

18th Annual Freeport Spring Challenge
Sunday April 23RD, 2017
USFS LTS Approved Competition #24339

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills 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 Basic Skills Program/Club or any other Basic Skills Program/Club.

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills Skaters through Basic 8 must skate at highest level passed or one level higher and No Official U.S. Figure Skating Tests may have been passed including MIF or Individual Dances.

Skaters in other events may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition and may have passed Moves in the Field. If a skater competes at a non qualifying competition in a Beginner or No Test category, then that skater must compete at the equivalent or higher level in a Basic Skills approved 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 Basic Skills competitions as set forth in the **2015/16 Rulebook**. It is agreed that the competitor and family holds Freeport Skating Academy, Inc. Village of Freeport, 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 Basic Skills competitions.

Entry Fees: \$55.00 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 Friday March 31st, 2017.

Schedule: The schedule will be posted on our website: www.freeportskatingacademy.com as soon as possible after the close of entries. Schedules will ONLY be mailed if you include a self addressed stamped envelope.

Awards: Trophies will be awarded for 1st, 2nd, and 3rd places, medals awarded to 4th, 5th, 6th place. Awards ceremonies are done on the ice. We ask all competitors to have their skates on.

Registration 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.¹

Location: Freeport Recreation Center
130 E. Merrick Rd.
Freeport NY 11520

Direct all inquires to:
Liz Eldredge
516-771-4195
Or email-freeportskatingacademy@gmail.com

****If a skater competes in a Beginner Category or higher, they may not go back and compete in any Free Skate category lower than Free Skate 3.**

****If a skater has passed the Pre-Juvenile MIF or higher, they may not compete in an approved Basic Skills competition.**

2017 Freeport Spring Challenge -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 Elements

(No Music)

___ Snowplow Sam
___ Basic 1
___ Basic 2
___ Basic 3
___ Basic 4
___ Basic 5
___ Basic 6

Freeskate Elements/

Compulsories(No Music)

___ Pre Free Skate
___ Freeskate 1
___ Freeskate 2
___ Freeskate 3
___ Freeskate 4
___ Freeskate 5
___ Freeskate 6
___ No Test
___ Pre Preliminary
___ Preliminary

Test Track Program

(With music)

___ Pre Preliminary
___ Preliminary

Well Balanced Program

(With music)

___ No Test
___ Pre Preliminary
___ Preliminary

Showcase Events

___ Showcase
___ Basic 1-8
___ Showcase
___ Freeskate 1-6
___ Showcase
___ No Test/Pre Pre
___ Showcase
___ Preliminary

Basic Program

(With music)

___ Snowplow Sam
___ Basic 1
___ Basic 2
___ Basic 3
___ Basic 4
___ Basic 5
___ Basic 6

Freeskate Program

(With music)

___ Pre Free Skate
___ Freeskate 1
___ Freeskate 2
___ Freeskate 3
___ Freeskate 4
___ Freeskate 5
___ Freeskate 6

First Event	1 @ \$55= \$55.00
Additional Events @ \$25.00 each	___ x \$25.00=_____
Total Amount Enclosed	

The completed entry form, with fees, must be postmarked no later than Friday March 30th, 2017.

Make check payable to **Freeport Skating Academy** and mail to: **Freeport Skating Academy**

130 E. Merrick Rd. Freeport, NY 11520

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 the Freeport skating Academy, Inc. Village of Freeport 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: _____

Competitor Signature: _____ Date: _____

Instructor/Coach Signature: _____ Date: _____

Program Director/Club Officer: _____ Date: _____

Freeport Skating Academy Spring Challenge

Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement

In consideration of participating in Freeport Skating Academy activities, I represent that I understand the nature of figure skating activities (activity) and that I am qualified, in good health and in proper physical condition to participate in such "activity". I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the "activity".

I fully understand that this "activity" involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by own actions, or inactions, those of others participating in the "activity", the conditions in which the activity takes place, or the negligence of the "releasees" named below; that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation.

