May 13-14, 2023</b>  <a href="http://www.centennialskatingclub.org">www.centennialskatingclub.org</a>            16240 Old Denver Highway            Monument, CO 80132            Competition Chair: Lisa Landon  <a href="mailto:lisa_landon@comcast.net">lisa_landon@comcast.net</a>            (719) 659-0912  <b>Competition Application Deadline: April 18, 2023</b></p>	<p><b>Front Range Invitational (Greeley Ice Haus)</b>  <b>Date: TBD</b>  <a href="http://www.mountainviewskatingclub.com">www.mountainviewskatingclub.com</a>            900 8<sup>th</sup> Avenue            Greeley, CO 80633            Competition Chair: Lyndsay Buxman  <a href="mailto:competition@mountainviewskating.com">competition@mountainviewskating.com</a>            (303)-332-7868  <b>Competition Application Deadline: TBD</b></p>
<p><b>Broadmoor Open (World Arena)</b>  <b>Date: June 25, 2023</b>  <a href="http://www.broadmoorskatingclub.com">www.broadmoorskatingclub.com</a>            3185 Venetucci Blvd            Colorado Springs, CO 80906            Competition Chair: Barbara Bradley  <a href="mailto:HoneyB23@aol.com">HoneyB23@aol.com</a>            (719) 540-5655  <b>Competition Application Deadline: May 23, 2023</b></p>	<p><b>Vail Invitational (Dobson Arena)</b>  <b>Date: July 13-16, 2023</b>  <a href="http://www.skateclubvail.com">www.skateclubvail.com</a>            321 E. Lionshead Cir            Vail, CO 81657            Competition Chair: Carol Ewers/Kelly Deimund  <a href="mailto:cowers12@gmail.com">cowers12@gmail.com</a> / <a href="mailto:kellydeimund@hotmail.com">kellydeimund@hotmail.com</a>            (630) 379-6867 / (970) 376-3945  <b>Competition Application Deadline: TBD</b></p>
<p><b>Cup of Colorado/Colorado Gold</b>  <b>(South Suburban Sports Complex)</b>  <b>Date: August 18-20, 2023</b>  <a href="http://www.denverfsc.org">www.denverfsc.org</a>            4810 E. County Line Road            Littleton, CO 80126            Competition Chair: Lisa May  <a href="mailto:lisa@denverfsc.org">lisa@denverfsc.org</a>            (720) 272-0290  <b>Competition Application Deadline: July 16, 2023</b></p>	<p><b>Colorado Springs Invitational/RMSG</b>  <b>(Monument Ice Rinks)</b>  <b>Date: Sept 9-10, 2023</b>  <a href="http://www.centennialskatingclub.org">www.centennialskatingclub.org</a>            16240 Old Denver Highway            Monument, CO 80132            Competition Chair: Lisa Landon  <a href="mailto:lisa_landon@comcast.net">lisa_landon@comcast.net</a>            (719) 659-0912  <b>Competition Application Deadline: August 4, 2023</b></p>
<p style="text-align: center;"><b>*** All 2023 Skate Colorado Compete USA            Competition Series awards will be presented at this            competition ***</b></p>	

**MISSION STATEMENT:** To provide an opportunity for Colorado skaters to develop their skating skills in a fun, competitive environment.

**AWARDS:** During the competition season, skaters and teams/clubs will have the chance to compete at 9 different competitions and earn points for a final standing. *Trophies and medals will be awarded at the conclusion of the Skate Colorado Compete USA competition at the 2023 Colorado Springs Invitational.*

*Skate Colorado Compete USA Series Team Banner (3x4) – 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place banners will be awarded to the club/skating school with the most points scored throughout the entire series (all 10 competitions) by skaters representing that club/skating school (points for clubs and skating schools located at the same rink will be added together to enhance and create more of a “team” concept). Points will be awarded based upon the same system as the individual points. **Only the top 10 team members’ OVERALL scores FOR THE ENTIRE SEASON (including move up points) will count toward the team points for the determination of the team trophy. Tie breakers will be the same as the individual tie breakers.***

## **Free Skate Program and Elements/Compulsory Series Point System**

A skater must enter **BOTH** the Free skate Program **AND** the Elements/Compulsory event **IN THE SAME LEVEL** in each of at least **TWO (2)** of the 10 registered Skate Colorado Compete USA Competitions to be eligible for accumulating points. Skaters must compete in a minimum of **TWO (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:

1 <sup>st</sup> place	6 points
2 <sup>nd</sup> place	5 points
3 <sup>rd</sup> place	4 points
4 <sup>th</sup> place	3 points
5 <sup>th</sup> place	2 points
6 <sup>th</sup> place	1 point

*\* A skater will earn three points toward their overall standing each time the skaters competes in 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 events 2-9 in the series (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 3<sup>rd</sup> tie breaker, and the number of levels increased throughout the season will be the 4<sup>th</sup> 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.

### **Rules and Format:**

#### **COMPETITION ANNOUNCEMENT**

The **Skate Colorado Compete USA 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.

