



The Carousel Sherwood Figure Skating Club Presents



“Sherwood Invitational”

August 24th – 25th, 2019

Sherwood Ice Arena
Sherwood, Oregon



Sanctioned by US Figure Skating

USFS Sanction #28478

Offering Compete USA, No-Test through Senior Well Balanced, Adult Free Skate, Showcase and Figure Events. The IJS Mini System with instant video replay will be utilized for all IJS events.

Chief Referee: Pine Kopka-Ross
Chief Accountant: Kathy Bosworth

Entry, Music Upload, and PPC Upload Deadline: NOON, July 21, 2019
Registration is ONLINE ONLY

2019 Sherwood Invitational

Presented By the Carousel Sherwood Figure Skating Club

August 24th – 25th 2019

Deadline: NOON July 21st, 2019 via EMS ONLY

www.usfsaonline.org

The 2019 Sherwood Invitational Competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

Persons who are registered in a Compete USA program are eligible to skate in events authorized by the program.

NATIONAL QUALIFYING SERIES (NQS):

This competition has been approved by U.S. Figure Skating as an official NQS event. Athletes are required to read the NQS handbook [found here](#) and register for the series through EMS by May 28th (separate from competition registration).

ELIGIBILITY/TEST LEVEL:

Test requirements: Competition level is the highest test passed as of the **JULY 21, 2019** in the discipline the skater is entering. Skaters may compete at one level higher than the event for which he/she qualifies by test but may not enter more than one level in any one event. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

Age restrictions/requirements: Eligibility for entries is governed by age at the close of entries, which is **July 21st, 2019**. Skaters entering Juvenile: 12 years of age or younger for girls; 13 years of age or younger for boys. Skaters entering Open Juvenile: 13 years of age or older for girls; 14 years of age or older for boys. Adult event competitors must be at least 21 or over. All skaters should be prepared to show proof of age.

Skaters entering Beginner through Pre-Juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group. Events may be combined boys/girls at the discretion of the referee (per USFS guidelines).

ENTRIES: Entries for this competition will only be accepted online via EMS at www.usfsaonline.org. Online registration **closes NOON, July 21, 2019**. Late entries will be accepted at the discretion of the referee and the local organizing committee and will be subject to a late entry fee.

EVENTS TO BE SKATED

EVENTS WITHOUT MUSIC

Figures

EVENTS WITH MUSIC

Basic Program Event: SNOWPLOW SAM – Free skate 6 Program Event

Introductory Levels Free Skate

Well Balanced Program – Short Programs, Free Skates and Free Dances

Adult Singles

All Showcases

ENTRY FEES:

All registration will be done via EMS. The following table indicates the fee structure for the 2019 Sherwood Invitational Competition. Fees are determined by the number and type of events entered. If a skater enters only one event, pricing is indicated in the First Event column. If a skater enters multiple events, the first event is priced using the First Event column and subsequent events are priced using the Second Event column. Please note that certain events are only priced at First Event rates and do not qualify for Second Event pricing. Payment is by Credit card only and includes a 3% processing fee paid by the skater.

Event/Level	First Event	Second Event
Compete USA (6.0) <ul style="list-style-type: none"> • Snowplow Sam • Basic 1-6 • Pre-Free Skate • Free Skate 1 – 6 • Adult Pre-Bronze through Bronze 	\$65	\$40
Compete USA Showcase (6.0) <ul style="list-style-type: none"> • Light Entertainment, Dramatic Entertainment, Duets <ul style="list-style-type: none"> ○ Adult 1-6, Basic 1-6 ○ Pre-Free Skate – Free Skate 6 	\$65	\$40
Singles (6.0) <ul style="list-style-type: none"> • No Test Free Skate 	\$85	\$50
Singles (IJS) <ul style="list-style-type: none"> • Pre-Preliminary through Juvenile/Open Juvenile Free Skate • Adult Silver through Masters 	\$110	\$50
Singles (IJS) Combined <ul style="list-style-type: none"> • Intermediate through Senior Combined 	\$160	N/A
Showcase (6.0) <ul style="list-style-type: none"> • Light Entertainment, Dramatic Entertainment, Duets <ul style="list-style-type: none"> ○ No Test through Senior ○ Adult Pre-Bronze through Masters 	\$85	\$50
Figures (6.0)	\$25 each	
Dance Free Dance Pre-Juvenile through Senior (6.0)	\$60 per team	
Pairs Free Skate Pre-Juvenile through Senior (6.0)	\$60 per team	

