



# 2023 BOOTS & BLADES COMPETE USA COMPETITION

AT

The Philadelphia Skating Club  
and Humane Society



Saturday  
April 15, 2023



*The Philadelphia Skating Club & Humane Society  
America's First Figure Skating Club  
220 Holland Avenue  
Ardmore, PA 19033  
[www.pschs.org](http://www.pschs.org)  
Email: [pschs@pschs.org](mailto:pschs@pschs.org)  
610-642-8700*

Secure Online Registration will be available at: [www.pschs.org](http://www.pschs.org) Follow the link for EntryEeze  
2023 Boots and Blades Compete USA Competition or at  
[2023 Boots & Blades Compete USA Competition Home \(entryeeze.com\)](http://2023Boots&BladesCompeteUSACompetitionHome(entryeeze.com))

**Deadline for Online Entries: Midnight on March 17, 2023**

# 2023 Boots & Blades Compete USA Competition

**WHEN:** Saturday, April 15, 2023  
**LOCATION:** Philadelphia Skating Club and Humane Society  
220 Holland Avenue  
Ardmore, PA 19003  
(610) 642-8700



**CHAIRPERSON:** Regina Barr  
pschs@pschs.org  
**CHIEF REFEREE:** Susan Miller

**ELIGIBILITY:** 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. Members of other organizations are eligible to compete but must be a current registered member of Learn to Skate USA or a full member of U.S. Figure Skating.

Eligibility will be based on skill level as of closing date of entries. **All Snowplow Sam and Basic 1-6 skaters must skate at 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, Well Balanced, eligibility will be based only upon highest badge level or free skate test level passed. Skate United skaters have the option to compete in the standard track or Skate United track; accommodations may be made upon request. Moves in the field test level will not determine a skater's competitive level. Skaters may skate at highest level passed OR one level higher but not both levels in the same event during the same competition.

**ENTRIES AND FEES:** All entries must be submitted through **EntryEeze no later than March 17, 2023** and are limited to the first 150 registrations. Late entries will be accepted at the discretion of the Competition Chair and will require DOUBLE the entry fee. **The first event is \$65 and each additional event is \$35.** THERE WILL BE NO REFUNDS except for the cancellation of an event. Please note: The processing fee collected by PSC&HS is not refundable for any reason.

**REGISTER ONLINE AT:** [2023 Boots & Blades Compete USA Competition Home \(entryeeze.com\)](https://www.entryeeze.com)  
**Deadline March 17, 2023**

**RULES:** The competition will be conducted according to the rules in the 2022 Rule Book except as stated herein. The 6.0 judging system will be used for this competition.

**LIABILITY:** The USFS and the Philadelphia Skating Club and Humane Society accept no responsibility for injury or damage sustained by any participant in this competition; competitors assume the risk of competing in accordance with US Figure Skating rules.

**PRACTICE ICE:** No official practice ice will be offered; however, PSC&HS's Spring Session ice is available for purchase. Please go to our website at pschs.org and click on Ice Schedule. Sessions are leveled and walk-on fees are \$20.

**SCHEDULE:** The schedule for the competition will be available only by visiting [www.pschs.org](http://www.pschs.org) or log into your Entryeeze site. The schedule will NOT be available by phone, mail, or email. Please check for schedule changes prior to traveling to the competition. Please arrive 1 hour prior to your scheduled event and report to the registration desk. Competitors who arrive after their warm-up group begins will be allowed to skate only at the discretion of the referee. If they do not skate, they will forfeit all fees for that event.

**MUSIC:** The music for all programs must be uploaded to EntryEeze when registering. Time duration is always +/- 10 seconds unless a maximum time is listed. Coach or skater should bring a CD copy of music as a backup.

**RINK:** All events will be held at the PSC&HS. The ice surface measures 195' x 85' with NO boards. 5" edge. No smoking is permitted in the PSC&HS. No flash photography permitted during the events.

**AWARDS:** Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, third, and fourth places. ALL other places will receive ribbons.

**COVID-19 SAFETY PROTOCOL:** PSC&HS will follow all local and state guidelines at the time of the competition.

## Snowplow Sam - Basic 6 Elements

Each 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
SNOWPLOW SAM	1:00 max	<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>
BASIC 1	1:00 max	<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>
BASIC 2	1:00 max	<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>
BASIC 3	1:00 max	<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>
BASIC 4	1:00 max	<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>
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, 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>
BASIC 6	1:00 max	<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

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
SNOWPLOW SAM	1:10 max	<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>
BASIC 1	1:10 max	<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>
BASIC 2	1:10 max	<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>
BASIC 3	1:10 max	<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>
BASIC 4	1:10 max	<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>
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, 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>
BASIC 6	1:10 max	<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

