

# The 2018 Greenwich Town Competition

## Sunday, February 25, 2018

Closing date of entries is January 19, 2018

Dorothy Hamill Skating Rink  
Sue Merz Way  
Greenwich, CT 06830  
(203) 531-8560



- \*Snowplow Sam – Basic 6 Events\*
- \*Pre-Freeskate – Freeskate 6 Events\*
- \*Well Balanced Levels No Test – Pre Juvenile\*
- \*Test Track Levels\*
- \*Showcase\*

Sponsored by:  
Windy Hill Skating Club  
Town of Greenwich Parks & Recreation  
Sanctioned by US Figure Skating  
Approved by Learn To Skate USA

The competition is open to all qualified skaters who are members in good standing of US Figure Skating and will be governed by the 2018 US Figure Skating competition rules.

Visit our websites at:  
[www.greenwichct.org](http://www.greenwichct.org) and [www.windyhillsc.com](http://www.windyhillsc.com)

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Sponsored by:

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US Figure Skating Approved

## PURPOSE

To encourage young skaters and to provide an opportunity for skaters to compete, to highlight the basics of good skating and establish standards of performances, but most of all, to have an enjoyable day of skating where children may demonstrate the progress they have made during the year.

## ELIGIBILITY

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA Program and those who are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but must be registered with Learn to Skate USA or a member club.

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills 1-6 skaters must skate at highest level passed or one level higher and NO official US Figure Skating tests may have been passed including Moves in the Field or Individual Dances. For Pre- Free skate, Free skate 1-6, Test Track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition.

Skaters who are not members of a Learn to Skate USA Program, or who do not have a valid Learn to Skate USA or USFS number should complete the section of the Greenwich Town Competition application form to become a member and obtain a number through US Figure Skating. There is a nominal charge which must be paid prior to the application deadline.

## RULES

All events will be judged according to the 2018 USFS Rule Book. All events will be judged using the 6.0 system

## EVENTS

Snowplow Sam – Basic 6: elements events and program events

Pre-Free Skate – Free Skate 6: compulsory elements events and program events

Well-Balanced No Test through Pre-Juvenile Free Skate events

Test Track Free Skate events

## FEES

\$80 for the first Well Balanced, Introductory Level or Test Track event entered, \$50 for the second

\$50 for the first Basic Skills or Free Skate event entered, \$15 for the second

## ENTRIES

Entries must be made on [www.entryeeze.com](http://www.entryeeze.com) no later than **January 26, 2018** or up to 135 competitors. No entries will be accepted after this date or when maximum competitors are reached.

No Changes will be made in the categories entered after January 19, 2018. The competition committee shall have the right to cancel events for which there are insufficient entries and to combine age groups if needed in the Freestyle events. Skill levels and Showcase events may be cancelled pending the time available and number of entries.

Questions? Please contact Donna Allegrini at the Dorothy Hamill Skating Rink by phone at (203) 531-8560 or by email at [Donna.Allegrini@greenwichct.org](mailto:Donna.Allegrini@greenwichct.org)

## RINK

Ice surface is 85ft by 185ft

## MUSIC

Freestyle and Basic Skills with music events are skated to music of the skater's choice. Music must be on a CD, clearly marked with the skater's name. Backup CD of music is required. Music must be turned in at registration. All CDs will be returned at the appropriate awards ceremony. While all possible care will be taken, the Dorothy Hamill Skating Club assumes no responsibilities or liability due to loss or damage to any CDs.

## SCHEDULE OF EVENTS

Basic skills events will start in the early afternoon. Starting times for all events will be posted on the Town of Greenwich, Dept of Parks and Recreation website [www.greenwichct.org](http://www.greenwichct.org) and the Windy Hill Skating Club website [www.windyhillsc.com](http://www.windyhillsc.com) by 5pm on Wednesday, February 21.

