

# 2017 Virginia Commonwealth Games



## Figure Skating Championships

**June 17 & 18, 2017**

### Participating Rink and Host Club

**LaHaye Ice Center  
Liberty University  
1971 University Blvd.  
Lynchburg, VA 24515  
&**

**Liberty University Skating Club**

**Hosted by:**

**Virginia Commonwealth Games and Virginia Amateur Sports in cooperation  
with the Central Virginia Skating Club**



**Sanctioned**



**Approval #24747**

**Compete against the best from throughout the state and beyond in Olympic-style competition for Gold, Silver and Bronze medals, and 4th-6th place ribbons. This is a qualifying event for the 2017 State Games of America in Grand Rapids, MI. (prior to July 1<sup>st</sup>, 2017)**

**Locations:** LaHaye Ice Center 1971 University Blvd. Lynchburg, VA 24515

**Dates:** Saturday, June 17<sup>th</sup> & 18<sup>th</sup>, 2017

**Competition Eligibility:** *This competition is sanctioned by the US FIGURE SKATING and endorsed by the ISI.*

Competition is open to all female and male skaters who are Virginia, Maryland, Washington D.C., and West Virginia residents of eligible athletic status (or any athlete in a state that does not have figure skating as part of their State Games).

Skaters must also be in good standing with either U.S. FIGURE SKATING or the ISI. Age and test status as of April 21, 2017 determines skater's level.

U.S. FIGURE SKATING skaters may compete at their passed and registered freestyle test levels or one level higher.

Individual members of U.S. FIGURE SKATING who are registered with the ISI are eligible to compete in accordance with the ISI/U.S. FIGURE SKATING joint statement policy. U.S. FIGURE SKATING adults over age 21 who have passed the bronze test may compete in Freestyle 3.

**REGISTRATION INFORMATION:** *ALL team (couple, ensemble, production) must register online only.*

**Register Online:** [www.CommonwealthGames.org](http://www.CommonwealthGames.org)

The entry fee varies depending on the number of events entered. Use the following to determine the cost of competition: \$90 for the first event EXCEPT USFS Basic Skills 1-8 (\$75 for the first event) & ISI (\$60 for the first event). Additional events for USFS are \$45 each and additional events for ISI are \$30 each. There is a \$10 discount for skaters who register for two or more events.

For complete pricing details consult the event website – [www.CommonwealthGames.org](http://www.CommonwealthGames.org).

**A \$45 late fee will apply if your registration is received after April 21, 2017**

**A \$30 "Change event" fee will be applied after April 28, 2017- NO EXCEPTIONS!**

**Mail-in Entry Fee:**

The entry fee varies depending on the number of events entered. Use the following to determine the cost of competition: \$90 for the first event EXCEPT USFS Basic Skill 1-8 (\$75 for the first event) & ISI (\$60 for the first event). Additional events for USFS are \$50 each and additional events for ISI are \$45 each. Entertainment teams/Production teams are \$65 for the team and \$10 for each skater. There is a \$10 discount for skaters who register for two or more events.

For complete pricing details consult the event website – [www.CommonwealthGames.org](http://www.CommonwealthGames.org).

For the mail in entry form – please click on the "Entry Forms" link on the Figure Skating page.

**A \$25.00 mail in fee will be charged to all mail in entries.**

**A \$45 late fee will apply if your registration is received after April 21, 2017.**

**A \$30 "Change event" fee will be applied after April 28, 2016- NO EXCEPTIONS!**

*Complete the 2017 US FIGURE SKATING and/or ISI registration form(s) and mail with the appropriate entry fee to:*

*Virginia Amateur Sports, 711 C 5<sup>th</sup> Street NE, Roanoke, VA 24016.*

*Make checks or money orders payable to: Virginia Amateur Sports*

**Entry Deadline:** April 21, 2017 (to avoid late fee) or by April 28, 2017 (with late fee). Walk-in registration will not be accepted.

**Competition Guidelines:**

**US FIGURE SKATING Competition and Standards:** The 2016-2017 US FIGURE SKATING Rule Book will govern the competition. The 6.0 judging system will be used this year. Competition schedule - once completed - will be posted on the Figure Skating page of [www.CommonwealthGames.org](http://www.CommonwealthGames.org)

**US FIGURE SKATING Coaches:** You must comply with the coach's registration requirement in order to be allowed to coach at the Commonwealth Games (Virginia State Games) per US FIGURE SKATING. Credentials will be checked upon entry. Coaches unable to prove credentials will not be permitted into the competition. No exceptions.

**ISI Competition and Standards:** Events include Freeskating (Tots through Open); Footwork (FS 1-10); Spotlight (Tots through FS 10); and Jump and Spin (Low through High); Compulsory Moves (Pre-alpha through FS 10); Stroking (Pre-Alpha through Delta) Synchronized, Ensemble and Production Team Events. The competition rules and guidelines will be run in accordance with the 2016 ISI Handbook. Please refer to this handbook for more information on event criteria.

For questions pertaining to the ISI application process, levels, or events, please contact Dawn Harter at: [dharter@liberty.edu](mailto:dharter@liberty.edu)

**ISI Coaches** are required to register for Judges Credentials prior to competition. **ISI Events will be judged by ISI judges. Please see attached judges sheet, which must be filled out and turned in by mail, OR emailed to, Dawn Harter.**

**Changes to Entry Form:** Once the entry materials are received, skaters will not be allowed to enter additional events, unless the athlete re-registers for the events separately. However, they may change events. The deadline to make changes of any kind is April 28<sup>th</sup>, 2017. A \$30 fee will be required for any event changes made after April 28<sup>th</sup>, 2017.

