

# **Rockford Open**

## **Basic Skills Competition and Beyond**



**Sunday, June 26, 2016**

**Riverview Ice House  
324 North Madison  
Rockford, IL 61107**

**COMPETITION ENTRY DEADLINE**

**Wednesday, June 1<sup>st</sup>, 2016**

**Compulsory and Free Skating: Snowplow Sam -- USFS Pre-Juvenile  
And Competitive Test Track through Senior  
Artistic, Basic 1 through Senior  
Adult Pre-Bronze-Adult Gold**



**Approved by US Figure Skating  
Sponsored by the Rockford Skating Club**

**FOR COMPETITION INFORMATION GO TO: [www.rockfordskatingclub.org](http://www.rockfordskatingclub.org)  
OR EMAIL: Kathi Ferrero [kferrero55@hotmail.com](mailto:kferrero55@hotmail.com)**

**Referee: Liz Rudnick  
Accountant: Sandi Phelan**

# 8<sup>th</sup> Annual U.S. Figure Skating Illinois Basic Skills Series July 1, 2015- June 30, 2016



## 2016 Illinois Basic Skills Series Mission Statement

**“To give our skaters a chance to develop their USFS Basic Skills in a fun competitive environment.”**

During the season, skaters will have the chance to compete at different competitions and earn points for a final standing. An awards ceremony will take place where the TOP 3 skaters from each level for compulsory and free skate will be awarded a medal. You need not be present at the season end ceremony to receive your award. The final award announcement will be emailed to all qualifying skaters on July 10, 2016 for the location, date, and time of ceremony.

### **Series Point System**

The Free Skate/Program with Music events and the Compulsory/Elements events of each of the Series Competitions will be eligible for accumulating points.

Each event will have a maximum of 6 skaters. The system for scoring points for the final award will be as follows:

Place	Points
1	6
2	5
3	4
4	3
5	2
6	1

If an event has 2-6 skaters, points are awarded as if there were six skaters in the group. If there is only one skater in the group, he or she will be awarded three points. If last-minute changes cause groups to become larger than six skaters, then all skaters finishing lower than sixth will receive one point.

At the end of the Series, if all scores are tied, the tie will not be broken. Points are accumulated for Compulsory and Free Skate events separately.

The following events will be offered:

Snowplow Sam  
Basic 1 through Basic 8  
Free skate 1 through Free Skate 6,  
Introductory Levels: Beginner through No Test  
Pre-Preliminary Test Track through Preliminary Test Track  
Pre-Preliminary Well Balanced through Preliminary Well Balanced

Skaters moving to the next level during the Series will take their points with them. If a skater moves up a level for at least two competitions, they will receive an additional 3 points as long as they do not move back down a level at any time during the series. You can earn the bonus points only once per series. Check Skating council website:

<http://skatingcouncilofillinois.org> for updated points. Contact: Brigitte Roquet: [brigitteroquet811@gmail.com](mailto:brigitteroquet811@gmail.com)

