

# Central Minnesota *Compete USA* Competition Series



We are pleased to announce the 14th annual Central Minnesota Compete USA Competition Series; an exciting skating opportunity for the Learn to Skate skater.

The Central Minnesota Compete USA Competition Series is sponsored equally by the Diamond Edge Figure Skating Club, St. Cloud Figure Skating Club, Alexandria Figure Skating Club, Fergus Falls Skating Club, and the Vacationland Figure Skating Club. This is a Learn to Skate approved Compete USA competition series with the approval posted in each participating arena. Competition announcements and packages are available through all participating figure skating clubs via the club websites or at our series website [www.centralminnesotaseries.org](http://www.centralminnesotaseries.org). Each competition has its own online entry forms, please make sure to read the entire announcement for details. Any questions regarding this series are to be directed to any of the contacts listed below.

## MISSION STATEMENT:

The purpose of the competition is to promote a FUN, introductory, competitive experience for the beginning skater.

## 2023 COMPETITION LOCATIONS:

 <p style="text-align: right;"><b>EVENT #1</b></p> <p style="text-align: center;"><b>LAKES AREA CLASSIC</b> <b>JANUARY 14, 2023 – WILLMAR, MINNESOTA</b> <b>REGISTRATION DEADLINE: DECEMBER 20, 2022</b> <b>Registration at <a href="http://www.diamondedgeskating.com">www.diamondedgeskating.com</a></b></p>	 <p style="text-align: right;"><b>EVENT #2</b></p> <p style="text-align: center;"><b>GRANITE CITY COMPETE USA</b> <b>FEBRUARY 4, 2023 – ST. CLOUD, MINNESOTA</b> <b>REGISTRATION DEADLINE: JANUARY 8, 2023</b> <b>Registration <a href="http://www.stcloudfigureskatingclub.org">www.stcloudfigureskatingclub.org</a></b></p>
 <p style="text-align: right;"><b>EVENT #3</b></p> <p style="text-align: center;"><b>SKATE VACATIONLAND COMPETE USA COMPETITION</b> <b>FEBRUARY 18-19, 2023 – BRAINERD, MINNESOTA</b> <small>(INTERPRETIVE EVENTS WILL BE HELD ON SATURDAY NIGHT)</small> <b>REGISTRATION DEADLINE: JANUARY 22, 2023</b> <b>Registration at <a href="http://www.vacationlandfigureskatingclub.com">www.vacationlandfigureskatingclub.com</a></b></p>	 <p style="text-align: right;"><b>EVENT #4</b></p> <p style="text-align: center;"><b>FERGUS FALLS COMPETE USA</b> <b>MARCH 4-5, 2023 – FERGUS FALLS, MINNESOTA</b> <small>(ONE BEGINNER THRU PRELIMINARY EVENT WILL BE HELD ON SATURDAY NIGHT)</small> <b>REGISTRATION DEADLINE: FEBRUARY 12, 2023</b> <b>Registration at <a href="http://www.fergusfallsskatingclub.com">www.fergusfallsskatingclub.com</a></b></p>
 <p style="text-align: right;"><b>EVENT #5</b></p> <p style="text-align: center;"><b>BATTLE OF THE BLADES</b> <b>MARCH 11, 2023 – ALEXANDRIA, MINNESOTA</b> <b>REGISTRATION DEADLINE: FEBRUARY 12, 2023</b> <b>Registration at <a href="http://www.alexandriafigureskating.org">www.alexandriafigureskating.org</a></b></p>	 <p style="text-align: center;"><b>FOR ADDITIONAL INFORMATION VISIT OUR WEBSITE</b> <b>AT <a href="http://WWW.CENTRALMINNESOTASERIES.ORG">WWW.CENTRALMINNESOTASERIES.ORG</a></b> <b>OR FOLLOW US ON FACEBOOK @CENTRALMNSERIES</b></p>

**RULES:** These individual competitions will be conducted under the rules set forth by the Learn to Skate USA Competition Manual.

**ELIGIBILITY RULES FOR PARTICIPANTS:** The competition is open to ALL skaters who are current members of either Learn to Skate USA and/or those who are full members of U.S. Figure Skating. Eligibility will be based on skill level as of the closing date of entries. All **Snowplow Sam and Basic 1-6** skaters must skate at the highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.