**Music:** Skaters must furnish their own music. CDs will only be accepted. Only one track per CD and NO re-writable CD's. CD's must be clearly marked with the skater's name and event. All music must be checked-in at the registration desk one hour before each skater's event. Music must be picked up immediately after the skater's event. Commonwealth Games will provide all solo dance music.

**Awards:** Medals will be awarded to skaters placing first, second, or third in each event. Ribbons through 6<sup>th</sup> place

**Contacts:**

**Competition Chair:** Tatiana Payne, [tmgomez@liberty.edu](mailto:tmgomez@liberty.edu)

**Technical Support Online Registration:** Charity Waldron, [cwaldron@commonwealthgames.org](mailto:cwaldron@commonwealthgames.org)

**Practice Ice:** Tatiana Payne, [tmgomez@liberty.edu](mailto:tmgomez@liberty.edu)

**ISI Coordinator:** Dawn Harter, [dharter@liberty.edu](mailto:dharter@liberty.edu)

**Facilities:** The LaHaye Ice Center surface dimensions are 200' x 85'. The facility also has 4 locker rooms.

**Practice Ice:** Practice ice may be available depending on the final schedule. If available, a tentative schedule of available practice ice will be sent or emailed with event schedules and will also be available on the VAS website at: [www.CommonwealthGames.org](http://www.CommonwealthGames.org) or by contacting Tatiana Payne (practice ice coordinator), at: [tmgomez@liberty.edu](mailto:tmgomez@liberty.edu).

**Schedule of Events:** The schedule of events is determined by the total number of entries and by the number of entries in each event. Knowledge of the final posted schedule is the responsibility of all entrants and officials. A tentative schedule of events will be emailed to entrants on or before May 26, 2017. Schedules will also be posted on [www.CommonwealthGames.org](http://www.CommonwealthGames.org).

**Opening Ceremonies:** The Vines Center at Liberty University, Friday, July 22, 2017 at approximately 6 PM will be the Opening Ceremonies of the 2017 Virginia Commonwealth Games. The event will include a Parade of Athletes, the National Anthem and more. Athletes are welcome and encouraged to attend, clubs can bring a flag to march behind. Attendance is not required, but is encouraged. More details about the Annual Athlete Tailgate Party & Opening Ceremonies can be found at [www.CommonwealthGames.org](http://www.CommonwealthGames.org)

**Hotel Information:** [CommonwealthGames.org/hotels](http://CommonwealthGames.org/hotels)

# US Figure Skating Events

## EVENT: Introductory Levels Free Skate Program

General event parameters:

- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up 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	Max. 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Max. 2 jump sequences</li> <li>• Max. 2 of any same jump</li> </ul>	Max. 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min. 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 Learn to Skate USA free skating badge tests
High Beginner 1:40 Maximum	Max. 5 jump elements: <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>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max. 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 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 Learn to Skate USA free skating badge tests

## EVENT: INTRODUCTORY LEVEL COMPULSORY MOVES

General event parameters:

☑ Elements skated on ½ ice

☑ Elements may be performed only once

☑ Music is not allowed

Level	Time	Skating rules/standards
No-Test	1:15 max.	☑ Loop jump ☑ Jump combination to include a toe loop (may not use a loop or Axel) ☑ Solo spin - sit or camel spin - minimum three revolutions ☑ Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.
Pre-Preliminary	1:15 max.	☑ Toe Loop jump ☑ Jump combination: single/single (no Axel) ☑ Sit spin or camel spin - minimum three revolutions ☑ Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	☑ Lutz jump ☑ Jump combination: single/single (may include Axel) ☑ Back upright spin - minimum three revolutions ☑ Forward inside spiral

**Event: TEST TRACK FREE SKATE PROGRAM (RESTRICTED) ELEMENT REQUIREMENTS**

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Pre-Preliminary Test	Maximum 5 jump elements. Jumps with not more than one half rotation (front to back or back to front including half loop). Single rotation jumps: Salchow, Toe Loop & Loop only. Max 2 jump combinations or sequences. Max 2 of any same jump. Max 2 jump combinations or sequences. Max 2 spins. Two spins of a different nature, one position only, no change of foot. No flying entry. Minimum 3 revolutions. Connecting moves and steps should be demonstrated throughout program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time :1:30 +/- 10
Preliminary Test	Maximum of 5 jump elements. Jumps with not more than one rotation (no Axels). Max two jump combinations or sequences. Max 2 of any same type jump. Max 2 spins. One spin in one position, no change of foot., no flying entry (Min 3 revs) and one consisting of a front scratch to back scratch.,, exit on spinning foot not mandatory (Min. 3 revs on each foot). Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-pre free skate test but may not have passed tests higher than preliminary free skate test	Time :1:30 +/-10
Pre-Juvenile Test	Maximum 5 jump elements. Jumps with not more than one rotation (no axels). Max 2 jump combinations or sequences. Max 2 of any same jump. Max 2 spins. One spin in one position, no change of foot (min 3 revs). And one combination spin: forward camel spin to forward sit spin, change of foot optional (min. 6 revs combined in forward sit and camel positions). Spins may not fly. 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 higher than pre-juvenile free skate test	Time: 2:00 +/-10
Juvenile Test	Maximum 5 jump elements. Any single jumps with not more than 1 ½ rotations (Axel permitted). Max 2 jump combinations or sequences. Max 2 of any same jump. Max 2 spins. One spin in one position, no change of foot(min 4 revs in position)and 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 revs on each foot). Only solo spin may fly. 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	Time: 2:15 +/-10
Intermediate Test	Maximum 6 jump elements. Any single jumps. Double jumps permitted: Double Salchow and Double Toe Loop. Max 3 jump combinations or sequences. Max 2 of any same jump. Max 2 spins of a different nature. One must be a flying spin (min. 5 revs). One must be a combination spin with at least one change of foot and at least one change of position. (min. 4 revs each foot). 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	Time: 2:30 +/-10
Novice Test	Maximum 7 jump elements for men and 6 for women. Any single jumps. Double jumps permitted are double Salchow, double toe loop and double loop. Max of 3 jump combinations or sequences. Max 2 of any same jump. Max 3 spins of different nature. One must be a combination spin with at least one change of foot and at least one change of position. (min. 5 revolutions on each foot.). Other spins are skater option (min. 6 revs). All spins may fly. One step or spiral sequence must fully utilize 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	Time 3:00 +/-10