<p>Chicago Basic Skills Challenge  <b>July 26, 2015</b>  Robert Crown, Evanston, IL  Shannon Lamaster: <a href="mailto:slamaster@cityofevanston.org">slamaster@cityofevanston.org</a></p> <p>Arctic Heatwave  <b>August 9, 2015</b>  Artic Ice Arena, Orland Park, IL  Deb Swanson: <a href="mailto:kramerswanson@att.net">kramerswanson@att.net</a></p> <p>DuPage Open  <b>August 16, 2015</b>  DuPage FSC, Vernon Hills, IL  Jan Serafine: <a href="mailto:sk8judgj@aol.com">sk8judgj@aol.com</a></p> <p>Summer's Last Hurrah  <b>August 16, 2015</b>  Pepsi Ice Center, Bloomington, IL  Lindsay Danner: <a href="mailto:ldanner@cityblm.org">ldanner@cityblm.org</a></p> <p>Rocket Ice Classic  <b>August 23, 2015</b>  Rocket Ice Arena, Bolingbrook, IL  Michelle Tepkasetkul Martineau: <a href="mailto:michelle@rocketice.com">michelle@rocketice.com</a></p> <p>Skate the Lake  <b>August 28-30, 2015</b>  Cutting Edge FSC, Pleasant Prairie, WI  Joseph Zons: <a href="mailto:joezons@gmail.com">joezons@gmail.com</a></p> <p>2015 Springfield Skating Invitational  <b>September 20, 2015</b>  The Nelson Center, Springfield, IL  Lindsay Campbell: <a href="mailto:lippyam1@comcast.net">lippyam1@comcast.net</a></p> <p>6th Annual Kankakee Valley Open  <b>October 4, 2015</b>  Ice Valley Centre, Kankakee, IL  Angela Tousignant: <a href="mailto:atousignant@kvpd.com">atousignant@kvpd.com</a></p> <p>Great Pumpkin Blast  <b>October 31, 2015</b>  All Seasons Ice Rinks, Naperville, IL  Dona Bengson: <a href="mailto:Luv2prosk8@sbcglobal.net">Luv2prosk8@sbcglobal.net</a> Pegg Hislop: <a href="mailto:pegg@northernice.org">pegg@northernice.org</a></p> <p>Snowflake Classic  <b>November 1, 2015</b>  Southwest Ice Arena, Crestwood, IL  May Wiza: <a href="mailto:mayfsc@aol.com">mayfsc@aol.com</a></p> <p>12th Annual Cranberry Classic  <b>November 8, 2015</b>  Rockford SC, Loves Park, IL  Kathi Ferrero: <a href="mailto:kferrero55@hotmail.com">kferrero55@hotmail.com</a></p> <p>Autumn Classic  <b>November 14-15, 2015</b>  Ice Plex: Pleasant Prairie, WI  Katie Kerley: <a href="mailto:kkerley@plprairiewi.com">kkerley@plprairiewi.com</a></p> <p>North Shore Winter Classic  <b>December 6, 2015</b>  Centennial Ice Arena, Highland Park, IL  Inga Fedorova: <a href="mailto:ifedorova@pdhp.org">ifedorova@pdhp.org</a></p>	<p>Winter Blizzard  <b>January 16-17, 2016</b>  Skokie Skatium, Skokie, IL  Kerry Murphy: <a href="mailto:KMMurphy@skokieparks.org">KMMurphy@skokieparks.org</a></p> <p>The Freeze  <b>February 19-20, 2016</b>  Glenview Ice Center, Glenview, IL  Dorie Cascio: <a href="mailto:dorie.cascio@glenviewparks.org">dorie.cascio@glenviewparks.org</a></p> <p>11th Annual Shamrock Open  <b>March 13, 2016</b>  Rockford Skating Club, Loves Park, IL  Kathi Ferrero: <a href="mailto:kferrero55@hotmail.com">kferrero55@hotmail.com</a></p> <p>Greater Chicagoland Basic Skills Championships  <b>March TBA 2016</b>  Chicago FSC, Hoffman Estates, IL  Kerry Murphy: <a href="mailto:KMMurphy@skokieparks.org">KMMurphy@skokieparks.org</a></p> <p>Peoria  <b>March TBA 2016</b>  Matt Brown: <a href="mailto:mrmattbrown@att.net">mrmattbrown@att.net</a></p> <p>Riverbend Spring Classic  <b>March TBA, 2016</b>  East Alton Skating Academy, East Alton, IL  Kathryn McKeon : <a href="mailto:krhsk8@gmail.com">krhsk8@gmail.com</a></p> <p>15th Annual Wagon Wheel Basic Skills  <b>April TBA 2016</b>  Crystal Ice House , Crystal Lake, IL  Lanny Nelson: <a href="mailto:Lannyww@sbcglobal.net">Lannyww@sbcglobal.net</a></p> <p>5th Annual Southport Spring Classic  <b>April 17, 2016</b>  Rink Side Sports &amp; Family Entertainment Center  Southport Skating Club, Gurnee, IL  Elaine Johnson: <a href="mailto:elainejohnson67@sbcglobal.net">elainejohnson67@sbcglobal.net</a></p> <p>Quad Cities Championships  <b>June 10-12, 2016</b>  FSC of Quad Cities, Davenport, IA  Sue Schwaegler: <a href="mailto:SDSCHWAE@aol.com">SDSCHWAE@aol.com</a></p> <p>2016 Southport Summer Classic  <b>June 16-18, 2016</b>  Southport SC, Rec Plex Ice Arena: Pleasant Prairie, WI  Val Berger: <a href="mailto:valerie.l.berger@gmail.com">valerie.l.berger@gmail.com</a></p> <p>2016 Rockford Open Basic Skills &amp; Beyond  <b>June 26, 2016</b>  Rockford Skating Club, Loves Park, IL  Kathi Ferrero: <a href="mailto:kferrero55@hotmail.com">kferrero55@hotmail.com</a></p>
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## **Rockford Open Basic Skills & Beyond Competition June 26, 2016**

The Rockford Open Basic Skills & Beyond Competition, hosted by the Rockford Skating Club, will be held at **Riverview Ice House** 324 North Madison St. Rockford, Illinois on June 26, 2016. The single sheet arena is 85x200. The Basic Skills & Beyond Competition is approved by USFS and conducted in accordance with the current USFSA rulebook.

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.

**Eligibility** will be based on skill level as of the closing date of entries. ALL SNOWPLOW SAM and BASIC SKILLS SKATERS through BASIC 8 must skate at the 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 Please Note** – For Test Track and Well Balanced levels, eligibility will be based upon highest freeski test level passed (moves in the field test level will NOT determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the competition. For all Freeski programs and all events using the 6.0 system of judging, vocal music with lyrics is permitted.

### **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 18n 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 Basic Skills only coaches – Any person 18 or older, instructing in a U.S. Figure Skating Basic Skills Program music have successfully passed the annual background screen and be registered as a Basic Skills instructor member. Rockford Skating Club will have a list of compliant coaches who are cleared for a credential at the competition. If a coach cannot provide a photo I.D. 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 the 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>

**Entry:** (1) Online registration: online registration is preferred and is available via a secured credit card transaction at rockfordskatingclub.com, serviced by Entryeeze. Registration must be completed by midnight, June 1, 2016. Upon receiving your application online an email will be sent to the skater's coach to verify accuracy of entry. An official at the skater's home club will also be notified to certify the skater's standing within the club.

(2) Mail in paper registration: paper registration and payment by check will be accepted with a **\$5 processing** fee. Mail in entries must be post-marked no later than June 1, 2016. Mail in the registration form with check (payable to RSC) to: Rockford Open, Kathleen Ferrero, Carlson Ice Arena, 4150 N. Perryville Rd., Loves Park, IL 61111. Please note that your coach/instructor is required to sign your application form verifying your level of competition and the events in which you are competing.

