**The 5th Annual Summer Swizzle Competition**

**Sunday June 9th, 2019**



Sponsored By Iceland Ice Rink &

Metropolitan Figure Skating Club

The 5th Annual Summer Swizzle Learn to Skate Competition

Sponsored by Metropolitan Figure skating Club and Iceland Ice Rink

Iceland Ice Rink on June 9th 2019

USFS LEARN TO SKATE USA APPROVED COMPETITION

**ELIGIBILITY RULES FOR PARTICIPANTS:** The competition is open to ALL skaters who are current eligible (ER 1.00) members of either theLearn to Skate USA Program and/or are full members of U.S. Figure Skating. To be eligible, skaters musthave 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 closing date of entries.

All SNOWPLOW SAM ANDBASIC SKILLS SKATERS THROUGH BASIC 6,must skate at highest level passed or one higher and NO official U.S. Figure Skating tests may have been passed including Moves in the Field or Individual dances. Skaters in other events may skate at highest level passed OR one level higherBUT not both levels in the same event during the same competition.

**Rules:** This competition has been approved by US Figure Skating and will be conducted in association with U.S. Figure Skating rules governing non- qualifying and Learn to Skate USA competitions as set forth in the 2018/19 Rulebook. It is agreed that the competitor and family holds Iceland Ice rink and Metropolitan figure skating club and their respective owners and officers harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property. Non- US Figure Skating judges may be used to judge some events. The selection of officials will comply with the rules for competitions as set out in the U.S. Figure Skating Rulebook and in the criteria developed for U.S. Figure Skating Learn to Skate USA Competitions.

**Series Information- The** summer swizzle is part of the Long Island Grand Prix Series

**ENTRIES AND FEES:** $60.00 for 1st event, $25 for each additional event.

There will be a $20.00 fee for late entries, or incorrectly submitted applications

**Deadline: APPLICATIONS MUST BE POSTMARKED BY THURSDAY MAY 9th, 2019**

**AWARDS –** Everyone will receive an award. All events will be final rounds. Medals will be

awarded to first, second, and third places. ALL other places will receive ribbons. ALL awards will

be given at appropriate times throughout the competition.

**SCHEDULE OF EVENTS -** Will be posted on our website: [www.icelandlongisland.com](http://www.icelandlongisland.com) as soon as possible after the close of entries.

**REGISTRATION AND CHECK IN:** All competitors must check in at the registration desk upon arrival at the rink. It is suggested that competitors arrive 1 hour prior to scheduled event.

**MUSIC** – CD’S will be only form accepted. Competitors must bring their program music (labeled with their name, address and event) to the registration desk upon checking in. It is recommended that skaters have a back-up CD in case of any problems

**Location:** **Direct all inquiries to:**

Iceland Ice Rink Skating School at Iceland

3345 Hillside Ave (516) 746-1100 (ext. 6)

New Hyde Park, NY 11040 Or contact us by email at Summerswizzle1@gmail.com

***2019 Summer Swizzle- Entry Form ( please Print Clearly)***

Skaters Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ USFS#:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Please circle: Female Male

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State:\_\_\_\_\_\_\_\_\_\_\_\_\_ZipCode:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Club/Rink: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Tests Passed: Basic Skills: \_\_\_\_\_\_\_\_\_Freestyle: \_\_\_\_\_\_\_\_\_\_ Moves: \_\_\_\_\_\_\_\_\_\_\_\_

Coaches Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Coaches Phone #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Coaches E-Mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Basic 1-6 Elements Pre-Freeskate –Free Skate 1-6 Excel Compulsories**

