

2022 FORT COLLINS CLASSIC April 7-10th, 2022

Hosted by the Fort Collins Figure Skating Club at the Edora Pool and Ice Center

Chief Referee: Hannah Katz
Chief Accountant: Sheldrin Zhu
Technical Accountant: TBD

Attended by ISU International, National, and Competition-Level USFSA offic1als.

Entries due March 8, 2022 at 1:59-AM EST (Please note this is EST. Online Registration ONLY

\$15 early bird discount if you register by 1:59 AM EST (EMS will read EST) Feb 21, 2022!!

Events Offered:





Fort Collins Classic 2022 Fort Collins FSC April 7 – April 10, 2022

The Fort Collins Classic will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the <u>current rulebook</u>, as well as any pertinent updates that have been posted on the U.S. Figure Skating <u>website</u>.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and who are currently registered members of a U.S. Figure Skating member club, a collegiate club or who is an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. citizens.

COVID-19 INFORMATION

- The Fort Collins Figure Skating Club and Edora Pool and Ice Center 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. We thank you in advance for your full cooperation. In the event that a cancellation is required a FULL refund will be issued. Competition safety plans will be communicated to all participants once registration is closed.
- All attendees are required to properly wear face coverings over their nose and mouth and secured under their chin while in a facility. The only exception is that skaters may remove their face covering while on the ice. This is not only for your protection, but for the protection of others and is applied to all attendees.
- Social distancing must be maintained at all times. The CDC recommends a distance of 6 feet and separate pathways will be established within the venue (minimizing crossover and contamination).
- As we know that COVID-19 is an ever-changing public health situation. Please be prepared to check your email before the event for any changes to the COVID-19 policy.

SERIES INFORMATION

The Fort Collins Classic is proud to be part of the 2022 Excel Series.

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed as of the Excel Series Registration Deadline (March 1, 2022). Skaters may compete at the highest level they have passed, or "skate up" to one level higher.



- Excel Series Registration (Deadline to Register is March 1, 2022)
- Excel Series Handbook
- Excel Series Technical Information

ELIGIBILITY/TEST LEVEL

Test Level: Skaters may skate up one level from their tested level. Tested level is test passed as of the entry deadline in the discipline the skater is entering.

Age restrictions/requirements: Singles free skate events (well-balanced program) have the following requirements:

- Juvenile: Girls 12 years or younger; Boys 13 years or younger
- Open Juvenile: Girls 13 years or older; Boys 14 years or older
- Intermediate must be under the age of 18
- Adults must be 21 years or older

Skaters entering pre-juvenile and lower events will be divided as closely as possible by age and gender should the number of entries warrant more than one group.

JUDGING SYSTEM & REQUIREMENTS

The International Judging System (IJS), Component Judging System (CJS), and the 6.0 Majority System will be used to judge events at the Fort Collins Classic. Please review the "Events Offered" section for more information. All event requirements will be according to 2021-2022 rules.

COMPETITION REGISTRATION

Entries will be accepted via EMS with credit card only.

Registration Deadline:

March 8, 2022 at 1:59AM EST-Please note that EMS runs in Eastern Standard Time
Late Registrations will be accepted until March 12, 2022 at 1:59 ET for a \$50 late fee. Entries
completed by 1:59 am EST February 21, 2022 (EMS will show EST) will receive a \$15 early bird
discount.

- 1. Go to https://m.usfigureskating.org
- Enter your U.S. Figure Skating or if Compete USA events are offered, your Learn to Skate USA member number and password
 - a. If you need assistance with your member number and password, contact Member Services at memberservices@usfigureskating.org.
- 3. Click EMS then "Competition Registration"
- 4. Choose "2022 Fort Collins Classic" from the list of non qualifying competitions.
 - a. If you need assistance completing your registration, contact productsupport@usfigureskating.org.

Foreign Skaters: Non-U.S. skaters intending to register for this competition must set up a non-member account prior to registering for the competition (<u>click here for HOW TO</u>). This can be done by choosing the "Create Account (Non-Member)" option on the <u>Members Only</u> login page.

Partnered Events: Only one partner will complete registration for the team. During the registration process, you will be asked to identify your partner and verify their test information. The registered partner will be responsible for managing all aspects of the competition for the team including music/PPC upload, practice ice sales, etc.

Mandatory Athletes: Athletes age 18+ as of the competition start date who will be competing on a team (i.e. synchro, 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 (SkateSafe) training early to avoid any disruptions in their ability to participate as the training is required upon turning 18. The athlete will not be SafeSport compliant until they have completed the training and their Members Only portal reflects completion. Please email skatesafe@usfigureskating.org for instructions or questions regarding parental consent.

REFUND POLICY

Entry fees will not be refunded after the entry deadline unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. Online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$25.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

SCHEDULE

The competition and practice ice schedule will be set by the Chief Referee in cooperation with the LOC after the close of entries and is subject to change. Please note that competitors may be scheduled on any day or time during the announced dates of the competition. Every effort will be made to space athlete's events out. Athletes registering for more than one Showcase event may have their events on the same day and potentially close in time. All participants will be notified via email once the event schedule is available.

FACILITIES

The competition will be held at:

Edora Pool and Ice Center (EPIC) 1801

Riverside Ave. Fort Collins, CO 80525.

Phone: (970) 221-6683.

https://www.fcgov.com/recreation/epic.php1.

The facility has two NHL size ice surfaces measuring 85' by 200' which consist of the Blue rink and the Green rink. There is spectator seating on both rinks. The Green rink can be cold so please plan to dress warm. There are vending machines on site and there will be locker rooms and warm up areas available for all competitors.

Officials will be located on the east side of both the blue and green rink.

MUSIC SUBMISSION

Competitors participating in events with music are **required to upload their music to EMS** no later than **March 26, 2022** @ **1:59PM EST**. After this date, skaters will be locked out of this feature and subject to a **\$25 late fee**. The late fee will automatically be added to each skater's cart who doesn't meet this requirement by the deadline. Late fees will not be removed under any circumstances and must be paid prior to receiving the skater credential onsite.

EMS SKATER MUSIC UPLOAD HOW TO: <u>CLICK HERE</u>

If you need assistance, email productsupport@usfigureskating.org

All 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:

- File Format: MP3
- Bit Rate: 192 kbps or higher and Sample Rate: 44,100 kHz This will be verified by the music chair and they may request you upload a corrected file.
- 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 must be available rink side during the competition. Only CDs (standard CD-R format only) will be accepted for backups and must be clearly marked with the competitor's name, event, and running time.