**It is the skaters' and coaches' responsibility** to verify that the skater has entered the correct event and level. **Late entries are only accepted at the discretion of the Referee and subject to a \$20 late fee.** There will be a \$25.00 fee for returned checks.

**Fees:** Fee for a **skater's first event is \$50.** If entering a second event (Skaters have the option to skate one level higher in compulsories than their free skate program), the additional fee is \$20.00. There are **no refunds** (including for medical circumstances) after the registration closing date.

**Admission and Event Programs:** There is no admission charge for the Rockford Open. Event programs May be pre-purchased for \$2 with a limited quantity available for purchase at the competition.

**Registration:** Skaters must check in at least one hour prior to their first event. Events may run ahead at the discretion of the Referee. Please plan to check in with the rink monitor at least 45 minutes prior to your event's scheduled start time.

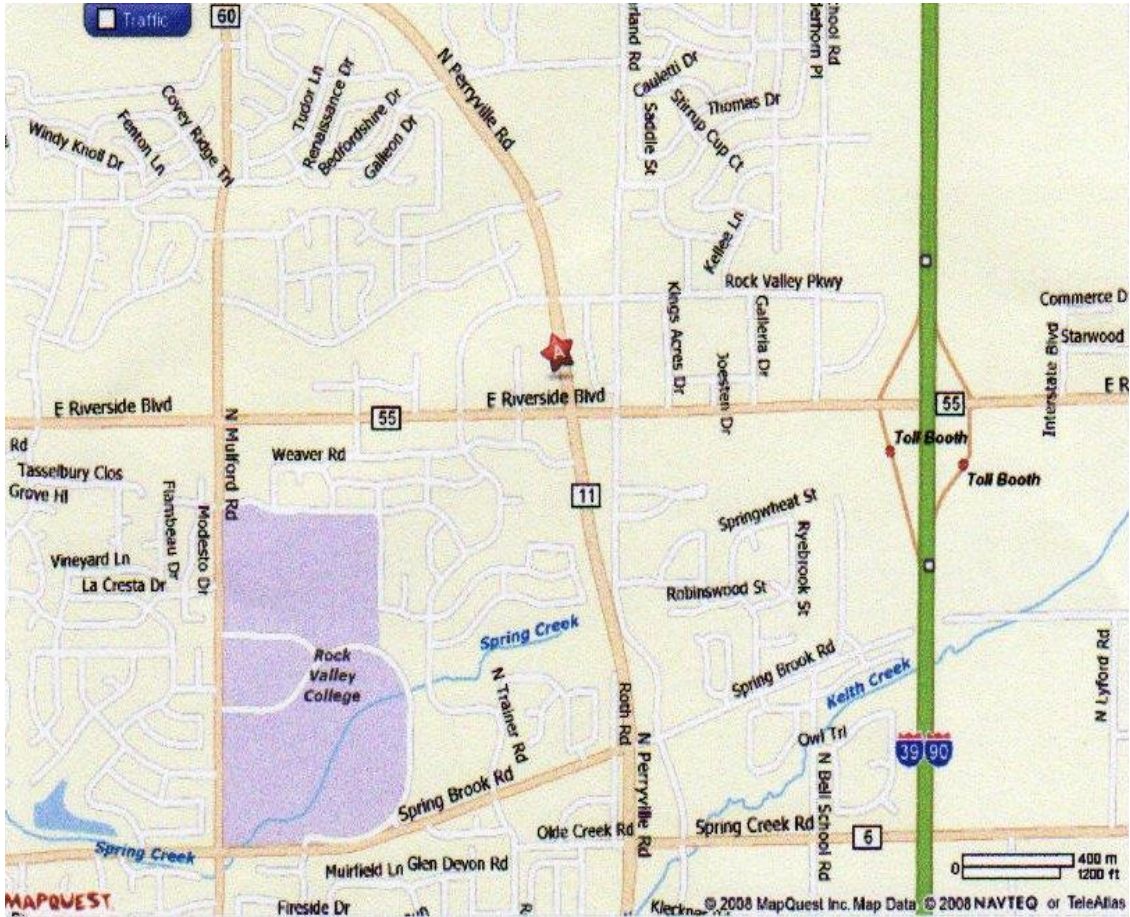
**Practice ice:** Practice ice will be available for purchase online via Entryeeze or at the Registration Desk on the day of the competition. Pre-paid practice ice is being offered to competitors for a cost of \$8 for each 20-minute session. Skaters will be able to select their own practice ice sessions online but you must indicate the number of sessions you want during the registration process and must be pre-paid with your entry. Additional ice sales will be available for a cost of \$10 after the schedule has been posted and those that pre-register for sessions have had time to select their sessions. A limited amount of practice ice will also be available for purchase during the competition and will be sold for a cost of \$12.

**Awards:** Everyone will receive an award immediately following the completion of the event and the posting of the results.

**Music:** No tapes allowed! CDs should be labeled with the Skater's Name and Event Information. CDs must be in the CD-R format. Competition music is turned in at the time of registration. Don't forget an additional CD. CDs will not be mailed. Don't forget to pick-up your music following your music event.

**Inquiries:** Please contact Kathi Ferrero at 815-394-1063 or at [kferrero55@hotmail.com](mailto:kferrero55@hotmail.com). Our club's website is [www.rockfordskatingclub.org](http://www.rockfordskatingclub.org).