Level	Elements	Qualifications	Program Length
Junior Test	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip. Maximum of 3 jump combinations or sequences. Max. 2 of any same type jump. <i>Maximum of 3 spins of a different nature:</i> One spin in one position (Min. 6 revolutions), One flying spin (Min. 6 revolutions), One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot). One step sequence fully utilizing ice surface (See rule 4105 for remarks)</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	Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.
Senior Test	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i> Any single jumps. Must include at least four different double jumps, one must be a double Lutz. Triple jumps are not permitted. Maximum of 3 jump combinations or sequences. Max. 2 of any same type jump <i>Maximum of 3 spins of a different nature:</i> One spin in one position (Min. 6 revolutions), One flying spin (Min. 6 revolutions), One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot). <i>Men:</i> Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks) <i>Ladies:</i> One step sequence of advanced difficulty, covering the full ice surface and either one spiral sequence or choreographic sequence. (See rule 4104 &amp; 4105 for remarks.)</p>	Skaters must have passed at least the U.S. Figure Skating junior free skate test	Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.

#### **EVENT: WELL BALANCED (UNRESTRICTED) FREE SKATE AND SHORT PROGRAM**

The Virginia State Games Figure Skating Competition will follow 2016-2017 United States Figure Skating Rules. Unrestricted Freestyle and Short Program Element Requirements for each level are listed in the US Rulebook under the following rule numbers.

<b>No Test</b>	US Rule 4280
<b>Pre—Preliminary</b>	U.S Rule 4270
<b>Preliminary</b>	U.S Rule 4260
<b>Pre-Juvenile</b>	U.S Rule 4250
<b>Juvenile</b>	U.S Rule 4240
<b>Intermediate</b>	U.S Rule 4230
<b>Novice</b>	U.S Rule 4220
<b>Junior</b>	U.S Rule 4210
<b>Senior</b>	U.S Rule 4200

#### **EVENT: ADULT FREE SKATE PROGRAM**

- Adult events are in accordance with 2016-17 U.S. Figure Skating Rules **4570-4600**
- Masters events are in accordance with 2016-17 U.S. Figure Skating Rules **4510-4540**
- Unrestricted Freestyle and short program technical requirements are in accordance with 2016-17 USFS Rules **4000-4270**.

## 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>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"><li>1. Single jump (may include Axel)</li><li>2. Jump combination: single/single (may include Axel)</li><li>3. Layback spin or camel spin - minimum three revolutions</li><li>4. Step sequence - circular</li></ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"><li>1. Single Axel</li><li>2. Jump combination: single/single or double/single</li><li>3. Layback spin or camel spin - minimum three revolutions</li><li>4. Step sequence – circular</li></ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"><li>1. Double Salchow or double toe loop</li><li>2. Jump combination: single/single or double/single</li><li>3. Flying spin, minimum five revolutions</li><li>4. Step sequence – straight line</li></ol>
Novice	1:30 max.	<ol style="list-style-type: none"><li>1. Double loop</li><li>2. Jump combination: double/single or double/double</li><li>3. Flying spin - minimum five revolutions</li><li>4. Step sequence – straight line</li></ol>
Junior	1:30 max.	<ol style="list-style-type: none"><li>1. Double flip</li><li>2. Jump combination: double/double or triple/double</li><li>3. Combination spin - minimum 10 revolutions</li><li>4. Step sequence – straight line</li></ol>
Senior	1:30 max.	<ol style="list-style-type: none"><li>1. Double Lutz</li><li>2. Jump combination: double/double or triple/double</li><li>3. Combination spin - minimum 10 revolutions</li><li>4. Step sequence – straight line</li></ol>

### EVENT: Adult Compulsory Moves

#### General event parameters:

5. Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. On required elements may be included.
6. All events are skated on ½ ice.
7. Minimum number of revolutions are noted in parentheses.