PLANNED PROGRAM CONTENT (PPC)

Competitors participating in IJS events are **required to submit PPC in EMS** no later than **March 26**, **2022** @ **1:59pm EST**. After this date, skaters will be locked out of this feature in EMS and subject to a **\$25 late fee**. The late fee will automatically be added to each skater's cart who doesn't meet this requirement by the deadline. Late fees will not be removed under any circumstances and must be paid prior to receiving the skater credential onsite.

EMS PPC UPLOAD HOW TO: CLICK HERE

If you need assistance, email productsupport@usfigureskating.org

LIABILITY

U.S. Figure Skating, Fort Collins Figure Skating Club and Edora Pool and Ice Center (EPIC) 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.

ONSITE CHECK-IN

Check-in will open no earlier than 1 hour before the first event and will remain open through the last event. The registration area will be located in the skate rental area on the north side of the EPIC lobby. Further information will be shared with via email once entries have closed.

LOCKER ROOMS AND CHANGING AREAS

Due to COVID-19, locker rooms will not be available, and all skaters should arrive ready to skate (makeup/costume). Skaters will be directed to a specified area to put on skates. If the locker rooms become available, an email notification will be sent to all competitors and coaches.

PRACTICE ICE

Unofficial Practice Ice (UPI) will begin on Thursday, April 7, 2022. UPI sessions will be offered for all Free Skate, Short Program, and Artistic Events. Skater music will not be played. **There is a maximum of 1 UPI session per skater, per eligible event.** UPI will be 30 minutes in length and may or may not take place on the competition ice surface. Assigned UPI is non-refundable. Warm up PI will not be available. Props are not allowed on practice ice sessions. If you have questions about practice ice, please contact Kelly Cann at Kelly.cann79@gmail.com

Compete USA Practice Ice is 15 minutes in length. Eligible events are Free Skate, Compulsory, and Artistic Events. Skater music will not be played. Compete USA PI will begin on April 10, 2022.

Practice Ice Timeline

	Pre-Purchase	Open Sales
Practice Ice 30 minutes	On or before (insert date): for \$20	Insert date info: \$30
Compete USA 15 minutes	On or before (insert date): for \$10	Insert date info: \$15



We reserve the right to cancel or change any practice ice session

Practice ice will be selected by the competitor. After the close of entries, you will receive an email from the LOC through EMS letting you know when practice ice selection is available. Practice ice is not refundable after the close of entries on March 7, 2022. If you have issues with practice ice the day the competition starts or at the competition, please do not call or email. Please see the practice ice table.

We will do our best to limit Practice Ice sessions based on the following guidelines, however, may adjust these limits given scheduling constraints as determined by the Chief Referee.

- Singles Sessions: no more than 12 athletes
- Pairs Sessions: no more than four teams

PHOTO/VIDEO

ProMix Sound and Video will provide video services including live streaming. Melanie Heaney Photography will provide action photography. Online sales of action photography and video will be available. Note, <u>per U.S. Figure Skating policy</u>, photographing and/or recording of any one other than your own skater is strictly prohibited. Please refer to the Basic Ice Usage and Skater Etiquette Information document found in the Club Resource section of Member's Only.

AWARDS/RESULTS

Pick up and/or presentation of awards will immediately follow the posting of results electronically. Awards will be given to 1st through 4th place skaters except for Compete USA, which an award will be given to all participants.

OFFICIAL NOTICES

All official notices will be sent through EMS. Please be sure your registration email address is up to date and available to you prior to and during the Fort Collins Classic. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted online and in EMS prior to the competition.

TEST CREDIT

You may sign-up for Test Credit through EMS during online registration for \$10. Test Credit Packets may be picked up at the registration desk once results have been posted online.

IMPORTANT NOTICE FOR ALL COACHES

To be a credentialed coach at a sanctioned non qualifying competition, coaches must meet the compliance requirements listed below and verified by the U.S. Figure Skating. Please note that no coach will be allowed to enter the facility without a credential.

EMS Coach Resources (*include links in your announcement):

- My Competitions
- My Skaters
- Coach Schedule

Coach/Choreographer (domestic/non-foreign):

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member.
- ✓ If 18 years or older, must submit information for, proper payment of \$30 and successfully pass a background check. The background check will be valid for two seasons, the one in which it was completed plus one additional.
- ✓ If 18 years or older, must complete annual SafeSport Training. The training will be valid for 365 days from date of completion and there is no cost for the training/certification.



- ✓ Must complete the Professional Coach/Choreographer Coaching Education Requirement (CER) through the <u>Professional Skaters Association (PSA)</u>.
- ✓ Must submit proof of general liability insurance with limits of \$1 million per occurrence/ \$5 million aggregate.
- ✓ Must agree to the U.S. Figure Skating Code of Ethics. *
- Must complete three waivers: 1) Assumption of Risk, Waiver and Release and Indemnification Agreement, 2) Medical Consent and 3) Name and Likeness Release and Consent Agreement. *
- ✓ If attending a qualifying competition or traveling as a part of Team USA and/or International Selection Pool (ISP), must be a full member of the <u>Professional Skaters Association (PSA)</u>.

Learn to Skate USA Coach:

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member OR Learn to Skate USA instructor membership
- ✓ If 18 years or older, must submit information for, proper payment of \$30 and successfully pass a background check. The background check will be valid for two seasons, the one in which it was completed plus one additional.
- ✓ If 18 years or older, must complete annual SafeSport Training. The training will be valid for 365 days from date of completion and there is no cost for the training/certification.
- ✓ Learn to Skate USA Instructor Certification completed OR U.S. Figure Skating compliance coach (details above)

Foreign Coach/Choreographer:

✓ Required to present the LOC with a letter from their federation verifying they are a member in good standing.

For more information regarding Coach Compliance, please visit the Coach Compliance page.

VOLUNTEER INFO:

Volunteer Compliance: Reminder: compliant positions at all U.S. Figure Skating sanctioned events include key LOC members, locker room monitors and <u>ALL</u> medical event personnel. To be considered compliant, an approved volunteer serving in one of these positions must:

- Must submit information for, proper payment of \$30 and successfully pass a background check. The background check will be valid for two seasons, the one in which it was completed plus one additional
- ✓ Must complete annual SafeSport Training. The training will be valid for 365 days from date of completion and there is no cost for the training/certification.