**Directions:** From I-90, Exit Riverside Blvd going West. Pass Perryville Road and take the first right, which is approximately one mile and just past the Lexus dealer. The building will be directly in front.





## U.S. Figure Skating Basic Skills Competitions

### EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 8

Format choice of the host: Each skater will perform one element at a time in the order listed below (no excessive connecting steps). Skaters may compete at the highest level they have passed, or “skate up” to one level higher.

- To be skated on 1/3 to 1/2 ice
- No music
- **Elements must be skated in the order listed**

Level	Time	Skating rules / standards
Snowplow Sam 1-3	1:00 max.	<ul style="list-style-type: none"> <li>• March followed by a two foot glide and dip</li> <li>• Forward two foot swizzles 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles 2-6 in a row</li> </ul>
Basic 1	1:00 max.	<ul style="list-style-type: none"> <li>• Forward two foot glide and dip</li> <li>• Forward two foot swizzles 6-8 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles 6-8 in a row</li> </ul>
Basic 2	1:00 max.	<ul style="list-style-type: none"> <li>• Forward one foot glide - either foot</li> <li>• Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two foot turn in place- forward to backward</li> <li>• Backward two foot swizzles 6 - 8 in a row</li> </ul>
Basic 3	1:00 max.	<ul style="list-style-type: none"> <li>• Forward stroking</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Backward one foot glide - either foot</li> <li>• Two foot spin – minimum three revolutions</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Standstill forward outside three-turn, right and left</li> <li>• Forward outside edge on a circle clockwise or counter clockwise</li> <li>• Forward crossovers 4-6 consecutive both directions</li> <li>• Backward stroking - 4-6 strokes</li> <li>• Backward snowplow stop, right or left</li> </ul>
Basic 5	1:00 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle clockwise or counterclockwise</li> <li>• Backward crossovers 4-6 consecutive - both directions</li> <li>• Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions</li> <li>• Side toe hop -either direction</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>• Standstill forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Lunge, right or left</li> <li>• T-stop, right or left</li> </ul>
Basic 7	1:00 max.	<ul style="list-style-type: none"> <li>• Standstill forward inside open Mohawk, right to left and left to right</li> <li>• Ballet Jump, either direction</li> <li>• Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>• Forward inside pivot</li> </ul>
Basic 8	1:00 max.	<ul style="list-style-type: none"> <li>• Moving forward outside or forward inside three-turns, right and left</li> <li>• Waltz jump (from a standstill)</li> <li>• Mazurka, either direction</li> <li>• Combination move, clockwise <u>or</u> counter clockwise – two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>• Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions</li> </ul>



## U.S. Figure Skating Basic Skills Competitions

### EVENT: BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

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. Vocal music is allowed.

- Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- To be skated on full ice
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level

Level	Time	Skating rules / standards
Snowplow Sam 1-3	1:00 +/-10 max	<ul style="list-style-type: none"> <li>• March followed by a two foot glide and dip</li> <li>• Forward two foot swizzles 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles 2-6 in a row</li> </ul>
Basic 1	1:00 +/-10 max.	<ul style="list-style-type: none"> <li>• Forward two foot glide and dip</li> <li>• Forward two foot swizzles 6-8 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles 6-8 in a row</li> </ul>
Basic 2	1:00+/-10 max.	<ul style="list-style-type: none"> <li>• Forward one foot glide - either foot</li> <li>• Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two foot turn in place- forward to backward</li> <li>• Backward two foot swizzles 6 - 8 in a row</li> </ul>
Basic 3	1:00 +/- 10 max.	<ul style="list-style-type: none"> <li>• Forward stroking</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Backward one foot glide - either foot</li> <li>• Two foot spin – minimum three revolutions</li> </ul>
Basic 4	1:00 +/- 10 max.	<ul style="list-style-type: none"> <li>• Standstill forward outside three-turn, right and left</li> <li>• Forward crossovers 4-6 consecutive both directions</li> <li>• Backward stroking - 4-6 strokes</li> <li>• Backward snowplow stop, right or left</li> </ul>
Basic 5	1:00+/- 10 max.	<ul style="list-style-type: none"> <li>• Backward crossovers 4-6 consecutive - both directions</li> <li>• Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions</li> <li>• Side toe hop -either direction</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 +/- 10 max.	<ul style="list-style-type: none"> <li>• Standstill forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line , right or left</li> <li>• Lunge, right or left</li> <li>• T-stop, right or left</li> </ul>
Basic 7	1:00+/- 10 max.	<ul style="list-style-type: none"> <li>• Standstill forward inside open Mohawk, right to left and left to right</li> <li>• Ballet Jump - either direction</li> <li>• Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>• Forward inside pivot</li> </ul>
Basic 8	1:00 +/- 10 max.	<ul style="list-style-type: none"> <li>• Moving forward outside or forward inside three-turns, right and left</li> <li>• Waltz jump (from a standstill)</li> <li>• Mazurka, either direction</li> <li>• Combination move - clockwise <u>or</u> counter clockwise, two forward crossovers into forward inside Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge</li> <li>• Beginning one-foot upright spin , free foot held to side of spinning leg or crossed position - minimum three revolutions</li> </ul>