I hereby release, discharge, and covenant not to sue the Freeport Skating Academy, United States Figure Skating, it's directors, administrators, sponsors, volunteers, agents, employees, staff, instructors, trainers, other participants, if applicable, owners, lessors of premises on which "activity" takes place (each considered one of the Releasees herein) from all liability, claims, demands, losses, the damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise including negligent rescue operation; and I further agree that if, despite this release, waiver of liability, and assumption of risk, I, or anyone on my behalf, makes a claim against any of the Releasees, that I will indemnify, save hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

The Freeport Skating Academy has the right, but not the obligation, to provide rules, regulations and/or ice monitors for this event. We hereby acknowledge that the Freeport Skating Academy shall not be responsible for the supervision of the participants at this event.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Print Name of Participant

Phone:

Address

Date:

Signature of Participant (Age 18 or older)

PARENTAL CONSENT AND INDEMNIFICATION AGREEMENT

I, the minor's parent and or legal guardian, understand the nature of the above referenced activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such "activity". I hereby release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss and liability, damage, or cost any Releasees may incur as the result of any such claim.

Printed Name of Parent/Guardian

Date:

Signature of Parent/Guardian

18th Annual Freeport Spring Challenge

The 4th event in our

6th Annual Long Island Grand Prix Series

The Cantiague FSC, Freeport Skating Academy, Great Neck FSC, Newbridge Arena, Iceworks Skating Academy, and Iceland Arena & Met FSC would like to welcome all skaters to our 4th event of our Grand Prix Series for this season! All information regarding participation is as follow...

Who:

Group 1: Skaters from Snowplow Sam to Free Skate 6, including Limited Beginner and Beginner Test Track.

Group 2: Skaters from No Test to Preliminary, including Pre-Preliminary and Preliminary Test Track.

Dates:

December 4th, 2016-Cantiague FSC Holiday Classic

February 11, 2017 –Northwell Health Ice Center “Love To Skate”- E. Meadow, NY

March 11th, 2017-Newbridge Arena “Clover Classic”-Bellmore NY

April 23rd, 2017-Freeport Skating Academy’s “Spring Challenge”-Freeport Recreation Center, Freeport NY

May 7th, 2017 Gold Coast Classic-Great Neck FSC-Great Neck, NY

May 19th 2017-Cantiague Figure Skating Club “Trophy Cup”-Cantiague Park, Hicksville NY

June 2017- Iceland’s Summer Twizzle-New Hyde Park, NY

How it Works:

Each skater will receive points for their placements at each competition in all Compulsory, Showcase, and Program events. Skaters will receive 5 additional points if they “move up” a level during the Series (This will only be awarded 1 time). Skater is only awarded the 5 additional points if the “move up” in the regular program events (not showcase or compulsories). If a skater competes in any Test Track Events they may not compete at No Test or below in any other event or competition. Freeskiate 6 competitors will only be awarded points for moving up if they compete in Pre Preliminary or higher in the program event. Skaters will forfeit their points if they skate down a level in any event in the series. If there is only 1 skater in the group, he or she will be awarded 3 points for 1st place. Skaters will be placed in finals depending on last level they competed at. Remember you can enter 3 different disciplines in each competition to accumulate more points! See chart below for point values. After all 7 competitions, points will be totaled to determine the 1st, 2nd, and 3rd place winners. Finals will be conducted if needed. We will hold a special awards ceremony and exhibition for the winners at the end of the season!

Placement	Points
1 st	5
2 nd	4
3 rd	3
4 th	2
5 th	1
6 th	1

Please fill out registration form if you wish to participate in the Grand Prix Series. Forms will be available at the registration desk when you check in at any of the competitions listed above.

THE MORE EVENTS YOU ENTER, THE MORE POINTS YOU EARN!

Basic Elements Event: Snowplow Sam – Basic 8

Format choice of host: Each skater will perform each element when directed by a judge or referee OR have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: a;; 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
- No music
- **Elements must be skated in order listed**