CONTACT INFO:

If you have questions, please contact Kelly Cann at <u>kelly.cann79@gmail.com</u>. Additional contact information is available below.

Chief Referee	Hannah Katz	hannahekatz@gmail.com	(720) 371-4087
Chair	Kelly Cann	kelly.cann79@gmail.com	(970) 237-9842
Co-Chair	Amy Aspelund	aspelua@gmail.com	(970) 556-4850
Practice Ice	Kelly Cann	Kelly.cann79@gmail.com	
Programs & Ads	Maria Miller	maria_with_no_e@yahoo.co	

ADDITIONAL INFORMATION

Critiques: At this time, we cannot commit to having critiques. If we are able to add critiques they will be offered for Juvenile and above Free Skate events at no cost.



Hotels: Please see the FCFSC website for official hotel information. www.fortcollinsfsc.org.



EVENTS OFFERED:

The following events will be offered at the 2022 Fort Collins Classic. Pricing, event requirements, and the judging method are outlined below.

SEE CURRENT <u>RULEBOOK</u> OR <u>U.S. FIGURE SKATING WEBSITE</u> FOR RULES/REQUIREMENTS.

SINGLES	JUDGING	1 st EVENT	2 nd EVENT	3 rd + EVENT
Excel Free Skate (Juvenile – Senior; All "Plus" Events)	IJS	\$165	\$65	\$40
Excel Free Skate (Beginner – Pre-Juvenile)	6.0	\$145	\$50	\$40
Well Balanced Short Program (Juv-Senior)	IJS	\$165	\$65	\$40
Well Balanced Free Skate (Preliminary – Senior)	IJS	\$165	\$65	\$40
Well Balanced Free Skate (No Test & Pre-Preliminary)	6.0	\$145	\$50	\$40
Adult Free Skate (Adult Silver – Master Jr/Sr)	IJS	\$165	\$65	\$40
Adult Free Skate (Adult Pre-Bronze – Bronze)	6.0	\$145	\$65	\$40
PAIRS	JUDGING	1 st EVENT	2 nd EVENT	3 rd + EVENT
Short Program (Novice – Senior)	IJS	\$165	\$65	\$40
Free Skate (Juvenile – Senior)	IJS	\$165	\$65	\$40
SPECIALTY	JUDGING	1 st EVENT	2 nd EVENT	3 rd + EVENT
<u>Jumps Challenge</u> (No Test – Senior)	IJS	\$100	\$50	\$35
Spins Challenge (No Test – Senior)	IJS	\$100	\$50	\$35
Showcase- <u>Handbook & Rules</u>	JUDGING	1 st EVENT	2 nd EVENT	3 rd + EVENT
Showcase Teams	CJS	\$200	\$200	NA
Individual Entertainment (No Test – Senior, Adult)	CJS	\$145	\$50	\$40
COLORADO COMPETE USA EVENTS (requirements outlined on pages)	following			
Elements: Snowplow Sam – Basic 6	6.0	\$110	\$35	\$35
Compulsory: Pre-Free Skate – Free Skate 6 and Adult 1-6	6.0	\$110	\$35	\$35
Programs with Music: Snowplow Sam – Free Skate 6 and Adult 1-6	6.0	\$110	\$35	\$35
SPECIAL OLYMPICS/ADAPTIVE SKATING				
Special Olympics Free Skate (<u>Special Olympics</u> <u>Manual/Handbook</u> & <u>Adaptive Skating Manual</u>)	6.0	\$110	\$35	\$35





2022 Skate Colorado Compete USA Series

Aspen Invitational (Lewis Arena)

Date: Dec 4-5, 2021

www.aspenfigureskatingclub.com

0861 Maroon Creek Rd Aspen, CO

Competition Chair: Janette Buchanan

janettebuchanan@yahoo.com

(650) 465-1720

Competition Application Deadline: Nov 4, 2021 - Late

Entries

Ft. Collins Classic (EPIC)

Date: TBD

www.fortcollinsfsc.org

1801 Riverside Fort Collins, CO 80525

Competition Chair: Kelly Cann

kelly.cann79@gmail.com

(970) 237-9842

Competition Application Deadline:

May Competition (Name TBD) (Monument Ice Rinks)

Date: May 15, 2022

www.centennialskatingclub.org

16240 Old Denver Highway

Monument, CO 80132

Competition Chair: Lisa Landon

lisa landon@comcast.net

(719) 659-0912

Competition Application Deadline: April 15, 2022

Broadmoor Open (World Arena)

Date: TBD

www.broadmoorskatingclub.com

3185 Venetucci Blvd

Colorado Springs, CO 80906 Competition Chair: Barbara Bradley

HoneyB23@aol.com

(719) 540-5655

Competition Application Deadline:

Cup of Colorado/Colorado Gold

(South Suburban Sports Complex)

Date: August 7, 2022

www.denverfsc.org

4810 E. County Line Road

Littleton, CO 80126

Competition Chair: Lisa May

lisa@denverfsc.org

(720) 272-0290

Competition Application Deadline: July 3, 2022

Denver Invitational

(South Suburban Sports Complex)

Date: March 13, 2022

www.denverfsc.org

4810 E. County Line Road

Littleton, CO 80126

Competition Chair: Lisa May

lisa@denverfsc.org

(720) 272-0290

Competition Application Deadline: ?

Funtastics (APEX)

Date: April 23, 2022

www.alpinesc.org 13150 W 72nd Ave

Arvada, CO 80005

Competition Chair: Carol Zeles

cmzeles@gmail.com

(303) 979-0802

Competition Application Deadline: ?
Front Range Invitational (Greeley Ice Haus)

Date: TBD

www.mountainviewskatingclub.com

900 8th Avenue

Greeley, CO 80633

Competition Chair: Melayna Rael

competition@mountainviewskatingclub.com

(970) 302-4253

Competition Application Deadline: ?

Vail Invitational (Dobson Arena)

Date: TBD

www.skateclubvail.com

321 E. Lionshead Cir

Vail, CO 81657

Competition Chair: Carol Ewers/Kelly Diemund

cewers12@gmail.com / kellydeimund@gmail.com

(630) 379-6867 / (970) 376-3945

Competition Application Deadline:

Colorado Springs Invitational/RMSG

(Monument Ice Rinks)

Date: September 8-11, 2022

www.centennialskatingclub.org

16240 Old Denver Highway

Monument, CO 80132

Competition Chair: Lisa Landon

lisa landon@comcast.net

(719) 659-0912

Competition Application Deadline: Aug 6, 2022

*** All 2022 Skate Colorado Compete USA Competition Series awards will be

presented at this competition ***



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. <u>Trophies and medals will be awarded at the conclusion of the Skate Colorado Compete USA competition at the 2022 Colorado Springs Invitational</u>.