## U.S. Figure Skating Basic Skills Competitions

### EVENT: Free Skate 1-6 Compulsory Event

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 ½ ice
- No music is 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
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Advanced forward stroking, 4-6 consecutive</li> <li>• Backward outside three-turns, right and left</li> <li>• One-foot upright scratch spin from backward crossovers-minimum three revolutions</li> <li>• Waltz jump from backward crossovers</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> <li>• Forward outside or inside spiral, right or left</li> <li>• Waltz Three's, right or left, 2-3 sets</li> <li>• Beginning back spin - entry optional – minimum two revolutions</li> <li>• Waltz jump, side toe hop, Waltz jump sequence</li> <li>• Toe loop jump</li> </ul>
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> <li>• Forward crossovers in a figure 8</li> <li>• Backward inside three-turns, right and left</li> <li>• Back spin- minimum three revolutions</li> <li>• Salchow jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin- minimum three revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/loop jump combination</li> </ul>
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> <li>• Camel spin- minimum three revolutions</li> <li>• Forward upright spin to back upright spin- minimum three revolutions, each foot</li> <li>• Loop/loop jump combination</li> <li>• Flip jump</li> </ul>
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>• Five step Mohawk sequence – one set alternating pattern (refer to Basic Skills Curriculum Free skate 6)</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Split jump or stag jump</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Lutz jump</li> </ul>



## U.S. Figure Skating Basic Skills Competitions

### EVENT: Free Skate 1-6 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+/-10sec

Level	Time	Skating rules / standards
Free Skate 1	1:30+/-10 sec	<ul style="list-style-type: none"> <li>• Advanced forward stroking - 4-6 consecutive</li> <li>• One-foot upright scratch spin from backward crossovers-minimum three revolutions</li> <li>• Waltz jump from backward crossovers</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:30+/-10 sec	<ul style="list-style-type: none"> <li>• Forward outside spiral, right or left</li> <li>• Beginning back spin - entry optional – minimum two revolutions</li> <li>• Waltz jump, side toe hop, Waltz jump sequence</li> <li>• Toe loop jump</li> </ul>
Free Skate 3	1:30+/-10 sec	<ul style="list-style-type: none"> <li>• Forward crossovers in a figure 8</li> <li>• Back spin- minimum three revolutions</li> <li>• Salchow jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>
Free Skate 4	1:30+/-10 sec	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin- minimum three revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/loop jump combination</li> </ul>
Free Skate 5	1:30+/-10 sec	<ul style="list-style-type: none"> <li>• Camel spin- minimum three revolutions</li> <li>• Forward upright spin to back upright spin- minimum three revolutions, each foot</li> <li>• Loop/loop jump combination</li> <li>• Flip jump</li> </ul>
Free Skate 6	1:30+/-10 sec	<ul style="list-style-type: none"> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Split jump or stag jump</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Lutz jump</li> </ul>



## EVENT: Introductory Levels Compulsory Event

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 ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level
- Skaters may have the option to skate one level higher in compulsories than their free skate program

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. ½ jump of choice</li> <li>3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional)</li> <li>4. Forward or backward spiral</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Toe loop jump</li> <li>2. Salchow jump</li> <li>3. Forward scratch spin - minimum three revolutions</li> <li>4. Forward or backward spiral</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Loop jump</li> <li>2. Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions</li> <li>4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ol>

## EVENT: Compulsory Moves

General event parameters:

1. Basic Skills – Juvenile: Elements skated on ½ ice
2. Intermediate – Senior: Elements skated on full-ice
3. Elements may be performed only once
4. Music is not allowed

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single flip (<b>for competitions held before December 31, 2014</b>) Single Toe Loop (<b>for competitions held after January 1, 2015</b>)</li> <li>2. Jump combination: single/single (no Axel)</li> <li>3. Sit spin or camel spin - minimum three revolutions</li> <li>4. Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Lutz</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Back upright spin - minimum three revolutions</li> <li>4. Forward inside spiral</li> </ol>



## EVENT: Introductory Levels Free Skate Program

General event parameters:

- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	<i>Maximum 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Maximum 2 jump sequences</li> <li>• Maximum 2 of any same jump</li> </ul>	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Minimum 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner 1:40 Maximum	<i>Maximum 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Maximum of 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Minimum 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
No-Test 1:40 Maximum	<i>Maximum 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Up to 2 may be jump combos or sequences</li> <li>• Jump combos are limited to 2 jumps</li> <li>• Jump sequences are limited to 3 single jumps (half-loop is not considered a single jump at this level)</li> <li>• No Axels or double jumps are permitted</li> </ul>	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> <li>• Spins must be of different character.</li> <li>• Each spin must have a Minimum of 3 revolutions.</li> <li>• Spins may change feet, position and start with a fly.</li> </ul>	One step sequence that utilizes ½ of the ice surface	



## EVENT: Test Track Free Skate

### General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher. Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
- 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 that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 Maximum	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only.</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry. (Minimum 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary 1:40 Maximum	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Maximum 2 jump combinations or sequences</li> <li>• Maximum 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile 2:00 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position, no change of foot (Min. 3 revolutions)</li> <li>• One combination spin: forward camel spin to forward sit</li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests

	<ul style="list-style-type: none"> <li>Max. 2 of any same type jump</li> </ul>	spin; change of foot optional (Min. 6 revolutions). Spins may not fly.		higher than pre-juvenile free skate test
Juvenile 2:15 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps, including Axel, are permitted.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <li>One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot)</li> <li>Only solo spin may fly</li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test
Intermediate 2:30 +/- 10 sec.	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow and double toe loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>One must be a flying spin (min 5 revolutions),</li> <li>One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot).</li> </ul>	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test
Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop and double loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> <li>One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot)</li> <li>The other spins are the option of the skater (min 6 revolutions per foot)</li> <li>All spins may fly</li> </ul>	One step sequence or spiral sequence fully utilizing ice surface  (see rule 4104 & 4105 for remarks)	Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test