REGISTRATION INSTRUCTIONS - EMS:

1. Go to www.usfsaonline.org
 - a. For best experience, the Google Chrome browser is recommended
2. Enter your U.S. Figure Skating or Learn to Skate Member number and password
 - a. If you need assistance with your member number and password, contact Members Services at memberservices@usfigureskating.org
3. Click the blue EMS button
4. Click "Competition Registration"
5. Choose 2019 Sherwood Invitational from the list of competitions.
 - a. If you need assistance completing your registration, contact productsupport@usfigureskating.org.

EMS SKATER PORTAL

Once online registration has been completed, skaters will gain access to the EMS Skater Portal for this competition. This is where you will manage music and PPC upload as well as purchase practice ice, view the competition schedule (once available) and update coach information. To access your skater portal, click the **BLUE** Event Management System button on the Members Only landing page then select the competition name from options at the bottom of the screen. **Deadline for entries is NOON, July 21, 2019.** Late entries will be accepted at the discretion of the referee and the local organizing committee and will be subject to a \$30 late entry fee.

PARTNERED EVENTS:

Only one partner needs to 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.**

REFUND POLICY: Entry fees will not be refunded after **July 21, 2019** unless no competition exists, or the event is canceled. There will be no refunds for medical withdrawals. To withdraw, please notify the competition chair as soon as possible. Any refunds, minus the online processing fee, will be credited to the original payee's account. The online processing fees are not refundable for any reason. Notification of competition schedule and practice ice times will be available at www.usfsaonline.org.

SCHEDULE: Competitors may be scheduled on any day or time for the announced dates of the competition. The competition and practice ice schedule will be available via EMS as soon as possible after the close of entries. All participants will be notified via email once available.

The competition schedule will also be posted at Sherwood Ice Arena approximately 7 days before the competition. Please be sure to double check the schedule for updates and changes.

FACILITIES: The competition will be held at:

Sherwood Ice Arena
20407 SW Borchers Drive
Sherwood, OR 97140
503-625-5757

Sherwood Ice Arena is an indoor ice surface 85' x 200', with slightly rounded corners. The ice rink is unheated, with seating along one side of the rink. Warm clothing is advised. There are locker rooms for Males and Females to change into their costumes. Parents and coaches are not allowed in the locker

rooms. It is recommended that you bring your skater to the rink already dressed, if assistance is needed.
Restrooms are not to be used as changing rooms.

MUSIC UPLOAD:

DEADLINE: DATE NOON August 2, 2019. A \$50 fee will be charged for late music upload.

All competition music must be electronically submitted via the EMS Skater Portal through the Music & Program Content tab no later than **NOON August 2, 2019. A \$50 fee will be charged for late music upload.** 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.

CLICK HERE FOR INSTRUCTIONS ON HOW TO UPLOAD MUSIC: [DESKTOP](#) + [MOBILE](#)
If you need assistance, email productsupport@usfigureskating.org

MUSIC CRITERIA:

- File Format: MP3 (only format EMS will accept)
- 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.

LIABILITY: U.S. Figure Skating, Carousel Sherwood Figure Skating Club and Sherwood Ice Arena 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.