Skate Colorado Compete USA Series Team Banner $(3x4) - 1^{st}$, 2^{nd} , and 3^{rd} place banners will be awarded to the club/skating school with the most points scored throughout the entire series (all 9 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 9 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 9 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 st place	6 points
2 nd place	5 points
3 rd place	4 points
4 th place	3 points
5 th place	2 points
6 th place	1 point

^{*} A skater will earn three points toward their overall standing each time the skaters 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^{rd} tie breaker, and the number of levels increased throughout the season will be the 4^{th} 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 9 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.



Elements: Snowplow Sam – Basic 6

Format: Each skater will perform one element at a time (in program format) in the <u>order listed below</u> (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 Adults 1-6

Format: In program format, using a <u>limited number</u> of connecting steps, the skating order of the required elements is optional

- To be skated on ½ ice, no music
- 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

Programs with Music: Snowplow Sam – Basic 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 with music
- The skater <u>must demonstrate</u> 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

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.
- The skater <u>must demonstrate</u> the required elements as described 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 Descriptions for Elements & Compulsories

Level	Skating rules / standards	Level	Skating rule/ standards
	March followed by a two-foot glide and dip		 Alternating mohawk/crossover sequence, right to left and left to
Snowplow	 Forward swizzles, 2-3 in a row 	Free	right
Sam	Forward snowplow stop	Skate 3	 Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise
	Backward wiggles, 2-6 in a row		 Advanced back spin with free foot in crossed leg position –
			minimum 3 revolutions
			Loop jump
			Waltz jump/toe loop or Salchow/toe loop jump combination
	 Forward two-foot glide and dip 		 Forward power 3's, 2-3 consecutive sets, right or left
Basic 1	Forward swizzles, 6-8 in a row	Free	Sit spin - minimum 3 revolutions
	 Beginning snowplow stop on one or two feet 	Skate 4	Half loop jump
	Backward wiggles, 6-8 in a row		Flip jump
	 Forward one-foot glide (no variations), either foot 		 Backward outside three-turn, mohawk (backward power three-
Basic 2	 Scooter pushes, 2-3 each foot 	Free	turn), 2-3 sets both directions
	Moving snowplow stop	Skate 5	Camel spin - minimum 3 revolutions
	 Two-foot turn in place, forward to backward 		Waltz jump - loop jump combination
	Backward swizzles, 6-8 in a row		Lutz jump
	 Beginning forward stroking showing correct use of blade 		 Forward power pulls, minimum 3 on each foot
Basic 3	 Forward half swizzle pumps on a circle, either clockwise or 	Free	 Camel, sit spin combination - minimum of 4 revolutions total
	counter clockwise, 4-6 consecutive	Skate 6	 Waltz jump-Euler (half loop)-Salchow jump combination
	Forward statom		 Axel jump, minimum requirement is a clear attempt either
	 Moving forward to backward two-foot turn on a circle 		stationary or moving
	Beginning backward one-foot glide, either foot		
	 Forward outside edge on a circle, clockwise or counter 		Forward marching
Basic 4	clockwise	Adult 1	Forward two-foot glide
	 Forward crossovers, 4-6 consecutive, clockwise and 		Forward swizzle (4-6 in a row)
	counterclockwise		 Forward snowplow stop on one or two feet
	 Backward half 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, maximum 4 revolutions 		
	 Backward outside edge on a circle, clockwise or 		 Forward skating across the width of the ice
Basic 5	counterclockwise	Adult 2	 Forward one-foot glides, both feet
	 Backward crossovers, 4-6 consecutive, clockwise and 		Forward slalom
	counterclockwise		Backward skating
	 Forward outside three-turn, right and left 		Backward swizzles, 4-6 in a row
	 Advanced two-foot spin, min 4 revolutions 		
	Hockey stop		
	 Forward inside three-turn, right and left 	Adult 3	 Forward stroking using the blade properly
Basic 6	 Mohawk, right to left and left to right 		 Forward half-swizzle pumps on the circle, 6 to 8 in a row,
	Bunny Hop		clockwise and counterclockwise
	 Basic forward spiral on a straight line (no variations), right or 		 Forward chasses on a circle, clockwise and counterclockwise
	left		 Backward skating to a long two-foot glide
	 Beginning one-foot spin, max 3 revolutions, optional free leg 		 Backward snowplow stop, right and left
	and entry position		
	T-stop, right or left		
	 Two forward crossovers into a forward inside mohawk, step 		Forward outside edge on a circle, right and left
Pre-Free	down and cross behind, step into one backward crossover and	Adult 4	 Forward inside edge on a circle, right and left
Skate	step to a forward inside edge, one set each direction clockwise		 Forward crossovers, clockwise and counterclockwise
	and counterclockwise		Hockey stop, both directions
	 One-foot upright spin, optional entry and free-foot position - 		 Backward one-foot glides, right and left
	minimum 3 revolutions		
	Mazurka – right or left		
	Waltz jump		
	Forward stroking, 4-6 consecutive powerful strokes		Backward outside edge and backward inside edge on a circle,
Free	 Backward outside three-turn, right and left 	Adult 5	right and left
Skate 1	 One-foot upright spin, entry from backward crossovers, with 		 Backward crossovers, clockwise and counterclockwise
		I	 Forward outside three-turn, right and left
	free foot in crossed leg position (scratch spin) - minimum 4		
	free foot in crossed leg position (scratch spin) - minimum 4 revolutions		 Beginning two-foot spin (min 2 revolutions)
			Beginning two-foot spin (min 2 revolutions)
	revolutions		Beginning two-foot spin (min 2 revolutions)
	revolutions • Toe loop		Beginning two-foot spin (min 2 revolutions) Forward stroking with crossover end patterns
Free	revolutions Toe loop Half flip jump Alternating forward outside spiral (right and left) and forward	Adult 6	Forward stroking with crossover end patterns
Free Skate 2	revolutions Toe loop Half flip jump Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis	Adult 6	Forward stroking with crossover end patterns Backward stroking with crossover end patterns
	revolutions Toe loop Half flip jump Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis Backward inside three-turn, right and left	Adult 6	Forward stroking with crossover end patterns Backward stroking with crossover end patterns Forward inside three-turn, right and left
	revolutions Toe loop Half flip jump Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis Backward inside three-turn, right and left Beginning back spin, optional entry and free foot position, max	Adult 6	Forward stroking with crossover end patterns Backward stroking with crossover end patterns Forward inside three-turn, right and left T-stop
	revolutions Toe loop Half flip jump Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis Backward inside three-turn, right and left	Adult 6	Forward stroking with crossover end patterns Backward stroking with crossover end patterns Forward inside three-turn, right and left