If any corrections need to be made in any of the events prior to the closing date of entries, January 19, 2018, please contact the Dorothy Hamill Skating Rink at (203) 531-8560.

## SKATERS SHOULD CHECK IN AT LEAST ONE HOUR PRIOR TO THE START OF THEIR EVENT

### PRACTICE ICE

There will be free practice times for all registered competitors at Dorothy Hamill Skating Rink prior to the competition.

-Monday, February 19: 9:00am-10:00am for competitors registered in Basic Skills events

-Monday, February 19: 1:45pm-3:15pm for competitors registered in Well Balanced and Test Track events

There will be free practice ice available for competitors in the Well-Balanced and Test Track events the day of the competition from 7:45-8:25am.

### VIDEOGRAPHY

A videographer will be available at the competition through out the day.

### ACCIDENTS

Refer to USFS rule #1600: US Figure Skating, the Town of Greenwich and the Windy Hill Skating Club undertakes no responsibility for damage or injuries suffered by skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person or property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, US Figure Skating, the club hosting the competition and it's officers; and their entries shall be accepted only on such condition.

### AWARDS

There will be a number of awards ceremonies throughout the day. Medals will be awarded for 1st, 2nd and 3rd place. There will also be special awards for the freestyle events as described below. For these special awards, skaters will be judged by a special panel of judges. The special awards will be presented at the conclusion of the competition.

### SPECIAL AWARDS

#### Alis W. McCurdy Cup

To be eligible for this award, a skater must be a Greenwich resident or Home Club member of either the Windy Hill SC or the Greenwich SC. This award is given to a skater that is 12 years of age or younger (as of closing date of entries) who, in the opinion of the judges, shows potential in figure skating by providing the best presentation of the music and/or theme of their competitive program in a freestyle event. The skater need not have competitors in their group, but must skate a competition rather than an exhibition program. This award is not necessarily given to the most advanced skater, most athletic skater or to a medalist.

#### Dorothy Hamill Cup

This award is open to all skaters who are competing in pre-juvenile freestyle and above. The cup will be awarded to the skater, who in the opinion of the judges shows the most overall potential in skating. The criteria for selection will be: technical proficiency, confidence in skating, technique, artistic ability and the ability to skate a high-level program. This award is not necessarily awarded to a 1st place winner.

#### The Haggarty Award

To be eligible for this award, a skater must be a Greenwich resident or Home Club member of either the Windy Hill SC or the Greenwich SC. This award is given to a skater that is 13 years of age or older (as of closing date of entries) who, in the opinion of the judges, shows potential in figure skating by providing the best presentation of the music and/or theme of their competitive program in a freestyle event. The skater need not have competitors in their group, but must skate a competition rather than an exhibition program. This award is not necessarily given to the most advanced skater, most athletic skater or to a medalist.

## Well Balanced Free Skate

Category	Free Skate Qualifications	Program Time
No Test	No FS test passed; no axel or double jumps permitted	1:40 max
Pre-Preliminary	Passed Pre-Preliminary FS test; axel permitted, no double jumps	1:40 max
Preliminary	Passed Preliminary FS test; axel and two different double jumps permitted (doubles limited to double Salchow, double toe loop or double loop)	1:30 min +/- 10 sec
Pre-Juvenile	Passed Pre-Juvenile FS test; axel and three different double jumps permitted (no double axel)	2 min +/- 10 sec
Showcase	This event will not be judged and no awards will be given. There are no required elements. Emphasis is on the theatrical and entertainment value of the performance. Costumes and props are encouraged, but limited to what a skater can carry on the ice in one trip. Fire, smoke and live props or props that would damage the ice are not permitted.	