**(No Music) Compulsories(No Music) (No Music)**

\_\_\_Snowplow Sam \_\_\_Pre Free Skate \_\_\_\_Excel Beginner

\_\_\_Basic 1 \_\_\_Freeskate 1 \_\_\_\_Excel High Beginner

\_\_\_Basic 2 \_\_\_Freeskate 2 \_\_\_\_Excel Pre-Preliminary

\_\_\_Basic 3 \_\_\_Freeskate 3 \_\_\_\_Excel Preliminary

\_\_\_Basic 4 \_\_\_Freeskate 4

\_\_\_Basic 5 \_\_\_Freeskate 5 **Well Balanced Compulsories (No Music)**

\_\_Basic 6 \_\_\_Freeskate 6 \_\_\_\_No Test

\_\_\_\_Pre-Preliminary

\_\_\_\_Preliminary

**Snowplow Sam -Basic 1-6**  **Pre-Freeskate-Freeskate 1-6** **Excel Free Skate**

**Program with Music** **Program with Music** **Program with Music**

\_\_\_\_Snowplow Sam \_\_\_\_Pre-Free Skate \_\_\_\_Excel Beginner Free Skate

\_\_\_\_Basic 1 \_\_\_\_Freeskate 1 \_\_\_\_Excel High Beginner Free Skate

\_\_\_\_Basic 2 \_\_\_\_Freeskate 2 \_\_\_\_Excel Pre-Preliminary Free Skate

\_\_\_\_Basic 3 \_\_\_\_Freeskate 3 \_\_\_\_Excel Preliminary Free Skate

\_\_\_\_Basic 4 \_\_\_\_Freeskate 4 \_\_\_\_Excel Preliminary Plus Free Skate

\_\_\_\_Basic 5 \_\_\_\_Freeskate 5

\_\_\_\_Basic 6 \_\_\_\_Freeskate 6

**Well Balanced Free Skate Program** **Showcase Events**

**With Music** \_\_\_\_Basic 1-6

\_\_\_\_No Test \_\_\_\_Pre-Free Skate- Beginner/High Beginner

\_\_\_\_Pre Preliminary \_\_\_\_No Test

\_\_\_\_Preliminary \_\_\_\_Pre-Preliminary

\_\_\_\_Preliminary

|  |  |
| --- | --- |
| First Event | 1 @ $60 = $60.00 |
| Additional Events @ $25.00 each | \_\_\_ x $25.00=\_\_\_\_\_\_\_\_\_\_\_ |
| Total Amount Enclosed |  |

**The completed entry form, with fees, must be postmarked no later than Thursday May 9th, 2019**

Make check payable to **Iceland Ice Rink**  and mail to: **Iceland Ice Rink, Attn: Skate School Director**

**3345 Hillside Ave, New Hyde Park, NY 11040 *Entry fees are not refundable after the entry deadline unless an event is cancelled****.*

Certification of Competitor: The competitor is eligible to enter the events checked. It is agreed that the competitor and

Family holds Iceland Ice Rink harmless from any and all liability either during practice or the competition, and from any and all

liability for damages to or loss of property.

Parent/Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructor/Coach Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Program Director/Club Officer:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***SNOWPLOW SAM – BASIC 6 ELEMENTS***

Two format options for the Elements Event:

\*Each skater will perform each element when directed by a judge/referee OR

\*Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography) Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

\*To be skated on 1/3 to 1/2 ice (determined by the LOC)

\*No music

\*Divide Snowplow Sam skaters by level (1-4), if registrations warrant

**\**All elements must be skated in the order listed.***

|  |  |  |
| --- | --- | --- |
| Level | Time | Skating rules/standards |
| Snowplow Sam | 1:00 max. | * March followed by a two-foot glide and dip * Forward two-foot swizzles, 2-3 in a row * Forward snowplow stop * Backward wiggles, 2-6 in a row |
| Basic 1 | 1:00 max. | * Forward two-foot glide and dip * Forward two-foot swizzles, 6-8 in a row * Beginning snowplow stop on two-feet or one-foot * Backward wiggles, 6-8 in a row |
| Basic 2 | 1:00 max. | * Forward one-foot glide either foot * Scooter pushes, right and left foot, 2-3 each foot * Moving snowplow stop * Two-foot turn in place, forward to backward * Backward two-foot swizzles, 6-8 in a row |
| Basic 3 | 1:00 max. | * Beginning forward stroking showing correct use of blade * Forward 1⁄2 swizzle pumps on a circle, either direction, 4-6 consecutive * Forward slalom * Moving forward to backward two-foot turn on a circle * Beginning backward one-foot glide, either foot |
| Basic 4 | 1:00 max. | * Forward outside edge on a circle, clockwise or counterclockwise * Forward crossovers, 4-6 consecutive, clockwise and counterclockwise * Backward 1⁄2 swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive * Backward one-foot glides right and left * Beginning two-foot spin, maximum 4 revolutions |
| Basic 5 | 1:00 max. | * Backward outside edge on a circle, clockwise or counterclockwise * Backward crossovers, 4-6 consecutive – Both Directions * Forward outside three-turn, right and left * Advanced two-foot spin, minimum 4 revolutions * Hockey stop |
| Basic 6 | 1:00 max. | * Forward inside three-turn, right and left * Bunny Hop * Basic forward spiral on a straight line right or left * Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry * T-stop, right or left |

***SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC***

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

1. To be skated on full ice **with music.**
2. The skater may use elements from a previous level.
3. A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
4. Divide Snowplow Sam skaters by level (1-4), if registrations warrant

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| --- | --- | --- |
| Level | Time | Skating rules/standards |
| Snowplow Sam | 1:10 max. | * March followed by a two-foot glide and dip * Forward two-foot swizzles, 2-3 in a row * Forward snowplow stop * Backward wiggles, 2-6 in a row |
| Basic 1 | 1:10 max. | * Forward two-foot glide and dip * Forward two-foot swizzles, 6-8 in a row * Beginning snowplow stop on two-feet or one-foot * Backward wiggles, 6-8 in a row |
| Basic 2 | 1:10 max. | * Forward one-foot glide either foot * Scooter pushes, right and left foot, 2-3 each foot * Moving snowplow stop * Two-foot turn in place, forward to backward * Backward two-foot swizzles, 6-8 in a row |
| Basic 3 | 1:10 max. | * Beginning forward stroking showing correct use of blade * Forward 1⁄2 swizzle pumps on a circle, either direction 4-6consecutive * Forward slalom * Moving forward to backward two-foot turn on a circle * Beginning backward one-foot glide, either foot |
| Basic 4 | 1:10 max. | * Forward outside edge on a circle, clockwise or counterclockwise * Forward crossovers, 4-6 consecutive, both directions * Backward 1⁄2 swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive * Backward one-foot glides, right and left * Beginning two-foot spin, maximum 4 revolutions |
| Basic 5 | 1:10 max. | * Backward outside edge on a circle, clockwise or counterclockwise * Backward crossovers, 4-6 consecutive, both directions * Forward outside three-turn, right and left * Advanced two-foot spin, minimum 4 revolutions * Hockey stop |
| Basic 6 | 1:10 max. | * Forward inside three-turn, right and left * Bunny Hop * Basic forward spiral on a straight line- right or left * Beginning one-foot spin, maximum 3 revolutions, optional entry and   free leg position   * T-stop, right or left |

**PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY**

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

\*To be skated on 1⁄2 ice.

\****No music***

\*The skater must demonstrate the required elements listed

\***Bonus skills from the same level or below are allowed but will not be judged elements.**

\*A 0.2 deduction will be taken for each element performed from a higher level.

Time: 1:15 maximum

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| Level | Time | Skating rules/standards |
| Pre-Free Skate | 1:15 max. | * Forward inside open Mohawk from a standstill position   (R to L and L to R)   * Two forward crossovers into a forward inside Mohawk,   step down and cross behind, step into one backward  crossover and step to a forward inside edge, clockwise and  counterclockwise   * Basic one-foot upright spin, optional entry and free-foot   position - minimum 3 revolutions   * Mazurka * Waltz jump |
| Free Skate 1 | 1:15 max. | * Forward stroking, 4-6 consecutive powerful strokes * Backward outside three-turns, right and left * One-foot upright spin, entry from backward crossovers,   with free foot in crossed leg position (scratch spin) –  minimum 4 revolutions   * Toe loop * Half flip jump |
| Free Skate 2 | 1:15 max. | * Alternating forward outside spiral (right and left) and forward inside   spiral (right and left) on a continuous axis   * Backward inside three-turns, right and left * Beginning back spin- maximum 2 revolutions * Half Lutz * Salchow jump |
| Free Skate 3 | 1:15 max. | * Alternating Mohawk/crossover sequence, right to left and   left to right   * Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise * Advanced back spin with free foot in crossed leg position-   minimum 3 revolutions   * Loop jump * Waltz jump/toe loop or Salchow/toe loop jump combination |
| Free Skate 4 | 1:15 max. | * Forward power 3's, 2-3 consecutive sets, right or left * Sit spin - minimum 3 revolutions * Half loop jump * Flip jump |
| Free Skate 5 | 1:15 max. | * Backward outside three-turn, Mohawk   (backward power three-turn), both directions   * Camel spin - minimum 3 revolutions * Waltz jump-loop jump combination * Lutz jump |
| Free Skate 6 | 1:15 max. | * Forward power pulls, minimum 3 on each foot * Camel, sit spin combination - minimum of 4 revolutions total * Waltz jump, half loop, Salchow jump combination * Beginning Axel jump |

***PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC***

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, 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.

\*The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.