<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> <li>• Any single jumps.</li> <li>• Double jumps permitted: double Salchow, double toe loop, double loop and double flip</li> <li>• Maximum of 3 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position (Min. 6 revolutions)</li> <li>• One flying spin (Min. 6 revolutions)</li> <li>• One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot)</li> </ul>	<p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>
<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> <li>• Any single jumps.</li> <li>• Must include at least four different double jumps, one must be a double Lutz.</li> <li>• Triple jumps are not permitted</li> <li>• Maximum of 3 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position (Min. 6 revolutions)</li> <li>• One flying spin (Min. 6 revolutions)</li> <li>• One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot)</li> </ul>	<p>Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p>Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 &amp; 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>



## EVENT: Well Balanced Program Free Skate

### 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. Vocal music is permitted for pre-preliminary – intermediate.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Either IJS or the 6.0 judging system may be used for this event.
- All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on [www.usfigureskating.org](http://www.usfigureskating.org), under "Technical Information," then "Singles/Pairs"

Level	Time	Jumps	Spins	Step Sequences
Pre-Preliminary	1:40 Max.  Vocal music permitted	Maximum of 5 jump elements: a) Any single jumps, including Axel, allowed. b) Max. 2 jump combinations or sequences c) Jump combinations are limited to 2 jumps. d) Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.) e) Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Max of 2 Axels. f) Double or triple jumps are not allowed.	Maximum of 2 spins: a) Spins must be of a different nature b) Spins may change feet and/or position. c) Spins may start with a fly. d) Min. of 3 revolutions	One step sequenced that must use ½ of the ice surface.
Preliminary	1:30 +/- 10 Sec.  Vocal music permitted	Maximum of 5 jump elements: a) One must be an Axel or waltz-jump. b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.) e) Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop) f) Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences. g) Max. of 2 Axels or any double jump. h) Double flips, double Lutzes, double Axels or triple jumps are not allowed.	Maximum of 2 spins: a) Spins must be of a different nature b) Spins may change feet and/or position. c) Spins may start with a fly. d) Min. of 3 revolutions	One step sequenced that must use ½ of the ice surface.
Pre-Juvenile	2:00 +/- 10 sec.  Vocal music permitted	Maximum of 5 jump elements: a) One must be an Axel or waltz –jump. b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in jump sequence is limited to a max. of 3 single or double jumps. ( ½ loop is not considered a single jump at this level.) e) Number of different double jumps is not limited. f) Axel and no more than 3 different double jumps may be repeated as individual jumps, as part of jump combination or jump sequence. g) Maximum of 2 Axels or any double jump h) No double Axels or triple jumps	Maximum of 2 spins: a) 1 spin combination; with or without change of foot*, may fly. b) 1 spin with only 1 position*, may fly, no change of foot c) Min. 4 revolutions.; 6 revolutions for combo d) Spins must be of a different nature	One step sequence fully utilizing ice surface.



Open Juvenile	2:15 +/- 10 sec.	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>a) One must be an Axel-type jump*</li> <li>b) Max. 2 jump combinations or sequences</li> <li>c) Jump combinations limited to 2 jumps</li> <li>d) Number of jumps in jump sequence is not limited</li> <li>e) No more than 3 double jumps may be repeated (1 each), but only as part of combination or sequence. Max 2 of same double jump.</li> <li>f) No triple jumps</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>a) 1 spin combination; with/without change of foot*</li> <li>b) 1 spin with only 1 position; no change of foot*</li> <li>c) Both spins may start with a fly</li> <li>d) Min. 5 revolutions; 8 revolutions. for combination</li> <li>e) Min. 2 revolutions in position</li> <li>f) Spins must be of a different nature</li> </ul>	One choreographic step sequence fully utilizing ice surface.
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## U.S. Figure Skating Non Qualifying Competitions

### EVENT: Adult Free Skate

#### General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
2. Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
3. Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.
4. 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 that is less than the required minimum revolutions.
5. The 6.0 judging system will be utilized.

#### ADULT GOLD

2:40 max

\* means element is required

#### Max. 5

- Min. 1\*, max. 3 combinations or sequences
- Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted
- Each jump may be repeated only once, and only as part of combination or sequence
- All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow.
- No double-double jump combinations or sequences are permitted
- Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted

#### Max. 3

- Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E)
- Min. 4 revolutions total if no change of foot
- Min. 4 revolutions each foot if change of foot
- Min. 2 revolutions in position

#### Max. 1

To be chosen from:

- Choreographic step sequence

or

- Choreographic sequence

Must fully utilize the ice surface. Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

#### ADULT SILVER

2:10 max

\* means element is required

#### Max. 5

- Min. 1\*, max. 2 combinations or sequences
- One combination/sequence may consist of three jumps, and the other may have only two jumps
- Additional jump sequences which contain non-listed jumps of not more than one revolution (i.e. mazurkas, half-loops, etc.) performed as part of connecting footwork preceding single jumps are permitted
- Each jump may be repeated only once, and only as part of combination or sequence
- All single jumps are permitted, including an Axel-type jump.
- No double or triple jumps are permitted

#### Max. 2

- Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E)
- Min. 3 revolutions total if no change of foot
- Min. 3 revolutions each foot if change of foot
- Min. 2 revolutions in position

#### Max. 1

To be chosen from:

- Step sequence

or

- Spiral sequence (any pattern)

Must use at least ½ ice surface. Additional moves in the field, spiral and step sequences will not be counted as elements and will be marked as such.