Required Descriptions for Programs with Music

Sowprow Forward soutzets, 2-3 in a row Same Fire Sate 3	Level	Skating rules / standards	Level	Skating rule/ standards
Forward novelbow stop Salet 8 Advanced back spin with free foot in crossed log position, (iminimum 3 revolutions Loop jump Waltz jump to loop are Salchow toe loop jump combination NOT ALLOWED — Waltz-loop provided power than Not provided in the provided provided in the provided i		March followed by a two-foot glide and dip		Alternating mohawk/crossover sequence, right to left and left to
Basic 1 Forward two-floot gilde and dip		Forward swizzles, 2-3 in a row		right
Basic 1 • Forward two-foot gilde and dip • Forward switzle, 6.8 in a row • Beginning snowplow stop on two-feet or one-foot • Backevard wiggles, 6.8 in a row • Beginning snowplow stop • Forward switzle, 6.8 in a row • Beginning snowplow stop • Forward one-foot gilde (no variations), either foot • Backevard one-foot gilde (no variations), either foot • Moving snowplow stop • Forward dann-foot gilde (no variations), either foot • Moving snowplow stop • Forward shall write pumps on a circle, either clockwise or counter clockwise, -6 consecutive • Forward stables • F	Sam	Forward snowplow stop	Skate 3	 Advanced back spin with free foot in crossed leg position,
Basic 1 Forward swizzles, 6-8 in a row Beginning snowpiow stop on two-feet or one-foot Basic 2 Forward one-foot glide (no variations), either foot Basic 3 Forward one-foot glide (no variations), either foot Moving snowpiow stop on two-feet or one-foot Moving florward two-foot swizzles, 6-6 in a row Forward sladom Moving florward two-foot swizzles, 6-6 in a row Forward sladom Moving florward to backward two-foot turn on a circle Basic 4 Forward one-foot glide, either foot Basic 5 Basic 5 Basic 5 Basic 5 Basic 6 Basic 6 Basic 7 Basic 8 Basic 9 B		Backward wiggles, 2-6 in a row		(minimum 3 revolutions)
Basic 1 Forward two-foot gilde and dip Forward systries, 6-8 in a row Beginning snowplew to gon two-feet or one-foot Basic 2 Scooter pushes, right and left foot, 2-3 each foot Moving snowplow stop Two-foot turn in place, forward in a feet foot Basic 2 Scooter pushes, right and left foot, 2-3 each foot Moving snowplow stop Two-foot turn in place, forward to backward Basic 3 Basic 4 Backward swize foot swizele, 6-8 in a row Basic 5 Free State 5 Free State 6 Free Basic 4 Free Basic 4 Free Basic 4 Free Basic 5 Free Basic 5 Free Basic 6 Free Basic 6 Free Basic 6 Free Basic 7 Free Basic 8 Basic 6 Free Basic 8 Basic 7 Free Basic 8 Free Basic 9				
Forward swizzles, 6-8 in a row				 Waltz jump-toe loop or Salchow-toe loop jump combination
Basic 1 Forward suzzies, 6 is in a row Five Skate 4 Skate 4 Forward one-foot Backward weighes, 6 is in a row Forward one-foot glide (no variations), either foot Forward one-foot glide, either foot Forward slation Forward one-foot glide, either foot Forward one-foot glide Forward				NOT ALLOWED – Waltz-loop jump combination
Basic 2 - Beginning towards vision in two-feet or one-foot - Backward wisigles, 6-8 in a row - Forward one-foot gible (no variations), either foot - Moving snowplew strikes, fight and left foot, 2-1 each foot - Moving snowplew strikes, 6-8 in a row - Beckward two-foot staylise, 6-8 in a row - Beginning forward to backward - Beckward two-foot staylise, 6-8 in a row - Beginning forward striking showing correct use of blade - Forward half sivilize pumps on a cricie, geher clockwise or counter clockwise, 4-6 consecutive - Forward slalom - Moving forward to backward two-foot stayling the foot - Beginning backward one-foot gible, either foot - Bedward one-foot gible (sine or write) - Forward one-foot gible (sine or write) - Backward one-foot gible (sine or write) - Forward one-foot		Forward two-foot glide and dip		 Forward power 3's, 2-3 consecutive sets, right or left
Basic 2 Forward one-foot gilde (no variations), either foot Forward one-foot gilde, either dockwise or counter clockwise, 4-6 consecutive Forward shallow Forward shal	Basic 1	Forward swizzles, 6-8 in a row		Sit spin - minimum 3 revolutions
Sasic 2 Forward one-foot gilde (no variations), either foot Scotter pushes, right and left foot, 2-3 each foot State 5		 Beginning snowplow stop on two-feet or one-foot 	Skate 4	Half loop jump
Proward one-foot glide (no variations), either foot State 5		Backward wiggles, 6-8 in a row		Flip jump
Saste 2 Scooter pushes, right and left foot, 2-3 each foot Free Sate 5 Sat				 NOT ALLOWED – Waltz-loop or Waltz-Euler-Salchow combination
Moving snowplew stop Two-foot turn in place, forward to backward Basic 3 Regioning forward striking showing correct use of blade Forward and swizzle pumps on a circle, either clockwise or counter clockwise, -6 consecutive Forward stallon Moving forward to backward two-foot un on a circle Basic 4 Forward stallon Moving forward on backward two-foot un on a circle Basic 4 Forward stallon Moving forward on backward two-foot un on a circle Basic 4 Forward stallon Basic 4 Forward stallon eight on a circle, clockwise or counter clockwise Basic 5 Basic 6 Basic 8 Basic 7 Basic 8 Basic 8 Basic 8 Basic 9 Forward stallon eight on a circle, clockwise and counter clockwise Forward stallon eight on a circle, clockwise or counter clockwise Basic 9 Forward stallon eight on a circle, clockwise or counter clockwise Basic 9 Basic 9 Basic 9 Basic 9 Basic 9 Basic 9 Forward stallon eight on a circle, clockwise or counter clockwise Forward stallon eight on a circle, clockwise or counter clockwise Forward stallon eight on a circle, clockwise or counter clockwise Forward stallon eight on a circle, clockwise or counter clockwise Forward on-foot gildes, or variations), right and left Advanced two-foot spin, max and eight e		 Forward one-foot glide (no variations), either foot 		. Backward outside three-turn, mohawk (backward power three-