\*Bonus skills from the same level or below are allowed but will not be judged elements.

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| **Level** | **Time** | **Skating rules/standards** |
| **Pre-Free Skate** | 1:40 max. | * Two forward crossovers into a forward inside Mohawk, step down and   cross behind, step into one backward crossover and step to a forward  inside edge, clockwise and counterclockwise   * Basic one-foot upright spin, optional entry and free-foot position-   minimum 3 revolutions   * Mazurka * Waltz jump * ***NOT ALLOWED*** -Waltz jump, side toe hop, waltz jump |
| **Free Skate 1** | 1:40 max. | * Forward 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** | 1:40 max. | * Alternating forward outside spiral (right and left) and forward inside   spiral (right and left) on a continuous axis   * Beginning back spin- maximum 2 revolutions * Half Lutz * Salchow jump * ***NOT ALLOWED*** – Salchow/toe loop combination |
| **Free Skate 3** | 1:40 max. | * Alternating Mohawk/crossover sequence, right to left and left to right * 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 * ***NOT ALLOWED*** – Waltz/loop combination |
| **Free Skate 4** | 1:40 max. | * Forward power 3's, 2-3 consecutive sets, right or left * Sit spin – minimum 3 revolutions * Half Loop jump * Flip jump * ***NOT ALLOWED*** – Waltz/half-loop/Salchow sequence |
| **Free Skate 5** | 1:40 max. | * Backward outside three-turn, Mohawk (backward power three-turn),   both directions   * Camel spin – minimum 3 revolutions * Waltz-loop jump combination * Lutz jump |
| **Free Skate 6** | 1:40 max. | * Creative step sequence using a variety of three turns, Mohawks and   toe steps   * Camel, sit spin combination - minimum of 4 revolutions total * Waltz jump/ half-loop, Salchow jump combination * Beginning Axel jump |

***EXCEL COMPULSORY***

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

\*To be skated on 1⁄2 ice.

\****No music***

\*The skater must demonstrate the required elements listed

\*A 0.2 deduction will be taken for each element performed from a higher level.

\*Time: 1:15 maximum

\* Skaters may have the option to skate one level higher in compulsories than free skate program.

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| Level | Time | Skating rules/standards |
| Excel Beginner | 1:15 max. | * Toe loop jump * Salchow jump * One-foot upright spin - minimum 3 revolutions * Choreographic step sequence |
| Excel High Beginner | 1:15 max. | * Loop jump * Salchow/toe loop combination * Sit spin - minimum 3 revolutions * Choreographic step sequence |
| Excel Pre- Preliminary | 1:15 max. | * Flip jump * Loop/loop jump combination * Upright spin with change of foot – minimum 3 revolutions on each foot * Choreographic step sequence |
| Excel Preliminary | 1:15 max. | * Lutz jump * Flip/loop jump combination * Camel, sit combination spin – minimum 6 revolutions total * Choreographic step sequence |

**WELL BALANCED LEVELS COMPULSORY**

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

\*To be skated on 1⁄2 ice.

\****No music***

\*The skater must demonstrate the required elements listed

\*A 0.2 deduction will be taken for each element performed from a higher level.

\*Time: 1:15 maximum

\*Skaters may have the option to skate one level higher in compulsories than free skate program.

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| Level | Time | Skating rules/standards |
| No-Test | 1:15 max. | * Loop jump * Jump combination to include a toe loop (may not use a loop or Axel) * Upright spin with change of foot – minimum 3 revolutions on each foot * Choreographic step sequence |
| Pre-Preliminary | 1:15 max. | * Lutz jump * Jump combination: single/single (no Axel) * Spin with one change of position and no change of foot – minimum 6 revolutions total * Choreographic step sequence |
| Preliminary | 1:15 max. | * Axel jump * Jump combination: single/single (may include Axel) * Spin with one change of foot and one change of position – minimum 3 revolutions on each foot * Choreographic step sequence |

***Excel Free Skate***

General event parameters:

\*Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at  the same competition.

\*Skaters will skate to the music of their choice.

\*Level will be determined by the highest Free Skate test passed. Skaters may compete at the

highest level they have passed, or skate up one level higher.