Level	Time	Elements
Adult Beginner	1:15	<ol style="list-style-type: none"> <li>1. Forward crossovers (Min. 5 consecutive)</li> <li>2. Waltz jump</li> <li>3. Two foot upright spin</li> <li>4. Forward spiral (any edge)</li> </ol>
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> <li>1. Backward crossovers (Min. 5 consecutive)</li> <li>2. Waltz jump</li> <li>3. Forward upright spin (Min. 3 revolutions)</li> <li>4. Forward outside spiral</li> </ol>
Adult Bronze	1:15	<ol style="list-style-type: none"> <li>1. Single Salchow</li> <li>2. Waltz jump – toe loop combination jump</li> <li>3. Sit spin (Min. 3 revolutions)</li> <li>4. Spiral sequence (Min. 2 spirals)</li> </ol>
Adult Silver	1:30	<ol style="list-style-type: none"> <li>1. Single loop</li> <li>2. Single/single jump combination</li> <li>3. Sit spin (Min. 3 revolutions)</li> <li>4. Straight line step sequence</li> </ol>
Adult Gold	1:30	<ol style="list-style-type: none"> <li>1. Single Lutz or Axel</li> <li>2. Single/single or single/double jump combination</li> <li>3. Camel spin (Min. 4 revolutions)</li> <li>4. Straight line step sequence</li> </ol>
Masters Intermediate/Novice	2:00	<ol style="list-style-type: none"> <li>1. Axel, double Salchow , double toe loop or double loop</li> <li>2. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel</li> <li>3. Solo spin of skater's choice (Min. 6 revolutions)</li> <li>4. Straight line step sequence</li> </ol>
Masters Junior/Senior	2:00	<ol style="list-style-type: none"> <li>1. Choice of any double jump</li> <li>2. Jump combination that may include any double jump</li> <li>3. Solo spin of skater's choice (Min. 8 revolutions)</li> <li>4. Straight line step sequence</li> </ol>





## EVENT: Basic Program Event: SNOWPLOW SAM – BASIC 6

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

- To be skated on full ice.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 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	1:10 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>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:10 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 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	1:10 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, 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>• Beginning two-foot spin, 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
Basic 5	1:10 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>• Advanced two-foot spin, 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>

## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Pre-Free Skate – Free Skate 6 Program Event – “Basic Free Skate”

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.
- 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"> <li>• 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</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:40 max	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
Free Skate 4	1:40 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>• Half Loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Axel jump</li> </ul>

### EVENT: Adult 1-6 Free Skate Program Event

#### 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.

- Vocal music is allowed
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Elements
Adult 1	1:30 +/- :10 sec	<ul style="list-style-type: none"> <li>• Falling and Recovery</li> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>
Adult 2	1:30 +/- :10 sec	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
Adult 3	1:30 +/- :10 sec	<ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward snowplow stop, Right and Left</li> </ul>
Adult 4	1:30 +/- :10 sec	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Backward one-foot glides, right and left</li> <li>• Hockey stop, both directions</li> </ul>
Adult 5	1:30 +/- :10 sec	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin</li> </ul>
Adult 6	1:30 +/- :10 sec	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin</li> </ul>

### EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 6

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

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

Level	Time	Skating rules/standards
Snowplow Sam	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>• Beginning snowplow stop on two-feet or one-foot</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>• Scooter pushes, right and left foot, 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>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, 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>• Beginning two-foot spin, 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</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>• Advanced two-foot spin, 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>

## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Pre-Free Skate – Free Skate 6 Compulsory Event – “Basic 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.
- Time: 1:15 max

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> <li>• Forward inside open Mohawk from a standstill position (R to L and L to R)</li> <li>• 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</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Backward outside three-turns, right and left</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Backward inside three-turns, right and left</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, clockwise and counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>• Loop 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>• Half loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz jump-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power pulls, right and left</li> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Axel jump</li> </ul>

## ARTISTIC

Music may be instrumental or vocal. No jump higher than an axel. Event will be judged on artistic impression and interpretation of the music.

Event	Time	Event	Time
No Test/Pre-Preliminary	1:40 max	Junior and Senior	2:40 max
Preliminary and Pre-Juvenile	1:40 max	Adult: 21 and over	2:10 max
Juvenile thru Novice	2:30 max		

## SOLO DANCE

Event	Requirements	Patterns	Dances
Preliminary	May not have passed any Pre-Bronze Dances	2	Canasta Tango
Pre-Bronze	May not have passed any Bronze Dances	2	Swing
Bronze	May not have passed any Pre-Silver Dances	2	Hickory Hoedown
Pre-Silver	May not have passed any Silver Dances	2	European Waltz
Silver	May not have passed any Pre-Gold Dances	2	Silver Tango
Pre-Gold	May not have passed any Gold Dances	2	Starlight Waltz
Gold	Passed Gold Dances	3	Quickstep

### 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. 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 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](http://www.usfigureskating.org).

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- 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	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	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 max.
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 max.

# Theatre On Ice

## Senior Teams

### Test, Team Size and Age Requirements

- Test qualifications as of May 1, 2016
- Minimum of eight skaters on a team - maximum of 24 skaters
- More than 50 percent\* of the team must have passed the juvenile or adult gold freestyle test
- Team members may have passed any higher tests including senior moves in the field, senior freestyle, senior pair test, senior and/or international dance tests
- All team members must have must have passed the preliminary or adult prebronze moves in the field test
- No age restrictions Program Duration
- CE 2:30 +/- 10 seconds
- Free skate 5:30 +/- 15 seconds

\* The only exception to this requirement is if a rostered skater who has passed the juvenile freestyle test (or higher) is injured, and can produce a doctor's note, the corresponding skater of a lower level may skate.

## Junior Teams

### Test, Team Size and Age Requirements

- Test qualifications as of May 1, 2016
- Minimum of eight skaters on a team - maximum of 24 skaters
- No more than 50 percent\* of the team may have passed the intermediate or adult gold freestyle test or higher with the exception of two skaters who can have passed no higher than a novice freestyle test
- All team members must have must have passed the preliminary or adult prebronze moves in the field test
- No age restrictions Program Duration
- CE 2:30 +/- 10 seconds
- Free skate 5:00 +/- 15 seconds

\* The only exception to this requirement is if a rostered skater who has not passed the intermediate moves in the field test is injured, and can produce a doctor's note, the corresponding skater of a higher level may skate.