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

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>• <i>NOT ALLOWED – 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>• <i>NOT ALLOWED – 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>• <i>NOT ALLOWED – 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>• <i>NOT ALLOWED – 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>• <i>NOT ALLOWED – 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

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
EXCEL BEGINNER	1:15 max	<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>
EXCEL HIGH BEGINNER	1:15 max	<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>
EXCEL PRE-PRELIMINARY	1:15 max	<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>
EXCEL PRELIMINARY	1:15 max	<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
NO TEST	1:15 max	<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>
PRE-PRELIMINARY	1:15 max	<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>
PRELIMINARY	1:15 max	<ul style="list-style-type: none"> <li>• Axel jump</li> <li>• Single jump-single jump (may <u>not</u> 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

<b>EXCEL BEGINNER — 1:40 MAX</b>		
<i>Learn to Skate USA membership OR full U.S. Figure Skating membership required</i>		
<i>JUMPS</i>	<i>SPINS</i>	<i>STEP SEQUENCES</i>
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>

<b>EXCEL HIGH BEGINNER — 1:40 MAX</b>		
<i>Learn to Skate USA membership OR full U.S. Figure Skating membership required</i>		
<i>JUMPS</i>	<i>SPINS</i>	<i>STEP SEQUENCES</i>
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 Free Skate (cont.)

### 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</p> <p>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</p> <p>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</p> <p>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
<p>Max 5 Jump Elements</p> <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>	<p>Max 2 Spins</p> <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> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <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> </ul> </li> <li>o Jumps may be included in the step sequence</li> </ul> <p>If IJS is used, then ChSt</p>

### PRE-PRELIMINARY — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
<p>Max 5 Jump Elements</p> <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>	<p>Max 2 Spins</p> <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> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <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> </ul> </li> <li>o Jumps may be included in the step sequence</li> </ul> <p>If IJS is used, then ChSt</p>

### PRELIMINARY — 2:00 +/- 10 SECONDS

JUMPS	SPINS	STEP SEQUENCES
<p>Max 5 Jump Elements</p> <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>	<p>Max 2 Spins</p> <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> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p>Max 1 Sequence</p> <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> </ul> </li> <li>o Jumps may be included in the step sequence</li> </ul> <p>If IJS is used, then ChSt</p>

## Solo Pattern Dance

### GENERAL EVENT PARAMETERS:

- Levels are based upon the skaters' highest pattern dance test passed
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for his/her level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30–July 2), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the second quarter).
- Skaters will complete both dances at each level. Dances will be scheduled at the discretion of the chief referee for each competition and may be competed consecutively or with a break in-between pattern dance groupings.
- Skaters with physical disabilities may register for standard track or Skate United Track for events

<i>PRELIMINARY</i>			
<i>JANUARY 1–MARCH 31</i>	<i>APRIL 1–JUNE 30</i>	<i>JULY 1–SEPTEMBER 30</i>	<i>OCTOBER 1–DECEMBER 31</i>
1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz

<i>PRE-BRONZE</i>			
<i>JANUARY 1–MARCH 31</i>	<i>APRIL 1–JUNE 30</i>	<i>JULY 1–SEPTEMBER 30</i>	<i>OCTOBER 1–DECEMBER 31</i>
1. Swing Dance 2. Cha-Cha	1. Fiesta Tango 2. Swing Dance	1. Cha-Cha 2. Fiesta Tango	1. Swing Dance 2. Cha-Cha

## Showcase Events

- Dramatic and Light Entertainment

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
BASIC 1-6	Elements only from Basic 1-6 curriculum	Must not have passed any higher than Basic 6 level	Time: 1:00 max
PRE-FREE SKATE – FREE SKATE 6/ BEGINNER/HIGH BEGINNER	3 jump maximum. Half-rotation jumps only, plus the following full rotation jumps: Salchow and toe loop	May not have passed any official U.S. Figure Skating free skate or free dance tests	Time: 1:20 max
NO TEST	No prescribed or restricted elements	Must not have passed pre-preliminary free skate or any free dance tests	Time: 1:20 max
PRE-PRELIMINARY	No prescribed or restricted elements	Must have passed no higher than U.S. Figure Skating pre-preliminary or any free dance test	Time: 1:20 max
PRELIMINARY	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating preliminary free skate or adult bronze free skate or free dance test; see National Showcase guidelines for more specific information regarding adults	Time: 1:30 max

## Interpretive

### COMPETITION FORMAT:

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 locker room or another 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.

Levels: Pre-Freeskate to Notest, PrePreliminary and Preliminary

Time: Music Duration: Pre-Free Skate – Free Skate 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. Staging area must be kept clear except for ice monitor and listening competitor.