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| **Excel Beginner**  **Free Skate**  1:40 Max  Must not have passed higher than LTS USA 2 | **Max 4 jump Elements:**  \*Jumps with no more the ½ rotation(Front to back or back to front)  \*Single rotation jumps: salchow, toe loop only  \*Eulers(half loops) are not allowed  \*Max 2 jumps combos or sequences  \*Max 2 of any jump | **Max 2 Spins:**  **\***Two upright spins  \*No change of foot  \*No flying entry  \*Minimum 3 revolutions | **Max 1 Sequence:**  Choreograph Step  Sequence (ChSt)  \*Must use ½ of the ice  surface  \*Moves in the field and  spiral sequences are  allowed but will not be counted as elements  \*Jumps may be included in sequence |
| **Excel High Beginner**  **Free Skate**  1:40 Max  Must not have passed higher than LTS USA Free Skate 4 | **Max 5 jump Elements:**  \*Jumps with no more the ½ rotation(Front to back or back to front)  \*Single rotation jumps: salchow, toe loop, Eulers(half loop), Loop  \*Flip, Lutz, & Axel not permitted  \*Max 2 jumps combos or sequences  \*Max 2 of any jump | **Max 2 Spins:**  **\***Both spins must be in a single position  \* No flying entry  \*Permitted forward spins: upright, sit, camel  \*Permitted back spins upright  \*Minimum 3 revolutions  \*Spins must be of a different character | **Max 1 Sequence:**  Choreograph Step  Sequence (ChSt)  \*Must use ½ of the ice  surface  \*Moves in the field and  spiral sequences are  allowed but will not be counted as elements  \*Jumps may be included in sequence |
| **Excel Pre-Preliminary**  1:40 Max  Must not have passed higher than USFS Pre Preliminary free skate test  \*Means required element  Full USFS membership required | **Max 5 jump Elements:**  \*All single jumps permitted except axel  \*No single axels, double or higher jumps permitted  \*Number of single jumps(Except axel)is not limited provided the maximum number of jump elements allowed is not exceeded  \*Max 2 jumps combos or sequences  \*Jump combinations limited to 2 jumps. One 3 jump combination is allowed  \*Jump sequence is any listed jump immediatley followed by a waltz jump | **Max 2 Spins:**  \* One spin must be in a  single position  \*One spin may change feet or postion  \*No flying entry  \*Minimum 3 revolutions  \*Spins must be of a different character | **Max 1 Sequence:**  Choreograph Step  Sequence (ChSt)  \*Must use ½ of the ice  surface  \*Moves in the field and  spiral sequences are  allowed but will not be counted as elements  \*Jumps may be included in sequence |
| **Excel Preliminary**  1:30 +/- .10 sec.  Must not have passed USFS Preliminary free skate test  \*Means required element  Full USFS membership required | **Max 5 jump Elements:**  \*All single jumps permitted except for axel  \*No single axels, double, or higher jumps allowed  \*Number of single jumps(Except single axel) is not limited provided the maximum number of jumps elements allowed is not exceeded  \*Maximum 2 jump combos or sequences  Jump combos limited to 2 jumps, but one 3 jump combo is allowed  \*Jump sequence is any jump listed immediately followed by a waltz jump | **Max 2 Spins:**  \*One spin must be in a single position  \*One spin may change feet and/or position  \*No flying entry  \*Minimum 3 revolutions  \*Spins must be of a different character | **Max 1 Sequence:**  Choreograph Step  Sequence (ChSt)  \*Must use ½ of the ice  surface  \*Moves in the field and  spiral sequences are  allowed but will not be counted as elements  \*Jumps may be included in sequence |
| **Excel Preliminary Plus**  1:30 +/- .10 secs.  Must not have passed USFS preliminary free skate test  \*Means required element  Full USFS membership required | **Max 5 jumps:**  \*All single jumps, including single axel  \*No double, or higher jump permitted  \*Single axel may be repeated once(but not more) as a solo jump or part part of a sequence or jump combination(max 2 axels)  \*Number of remaining single jumps is not limited provided the maximum number of jump elements is not exceeded  \*Maximum 2 jump combinations or sequences  \*All single jumps including the single axel are allowed as part of a combination or sequence(no doiuble jumps)  \*Jump sequence is any listed jump immediately followed by a waltz jump | **Max 2 Spins:**  \*One spin must be in one single postion  \*One spin may change feet and/or position  \*No flying entry  \*Minimum 3 revolutions  \*Spins must be of a different character | **Max 1 Sequence:**  Choreograph Step  Sequence (ChSt)  \*Must use ½ of the ice  surface  \*Moves in the field and  spiral sequences are  allowed but will not be counted as elements  \*Jumps may be included in sequence |

***WELL BALANCED FREE SKATE PROGRAM***

General event parameters:

\*Skaters may not enter both a Well Balanced Free Skate event and an Excel Free Skate event at the same competition.