Two-foot turn in place, forward to backward Sackward two-foot turn in place, forward to backward Sackward two-foot turn in place, 6.5 din a row Espinning forward stroking showing correct use of blade Forward staloin Moving forward to backward two-foot turn on a circle Basic 4 Forward staloin Adult 1 Forward outside ege on a circle, clockwise or counter clockwise Forward outside ege on a circle, clockwise or counter clockwise Forward outside ege on a circle, clockwise or counter clockwise Backward nail switzle pumps on a circle, either clockwise or counter clockwise Forward outside ege on a circle, clockwise or counter clockwise Backward nail switzle pumps on a circle, either clockwise or counter clockwise, e 6 consecutive Backward on-foot gibes (no variations), right and left Basic 5 Backward outside three-turn, right and left Advanced two-foot spin, main 4 revolutions Basic 6 Mohawk, right to left and left to righ Bunny Hop Basic 6 Mohawk, right to left and left to righ Bunny Hop Basic 6 Mohawk, right on left Forward outside edge, on a circle, clockwise and counter clockwise Basic 6 Mohawk, right to left and left to righ Bunny Hop Basic 6 Mohawk, right on left Forward inside edge, on a circle, clockwise and counter clockwise Adult 3 Forward straking across the width of the lice Forward	Basic 2	 Scooter pushes, right and left foot, 2-3 each foot 	Free	turn), 2-3 sets both directions
Basic 3 Sectionard two-foots swizzles, 6-8 in a row Creative steps sequence using a variety of three turns, mohat and toe steps, half ice Camel-sit spin combination - minimum of 4 revolutions total working forward to backward two-foot turn on a circle Beginning backward one-foot glide, either foot Skate 6		Moving snowplow stop	Skate 5	Camel spin - minimum 3 revolutions
Basic 3 Peginning forward straking showing correct use of blade Forward shaff with pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Forward shaff with pumps on a circle, either foot Skate 6		 Two-foot turn in place, forward to backward 		Waltz-loop jump combination
Basic 3 Conward final swizzle pumps on a circle, either clockwise or counter clockwise of 5 Comment stallorm		 Backward two-foot swizzles, 6-8 in a row 		Lutz jump
counter clockwise, 4-6 consecutive Forward stallom Moving forward to backward two-foot turn on a circle Basic 4 Forward outside edge on a circle, clockwise or counter clockwise Basic 5 Basic 5 Basic 6 Forward outside dege on a circle, clockwise and counter clockwise Forward outside edge on a circle, clockwise or counter clockwise Basic 6 Forward outside edge on a circle, clockwise and counter clockwise Forward sonswiplow stop, one or two feet Forward snowplow stop, one or two feet Adult 2 Forward snowplow stop, one or two feet Adult 2 Forward snowplow stop, one or two feet Forward snowplow stop, one or two feet Adult 2 Forward snowplow stop, one or two feet Adult 2 Forward snowplow stop, one or two feet Adult 3 Forward snowplow stop, one or two feet Adult 3 Forward skating across the width of the ice Forward one-foot gildes Forward one-foot gildes Forward slabm Backward one-foot gildes Backward one-foot gildes Forward slabm Backward one-foot gildes Forward slabm Backward one-foot gildes Forward stroking using the blade property Forward half-wizzle pumps on the circle, 6 to 8 in a row, clockwise and counter clockwise Backward one-foot gildes Forward stroking using the blade property Forward half-wizzle pumps on the circle, 6 to 8 in a row, clockwise and counter clockwise Backward one-foot gildes Forward stalling Forward stroking using the blade property Forward half-wizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise Backward one-foot gildes Backward one-foot gildes Forward stroking using the blade property Forward outside edge on a circle, right and left Forward outside edge on a circle, right and left Forward outside edge on a circle, right and left Forward outside edge on a circle, right and left Forward outside edge on a circle, right and left Forward outside edge		Beginning forward stroking showing correct use of blade		 Creative step sequence using a variety of three turns, mohawks,
Forward slation Notice forward to backward two-foot turn on a circle Basic 4 Forward outside edge on a circle, clockwise or counter clockwise Basic 4 Forward outside edge on a circle, clockwise and counter clockwise Backward one-foot gildes (no variations), right and left Basic 5 Backward custowers, 4-6 consecutive, clockwise or counter-clockwise, 4-6 consecutive, clockwise or counter-clockwise, 4-6 consecutive Basic 5 Backward outside edge on a circle, clockwise or counter-clockwise, 4-6 consecutive, clockwise and counter-clockwise Backward outside edge on a circle, clockwise or counter-clockwise Forward outside sedge on a circle, clockwise or counter-clockwise Forward outside three-turn, right and left Advanced two-foot spin, min 4 revolutions Hokawa, right to left and left to righ Basic 6 Basic forward spiral on a straight line (no variations), right or left Basic forward spiral on a straight line (no variations), right or left Basic forward spiral on a straight line (no variations), right or left Basic forward spiral on a straight line (no variations), right or left Basic forward spiral on a straight line (no variations), right or left Basic forward spiral on a straight line (no variations), right or left Basic forward spiral on a straight line (no variations), right or left Basic forward spiral on a straight line (no variations), right or left Basic forward spiral on a straight line (no variations), right or left Basic forward spiral on a straight line (no variations), right or left Backward one-foot gildes, right and left Forward outside edge on a circle, cfot sin a row, clockwise and counter-	Basic 3		Free	
Forward slalom Mewing forward to backward two-foot turn on a circle Beginning backward one-foot glide, either foot Forward outside edge on a circle, clockwise or counter clockwise Forward forestovers, 4-6 consecutive, clockwise and counter clockwise Backward half swizzle pumps on a circle, either clockwise or counter-clockwise, 4-6 consecutive Beginning two-foot spin, maximum revolutions Basic 5 Basic 5 Basic 5 Basic 6 Mehawk, right to left and left to righ Bunny Hop Basic forward spiral on a straight line (no variations), right or left Beginning one-foot spin, maximum Pre-free Skate Skate Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover indickwise and counter-clockwise One-foot uright spin, optional entry and free-foot position (minimum a revolutions) Mazurka Waitz jump NOT ALLOWED — Waltz jump-side toe hop-waltz jump NOT ALLOWED — Waltz jump-toe Loop combination Toe loop jump NOT ALLOWED — Waltz jump-toe Loop combination Reginning backward outside spiral (right and left) Beginning back spin, optional entry and free-foot position, maximum Reginning that spin of the companies of the control colockwise and counterclockwise Reginning that spin, optional entry and free-foot position, maximum a revolutions) Not ALLOWED — Waltz jump-toe Loop combination Not Allowed D-Waltz jump-toe Loop combination Reginning two-foot spin, ming than alleft) Reginning two-foot spin, with and left on crossovers, inclockwise and counterclockwise Reginning two-foot spin, and left Reg			Skate 6	Camel-sit spin combination - minimum of 4 revolutions total