For the **Pre-Free Skate, Free Skate 1-6, Excel, and Well-Balanced levels** eligibility will be based only upon the highest badge level or free skate test level passed. Moves in the Field test level will not determine the skater's competitive level. Skaters may skate at the highest level passed OR one level higher, but not both levels in the same event during the same competition.

It is very important to the success of the competition that skaters are placed in the correct divisions. If for whatever reason, the Local Organizing Committee (LOC) discovers that a skater has been placed in a category that is below his/her badge or test level, the chair and referee will have the option to move the skater into the proper level, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors. It is an ethical violation for coaches to sandbag an event.

**COMPETITION ENTRIES AND FEES:** Each individual competition has its own online registration form and a registration must be completed for each of the individual competitions being entered. All registrations will need to be completed online with a secure credit card payment. Please go to each individual club website and click the individual competition link. Online entries will be accepted until MIDNIGHT of the deadline date noted for each event (see the cover page of this announcement and/or individual registration forms per site). Late entries will not be accepted following the deadline date. Space may be limited by site so please submit your registrations early.

Entry fees are per person, U.S. dollars. The first event is \$45, the second event is \$25 and the third and fourth events are \$15. Entry fees are not refundable unless the competition is cancelled. There will be a \$30.00 fee for contested credit card charges.

**SERIES ENTRIES AND FEES:** **Entry into the Central Minnesota Compete USA Series is OPTIONAL and not a requirement to participate in any of the hosting clubs' competitions.** To be included in the Central Minnesota Compete USA Series and eligible for the 2023 season-end awards ceremony, you must be a Central Minnesota Compete USA Series participant and pay a **ONE-TIME FEE** of \$25. You may enter the Series at any point during the season. Your points will not begin to accumulate until the **ONE-TIME FEE** is recorded. Each hosting club registration form will have a space to enter the Series and/or a check-box to acknowledge those already participating as a part of the Central Minnesota Compete USA Series to ensure points are tracked accordingly. Skaters participating in all FIVE (5) individual competitions will be eligible for a drawing for a FREE Zuca Frame and Bag.

**PRACTICE ICE:** No official practice ice is included in your registration fee. Practice ice will be available at each of the individual club sites for purchase. Details are provided for each competition on the attached registration forms and/or via the online individual competition online sign-up. Additional details regarding practice ice will be provided by email or on the hosts' website prior to each of the competition dates.

**MUSIC:** The music for all free skating programs must be uploaded to the competition site. Skaters should have a duplicate copy of their music readily available at all event times requiring music.

**JUDGING:** The 6.0 Majority Judging System will be used. Individual Judging Worksheets are private and will not be shared with Skating Professionals or Parents.

**SCHEDULE OF EVENTS:** Information regarding groups and skating times will be emailed to you. Event schedules will be posted on each hosting clubs' website within a week prior to the competition.

**REGISTRATION:** The registration table at each location will be open 1 hour before the competition begins. Skaters will not be allowed to compete until they have registered. Please register at least 45 minutes before your competition time. All schedules will be posted at each individual competition. It is the responsibility of each competitor to check the postings for official schedules and notices.

**VIDEO TAPING AND PHOTOGRAPHS:** Personal photography and videotaping may be done of your skater(s). No parents/spectators or skating professionals will be allowed within the judges' area of the rink.

**ON-ICE RINK DOOR AREA:** The area by the on-ice rink door gets very busy during a competition. No parents/spectators will be allowed in the area.

**INDIVIDUAL COMPETITION AWARDS:** All competitors will receive an award at each of the individual competitions. All events are final rounds with awards handed out at appropriate times throughout the competition and a podium available for group and individual photos. Compulsory, Spins and Interpretive event participants will be awarded medals. Freeskate event participants will be awarded a trophy. Please report to the Awards area following the conclusion of your event.

**CENTRAL MINNESOTA COMPETE USA SERIES POINT SYSTEM/AWARDS:** During the competition season, skaters have the opportunity to compete at five different arenas and earn points towards a final standing. Skaters must be registered with the Central Minnesota Compete USA Series to be eligible for accumulating points. Each event will have a maximum of six skaters.