Level	Time	Skating rules / standards
Snowplow Sam	1:00 max.	<ol style="list-style-type: none">1. March followed by a 2 foot glide and dip2. Forward 2 foot swizzles, 2-3 in a row3. Backward wiggles, 2-6 in a row4. Forward snowplow stop
Basic 1	1:00 max.	<ol style="list-style-type: none">1. Forward 2 foot glide and dip2. Forward two foot swizzles 6-8 in a row3. Beginning snowplow stop on 2 feet or 1 foot4. Back wiggles 6-8 in a row
Basic 2	1:00 max.	<ol style="list-style-type: none">1. Forward one foot glide-either foot2. Scooter pushes, right and left, 2-3 each foot1. Moving snowplow stop2. Two foot turn in place-forward to backward3. Backward two foot swizzles 6-8 in a row
Basic 3	1:00 max.	<ol style="list-style-type: none">1. Beginning forward stroking showing correct use of the blade2. Forward ½ swizzle pumps on a circle, either direction, 4-6 consecutive3. Forward slalom4. Beginning backward one foot glide-either foot5. Moving forward to backward 2 foot turn on a circle
Basic 4	1:00 max.	<ol style="list-style-type: none">1. Backward 1 foot glides, right & left2. Forward outside edge on a circle clockwise or counter clockwise3. Forward crossovers 4-6 consecutive both directions4. Beginning 2 foot spin 2-4 revolutions5. Backward ½ swizzle pumps on a circle, either direction
Basic 5	1:00 max.	<ol style="list-style-type: none">1. Backward outside edge on a circle, clockwise and counter clockwise2. Backward crossovers 4-6 consecutive – both directions3. Advanced 2 foot spin , 4-6 revolutions4. Forward outside three turn, right and left5. Hockey stop
Basic 6	1:00 max.	<ol style="list-style-type: none">1. Forward inside three-turn – Right and Left2. Bunny hop3. Forward spiral on a straight line – right or left4. Beginning 1 foot spin, 2-4 revolutions5. T-Stop – right or left

PRE FREE SKATE –FREESKATE 6 COMPULSORY EVENT

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

* To be skated on ½ ice

* No music allowed

* The skater must demonstrate the required elements and may use any additional elements from previous levels

* A .2 deduction will be taken for each element performed from a higher level.

* Time 1:15 or less

Level	Time	Skating rules / standards
Pre-Free Skate	1:15 max.	<ol style="list-style-type: none">1. Forward inside open Mohawk from a standstill position (R to L and L to R)2. Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into 1 backward crossover and step to a forward inside edge, clockwise and counter clockwise3. One foot upright spin, optional entry and free foot position (minimum 3 Revolutions)4. Mazurka5. Waltz jump
Free Skate 1	1:15 max.	<ol style="list-style-type: none">1. Forward power stroking 4-6 consecutive strokes2. Backward outside three turns R & L3. Upright spin, entry from back crossovers-minimum 4-6 revolutions4. Toe loop5. Half flip jump
Free Skate 2	1:15 max.	<ol style="list-style-type: none">1. Alternating forward outside and inside spirals on a continuous axis (2 sets)2. Backward inside 3-turns right and left3. Beginning back spin-up to 2 revolutions4. Half lutz5. Salchow jump
Free Skate 3	1:15 max.	<ol style="list-style-type: none">1. Alternating Mohawk/crossover sequence right to left and left to right2. Waltz 3-turns, clockwise and counter clockwise3. Advanced Back spin with free foot in crossed leg position-minimum 3 revolutions4. Loop jump5. Waltz jump/toe loop or salchow/toe loop combination
Free Skate 4	1:15 max.	<ol style="list-style-type: none">1. Forward power 3's, 2-3 consecutive sets, R or L2. Sit spin – minimum three revolutions3. ½ Loop jump4. Flip jump
Free Skate 5	1:15 max.	<ol style="list-style-type: none">1. Backward outside 3-turn, Mohawk (backward power 3-turn), both directions2. Camel spin-minimum 3 revolutions3. Waltz jump/loop jump combination4. Lutz jump
Free Skate 6	1:15 max.	<ol style="list-style-type: none">1. Forward power pulls, right and left2. Camel sit spin combination- minimum 4 revolutions total3. Split jump or stag jump4. Waltz jump ½ loop salchow jump sequence5. Axel jump

No Test thru Preliminary Compulsory Moves Event

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

*To be skated on ½ ice *No music allowed

*Elements may be performed only once

*A .2 deduction will be taken for each element performed from a higher level.

LEVEL	PROGRAM LENGTH	ELEMENTS
No Test	1:15 max.	<ol style="list-style-type: none">1. Loop jump2. Jump combination to include a toe loop (may not use a loop or axel)3. Solo spin-sit spin_or camel spin-minimum 3 revolutions4. Spiral sequence-must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre-Preliminary	1:15 max.	<ol style="list-style-type: none">1. Toe loop jump2. Jump combination: single/single (no axel)3. Sit spin or camel spin-minimum 3 revolutions4. Spiral sequence with 1 forward spiral and 1 backward spiral (any edge)
Preliminary	1:15 max.	<ol style="list-style-type: none">1. Lutz jump2. Jump combination: single/single (may include axel)3. Backward upright spin-minimum 3 revolutions4. Forward inside spiral

Basic Program Event: 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 element is executed, or length of glides, number of revolutions, etc. unless otherwise specified. Vocal music is allowed.