JUDGING SYSTEM:

The 6.0 Majority Judging System will be used for:

- No Test Well Balanced Program Free Skate Events
- All Figures Events
- All Compete USA Events
- Adult Singles Events Bronze or below
- All Showcase Events

The International Judging System (IJS) will be used for the following events:

- Well Balanced Program Free Skate events at the Pre-Preliminary Level and Above
- Adult Silver, Gold and Master's Events

****The referee reserves the right to use the 6.0 system for Pre-Preliminary – Pre-Juvenile, if IJS-qualified officials are not available or the schedule does not permit******

A U.S. Figure Skating mini-system will be used for all IJS events. All competitors skating in these events need to submit the [Planned Program Content \(PPC\) form online](#). PPC sheets must be submitted online via EMS no later than, **NOON PDT, August 2, 2019**. Late PPC sheets will be accepted on paper forms with a \$50 late fee at registration before the skater can complete registration. [Click here for late PPC submission form.](#)

Intermediate through Senior events are **combined events only**. All other events are considered final rounds and separate events.

PLANNED PROGRAM CONTENT (PPC):

DEADLINE: NOON August 2, 2019 A \$50 fee will be charged for late PPCs.

Competitors participating in IJS events must submit their PPC via the EMS Skater Portal no later than **NOON August 2, 2019**. Program content must be entered under the Music & Program Content tab of your EMS for this competition.

CLICK HERE FOR INSTRUCTIONS ON HOW TO UPLOAD PPC: [DESKTOP](#) + [MOBILE](#)

If you need assistance, email productsupport@usfigureskating.org

REGISTRATION: Registration will begin one to two hours before the first scheduled day of competition and end approximately an hour prior to the last scheduled event on the last day of competition. Registration will be located at the Sherwood Ice Arena. Please register promptly upon arrival. Competitors who arrive after their warm-up group begins will be allowed to skate only at the discretion of the referee. If they do not skate, they will forfeit all fees for that event.

PRACTICE ICE: Each practice ice session is 20 minutes long and costs \$20.00. Sessions will have level designations to prevent unsafe level combinations. Coaches will only be allowed to be on the ice with their Snowplow Sam students on the Lower level sessions. **All practice ice will be available for purchase online through EMS Skater Portal. A timeline for practice ice sales will be available for viewing on the Main page of skater portal. All skaters are encouraged to purchase practice ice through EMS on their mobile devices! For additional information regarding practice ice offerings, visit Sherwood Invitational portal in EMS.**

Practice ice availability will be based on the competition schedule. Additional practice ice may be available if sessions are not filled and/or there are cancellations. Should sessions be filled, names and contact information will be put on a waiting list on a first come, first served basis. Should additional practice ice be available after the deadline, more practiced sessions can be purchased via EMS Skaters Portal. If there are still available spots the weekend of competition, practice ice will be available for purchase on a first come, first served basis. All Practice Ice registration will be completed online through EMS portal. No refunds will be given.

Skaters need to check with Practice Ice Monitor (PIM) 5-10 minutes prior to commencement of each session. Proper, modest attire should be worn please. Also, please use polite language, attitude and behavior befitting representatives of the U.S. Figure Skating organization.

PARENTS WILL NOT BE ALLOWED TO COACH SKATERS ON PRACTICE ICE SESSIONS.

Any parent seen doing so will be asked to leave arena/ice area to rink lobby.

U.S. FIGURE SKATING SAFESPORT LOCKER ROOM POLICY.

Only athletes competing at the figure skating event are allowed in the Locker Rooms/ Changing Areas. An exception may be allowed for an athlete age 11 years or younger to be accompanied by one parent of the same sex to assist their child immediately prior to and after their skating event(s). All Locker Rooms/Changing Areas will be monitored. If any concerns arise, immediately contact the Locker Room/Changing Area monitor. If there are concerns regarding this policy, an athlete should change prior to arriving at the competition. The use of any recording and photographic devices inside a Locker Room/Changing Area is strictly prohibited. Any violation of this policy is punishable under the U.S. Figure Skating SafeSport policy and U.S. Figure Skating Rulebook.

Restrooms are not to be used as changing rooms.

PHOTOGRAPHY/VIDEOGRAPHY: A professional videographer and photographer will be at the competition. Any other professional videotaping and photography is prohibited. Only hand-held videotaping devices will be allowed, without tripod, and is only permissible outside of rink. **VIDEO TAPING OR PHOTOGRAPHING ANY SKATER OTHER THAN YOUR OWN IS STRICTLY PROHIBITED.** For safety reasons, flash photography is prohibited

AWARDS: Individual events are separate and considered final rounds. Combined event overall placements

will be determined by the combination of results from the Short Program and Free Skate events. Awards will be presented at the photographer's table immediately after the official posting of each event for individual events. Combined event awards will be presented after the official posting of the Free Skate results. Medals will be awarded for 1st through 4th place. Award photographs will be taken, and we ask that all award winners pose for the group picture even if you do not plan on purchasing a picture.