**ADULT BRONZE**

1:50 max

\* means element is required

**Max. 4**

- Min. 1\*, max. 2 combinations or sequences;
- One 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 combination or sequence (maximum of 2 of any jump)
- All single jumps are permitted (except Axel)
- No Axel, double or triple jumps are permitted

**Max. 2**

- Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E)
- Min. 3 revolutions total if no change of foot
- Min. 3 revolutions each foot if change of foot
- Min. 2 revolutions in position
- No flying spins are permitted

**Max. 1**

To be chosen from:

- Step sequence
- or
- Spiral sequence (any pattern)

Must use at least ½ ice surface  
Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.

**ADULT PRE BRONZE**

1:40 max

\* means element is required

**Max. 4**

- Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included
- One 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 combination or sequence (maximum of 2 of any jump)
- Only single and half-revolution jumps are allowed
- No Lutz, Axel or double jumps are allowed

**Max. 2**

- Min. 3 revolutions
- No flying spins are permitted

**Max. 1**

- Connecting steps throughout the program are required



**SHOWCASE EVENTS:**

Showcase events are open to skaters in Basic, Free Skate, Beginner through Senior. 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 is permitted. Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge’s mark for each five seconds in excess of time allowed for the performance, for handling props 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 the 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 the Nonqualifying Showcase Guidelines posted on [www.usfigureskating.org](http://www.usfigureskating.org).

**Event Categories:**

1. Dramatic Entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme. Props and Scenery ARE permitted.
2. Light Entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills. Props and Scenery ARE permitted.
3. Duets: Theatrical/artistic performances by any competitors.
4. Mini production ensembles: Theatrical performances by three to seven competitors.

	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00 Max
Free skate 1-6/ Beginner/High Beginner/ Adult 1/4	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 tests.	Time: 1:30 Max
No Test Pre-preliminary/- Adult Pre- Bronze Preliminary/ Adult Bronze	3 jump maximum. No axels or double jumps permitted.  3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult Pre-Bronze Test  Must have passed no higher than U.S. Figure Skating Preliminary Free Skate or Adult Bronze test.	Time: 1:30 Max  Time: 1:40 Max



## U.S. Figure Skating Basic Skills Competitions

### Event: Showcase Events Continued

	Event	Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Free Skate or Dance (solo or partnered) Test	Age	Time (Min.)
Singles	Preliminary	Preliminary Free Skate Preliminary Dance	Pre Juvenile Pre-Bronze	no age restriction	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate Pre-Bronze Dance	Juvenile Bronze	no age restriction	1:40 max
	Juvenile	Juvenile Free Skate Bronze Dance	Intermediate Pre-Silver	13 and under	2:10 max
	Teen	Juvenile Free Skate Pre-Silver Dance	Novice Pre-Gold	14-17	2:10 max
	Intermediate	Intermediate Free Skate Silver Dance	Novice Pre-Gold	17 and under	2:10 max
	Young Adult	Juvenile Free Skate Pre-Silver Dance	Novice Silver	18-20	2:10 max
	Novice	Novice Free Skate Silver Dance	Junior Pre-Gold	no age restriction	2:10 max
	Junior	Junior Free Skate Pre-Gold Dance	Senior Gold		2:40 max
	Senior	Senior Free Skate Gold Dance			2:40 max

*\* All skaters must either compete at their test level or one level above their highest completed test per the above chart. The determination of level will be based upon test requirement at the entry deadline.*

**Rockford Open**

**June 26, 2016**

**BASIC SKILLS and Beyond COMPETITION Entry Form**

Form must be completely filled out before it can be processed. Please Print Clearly

Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Area Code/Phone # \_\_\_\_\_

Email Address \_\_\_\_\_ Program/Club Afiliation \_\_\_\_\_

Basic Skills or USFS number \_\_\_\_\_ Highest Level Passed \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

**Signatures are Mandatory**

I have reviewed the above entry form. I hereby certify that the above skater is an amateur member and is eligible to enter the event(s) specified.

\_\_\_\_\_  
**Coach** **Date**

\_\_\_\_\_  
**Basic Skills Director** **Date**

It is agreed that the competitor and family hold the Rockford Skating Club harmless from any and all liability for damages due to personal injury or loss of property.

\_\_\_\_\_  
**Competitor** **Date**

\_\_\_\_\_  
**Parent or Guardian** **Date**

Certification of Club Officer: **Only Pre-Preliminary through Senior skaters.** To the best of my knowledge, the information on this form is true and correct. This competitor is a member of our club and in good standing.