- * To be skated on full ice
- * The skater may use elements from previous levels.
- A .2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules / standards
Snowplow Sam	1:00 +/- 10 max.	<ol style="list-style-type: none">1. March followed by a 2 foot glide and dip2. Forward 2 foot swizzles, 2-3 in a row3. Backward wiggles, 2-6 in a row4. Snowplow Stop
Basic 1	1:00 +/- 10 max.	<ol style="list-style-type: none">1. Forward two foot glide and dip2. Forward two foot swizzles 6-8 in a row3. Forward snowplow stop4. Back wiggles 6-8 in a row
Basic 2	1:00 +/- 10 max.	<ol style="list-style-type: none">1. Forward one foot glide-either foot2. Scooter pushes, right and left, 2-3 each foot3. Moving snowplow stop4. Two foot turn in place-forward to backward5. Backward two foot swizzles 6-8 in a row
Basic 3	1:00 +/- 10 max.	<ol style="list-style-type: none">1. Beginning forward stroking showing correct use of the blade2. Forward ½ swizzle pumps on a circle, either direction, 4-6 consecutive3. Forward slalom4. Beginning backward one foot glide-either foot5. Moving forward to backward 2 foot turn on a circle
Basic 4	1:00 +/- 10 max.	<ol style="list-style-type: none">1. Backward 1 foot glides, right & left2. Forward outside edge on a circle clockwise or counter clockwise3. Forward crossovers 4-6 consecutive both directions4. Beginning 2 foot spin 2-4 revolutions5. Backward ½ swizzle pumps on a circle, either direction
Basic 5	1:00 +/- 10 max.	<ol style="list-style-type: none">1. Backward outside edge on a circle, clockwise and counter clockwise2. Backward crossovers 4-6 consecutive – both directions3. Advanced 2 foot spin , 4-6 revolutions4. Forward outside three turn, right and left5. Hockey stop
Basic 6	1:00 +/- 10 max.	<ol style="list-style-type: none">1. Forward inside three-turn – Right and Left2. Bunny hop3. Forward spiral on a straight line – right or left4. Beginning 1 foot spin, 2-4 revolutionsT-Stop – right or left

Pre Free Skate thru Free Skate 6 Program Event

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program. Vocal music is allowed.

* 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.

* A .2 deduction will be taken for each element performed from a higher level.

* Time 1:30+/-10 sec

Level	Time	Skating rules / standards
Pre-Free Skate	1:30 +/- 10 sec	<ol style="list-style-type: none"> Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into 1 backward crossover and step to a forward inside edge, clockwise and counter clockwise One foot upright spin, optional entry and free foot position (minimum 3 revolutions) Mazurka Waltz jump
Free Skate 1	1:30 +/- 10 sec	<ol style="list-style-type: none"> Forward power stroking 4-6 consecutive strokes Upright spin, entry from back crossovers-minimum 4-6 revolutions Toe loop Half flip jump
Free Skate 2	1:30 +/- 10 sec	<ol style="list-style-type: none"> Alternating forward outside and forward inside spirals on a continuous axis (2 sets) Beginning back spin(up to 2 Revolutions) Half lutz Salchow
Free Skate 3	1:30 +/- 10 sec	<ol style="list-style-type: none"> Alternating Mohawk/crossover sequence right to left and left to right Advanced Back spin with free foot in crossed leg position-minimum 3 revolutions Loop jump Waltz jump/toe loop or salchow/toe loop combination
Free Skate 4	1:30 +/- 10 sec	<ol style="list-style-type: none"> Forward power 3's, 2-3 consecutive sets, right or left Sit spin-minimum 3 rev's Half loop Flip
Free Skate 5	1:30 +/- 10 sec	<ol style="list-style-type: none"> Backward outside 3-turn, Mohawk (backward power 3-turn), both directions Waltz jump-loop jump combination Lutz jump Camel spin-minimum 3 rev's
Free Skate 6	1:30 +/- 10 sec	<ol style="list-style-type: none"> Split jump or stag jump Camel sit spin combination- minimum 4 revolutions total Waltz jump ½ loop salchow jump sequence Axel jump

Well-Balanced Program Requirements No Test thru Preliminary

General event parameters:

*Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non qualifying competition.

*Skaters will skate to the music of their choice, vocals permitted.

*Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level the have passed, or “skate up” to one higher level.