Awards will not be given for single skater events.

For Compete USA events ONLY - Snowplow Sam, Basic 1 – 6, Pre-Free - Free Skate 6, ribbons will be awarded for 5th and 6th places. Compete USA events will have no more than six skaters per group and all will receive an award.

Special Awards:

- **The Lauren Bernstein Memorial Trophy** – This award was created in memory of Lauren Bernstein, a 13 year old Carousel Figure Skating Club Novice Ladies skater and Silver Ice dancer who loved her family, friends, school and performing on the ice. The Lauren Bernstein Memorial Trophy will be presented to the Juvenile, Intermediate or Novice freestyle skater who exemplifies the spirit and heart of the skating experience.
- **The perpetual CFSC Artistic Award** will be given to one skater in the Non-test through Pre-Juvenile, Juvenile through Intermediate, and Novice through Senior free skating events who, in the estimation of the US Figure Skating judges, skates the most artistic program. These names will be permanently engraved on the club trophy and each skater will receive a separate trophy.
- **The Carousel Sherwood Young Skater Award** will be given to a skater 10 years or younger in our Compete USA Events who, in the estimation of the CSFSC Junior Board Committee, has shown the most enthusiasm in their skating and joy in competing.

TEST CREDIT: Skaters that would like to use their competition results for test credit must complete and submit the test credit form to registration desk when checking in for competition / picking up credential. Post competition test credit packets must be picked up at the registration desk prior to the end of the competition. If packets are not picked up by conclusion of competition, they will be destroyed.

OFFICIAL NOTICES: An official bulletin board will be maintained by the competition registration desk. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive one hour prior to the scheduled time of their event. **Events may start up to ten minutes earlier than shown in the schedule.** A tentative schedule of events will be posted prior to the competition, as well as be posted on the EMS website.

INFORMATION REGARDING COACHES: U.S. Figure Skating Rule MR 5.11 Coach Compliance: In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence /\$5 million aggregate.

For Compete USA ONLY coaches – Any person 18 and older instructing in a Compete USA must have successfully passed the annual background screen and be registered as a Compete USA instructor member.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo ID and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – **no exceptions**. We strongly urge all coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

REFEREE: The decision of the Referee on all matters will be final. The Referee, along with the LOC, shall have the right to exclude any person(s) whose behavior is unruly or unsportsmanlike. Additionally, the Referee reserves the right to combine or split events to best accommodate the number of entries and schedule of events.

CONTACT INFO:

If you have questions, please contact CSFSC. Competition Chairs at csfscsherwoodivntl@gmail.com

HOTEL AND ACCOMMODATIONS:

Holiday Inn
(7 miles from rink)
25425 SW 95th
Wilsonville, OR 97070
Phone: 503-682-2211

Booking Link:

<https://www.holidayinn.com/redirect?path=hd&brandCode=HI&localeCode=en®ionCode=1&hotelCode=PD XSO& PMID=99801505&GPC=ORS&cn=no&viewfullsite=true>

Courtyard Portland/Tigard
(7 – 8 miles from rink)
15686 SW Sequoia Parkway
Tigard, OR 97224
Phone: 503-684-7900

Booking Link: [Book your group rate for Sherwood Invitational Participant Block](#)



EVENTS OFFERED

WELL BALANCED EVENTS:

No-test through Open Juvenile events are separate and considered final rounds.

– Intermediate through Senior Well Balanced events will consist of both short and long programs.