The point system used to calculate skater points to determine Series placement will be as follows:

1 <sup>st</sup> place	6 points
2 <sup>nd</sup> place	5 points
3 <sup>rd</sup> place	4 points
4 <sup>th</sup> place	3 points
5 <sup>th</sup> place	2 points
6 <sup>th</sup> place	1 point

If an event has 2 – 6 skaters, points will be awarded as if there were six skaters in the group. If an event has only one skater, they will be awarded three points only.

In addition, a skater will earn three additional points toward their overall standing for each level of advancement throughout the duration of the series. In order to be awarded the extra three points, he/she must compete at the new level in at least one competition. All points follow the skater throughout the series, so as a skater moves up to higher levels, the points follow the skater. Once a skater moves on to a new level, they may not compete at any time at a lower level. The points for skaters moving up levels will be awarded at the conclusion of their events at the Battle of the Blades Competition in Alexandria.

Final Central Minnesota Compete USA Series trophies will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> places in each level from Snowplow Sam through test levels. Skaters who place 4<sup>th</sup> and beyond will receive a participation trophy. The Central Minnesota Compete USA Series trophies are awarded to skaters based on the last level they competed in during the Central Minnesota Compete USA Series. Final trophies will be handed at the conclusion of events throughout the Alexandria Battle of the Blades Competition held on March 11, 2023. You need not be present at the season-end ceremony to receive your award.

**CENTRAL MINNESOTA COMPETE USA SERIES TRAVELING TEAM TROPHY:** The traveling team trophy will be awarded to the figure skating club with the most combined series skater entries throughout the Series competitions. This is open to any figure skating club participating in the series at each individual competition and is not limited to the five hosting sites. The current traveling team trophy earner is the Diamond Edge Figure Skating Club for having the most series participants during the 2022 skating season.

**COVID-19:** The Central Minnesota Compete USA Series and all participating competitions will follow local and state guidelines current at the time of each competition. Competition-specific guidelines (i.e., mask required inside except when on ice, etc.) will be communicated to each participant at least one week prior to the competition so our skaters are prepared when arriving at the rink.

**QUESTIONS:** Your questions and concerns are important to us so please feel free to get in touch with any of the contacts listed regarding individual competitions or participation in the Series. You can visit our website at [www.centralminnesotaseries.org](http://www.centralminnesotaseries.org) or contact any of the following Series organizers:

Lakes Area Classic:	Michelle Behl 320-220-5541   Email: <a href="mailto:jmabehl@gmail.com">jmabehl@gmail.com</a> Katie Fransen 320-583-6143   Email: <a href="mailto:katie.ann.fransen@gmail.com">katie.ann.fransen@gmail.com</a>
Granite City Compete USA:	Janelle Honer 320-493-6362 Email: <a href="mailto:stcloudlts@gmail.com">stcloudlts@gmail.com</a>
Skate Vacationland:	Megan Bistodeau 218-330-5633 Email: <a href="mailto:skatevacationland@gmail.com">skatevacationland@gmail.com</a>
Fergus Falls Compete USA:	Traci Finseth 218-332-0196 Email: <a href="mailto:ffscopsdirector@gmail.com">ffscopsdirector@gmail.com</a>
Battle of the Blades:	Nicole Arvidson 218-639-7880 Email: <a href="mailto:nmarvidson@gmail.com">nmarvidson@gmail.com</a>

## Snowplow Sam - Basic 6 Elements

### THERE ARE TWO FORMAT OPTIONS FOR THE ELEMENTS EVENT:

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)  
 Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.
  - To be skated on 1/3 to 1/2 ice (determined by the LOC)
  - No music
  - Divide Snowplow Sam skaters by level (1-4), if registrations warrant
  - ***All elements must be skated in the order listed.***
  - Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
<b>SNOWPLOW SAM</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
<b>BASIC 1</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on one or two feet</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
<b>BASIC 2</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward swizzles, 6-8 in a row</li> </ul>
<b>BASIC 3</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
<b>BASIC 4</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
<b>BASIC 5</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
<b>BASIC 6</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk, right to left and left to right</li> <li>• Bunny hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position</li> <li>• T-stop, right or left</li> </ul>