## Novice Teams

### Test, Team Size and Age Requirements

- Test qualifications as of May 1, 2016
- Minimum of eight skaters on a team - maximum of 24 skaters 4 (Updated 12/8/2015)
- All team members must have must have passed the pre-preliminary moves in the field test
- No team members may have passed the intermediate freestyle test or higher with the exception of two skaters who can have passed no higher than a novice freestyle test
- 80 percent of the team must be under the age of 15 as of December 1 of the competition year
- No skater may have reached age 19 as of December 1, 2015 Program Duration
- CE 2:30 +/- 10 seconds
- Free skate 4:30 +/- 15 seconds

## Preliminary Teams

### Test, Team Size and Age Requirements

- Test qualifications as of May 1, 2016
- Minimum of eight skaters on a team - maximum of 24 skaters
- All team members must have passed the pre-preliminary moves in the field test or mastered the skills of the Basic Skills free skate 1 test and may not have passed any test higher than preliminary moves in the field test and/or preliminary free style test with the exception of two skaters who may have passed no higher than pre-juvenile moves in the field test and/or pre-juvenile free style test
- Age requirement as of December 1, 2015: Skaters must be 15 years of age or under
- Handheld props are allowed
- Scenery is not allowed Program Duration
- CE 2:00 +/- 10 seconds • Free skate 2:30 +/- 15 seconds



## Open Teams

### Test, Team Size and Age Requirements

- Test qualifications as of May 1, 2016
- Minimum of eight skaters on a team - maximum of 24 skaters
- All team members must have passed at least one U.S. Figure Skating moves in the field, free skate, ice dance or pairs test (not including Basic Skills)
- No age requirement

### Program Duration

- CE 2:30 +/- 10 seconds
- Free skate 4:30 +/- 15 seconds

**Teams** - The teams will be composed of a minimum of eight (8) skaters and a maximum of twenty four (24) skaters.

**Performance** - The performance should be original and express a theme, emotion or story. The music, costumes, scenery, as well as the choreography, should be used to enhance the theme. Jumps and other figure skating elements should contribute to the choreography and need to have meaning within the theme. There is no limit to the number of jumps that may be done. Jumps, however, must have a meaning in relation to the theme and should not be gratuitous. **Solos, pairs, dance, or synchronized elements also need to have meaning within the theme. They can not be a dominant part of the performance.** The choreography should emphasize and support gliding. Stationary positions should be limited. Skaters are permitted to leave the visible portion of the ice, such as behind a curtain or a piece of scenery, but must remain on the ice surface during the number. All participants must wear their skates on the ice.

**Costumes** - Costumes must be decent. Hair and ornaments must be secure. Costuming and make-up should enhance the feeling created by the performance. **No bobby pins allowed!**

**Scenery** – Scenery may be used but is not essential. All scenery cannot be more than 2.3 meters in height once in place on the ice. All scenery must be placed on the ice and taken off the ice by the skaters and not by any adult /non-team members. The use of smoke, fire, liquids, or live animals is not permitted. Skaters will have two minutes from the time their team is announced to set-up their scenery and get into position to start their number. Skaters may use any or all of the two minute period for warm-up. **There will be no curtain provided by the LOC.** Standard Rink lighting is to be used for all events. No spotlights or special lighting is permitted. After completion of the performance and after the team has taken their bows, they will be permitted two minutes to remove all scenery.

**Summary of Performance** - A summary of less than 100 words for each team's performance will be due with the application.

**Description:** At the two-minute mark an announcement will be made. **Timing will begin with the first purposeful movement of any member of the TOI team. The team's CD will be started when one member of the team raises or lowers their arm (this does not count as a "purposeful movement.")** If there is any movement during the program description on the tape, timing will begin then. If there is no description on the CD, then timing will begin with the first purposeful movement. Descriptions will no longer be read by announcers, therefore, teams that wish to have an audible description read must have one recorded on the CD. Audible descriptions should not exceed 30 seconds in length.

**Judging:** The marks will be on a 0 to 6 scale, and ordinals will be calculated in accordance with The US Figure Skating Rulebook. Each judge will award two marks. The first mark will be the Technique of Performance Mark, encompassing ice utilization, quality of movements, quality of ensembles and rapport between the skaters themselves and groups of skaters, overall strength of the skaters on the team, including footwork, spirals, jumps, spins, lifts, dance elements and the quality of their edge work. The second mark will be the Artistic Mark, of a presence by the skaters individually as well as the intensity and impact of the performance as a whole, creation of a universe taking into account the choreography and its execution (use of scenery is not a requirement but if scenery is used it should enhance and not detract from the performance), theatricality of the performance and originality and creativity of the performance as a whole as well as its ability to be interpreted by observers.



## Compete USA Competitions Suggested Additional Events

### HOCKEY EVENTS: Hockey 1-4 Elements and Skills Competition

Invite the Hockey 1-4 participants plus members of the local hockey association by creating fun and challenging skills competition. Ages should be divided by 8 & under, 10 & under, 12 & under, 14 & under, 16 & under, 18 & under, and adult. These age groups may be combined based upon number of entries.