- No Test (FS Only)
- Pre-Preliminary (FS Only)
- Preliminary (FS Only)
- Pre-Juvenile (FS Only)
- Open Juvenile (FS Only)
- Juvenile Free Skate (FS Only)

COMBINED SP & FS EVENTS:

- Intermediate
- Novice
- Junior
- Senior

ADULT: Silver – Masters Junior/Senior: Well-Balanced Free Skate

PARTNER DANCE: Juvenile – Senior (Free Dance Only)

PAIRS: Juvenile – Senior (Free Skate Only)

SHOWCASE

- Dramatic Entertainment (No Test thru Senior and Adult Pre-Bronze thru Masters)
- Light Entertainment (No Test thru Senior and Adult Pre-Bronze thru Masters)
- Duets (No Test thru Senior and Adult Pre-Bronze thru Master)

FIGURES

- Open Events

COMPETE USA

FREESKATE EVENTS:

- Snowplow Sam
- Basic 1-6
- Pre-Free Skate - Free Skate 6
- Adult 1-6 Program with Music
- Adult Introductory – Bronze Free Skate Program

SHOWCASE EVENTS:

- Dramatic Entertainment (Basic 1-6, Pre-Free Skate – Free Skate 6 and Adult 1 - 6)
- Light Entertainment (Basic 1-6, Pre-Free Skate – Free Skate 6 and Adult 1 - 6)
- Duets (Basic 1-6, Pre-Free Skate – Free Skate 6 and Adult 1 – 6)

SEE CURRENT RULEBOOK OR CLICK [HERE](#) FOR CURRENT RULES AND REQUIREMENTS

SINGLES EVENTS:

No-test through Open Juvenile events are separate and considered final rounds. Intermediate through Senior Well Balanced events will consist of both short and long programs. All NQS events will use the technical rules at the links below:

Athletes: Refer to the [NQS Athlete Handbook](#) for all details re: the conduct of events.

Singles Free Skate Events: [Singles Well Balanced Free Skate \(No Test - Senior\)](#) ; [Singles Combined \(Short Program & Free Skate\)](#) (Intermediate – Senior only)

Singles Short Program Events: [Short Program Juvenile - Senior](#)

ADULT SKATING EVENTS: [Adult Singles Free Skate](#)

PARTNERED DANCE (Exhibition Only) (Non NQS): [Free Dance](#)

PAIRS (Exhibitions Only) (Non NQS): [Pairs Free Skate](#)

SHOWCASE EVENTS: [Showcase](#)

Showcase events will be conducted in accordance with the 2018-19 Compete USA Competition Manual and the nonqualifying competition showcase Guidelines. If the number of entries warrants it for those events allowing more than two test levels (eg, Basic 1-6), the LOC and chief referee may split those events by test level.

Compete USA Dramatic Entertainment (Basic 1-6 and Pre-Free Skate – Free Skate 6)
Dramatic Entertainment (No Test thru Senior and Adult Pre-Bronze thru Masters)
Compete USA Light Entertainment (Basic 1-6 and Pre-Free Skate – Free Skate 6)
Light Entertainment (No Test thru Senior and Adult Pre-Bronze thru Masters)
Compete USA Duets (Basic 1-6 and Pre-Free Skate – Free Skate 6)
Duets (No Test thru Senior and Adult Pre-Bronze thru Masters)

Conduct of events:

The final results of all NQS Singles events will be a “championship round,” consisting of a combined short program and free skate score for intermediate – senior, and a free skate for juvenile. When there are 24 or fewer competitors entered, all competitors proceed directly to this championship round.

FIGURES EVENTS

Except as otherwise stated herein, the competition will be conducted according to the rules of U.S. Figure Skating as set forth in the Special Regulations of Figure supplement to the U.S. Figure Skating Rule Book.

The 6.0 judging system will be used. One mark will be given for each figure except for the Creative Figure event, where two marks will be given.

A skater will perform only 1 figure per event. The Figure number listed on the entry form refers to the figure number in the USFSA figures supplement. In some events, the skaters have a choice of which figure they wish to perform; skaters may only perform 1 figure from those listed for that event.