\_\_\_\_\_  
**Signature of Club Officer** **Date**

\_\_\_\_\_  
**Pres., Vice-Pres., Secretary** **Date**

The completed entry form, with fees, a current email address must be **postmarked** no later than **June 1, 2016**. Make checks payable to the **Rockford Skating Club** and mail to: **Rockford Open, Kathleen Ferrero, Carlson Ice Arena, 4150 N Perryville Rd., Loves Park, IL 61111.**

**Coaches Information:**

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone # \_\_\_\_\_

**Note to Coaches: All coaches must be registered with U.S. Figure Skating. Any coach who does not appear on the U.S. Figure Skating Coach Registration will not receive a competition credential and will not be permitted rink-side during the competition or practice ice sessions.**

**Coaches will need to check in at the event registration desk and show a government issued Photo I.D., U.S Figure Skating and PSA credentials. Coaches registration card, proof of Category A, B, or C compliance in CER. If a coach cannot provide a photo I.D. and 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.**

Name \_\_\_\_\_  
 Please check the event(s) you are entering:

**Basic Elements:**

- \_\_\_\_\_ Snowplow Sam
- \_\_\_\_\_ Basic 1
- \_\_\_\_\_ Basic 2
- \_\_\_\_\_ Basic 3
- \_\_\_\_\_ Basic 4
- \_\_\_\_\_ Basic 5
- \_\_\_\_\_ Basic 6
- \_\_\_\_\_ Basic 7
- \_\_\_\_\_ Basic 8

**Basic Freeskate Program:**

- \_\_\_\_\_ Snowplow Sam
- \_\_\_\_\_ Basic 1
- \_\_\_\_\_ Basic 2
- \_\_\_\_\_ Basic 3
- \_\_\_\_\_ Basic 4
- \_\_\_\_\_ Basic 6
- \_\_\_\_\_ Basic 7
- \_\_\_\_\_ Basic 8

**Light Entertainment**

- \_\_\_\_\_ Basic 1-8
- \_\_\_\_\_ FS 1-6/Beg/
- \_\_\_\_\_ HBeg/Adult 1-4
- \_\_\_\_\_ No Test/Pre-Pre
- \_\_\_\_\_ Adult PreBronze
- \_\_\_\_\_ Prelim/AdultBrz
- \_\_\_\_\_ Pre-Juvenile

**Dramatic Entertainment**

- \_\_\_\_\_ Basic 1-8
- \_\_\_\_\_ FS 1-6/Beg/
- \_\_\_\_\_ HBeg/Adult 1-4
- \_\_\_\_\_ No Test/Pre-Pre
- \_\_\_\_\_ Adult PreBronze
- \_\_\_\_\_ Prelim/AdultBrz
- \_\_\_\_\_ Pre-Juvenile

**Duets**

- \_\_\_\_\_ Basic 1-8
- \_\_\_\_\_ FS 1-6/Beg/
- \_\_\_\_\_ HBeg/Adult 1-4
- \_\_\_\_\_ No Test/Pre-Pre
- \_\_\_\_\_ Adult PreBronze
- \_\_\_\_\_ Prelim/AdultBrz
- \_\_\_\_\_ Pre-Juvenile

**Mini Production Ensembles**

- \_\_\_\_\_ Basic 1-8
- \_\_\_\_\_ FS 1-6/Beg/
- \_\_\_\_\_ HBeg/Adult 1-4
- \_\_\_\_\_ No Test/Pre-Pre
- \_\_\_\_\_ Adult PreBronze
- \_\_\_\_\_ Prelim/AdultBrz
- \_\_\_\_\_ Pre-Juvenile

**Introductory Levels Compulsories:**

- \_\_\_\_\_ Beginner
- \_\_\_\_\_ High Beginner
- \_\_\_\_\_ No Test
- \_\_\_\_\_ Juvenile Test

**Test Track Freeskate Program:**

- \_\_\_\_\_ Pre-Preliminary Test
- \_\_\_\_\_ Preliminary Test
- \_\_\_\_\_ Pre-Juvenile Test
- \_\_\_\_\_ Gold
- \_\_\_\_\_ Intermediate Test
- \_\_\_\_\_ Novice Test
- \_\_\_\_\_ Junior Test
- \_\_\_\_\_ Senior Test

**Adult**

- \_\_\_\_\_ P/Bronze
- \_\_\_\_\_ Bronze
- \_\_\_\_\_ Silver

**Introductory Levels Freeskate:**

- \_\_\_\_\_ Beginner
- \_\_\_\_\_ High Beginner
- \_\_\_\_\_ No Test

**Well Balanced Freeskate Program:**

- \_\_\_\_\_ Pre-Preliminary Freeskate
- \_\_\_\_\_ Preliminary Freeskate
- \_\_\_\_\_ Pre-Juvenile Freeskate
- \_\_\_\_\_ Open Juvenile Freeskate

**Well Balanced and Test Track Compulsory Moves**

- \_\_\_\_\_ Pre-Preliminary
- \_\_\_\_\_ Preliminary

**Practice Ice (20 min. sessions):**

\_\_\_\_\_ Before Compulsory \_\_\_\_\_ Before Freeskate

*Skaters will be able to select their own practice ice sessions online after the schedule is posted. Additional practice ice will be available for sale online after those that pre-register for their sessions have selected their practice ice.*

**ENTRY FEE IS \$ 50.00 PER EVENT, \$20.00 PER EACH ADDITIONAL EVENT**

- First Event \$ \_\_\_\_\_
- Additional Event \$ \_\_\_\_\_
- Additional Event \$ \_\_\_\_\_
- Practice Ice (\$8) \$ \_\_\_\_\_
- Program Book (\$2) \$ \_\_\_\_\_
- Paper entry Fee \$ **5.00** \_\_\_\_\_
- Personal Ad: (\$5) \$ \_\_\_\_\_
- Total: \$ \_\_\_\_\_

**Entry Fees are not refundable**

**Personal Ad \$5**  
**Place a congratulations ad**  
**in the box to the right**