## 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



## 2017-18 Test Track Free Skate

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
2. Skaters will skate to the music of their choice.
3. 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.
4. Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
5. The following deductions will be taken:
  - 0.1 from each mark for each technical element included that is not permitted in the event description.
  - 0.2 from the technical mark for each extra element included.
  - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

LEVEL	JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
<b>Pre-Preliminary</b>  1:40 maximum	<i>Maximum of 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow, toe loop and loop only. <i>Max. 2 jump combinations or sequences</i> <i>Max. 2 of any same type jump</i>	<i>Maximum of 2 spins:</i> Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
<b>Preliminary</b>  1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> Jumps with not more than one rotation (no Axels). <i>Max. 2 jump combinations or sequences</i> <i>Max. 2 of any same type jump</i>	<i>Maximum of 2 spins:</i> One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) One consisting of a front scratch to back scratch, exit on spinning foot not mandatory. (Min 3 revolutions per foot).	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
<b>Pre-Juvenile</b>  2:00 +/-10 sec.	<i>Maximum of 5 jump elements:</i> Jumps with not more than one rotation (no Axels). <i>Max. 2 jump combinations or sequences</i> <i>Max. 2 of any same type jump</i>	<i>Maximum of 2 spins:</i> One spin in one position, no change of foot (Min. 3 revolutions) One combination spin: forward camel spin to forward sit spin; change of foot optional (Min 6 revolutions). 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

LEVEL	JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
<b>Juvenile</b>  2:20 +/-10 sec.	<i>Maximum of 5 jump elements:</i> Any single jumps, including Axel, are permitted. <i>Max. 2 jump combinations or sequences</i> <i>Max. 2 of any same type jump</i>	<i>Maximum of 2 spins:</i> One solo spin in one position, no change of foot (Min. 4 revolutions). One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min 4 revolutions per foot) 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
<b>Intermediate</b>  2:30 +/-10 sec.	<i>Maximum of 6 jump elements:</i> Any single jumps. Double jumps permitted: double Salchow and double toe loop. <i>Maximum of 3 jump combinations or sequences</i> <i>Max. 2 of any same type jump</i>	<i>Maximum of 2 spins:</i> One must be a flying spin (Min 5 revolutions), One must be a combination spin with at least one change of foot and at least one change of position (Min 4 revolutions per 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
<b>Novice</b>  Ladies 3:00 +/-10 sec Men 3:30 +/- 10 sec	<i>Maximum of 7 jump elements for men and 6 for ladies:</i> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. <i>Maximum of 3 jump combinations or sequences</i> <i>Max. 2 of any same type jump</i>	<i>Maximum of 3 spins of a different nature:</i> One must be a combination spin with at least one change of foot and at least one change of position (Min 5 revs per foot) The other spins are the option of the skater (Min 6 revolutions per foot) All spins may fly	One step or spiral sequence fully utilizing the 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
<b>Junior</b>  Ladies 3:30 +/-10 sec Men 4:00 +/- 10 sec	<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. <i>Maximum of 3 jump combinations or sequences</i> <i>Max. 2 of any same type jump</i>	<i>Maximum of 3 spins of a different nature:</i> One spin in one position (Min. 6 revolutions) one a flying spin (Min. 6 revolutions) one combination spin consisting of all three basic positions and one change of foot (2 per position, and min. 5 revolutions per foot).	One step sequence fully utilizing the ice surface.  (See rule 4105 for remarks)	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
<b>Senior</b>  Ladies 4:00 +/-10 sec Men 4:30 +/- 10 sec	<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 <i>Maximum of 3 jump combinations or sequences</i> <i>Max. 2 of any same type jump</i>	<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 consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot).	Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (see rule 4105 for remarks) Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks)	Skaters must have passed at least the U.S. Figure Skating junior free skate test



## EVENT: Basic Elements: 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>



**EVENT: Basic Program: 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>

## EVENT: Pre-Free Skate – Free Skate 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 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>



## EVENT: Pre-Free Skate – Free Skate 6 Program With Music

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

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels. Bonus skills from the same level or below are allowed but will not be judged elements.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> <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>• Beginning Axel jump</li> </ul>