**Hockey 1-4 Elements:** Each skater will perform each element when directed by a judge or referee. The following elements have been chosen for the skaters to perform. Format choice: All skaters perform first element before moving on to the next and so on **OR** each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<b>Hockey 1</b> <ul style="list-style-type: none"> <li>• Proper basic hockey stance, forward and backward</li> <li>• March forward across the ice, 8-10 steps</li> <li>• Two-foot glides and dips from forward marching</li> <li>• Forward swizzles / double C-cuts (4-6 in a row)</li> <li>• Stationary Snowplow Stop</li> </ul>	<b>Hockey 3</b> <ul style="list-style-type: none"> <li>• Forward C-cuts (1/2 swizzle pumps) on a circle, both directions</li> <li>• Forward outside edges on half circles, alternating feet on the axis</li> <li>• Forward inside edges on half circles, alternating feet on the axis</li> <li>• Backward C-Cuts on a circle, both directions</li> <li>• Backward snowplow stops, one foot and two feet V-stop</li> </ul>
<b>Hockey 2</b> <ul style="list-style-type: none"> <li>• Forward strides using 45 degree V-Push, focus on good recovery and alternating arm drive</li> <li>• Forward C-cuts: single leg and alternating feet in a straight line</li> <li>• Backward hustle or march, then glide on two feet</li> <li>• Backward swizzles / double C-cuts (4 – 6)</li> <li>• Two-foot moving Snowplow stop</li> </ul>	<b>Hockey 4</b> <ul style="list-style-type: none"> <li>• Quick starts using forward V-Start</li> <li>• Backward one-foot glide, right and left</li> <li>• Forward crossovers on a circle, clockwise and counterclockwise</li> <li>• Backward crossovers on a circle, clockwise and counterclockwise</li> <li>• Hockey stops (to right and left, with speed)</li> </ul>

**Hockey Skills Challenge:** Have skaters complete each of the five following skills competitions. Set up each station according to the descriptions below. Skaters earn points upon placement in each station (First place - 5 points, second place - 4 points, third place - 3 points, fourth place - 2 points, fifth place - 1 point). Highest combined total wins.

1. Shooting: Using a “shooter tutor,” give each skater 10 pucks to shoot into the five holes. Alternate each shot into the different holes in the tutor. Most number of hits wins.
2. Fastest Skater: Starting at the center red line, have skaters complete one lap around all of the dots and behind the nets. Set up cones on each red dot to outline to course. 2-4 skaters can race at a time at different sides of the red line. Use stop watch. Fastest skater wins.
3. Stick Handling: Place two rows of staggered cones down the length of ice. Have skaters stick handle through the cones down one length and back again. Shortest time wins. A missed cone is a 5-second penalty.
4. Agility: Set up an obstacle course with cones for forward and backward skating, turns and stops. Fastest skater wins.
5. Passing: Set up stationary targets (i.e. cones, bucket, mini-net) 25 feet away from starting line. Give each skater 10 pucks to try to hit each target. Highest number of hits wins.

# ISI Events & Requirements

## Events are offered to all ages - Tots through Adults

### **FREESTYLE**

<b>Events</b>	<b>Requirements</b>	<b>Time</b>
Program time will allow for a 10-second leeway over the recommended time. A penalty will be given for those over the time limit. Uncaptured maneuvers as listed in the 2016 ISI Handbook will be allowed according to level restrictions recommended.		
<b>Tots</b>	Maneuvers are as listed in ISI Handbook for each level. The skater may elect to have one additional move from Freestyle 1. Two-foot snowplows are permitted. Coaches are permitted on the ice to assist a Tot, if necessary. Props are not allowed during Tot Competition.	1 min
<b>Pre-Alpha</b>	Skaters are still required to perform one additional move from Freestyle 1.	1 min
<b>Alpha and Beta</b>	Skaters are still required to perform one additional move from Freestyle 1. The foot must be lifted off the ice for back crossovers, cutbacks do not meet test requirements.	1 min
<b>Gamma</b>	Skaters are still required to perform one additional move from Freestyle 1. At least three strokes must precede the mohawk combination for a total of seven steps.	1 min
<b>Delta</b>	Skaters are still required to perform one additional move from Freestyle 1. The lunge must be completed with a one foot glide and in a straight line. The edges must be done consecutively outside-outside, inside-inside on an axis.	1 min
<b>Freestyle 1-10</b>	Entrants should compete according to elements listed in the Test Standards.	Refer to Rule Book
<b>Freestyle Open</b>	Entrants should see <a href="http://www.skateisi.org">www.skateisi.org</a> or the 2014 ISI Handbook for event details.	Refer to Rule Book

### **ARTISTIC SOLO 1-10**

<b>Levels</b>	<b>Maneuver Limitations</b>	<b>Time</b>
Skaters perform a program to music with emphasis on strong edges, flow, choreography, innovative moves and musical interpretation. There is no score for technical ability in this event. Event level is based on skater's freestyle test level.		
<b>Freestyle 1-3/ Bronze</b>	FS 4 and below	1 min 30 sec
<b>Freestyle 4-5/ Silver</b>	FS 6 and below	1 min 30 sec
<b>Freestyle 6-10/Gold/Platinum</b>	Any Maneuvers	2 min

### **FOOTWORK / STROKING**

<b>Events</b>	<b>Requirements</b>	<b>Time</b>
<b>Footwork FS1-FS10</b>	The event is open to skaters in the Freestyle 1-10 levels. Skaters must comply with event description in the ISI Handbook. Focus is on cleanness and variety of turns and edges.	1 min
<b>Pre-Alpha</b>	The stroking event is for skaters in pre-alpha. Skaters must skate forward, both directions, around ice surface.	N/A
<b>Alpha - Delta</b>	The stroking event is for skaters in levels alpha, beta, gamma, and delta. Skaters must skate forward, both directions, around ice surface.	N/A