# Snowplow Sam – Basic 6 Program with Music

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

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

LEVEL	TIME	SKATING RULES/STANDARDS
<b>SNOWPLOW SAM</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
<b>BASIC 1</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on one or two feet</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
<b>BASIC 2</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), 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 swizzles, 6-8 in a row</li> </ul>
<b>BASIC 3</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
<b>BASIC 4</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
<b>BASIC 5</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
<b>BASIC 6</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk, right to left and left to right</li> <li>• Bunny hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position</li> <li>• T-stop, right or left</li> </ul>

# Pre-Free Skate - Free Skate 1-6 Compulsory

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

- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
PRE-FREE SKATE	1:15 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, one set each direction clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free foot position, minimum 3 revolutions</li> <li>• Mazurka - right or left</li> <li>• Waltz jump</li> </ul>
FREE SKATE 1	1:15 max	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• Backward outside three-turn, right and left</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 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 spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Backward inside three-turn, right and left</li> <li>• Beginning back spin, optional entry and free-foot position, maximum 3 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, 2 sets clockwise and 2 sets counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</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 3s, 2-3 consecutive sets, right or left</li> <li>• Sit spin, minimum 3 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), 2-3 sets both directions</li> <li>• Camel spin, minimum 3 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, minimum 3 on each foot</li> <li>• Camel, sit spin combination, minimum of 4 revolutions total</li> <li>• Waltz jump-Euler (half loop)-Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>

# Pre-Free Skate - Free Skate 1-6 Program with Music

**FORMAT:** The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, length of glides, number of revolutions, etc., unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- **Bonus skills from the same level or below are allowed but will not be judged elements**
- A 0.2 deduction will be taken for each element performed from a higher level
- Skaters with physical disabilities may register for standard track or Skate United Track for events

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, one set each direction clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free, foot position, minimum 3 revolutions</li> <li>• Mazurka, right or left</li> <li>• Waltz jump</li> <li>• <b>NOT ALLOWED</b> – <i>Waltz jump-side toe hop-waltz jump</i></li> </ul>
FREE SKATE 1	1:40 max	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> <li>• <b>NOT ALLOWED</b> – <i>Waltz jump-toe loop jump combination</i></li> </ul>
FREE SKATE 2	1:40 max	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Beginning back spin, optional entry and free foot position, maximum 2 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> <li>• <b>NOT ALLOWED</b> – <i>Waltz jump-toe loop or Salchow-toe loop jump combination</i></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, minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> <li>• <b>NOT ALLOWED</b> – <i>Waltz-loop jump combination</i></li> </ul>
FREE SKATE 4	1:40 max	<ul style="list-style-type: none"> <li>• Forward power 3s, 2-3 consecutive sets, right or left</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> <li>• <b>NOT ALLOWED</b> – <i>Waltz-loop or Waltz-Euler-Salchow jump combination</i></li> </ul>
FREE SKATE 5	1:40 max	<ul style="list-style-type: none"> <li>• Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin, minimum 3 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>• Creative step sequence using a variety of three turns, mohawks and toe steps, half-ice</li> <li>• Camel-sit spin combination spin, minimum of 4 revolutions total</li> <li>• Waltz jump-Euler (half loop)-Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>

## Excel Compulsory

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

- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than free skate program*
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
<b>EXCEL BEGINNER</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• Salchow jump</li> <li>• One-foot upright spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
<b>EXCEL HIGH BEGINNER</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Salchow-toe loop jump combination</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
<b>EXCEL PRE-PRELIMINARY</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Flip jump</li> <li>• Loop-loop jump combination</li> <li>• Camel spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
<b>EXCEL PRELIMINARY</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Flip-loop jump combination</li> <li>• Camel-sit combination spin, minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>

## Well-Balanced Levels Compulsory

**FORMAT:** To be skated on half-ice

- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than free skate program*
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
<b>NO TEST</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Upright spin with change of foot, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
<b>PRE-PRELIMINARY</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Single jump-single jump (no Axel) combination</li> <li>• Spin with one change of position and no change of foot, minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>
<b>PRELIMINARY</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Axel jump</li> <li>• Single jump-single jump (may <b>not</b> include Axel) combination</li> <li>• Spin combination with one change of foot, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>