Basic 4 - Forward outside edge on a circle, clockwise and counter clockwise - Forward outside edge on a circle, either clockwise or counter clockwise, 4-6 consecutive, clockwise and counter clockwise, 4-6 consecutive, clockwise or counter clockwise, 4-6 consecutive - Backward one-foot glides (no variations), right and left - Beginning two-foot spin, maximum 4 revolutions - Basic 5 - Basic 5 - Basic 6 - Forward outside edge on a circle, clockwise or counter-clockwise - Forward outside edge on a circle, clockwise or counter-clockwise - Backward crossovers, 4-6 consecutive, clockwise or counter-clockwise - 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 - Basic 6 - Mohawk, right to left and left to righ - Bunny Hop - Basic forward spiral on a straight line (no variations), right or left - Beginning one-foot spin, max 3 revolutions, optional free leg and entry position - T-top, right or left - Two forward crossovers into a forward inside Mohawk, step and entry position - T-top, right or left - Two forward crossovers into a forward inside edge, on est each direction clockwise and counter-clockwise - One-foot urgingly spin, optional entry and free-foot position (minimum 3 revolutions) - Mazurka - Waltz jump - NOT ALLOWED — Waltz jump-side toe hop-waltz jump - Forward power stroking, 4-6 consecutive powerful strokes - Forward power stroking, 4-6 consecutive powerful strokes - Forward power stroking, 4-6 consecutive powerful strokes - Forward power stroking is nit, optional entry and free-foot position, minimum 3 revolutions - Toe loop jump - NOT ALLOWED — Waltz jump-toe Loop combination - Toe loop jump - NOT ALLOWED — Waltz jump-toe Loop combination - Toe loop jump - NOT ALLOWED — Waltz jump-toe Loop combination - NOT ALLOWED — Waltz jump-toe Loop combination - Proward ring that and left on a certification clockwise and counter-clockwise - Forward stroking with crossover end patterns - Forwa		,		Waltz jump-Euler (half loop)-Salchow jump combination
Basic 4 - Forward outside edge on a circle, clockwise or counter clockwise - Forward crossovers, 4-6 consecutive, clockwise or counter clockwise - Backward half switzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive - Backward one-foot glides (no variations), right and left provard one-foot glides (no variations), right and left provard outside edge on a circle, clockwise or counter-clockwise - Backward outside edge on a circle, clockwise or counter-clockwise - Backward crossovers, 4-6 consecutive, clockwise and counter-clockwise - Backward sustating - Forward analysis of provard one-foot glides - Forward sustating and counter-clockwise - Forward sustating and counter-clockwise - Forward spiral on a straight line (no variations), right or left - Basic forward spiral on a straight line (no variations), right or left - Basic forward spiral on a straight line (no variations), right or left - Basic forward spiral on a straight line (no variations), right or left - Basic forward spiral on a straight line (no variations), right or left - Basic forward spiral on a straight line (no variations), right or left - Basic forward spiral on a straight line (no variations), right or left - Basic forward spiral on a straight line (no variations), right or left - Basic forward spiral on a straight line (no variations), right or left - Basic forward spiral on a straight line (no variations), right or left - Basic forward spiral on a straight line (no variations), right or left - Basic forward spiral on a straight line (no variations), right or left - Basic forward spiral on a straight line (no variations), right or left - Basic forward spiral on a s		 Moving forward to backward two-foot turn on a circle 		Axel jump: minimum requirement is a clear attempt either
Forward autside edge on a circle, clockwise and counter clockwise Forward crossovers, 4-6 consecutive, clockwise and counter clockwise Backward half switzzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Backward nose foot glides (no variations), right and left Beginning two-foot spin, maximum 4 revolutions Adult 1				
Clockwise Forward crossovers, 4-6 consecutive, clockwise and counter clockwise Forward swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Backward one-foot glides (no variations), right and left				
Forward crossovers, 4-6 consecutive, clockwise and counter clockwise Backward half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Backward one foot gildes (no variations), right and left Basic 5 Basic 5 Basic 5 Basic 5 Basic 5 Basic 6 Forward one foot gildes (no variations), right and left Advanced two-foot spin, min A revolutions Hockey stop Basic 6 Basic 6 Basic 6 Basic 7 Basic 7 Basic 8 Basic 8 Basic 8 Basic 9 Backward one-foot gigles 9 Backward one-foot gigles 9 Backward one-foot gigles 9 Back	Basic 4		Adult 1	
clockwise Backward half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Backward one-foot glides (no variations), right and left Beginning two-foot spin, manimum 4 revolutions Basic 5 Basic 5 Basic 5 Basic 5 Basic 5 Basic 6 Basic 6 Porward outside edge on a circle, clockwise and counter clockwise Porward outside three-turn, right and left Advanced two-foot spin, min 4 revolutions Hockey stop Basic 6 Porward inside three-turn, right and left Advanced two-foot spin, min 4 revolutions Basic 6 Porward inside three-turn, right and left Basic 6 Basic forward spiral on a straight line (no variations), right or left Beginning one-foot spin, max 3 revolutions, optional free leg and entry position T-stop, right or left Pre-free Skate Pre-free Skate Pre-free Free Skate Pre-free Skate Pre-free Skate Pre-free Skate Adult 4 Porward shalf swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise Basic forward spiral on a straight line (no variations), right or left Pre-free Skate Pre-free Free Skate Pre-free Skate Adult 4 Porward outside edge on a circle, right and left Proward outside edge on a circle, right and left Proward outside edge on a circle, right and left Proward outside edge on a circle, right and left Proward outside edge on a circle, right and left Proward outside edge on a circle, right and left Proward outside edge on a circle, right and left Proward outside edge on a circle, right and left Proward outside edge on a circle, right and left Proward outside edge on a circle, right and left Proward outside edge on a circle, right and left Proward outside edge on a circle, right and left Proward outside edge on a circle, right and left Proward outside edge on a circle, right and left Proward outside edge on a circle, right and left Proward outside edge on a circle, right and left Proward outside edge on a circle, right and left Proward outside edge on a circle, right and left Proward outside edge o				