## SPOTLIGHT

Events	Requirements	Time
	Spotlight events are open to skaters in all levels. ISI spotlight format has changed, please review current rulebook or ISI website. Skaters may enter up to two spotlight events as long as the music and routines are different (see ISI Handbook for description and format). Events offered per level are Solo and Couple in Drama, Character, and Light Entertainment. If competing in Couples, all partners must enter separately and pay the appropriate fee. <i>The following times and levels apply to couples' spotlight: Tots- Delta is 1 min, Freestyle 1-3 is 1 min and 30 sec, and Freestyle 4-5 is 1 min 30 sec and Freestyle 6-10 is 2 min.</i> In spotlight, ANY action initiated after the music starts will commence timing of the entrant's program.	
<b>Tots</b>		1 min
<b>Pre-Alpha</b>		1 min
<b>Alpha and Beta</b>		1 min
<b>Gamma</b>		1 min
<b>Delta</b>		1 min
<b>Freestyle 1-3 / Bronze</b>		1 min 30 sec
<b>Freestyle 4-5 /Silver</b>		1 min 30 sec
<b>Freestyle 6-10/Gold/ Platinum</b>		2 min

## SOLO COMPULSORIES (Pre-Alpha - Freestyle 10)

Events	Requirements
Skaters are to perform only the three maneuvers selected by the competition director in any order with a minimum of connecting steps. Each maneuver may only be attempted one time. Additional maneuvers, such as any jump, spin or gliding maneuver from a test level or any uncaptured moves are not allowed. <b>Please Note: There should be no penalty given for the quantity of swizzles, stroking, or crossovers in the Pre-Alpha, Alpha and Beta levels. Only the quality of these required maneuvers should be comparatively judged.</b> Pre- Alpha- Freestyle 5 will be on ½ ICE ONLY. Freestyle 6-10 will be on FULL ICE.	
<b>Pre- Alpha</b>	Forward Swizzles/ 2 Foot Glide/ Backward Wiggles
<b>Alpha</b>	Forward Stroking/ Right Forward Crossovers/ 1-Foot Snowplow Stop
<b>Beta</b>	Backward Stroking/ Left Backward Crossovers/ Right T-Stop
<b>Gamma</b>	Right Forward Outside 3-turn/ Left Forward Inside Mohawk Combo/ Hockey Stop
<b>Delta</b>	Left Forward Inside 3-turn/ Bunny Hop/ Lunge
<b>Freestyle 1</b>	Waltz Jump/ 2-foot spin/ *** Flip jump
<b>Freestyle 2</b>	Ballet jump/ 1-foot spin/ ½ Lutz jump
<b>Freestyle 3</b>	Salchow jump/ Backward Pivot/ Toe Loop jump
<b>Freestyle 4</b>	Flip jump/ Sit spin/ ½ Loop jump
<b>Freestyle 5</b>	Camel spin/ Lutz jump/ Back spin
<b>Freestyle 6</b>	Jump combination/ Choice spin (Cross-Foot/Layback/Sit-Change-Sit)/ Split jump
<b>Freestyle 7</b>	Two Walley jumps/ Flying Camel spin/ Double Toe Loop jump
<b>Freestyle 8</b>	Double Flip Jump/ Flying Sit spin/ Split Lutz jump
<b>Freestyle 9</b>	Double Lutz jump/ Flying Camel into Jump Sit Spin/ Axel-Double Loop jump combination
<b>Freestyle 10</b>	Double Axel-Double Toe Loop jump combination/ Death Drop/ Three Arabian Cartwheel or Butterfly jumps

## RHYTHMIC SKATING

This new entertaining event requires the use of on hand-held prop listed below. The program should contain elements that employ the use of the prop throughout the routine. The skater must maintain control of the prop at all times. Props of the same kind (i.e. Ball/Hoop/Ribbon) must be grouped together and cannot be combined for competition event groups.

The skater chooses only one rhythmic prop per routine (ball, hoop, or ribbon) and must maintain control of the prop at all times throughout the program. This means the prop must be used by the skater throughout the routine. It can be thrown, bounced, and juggled but should be maintained. The prop should not be put down on the ice while the skater does jumps & spins. No additional props are permitted.

Props are not allowed on the event Warm-Ups.

Choice of one:

Hoop- Must be made from wood or plastic (from a rigid non-bending material) The hoop diameter should measure between 2 feet 7 inches – 2 feet 11 inches.

Ball- Must be made of rubber or plastic. The ball diameter should measure approximately 7-3/4 inches.

Ribbon- Stick must be made of wood, plastic, or fiberglass. Stick length should be between 20-30 inches. Ribbon material should be one single piece of satin or non-starched material. Ribbon should be 2-4 inches wide, and between 6-9 feet long.

Events	Maneuver Limitations	Time
<b>Freestyle 1-3/Bronze</b>	FS 4 and below	1 min 30 sec
<b>Freestyle 4-5/ Silver</b>	FS 6 and below	1 min 30 sec
<b>Freestyle 6-10/ Gold/Platinum</b>	Any Maneuvers	2 min

## ENSEMBLE

This Team event is open to groups of 3-7 skaters of all levels and ages. Skaters will be judged on the performance value of the program. There are no required maneuvers, no maneuver limitations and there is no technical score for this event. The group should use music, costumes & props to enhance the theme while creating an entertaining performance. The costume & prop guidelines are the same as for Solo Spotlight events. Props are not allowed on warm-up. Event groups are divided by number of skaters first and then by age, if necessary. Duration: 3 min

## PRODUCTION TEAM (All Levels)

This Team event is for groups of 8 or more skaters. Teams will be judged on the performance value of the program. There are no required maneuvers and no technical score for this event. The group should use music along with elaborate costumes and props to enhance the theme while creating an entertaining performance. Skaters from all levels can participate in this event. Event entries will be divided into Small/ Medium/ Large/ Extravaganza categories, as registration warrants. Duration: 4 min 30 sec

## THEATER PRODUCTION(All Levels)

This new production event is for your entire skating team. Skaters of all ages and advanced ability level can participate in this theatrical team event. This is a creative and artistic program usually based on a story or theme, using costumes, props and technical skating to enhance the production performance. Duration 6 min 30 sec

## SYNCHRONIZED SKATING

### **Synchronized Compulsories- Formation/ Skating**

Synchronized Formation and Skating teams must perform 4 or 5 required elements to music, with no additional maneuvers permitted. Teams will be divided by age groups. For details of compulsory maneuvers and program duration limitations, please see the current 2014 edition of the ISI Handbook.