#### **ELIGIBILITY RULES FOR PARTICIPANTS**

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 (Snowplow Sam, Basic 1-6)**

**Format: Each skater will perform one element at a time (in program format) 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**

<b>LEVEL</b>	<b>REQUIREMENTS</b>	<b>LEVEL</b>	<b>REQUIREMENTS</b>
Snowplow Sam	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>	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, 2 sets clockwise and 2 sets counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position – minimum 3 revolutions</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 swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on one or two feet</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>	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 3 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 (no variations), either foot</li> <li>• Scooter pushes, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward swizzles, 6-8 in a row</li> </ul>	Free Skate 5	<ul style="list-style-type: none"> <li>• Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin - minimum 3 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 half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>	Free Skate 6	<ul style="list-style-type: none"> <li>• Forward power pulls, minimum 3 on each foot</li> <li>• Camel, sit spin combination - minimum of 4 revolutions total</li> <li>• Waltz jump-Euler (half loop)-Salchow jump combination</li> <li>• Axel jump, minimum requirement is a clear attempt either stationary or moving</li> </ul>
Basic 4	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward half swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>	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 on one or two feet</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, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, min 4 revolutions</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, both feet</li> <li>• Forward slalom</li> <li>• Backward wiggles</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>• Mohawk, right to left and left to right</li> <li>• Bunny Hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, max 3 revolutions, optional free leg and entry position</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 3 revolutions</li> <li>• Mazurka – right or 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>• 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 stroking, 4-6 consecutive powerful strokes</li> <li>• Backward outside three-turn, right and left</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>	Adult 5	<ul style="list-style-type: none"> <li>• Backward outside edge and 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 (min 2 revolutions)</li> </ul>
Free Skate 2	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Backward inside three-turn, right and left</li> <li>• Beginning back spin, optional entry and free foot position, max 3 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 (min 2 revs on one foot)</li> </ul>



## 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. Vocal music is allowed. **Time: 1:10 MAX**
- **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

## 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 steps and transitions should be demonstrated throughout the program.**

- To be skated on full ice. Vocal music is allowed. **Time 1:40 MAX**
- **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

### 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 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, (minimum 3 revs)</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> <li>• NOT ALLOWED – Waltz-loop jump combination</li> </ul>
Basic 1	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on 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 3 revolutions</li> <li>• Half Loop jump</li> <li>• Flip jump</li> <li>• NOT ALLOWED – Waltz-loop or Waltz-Euler-Salchow combination</li> </ul>
Basic 2	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward 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), 2-3 sets both directions</li> <li>• Camel spin - minimum 3 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 half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>	Free Skate 6	<ul style="list-style-type: none"> <li>• Creative step sequence using a variety of three turns, mohawks, and toe steps, half ice</li> <li>• Camel-sit spin combination - minimum of 4 revolutions total</li> <li>• Waltz jump-Euler (half loop)-Salchow jump combination</li> <li>• Axel jump: minimum requirement is a clear attempt either stationary or moving</li> </ul>
Basic 4	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counter clockwise</li> <li>• Backward half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>	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, one or two feet</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, clockwise and counter clockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, min 4 revolutions</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 wiggles</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>• Mohawk, right to left and left to right</li> <li>• Bunny Hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, max 3 revolutions, optional free leg and entry position</li> <li>• T-stop, right or left</li> </ul>	Adult 3	<ul style="list-style-type: none"> <li>• Forward stroking with proper blade use</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 counter clockwise</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum 3 revs)</li> <li>• Mazurka</li> <li>• Waltz jump</li> <li>• NOT ALLOWED – Waltz jump-side toe hop-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 powerful strokes</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> <li>• NOT ALLOWED – Waltz jump-toe Loop combination</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 spiral (right and left) and inside spiral (right and left) on a continuous axis</li> <li>• Beginning back spin optional entry and free foot position, max 2 revolutions</li> <li>• Half Lutz jump</li> <li>• Salchow jump</li> <li>• NOT ALLOWED – Waltz jump-toe loop or Salchow-toe Loop combination</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 (min 2 revs on one foot)</li> </ul>

# Events Offered

Program requirements for the events listed below can be found here: [usfigureskating.org](http://usfigureskating.org) – Skate – Compete – Program Requirements

<b>SINGLES</b>	<b>JUDGING</b>
Excel Free Skate (Beginner – Pre-Juvenile Plus)	6.0
Well-Balanced Free Skate (No Test – Pre-Juvenile, Open Juv)	6.0
Adult Free Skate (Adult Beg - Masters Jr/Sr)	6.0
<b>SPECIALTY</b>	<b>JUDGING</b>
Compulsory Moves (No Test–Juv)	6.0
Excel Compulsory Moves (Excel Beg.–Excel Prelim.)	6.0
Adult Compulsory Moves (Adult Beginner–Masters Jr/Sr)	6.0
Jumps Challenge (Beginner–Juv) **	6.0
Spins Challenge (Beginner–Juv)	6.0
<b>SHOWCASE</b>	<b>JUDGING</b>
Emotional Performance (No Test – Senior, Adult)	CJS
Choreographic Artistry (No Test - Senior, Adult)	CJS
Lyrical Pop (No Test - Senior, Adult)	CJS
Character Performance (No Test - Senior, Adult)	CJS
Comedic Impressions (No Test - Senior, Adult)	CJS
<b>SOLO DANCE</b>	<b>JUDGING</b>
Solo Pattern Dance (not participating in series) *	6.0
Solo Free Dance	6.0
Adult Solo Pattern Dance	6.0
Adult Solo Free Dance	6.0
<b>COMPETE USA EVENTS</b>	<b>JUDGING</b>
Snowplow Sam-Basic 6 Program w/ Music	6.0
Pre-Free Skate – Free Skate 1-6 Program w/ Music	6.0
Adult 1-6 Program w/ Music	6.0
Snowplow Sam – Basic 6 Elements	6.0
Pre-Free Skate – Free Skate 1-6 Compulsory Moves	6.0
Adult 1-6 Compulsory Moves	6.0
Compete USA Showcase (Snowplow Sam – High Beginner) Light and Dramatic	6.0

\* Music will be skater's choice and must be uploaded

\*\* Each jump may be attempted twice; however the second attempt is optional and if done, will be the one that is judged.