Open Category: The events will be open to any skater regardless of age or test level

False Starts and Re-Skates: Are allowed at the sole discretion of the event referee who may consult the judge in charge of the panel or who may delegate the decision to the judge in charge. The decision of the referee or the judge in charge is not subject to protest. False starts or re-skates may be allowed for falls not the fault of the skater, foreign material on the ice or other ice conditions, or for interference with the skater or the judging panel (by collision on the ice, falls, interference from other skaters or spectators.)

Open Events:

1a	RFO-LFO	Circle Eight
2a	RFI-LFI	Circle Eight
3a	RBO-LBO	Circle Eight
4a	RBI-LBI	Circle Eight
5a	RFOI-LFIO	Serpentine
10a	RFO-LFO	Double Three
11a	RFI-LFI	Double Three
14a	RFO-LFO	Loop
15a	RFI-LFI	Loop
16a	RBO-LBO	Loop
17a	RBI-LBO	Loop
19a	RFI-LBO	Bracket
20a	RFO-LBO	Rocker
23a	RFI-LBI	Counter
24a	RFOI-LFIO	One Foot eight
26a	RFOI-LBOI	Change Three

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.

- To be skated on full ice with music.
- The skater may use elements from a previous level.
- 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.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
Basic 5	1:10 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position • T-stop, right or left

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.**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max.	<ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions • Mazurka • Waltz jump • <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i>
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> • 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 • <i>NOT ALLOWED – Waltz jump/toe loop combination</i>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • 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 • <i>NOT ALLOWED – Salchow/toe loop combination</i>
Free Skate 3	1:40 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, minimum 3 revolutions • Loop jump • Waltz jump/toe loop or Salchow/toe loop jump combination • <i>NOT ALLOWED – Waltz/loop combination</i>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin – minimum 3 revolutions • Half Loop jump (Euler) • Flip jump • <i>NOT ALLOWED – Waltz/half-loop/Salchow sequence</i>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • Creative step sequence using a variety of three turns, Mohawks and toe steps • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/ half-loop (Euler)/Salchow jump combination • Beginning Axel jump

ADULT 1-6 FREE SKATE WITH MUSIC

General event parameters:

- The skating order of the required elements is optional.
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.
- To be skated on full ice
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

Level	Time	Elements
Adult 1	1:40 Max	<ul style="list-style-type: none"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:40 Max	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3	1:40 Max	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Backward skating to a long two-foot glide • Forward chasses on a circle, clockwise and counterclockwise • Backward snowplow stop, Right and Left
Adult 4	1:40 Max	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions
Adult 5	1:40 Max	<ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin
Adult 6	1:40 Max	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)

ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC

General event parameters:

- Skaters will skate to the music of their choice and vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet and Waltz jump • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same jump 	Max. 2 spins <ul style="list-style-type: none"> • Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump. 	Max 2 spins: <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
Adult Pre-Bronze 1:40 Maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> • Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included • 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps. • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are allowed • No single Lutz, single Axel or double jumps are allowed 	Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E) 	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate

Adult Bronze 1:50 maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> • Max 2 combinations or sequences; • 1 combination/sequence may consist of three jumps, and the other may have only two jumps • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted 	Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted 	Max 1 Sequence: <ul style="list-style-type: none"> • Choreographic Step Sequence <p>Must use at least ½ ice surface</p> <p>May include Moves in the Field and spirals</p>	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate
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SHOWCASE EVENTS

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the 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.

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 competitions, refer to the Nonqualifying Showcase

Guidelines posted on www.usfigureskating.org.

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.
- Light entertainment: Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.

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.	Time: 1:00 max.
Pre-Free Skate- Free Skate 6/ Beginner/High Beginner/ Adult 1- 6/ Adult Beginner/Adult High Beginner	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate or free dance tests.	Time: 1:30 max.
No Test	No prescribed or restricted elements.	Must not have passed Pre-Preliminary Free Skate or any Free Dance tests.	Time: 1:30 max.
Pre-Preliminary	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary May not have passed any free dance test.	Time: 1:30 max.
Adult Pre-Bronze	No prescribed or restricted elements.	Must have passed no higher than Adult pre-Bronze free skate test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.
Preliminary/ Adult Bronze	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze Free Skate or Free Dance test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.