# Excel Free Skate

## GENERAL EVENT PARAMETERS:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up to one level higher
- Skaters with physical disabilities may register for standard track or Skate United Track for events

### EXCEL BEGINNER — 1:40 MAX

*Learn to Skate USA membership OR full U.S. Figure Skating membership required*

JUMPS	SPINS	STEP SEQUENCES
Maximum 4 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>• Single rotation jumps: Salchow, toe loop only</li> <li>• Eulers (half loops) are not allowed</li> <li>• Maximum 2 jump combinations or sequences.</li> </ul> Combination jumps permitted <ul style="list-style-type: none"> <li>• Waltz jump/toe loop and/or</li> <li>• Salchow/toe loop</li> </ul> Sequence permitted <ul style="list-style-type: none"> <li>• Waltz jump/ waltz jump (no turns or hops in between)</li> </ul> Maximum 2 of any same jump	Maximum 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins</li> <li>• No change of foot</li> <li>• No flying entry</li> </ul> Minimum 3 revolutions Max Level: Base	Maximum 1 Sequence: <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt)                             <ul style="list-style-type: none"> <li>o Must use one-half of the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>

### EXCEL HIGH BEGINNER — 1:40 MAX

*Learn to Skate USA membership OR full U.S. Figure Skating membership required*

JUMPS	SPINS	STEP SEQUENCES
Maximum 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>• Single rotation jumps: toe loop, Salchow, Euler (half loop), loop</li> <li>• Flip, Lutz, and Axel NOT permitted</li> </ul> Maximum 2 jump combinations or sequences. One 3-jump combination is allowed <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> Maximum 2 of any same jump	Maximum 2 spins: <ul style="list-style-type: none"> <li>• Both spins must be in a single position</li> <li>• No change of foot</li> <li>• No flying entry</li> <li>• Permitted forward spins: upright, sit, camel</li> <li>• Permitted back spins: upright</li> </ul> Minimum 3 revolutions Max Level: Base  Both spins may be of the same character	Maximum 1 Sequence: <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt)                             <ul style="list-style-type: none"> <li>o Must use one-half of the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>

**EXCEL PRE-PRELIMINARY — 1:40 MAX**

*Must not have passed higher than U.S. Figure Skating pre- preliminary free skate test*

*\*means required element*

*Learn to Skate USA membership OR full U.S. Figure Skating membership required*

JUMPS	SPINS	STEP SEQUENCES
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Only single jumps allowed</li> <li>• No single Axels</li> <li>• Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> <p>Maximum 2 jump combinations or jump sequences</p> <ul style="list-style-type: none"> <li>• Jump combinations limited to 2 jumps. One 3-jump combination is allowed</li> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• One spin must be in a single position with no change of foot*</li> <li>• One spin may change feet or position, but not both</li> <li>• No flying entry</li> </ul> <p>Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> <li>o Must use one-half of the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>

**EXCEL PRELIMINARY — 2:00 +/- 10 SECONDS**

*Must not have passed higher than U.S. Figure Skating preliminary free skate test*

*\*means required element*

*Full U.S. Figure Skating membership required*

JUMPS	SPINS	STEP SEQUENCES
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Only single jumps allowed</li> <li>• No single Axels</li> <li>• Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> <p>Maximum 2 jump combinations or jump sequences</p> <p>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• One spin must be a camel or layback spin with no change of foot and no change of position*</li> <li>• One spin may change feet and/ or position</li> <li>• No flying entry</li> </ul> <p>Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> <li>o Full ice</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>

**EXCEL PRELIMINARY PLUS — 2:00 +/- 10 SECONDS**

*Must not have passed higher than U.S. Figure Skating preliminary free skate test*

*\*means required element*

*Full U.S. Figure Skating membership required*

JUMPS	SPINS	STEP SEQUENCES
<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> <li>• All single jumps allowed, including single Axel</li> <li>• No double or higher jumps allowed</li> <li>• Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)</li> <li>• Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> <p>Maximum 2 jump combinations or jump sequences</p> <p>All single jumps, including the single Axel, are allowed as part of a jump combination or sequence (no double jumps)</p> <p>Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by an Axel-type jump.</li> </ul>	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> <li>• One spin must be in a single position*</li> <li>• No change of foot</li> <li>• No flying entry</li> <li>• One spin may change feet and/or position</li> <li>• No flying entry</li> </ul> <p>Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <li>• Choreographic step sequence* (ChSt) <ul style="list-style-type: none"> <li>o Full ice</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul>