LEVEL	Jump Elements	Spins	Steps
No Test Time: 1:40 maximum	*Max 5 jump elements: *Single jumps , with the exception of the single axel, are allowed *Max 2 jump combinations or sequences *Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted *Jump sequences limited to a maximum of 3 jumps *Half- loop is considered a listed jump with the value of a single loop when used in a sequence or combination	Max 2 spins: *Spins may change feet and/or position *Spins may start with a fly *Spins must be of a different character(For for definition see rule 4103E)	*One step sequence that utilizes ½ the ice surface. *Moves in the field and spiral sequences are permitted but will not be counted as elements *Jumps may be included in step sequence
Pre-Preliminary Time: 1:40 maximum	Max 5 jump elements: *No double, triple, or quad jumps allowed *Axe may be repeated once as a solo jump, as part of a jump combination or jump sequence (Maximum of 2 single axels) *Max. 2 jump combinations or sequences *Jump combinations are limited to 2 jumps except that one 3 jump combination with a maximum of 3 jumps is permitted *Jump sequences limited to a maximum of 3 single jumps *Half- loop is considered a listed jump with the value of a single loop when used in a sequence or combination	Max 2 spins: *Spins may change feet and/or position *Spins may start with a fly *Spins must be of a different character(For for definition see rule 4103E)	*One step sequence that utilizes ½ the ice surface. *Moves in the field and spiral sequences are permitted but will not be counted as elements *Jumps may be included in step sequence
Preliminary Time: 1:40 maximum	Max 5 jump elements: * One must be an Axel or waltz jump type jump *All single jumps, including single axel allowed. Only 2 different jumps may be attempted (limited to Double salchow, double toe, or double loop) *Double flip, double lutz, double axel, or quad jumps are not allowed *An axel plus up to 2 different , allowable double jumps may be repeated once (but not more) as solo jumps or part of jump combinations or jump sequences *Number of single jumps is not limited provided the maximum number of jump elements is not exceeded *Maximum 2 jump combinations or sequences *Jump combinations are limited to 2 jumps except that one 3 jump combination with a maximum of 2 double jumps and 1 single jump is permitted *Jump sequences limited to a maximum of 3 single or double jumps *1/2 loop is considered a listed jump with the value of a single loop when used in a sequence or combination.	Max 2 spins: *Spins may change feet and/or position *Spins may start with a fly *Spins must be of a different character(For for definition see rule 4103E)	*One step sequence that utilizes ½ the ice surface. *Moves in the field and spiral sequences are permitted but will not be counted as elements *Jumps may be included in step sequence

Test Track Free Skate Program Event

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track event at the same non qualifying competition.
- Skaters will skate to the music of their choice, vocals permitted
- Level will be determined by the highest Free skate tests passed. Skaters may compete at a highest level they have passed, or “skate up” to one level higher
- * The following deductions will be taken:
 - 0.1 from EACH mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin less than the required minimum revolutions

LEVEL	JUMP ELEMENTS	SPINS	STEPS	QUALIFICATIONS
Pre-Preliminary Time: 1:40 max	<i>Max 5 jumps elements:</i> *Jumps with not more than one half rotation (front to back or back to front including ½ loop). *Single rotation jumps: salchow and toe loop and loop only. <i>Max 2 jump combinations or sequences using above jumps only)</i> *Max 2 of any same type jump	<i>Max 2 spins:</i> *Two spins of a different nature, one position only, no change of foot, no flying entry (minimum 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than US Figure Skating pre preliminary free skate test
Preliminary Time: 1:40 max	Max 5 jump elements: *Jumps not more than one rotation (no axels). *Max 2 jump combinations or sequences *Max 2 of any same type jump	<i>Max 2 spins:</i> *One spin in one position, no change of foot, no flying entry (Min 3 revs) *One consisting of a front scratch to back scratch exit on spinning foot not mandatory (minimum 3 revolutions on each foot)	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the US Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test

Showcase Events

Showcase events are open to all skaters in all levels. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Props must be placed and removed by unaided singles competitors within 1 minute. A .2 deduction will be assessed by the referee against each judges mark for each 5 seconds in excess of the time allowed for the performance or for handling props. Props may not be flame oriented or alive. Nothing can be thrown or placed near the judges.

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 sufficient quality to support the selected 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. 6.0 judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

For specific guidelines regarding the conduct of Showcase or Artistic competitions, refer to Non qualifying Showcase Guidelines posted on www.usfigureskating.org.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
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/ Beginner and High Beginner	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