### **Synchronized Team- Dance/Formation/Skating/Advanced Formation/ Open Skating**

This is a group number for 8 or more skaters to perform in unison. They can incorporate various skating formations such as circles, pinwheels, lines, footwork sequences, and dance steps. For description of Formation, Skating, and Dance categories please see the current 2014 edition of the ISI Handbook.

## JUMP AND SPIN TEAM

### **TEAM OF 2 SKATERS**

No Music, each skater will perform one element (jump or spin) two times. If partners are from different levels, the skaters must compete in the level of the highest skater.

**Low (Pre Alpha – Delta):** 2 Foot hop or Bunny hop and 2 foot spin

**Medium (Freestyle 1 – 3/Bronze):** Half Flip or Toe Loop and 2 foot or 1 foot spin

**Intermediate (Freestyle 4 & 5/Silver):** Half Loop or Axel and Sit Spin or Back Spin

**High (Freestyle 6 – 10/Gold/Platinum):** Double Salchow or Double Loop and Flying Camel or Flying Sit Spin

### **TEAM OF 4 SKATERS**

No Music, each skater will perform one element two times. In the event one team member cannot participate, substitutions are not allowed but one skater may attempt two of the elements.

**Low (Pre Alpha – Beta):** One ft glide, Forward Crossover (R over L), Backward Crossover (L over R), Right T-stop

**Medium (Gamma – Delta):** R Mohawk sequence, L outside 3-turn, Inside edges, Bunny Hop

**Intermediate (FS 1 – 4):** Waltz jump, Half Lutz, Back Spiral, Sit spin

**High (FS 5 – 10):** Axel, Spin Combo with change of foot and position, Jump in opposite direction, Double flip

## INTERPRETIVE

During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a locker room. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

**Judging Rules:** Skaters are judged on originality, pattern, and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

**Coaching:** There is to be no instruction allowed during this event from coaches, parents, or fellow skaters.

Levels: Pre-Alpha – Delta, Freestyle 1-10

ISI competition is for all levels of achievement. Skaters must enter at their current test level. Age groups for female and male skaters will be as follows: 5 & under, 6-8, 9-12, 13-15, 16-20, 21-39, and 40 & over. (may be altered due to participation)

Events include Stoking (Pre-Alpha through Delta), Freeskating (Tots, Pre-alpha, Alpha, Beta, Gamma, Delta, and FS 1-10, Open); Footwork (FS 1-10); Solo, Couples, and Family Spotlight (Tots through FS 10) , Dance, Artistic, Rhythmic, Ensemble, Jump and Spin, Synchronized Skating, and Production Team. The new test and competition rule changes as of September 1<sup>st</sup>, 2016, from the ISI handbook will govern the ISI competition events. See ISI website [www.skateisi.com](http://www.skateisi.com) for updates.

When there is only one entry in an event, the skater will compete and place according to the rules of the ISI competition Standards. When competing against the book, the skater must now earn 80% of the total possible points to place first in that category.

Not all uncaptured jumps and spins are legal for all levels of competition. The penalty for performing an uncaptured maneuver at the wrong level will be the grade of 2.0 under content on the judges' sheets. Check the ISI Handbook for further information.

All routines will start from a stationary position. The timing of the routine will start with any movement.

In Delta, Freestyle 3, 6, 7, 8 certain maneuvers are listed under the heading Choice-Of-One. This means only one should be performed. In the case of misinterpretation of "choice-of-one", the performance of the first maneuver will be graded.

All dance step sequences in Freestyle have mandatory patterns, but Freestyle 2 & 3 dance step sequences may be performed in either direction.

There will be a 10-second leeway in freestyle and spotlight with set duration times. Judging will stop at 10 seconds over the prescribed time. Performing a required maneuver past the 10-second leeway will not be counted. The penalty for skating 11-14 seconds over the prescribed time will be the grade of 8 for the duration; skating 15 seconds or beyond will be a grade of 5. There is no penalty for skating under the prescribed time.

## 2016 HANDBOOK CLARIFICATIONS

On Page 340, the first sentence under Uncaptured Moves can be further clarified as follows:

Uncaptured gliding maneuvers, jumps and spins may be performed at any level, **unless otherwise indicated below.**

As a reminder:

- Uncaptured jumps may be performed at Pre-Alpha level and higher.
- Uncaptured spins and the Illusion maneuver may be performed at Freestyle 1, Couple 1 or Pair 1 levels or higher.
- Uncaptured gliding maneuvers may be performed at any level, unless specifically noted in the list.

On Page 66, Platinum Freestyle test requirement #2 can be further clarified as follows:

Two different additional double jump combinations with at least one double jump in each combination from ISI Freestyle 8-10 levels. **The other jump in each combination can be any other double or single jump.**

- See more at: [http://www.skateisi.com/site/Sub.Cfm?content=programs\\_rule\\_revision#sthash.oyFeUdz3.dpuf](http://www.skateisi.com/site/Sub.Cfm?content=programs_rule_revision#sthash.oyFeUdz3.dpuf)