Basic 5 Basic 6 Basic 8 Basic 7 Basic 7 Basic 7 Basic 7 Basic 8 Bas				, ,
counter clockwise, 4.6 consecutive Basic 5 Basic 5 Basic 7 Basic 5 Basic 7 Basic 8 Basic 9 Basic 9 Basic 9 Basic 9 Forward outside edge on a circle, clockwise and counter clockwise Forward outside three-turn, right and left Advanced two-foot spin, man 4 revolutions Forward size of the edge o				Forward snowprow stop, one or two reet
Basic 5 Backward one-foot glides (no variations), right and left Basic 5 Backward outside edge on a circle, clockwise or counterclockwise Forward outside three-turn, right and left Advanced two-foot spin, min 4 revolutions I lockey stop Basic 6 Basic 6 Basic 6 Basic 6 Basic 6 Basic 7 Basic 8 Basic 8 Basic 8 Basic 8 Basic 9 B				
Basic 5 Baskward outside edge on a circle, clockwise or counterclockwise Baskward crossovers, 4-6 consecutive, clockwise and counter clockwise Clockwise Forward outside three-turn, right and left Advanced two-foot spin, min 4 revolutions Basic 6 Basic 6 Basic 7 Basic 8 Basic 8 Basic 8 Basic 9 Forward inside three-turn, right and left Basic 9 Basic				
Basic 5 Basic 5 Basic 5 Basic 7 Basic 5 Basic 8 Basic 8 Basic 9 Basic 6 Backward skating across the width of the ice Forward slalom Backward skating Backward swizzles, 4-6 in a row Adult 3 Forward swizzles, 4-6 in a row Forward swizzles, 4-6 in a row Adult 3 Forward swizzles, 4-6 in a row Forward swizzles, 4-6 in a row Adult 3 Forward swizzles, 4-6 in a row Forward swizzles, 4-6 in a row Adult 3 Forward swizzles, 4-6 in a row Forward swi				
Basic 5 Counterclockwise Backward crossovers, 4-6 consecutive, clockwise and counter clockwise Forward outside three-turn, right and left Advanced two-foot spin, min 4 revolutions Backward swizzles, 4-6 in a row Adult 3 Forward stroking using the blade properly Forward swizzles Backward swizzles Backward swizzles Backward swizzles Backward counterclockwise Forward chasses on a circle, folk 8 in a row, clockwise and counterclockwise Backward snowplow stop, right and left Forward chasses on a circle, right and left Forward chasses on a circle, right and left Forward inside edge on a circle, right and left Forward inside edge on a circle, right and left Forward crossovers, clockwise and counterclockwise Forward crossovers				Enguery existing across the width of the ice
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 Forward inside three-turn, right and left Mohawk, right to left and left to righ Basic 6 Basic forward spiral on a straight line (no variations), right or left Basic 6 Basic forward spiral on a straight line (no variations), right or left Basic forward spiral on a straight line (no variations), right or left Basic forward spiral on a straight line (no variations), right or left Pre-Free Basic forward spiral on a straight line (no variations), right or left Free Skate Pre-Free Skate Pre-Free Backward sward sward sward sward saw stating to a long two-foot glide Forward chasses on a circle, clockwise and counterclockwise Backward snowplow stop, right and left Forward inside edge on a circle, right and left Forward inside edge on a circle, right and left Forward power stroking, 4-6 in a row Adult 3 Forward stroking using the blade properly Forward chasses on a circle, folk wise and counterclockwise Backward skating to a long two-foot glide Forward chasses on a circle, right and left Forward inside edge on a circle, right and left Forward inside edge on a circle, right and left Backward outside edge on a circle, right and left Backward outside edge on a circle, right and left Backward outside edge on a circle, right and left Backward outside edge on a circle, right and left Backward outside edge on a circle, right and left Backward outside edge on a circle, right and left Backward outside edge on a circle, right and left Backward outside edge on a circle, right and left Backward outside edge on a circle, right and left Backward outside edge on a circle, right and left Backward outside edge on a c	Rasir 5	,	Adult 2	
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Free Skate 1 - 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 Free Skate 2 - Adult 5 - Alternating forward outside spiral (right and left) and inside spiral (right and left) on a continuous axis - Beginning back spin, optional entry and free foot position, max 2 revolutions - Half Lutz jump - Salchow jump - Salchow jump - Forward outside edge on a circle, right and left - Backward crossovers, clockwise and counterclockwise - Forward outside edge on a circle, right and left - Backward crossovers, clockwise and counterclockwise - Forward outside edge on a circle, right and left - Backward crossovers, clockwise and counterclockwise - Forward outside edge on a circle, right and left - Backward crossovers, clockwise and counterclockwise - Forward outside edge on a circle, right and left - Backward crossovers, clockwise and counterclockwise - Forward outside edge on a circle, right and left - Backward crossovers, clockwise and counterclockwise - Forward outside edge on a circle, right and left - Backward crossovers, clockwise and counterclockwise - Forward outside edge on a circle, right and left - Backward crossovers, clockwise and counterclockwise - Forward outside edge on a circle, right and left - Backward crossovers, clockwise and counterclockwise - Forward outside edge on a circle, right and left - Backward crossovers, clockwise and counterclockwise - Forward outside edge on a circle, right and left - Backward crossovers, clockwise and counterclockwise - Forward outside edge on a circle, right and left - Backward crossovers, clockwise and counterclockwise - Forward outside edge on a circle, right and left - Backward orosovers, clockwise and counterclockwise - Forward outside edge on a circle, right and left - Backward orosovers, clockwise and counterclockwise				
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Salchow jump Two-foot spin into one-foot spin (min 2 revs on one foot)		max 2 revolutions		T-stop
		Half Lutz jump		Lunge
		Salchow jump		 Two-foot spin into one-foot spin (min 2 revs on one foot)
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combination		combination	<u></u>	