\*Skaters will skate to the music of their choice.

\* Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up one level higher.

\*\*Per ISU rules, the new definition for a jump sequence will be in effect. A jump sequence consists of two jumps; beginning with any listed jump immediately followed by a waltz jump.



|  |  |  |  |
| --- | --- | --- | --- |
| Level | Jumps | Spins | Step Sequences |
| **No Test**  Time:  1:40 Max. | **Max 5 Jump Elements :**  • All single jumps allowed except for the single Axel  \*No single Axels,double,triple or quadruple jumps  allowed  \*Number of single jumps(except single Axels)is  not limited provided the maximum number of  jump elements allowed is not exceeded   • Max 2 jump combinations or jump sequences  \*Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed  \*Jump sequence is any listed jump immediately followed by a waltz jump | **Max 2 Spins :**  \*Spins may change feet and/or position  \*Spins may start with a flying entry  \*Min 3 revs.  \*These spins must be of a different character   (For definition see U.S. Figure Skating rule 4103 (E)) | **Max 1 Sequence :**  • Step Sequence o Must us ½ the  ice surface  \* Moves in the  field and spiral sequences are  allowed but will not be counted  as elements  \*Jumps may be included in  the step sequence |
| **Pre- Preliminary**  Time:  1:40 Max. | **Max 5 Jump Elements :**   * All single jumps, including the single Axel, allowed o No double, triple or quadruple jumps allowed o Axel may be repeated once as a solo jump or part of  ajumpsequenceorjump combination  (maximum of 2 single Axels) o Number of single jumps is not limited provided the  maximum number of jump elements allowed is  not exceeded * Max 2 jump combinations or jump sequences  o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed  o Jump sequence is any listed jump immediately followed by a waltz jump | **Max 2 Spins:**   * Spins may change feet and/or position * Spins may start with a flying entry * Min 3 revs.  These spins must be of a different character   (For definition see U.S. Figure Skating rule 4103 (E)) | **Max 1 Sequence:**  • Step Sequence must use1/2  the ice surface  \* Moves in the  field and spiral sequences are  allowed but will not be counted  as elements  \*Jumps may be included in the  step sequence |
| **Preliminary**  **Time:**  1:40 Max. | Max 5 Jump Elements   * 1 must be an Axel-type jump or a waltz jump\* * All single jumps, including the single Axel, allowed.  Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)   \*Double flip,double Lutz,double Axel,triple and quadruple jumps not allowed  \*An Axel plus up to two different allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination  \*Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded  • Max 2 jump combinations or sequences  \*Jump combinations limited to 2 jumps except that  one three jump combination with a maximum of 2  double jumps and 1 single jump is allowed  \*Jump sequence is any listed jump immediately followed by a waltz jump | Max 2 Spins   * Spins may change feet and/or position * Spins may start with a flying entry * Min 3 revs.  These spins must be of a different character   (For definition see U.S. Figure Skating rule 4103 (E)) | Max 1 Sequence  • Step Sequence  \*Must use 1/2  of the ice surface   \* Moves in the field and spiral  sequences are allowed but  will not be counted as elements  \*Jumps may be included in  the step sequence |

***SHOWCASE EVENTS***

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary. Groups will be divided by number of entries and ages if possible. Skaters must enter atthe same level as their free skate event or highest test level of skater’s in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Costuming and make-up for showcase programs should enhance the feeling created by the performance, and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. A 0.1 deduction will be taken. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge’s mark for each ten seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant’s marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

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| LEVEL | ELEMENTS | QUALIFICATIONS | PROGRAM LENGTH |
| Snowplow Sam thru Basic 1-6 | Elements only from Basic 1-6 curriculum | May not have passed any higher than Basic 6 level | 1:00 max |
| Pre Free Skate thru Free Skate 6  Excel Beg/High Beg | 3 jump maximum.  No axels or double jumps permitted | May not have passed any official US Figure Skating free skate tests. | 1:30 max |
| No Test thru  Pre Preliminary | 3 jump maximum. No axels or double jumps permitted | Must have passed no higher than US Figure Skating Pre Preliminary | 1:30 max |
| Preliminary | 3 jump maximum. Axels are permitted, but no double jumps allowed | Must have passed no higher than US Figure Skating Preliminary free skate | 1:40 max |