# Well-Balanced Free Skate Program

## GENERAL EVENT PARAMETERS:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up one level higher.
- Skaters with physical disabilities may register for standard track or Skate United Track for events

### NO TEST — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> <li>• Only single jumps allowed except single Axel                             <ul style="list-style-type: none"> <li>o No single Axels</li> <li>o Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>o Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))	Max 1 Sequence <ul style="list-style-type: none"> <li>• Step sequence                             <ul style="list-style-type: none"> <li>o Must use one-half the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul> If IJS is used, then ChSt

### PRE-PRELIMINARY — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed                             <ul style="list-style-type: none"> <li>o No double, triple or quadruple jumps allowed</li> <li>o Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels)</li> <li>o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <li>o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>o Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))	Max 1 Sequence <ul style="list-style-type: none"> <li>• Step sequence                             <ul style="list-style-type: none"> <li>o Must use one-half the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul> If IJS is used, then ChSt

### PRELIMINARY — 2:00 +/- 10 SECONDS

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• All single jumps, including single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)                             <ul style="list-style-type: none"> <li>o Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>o An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination</li> <li>o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences                             <ul style="list-style-type: none"> <li>o Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>o Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))	Max 1 Sequence <ul style="list-style-type: none"> <li>• Step sequence                             <ul style="list-style-type: none"> <li>o Choreographic step sequence full ice</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul> If IJS is used, then ChSt

# Spin Challenge

## GENERAL EVENT PARAMETERS:

- Spins may be skated in any order
- Connecting steps are allowed but will not be taken into consideration when scoring
- Spins may not be repeated; only required elements may be included
- All events are skated on half-ice
- Minimum number of revolutions are noted in parentheses
- Skaters with physical disabilities may register for standard track or Skate United Track for events

### BEGINNER — 1:30 MAX

#### ELEMENTS

- Upright one-foot spin (3)
- Upright back spin (3)
- Sit spin (3)

### HIGH BEGINNER — 1:30 MAX

#### ELEMENTS

- Upright one-foot spin (4)
- Upright spin with change of foot (3 each foot)
- Sit spin (3)

### NO TEST — 1:30 MAX

#### ELEMENTS

- Upright spin with change of foot (3 each foot)
- Sit spin (3)
- Camel spin (3)

### PRE-PRELIMINARY — 1:30 MAX

#### ELEMENTS

- Spin combo without change of foot - all 3 basic positions required (3 revs)
- Backward sit spin (3)
- Camel spin (4)

### PRELIMINARY — 1:30 MAX

#### ELEMENTS

- Spin with one change of foot and one change of position (min. 3 each foot)
- Sit spin with change of foot (min 3. each foot)
- One position spin, skater's choice (upright, sit or camel) (4)

### ADULT BEGINNER — 1:30 MAX

#### ELEMENTS

- Pivot
- Upright two-foot spin (2)

### ADULT PRE-BRONZE — 1:30 MAX

#### ELEMENTS

- Upright one-foot spin (3)
- Upright two-foot spin (3)

### ADULT BRONZE — 1:30 MAX

#### ELEMENTS

- Upright one-foot spin (3 revs.)
- Solo spin with no change of foot (3 revs.), must be different from the upright spin - may not fly



## **INTERPRETIVE PROGRAM:**

Each site will be offering an Interpretive Showcase event that is not eligible for series points but will be recognized with medals at each individual competition.

### **Competition Format**

The host competition will pre-select and edit musical choices appropriate for these events. 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 soundproof area of the arena. 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, technical (the ability to include jumps and spins), and music interpretation/expression. Spins and jumps performed must be appropriate to competition level. The maximum number of jumps is three.

**Time:** Music Duration: Basic 4 – Basic 6: 1:00 Max  
Pre-Free Skate – Freeskate 6: 1:00 Max  
Beginner - Preliminary: 1:00 Max

**Coaching:** There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. The staging area must be kept clear except for the ice monitor and listening competitor.