



2016 Skate La Grande, San Diego

July 22 - July 24, 2016

at the

San Diego Ice Arena

**11048 Ice Skate Place
San Diego, CA 92126**



Sponsored by
**San Diego
Figure Skating Club**



Sanction #24198

Close of Entries: June 20, 2016

San Diego Figure Skating Club welcomes you to our annual Skate La Grande!

San Diego Figure Skating Club's (SDFSC) Skate La Grande competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

This year the Skate La Grande competition will continue offering the International Judging System (**IJS**) **scoring also for the Pre-Preliminary to Pre-Juvenile Free Skate** levels. **NEW** this year, Skate La Grande is also offering **IJS scoring for Adult Bronze and Adult Silver Free Skate** levels and has **added several Basic Skills program events** to the competition. We are also holding **TWO Coach's Contests**, rewarding the SDFSC Coaches bringing the most amount of skaters to the competition and non-SDFSC Coaches bringing the most amount of skaters to the competition (see details in the Additional Information section)!

SERIES INFORMATION:

Skate La Grande has been approved as part of the Southern California Inter-Club Invitational Series. Top point scorers at the end of the season will be invited to the Invitational Final. Please see the Southern California Inter-Club Association website at <http://www.socalinterclub.org> for more information.

ELIGIBILITY/TEST LEVEL:

Test level: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

AGE RESTRICTIONS/REQUIREMENTS:

Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 14 years of age at close of entries.

GROUPS:

Skaters entering Basic Skills Events as well as Beginner–Pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group. Depending on the number of entries, boys & girls may compete against each other in Compulsory or Showcase events.

ENTRIES:

Entries must be completed online via [Entryeeze](#) **before Midnight on, Monday, June 20, 2016**. Late entries, if accepted, will be charged a **\$35 late fee**. All age requirements are effective as of the close of entries. A convenience fee will be charged by the club to help offset the costs to use the online registration tool. Convenience fees are not refundable, even if the event is canceled or skater withdraws before close of entries. Visit www.skatelaGrande.org for online registration and entry information.

The entry fees:

Event	Level	Fee
Basic Skills (First event)	Basic Program Snowplow Sam – Basic 8	\$60
	Basic Elements Snowplow Sam – Basic 8	\$60
	Free Skate 1-6 Program Event	\$65
	Free Skate 1-6 Compulsory Elements	\$60
	Showcase Basic 1-8	\$60
	Showcase Free Skate 1-6	\$60
Basic Skills (Additional events)	All levels	\$40
Free Skate Program (6.0)	Beginner (Los Niños, Las Niñas), High Beginner (Los Muchachos, Las Muchachas), No Test (Los Chicos, Las Chicas), Adult Pre-Bronze.	\$85
Free Skate (IJS)	Pre-Preliminary through Juvenile/Open-Juv Adult Bronze, Adult Silver, Adult Gold, Masters Intermediate through Senior.	\$100
Combined (Short & Free Skate)	Intermediate, Novice, Junior, Senior.	\$150
Short Program	Juvenile, Open Juvenile.	\$50
Pair Events *	All levels (*per person)	\$45
Compulsory Program	All levels	\$65
Showcase (First event)	Beginner (Los Niños, Las Niñas), High Beginner (Los Muchachos, Las Muchachas), No Test (Los Chicos, Las Chicas).	\$60
	Pre-Preliminary through Senior, Adult Pre-Bronze through Gold.	\$85
Showcase (Additional events)	All levels	\$50

REFUND POLICY: In accordance with USFSA Rule 3047, entry fees will not be refunded after June 20, 2016 unless no competition exists or the event is cancelled. There will be no refunds for medical withdrawals. The online processing fees are never refundable. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available through Entryeeze and the Skate La Grande website at www.skatelaGrande.org.

FACILITIES: The competition will be held at the *San Diego Ice Arena*, 11048 Ice Skate Place, San Diego, CA 92126. Ice size is 200 x 85.

MUSIC:

Music will be played by CD. Skaters should have an extra copy of their music (on CD) with them in the arena. The CD must have only one track. **Multi-track CDs will not be accepted.** The CD must be labeled with the competitor's name and event. We are able to play CD-R. The official competition music must be turned in at the registration table at the time of check-in. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the San Diego Figure Skating Club cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

LIABILITY:

U.S. Figure Skating, San Diego Figure Skating Club, and San Diego Ice Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEMS:

The International Judging System (IJS) will be used for the following events: Singles & Pairs' Intermediate, Novice, Junior and Senior Short Programs; Juvenile, Intermediate, Novice, Junior and Senior, Adult Gold and Masters (Intermediate, Novice, Junior and Senior) Free Skate Programs. **In addition, the SDFSC will also be using IJS for Single's Pre-Preliminary, Preliminary, Single's & Pairs' Pre-Juvenile, Open Juvenile, Adult Bronze, and Adult Silver Free Skate Programs.** All competitors skating in these IJS events need to submit a planned program content form online for each event segment. The **Planned Program Content form must be filled out in [Entryeeze](#) before Midnight on Monday, June 20, 2016.**

The 6.0 System will be used for the following events: **BASIC SKILLS: Basic Program Snowplow Sam-Basic 8, Basic Elements Snowplow Sam-Basic 8, Free Skate 1-6 Compulsory, Free Skate Program Events, Showcase Basic 1-8 and Showcase Free Skate 1-6,** as well as Beginner (Los Niños/Las Niñas), High Beginner (Los Muchachos/Las Muchachas), No Test (Los Chicos/Las Chicas) & Adult Pre-Bronze Free Skate, all Showcase Light & Dramatic Programs and all Compulsory Programs.

REGISTRATION:

A Registration Desk will be located in the lobby of the San Diego Ice Arena on the days of the competition. All competitors are **required to register** upon arrival at the arena, **no later than 45 minutes before** the scheduled start of their event.

PRACTICE ICE:

Official practice ice schedules will be announced and posted on [Entryeeze](#) and the Skate La Grande website at www.skatelaGrande.org. No music will be allowed during the official practice ice. For regular freestyle sessions, please call the San Diego Ice Arena for more information at (858) 530-1825 or visit their website at www.sdice.com

PHOTOGRAPHY/VIDEOGRAPHY:

Photography and Videography will be available for purchase at the rink during the competition. Due to contractual agreement with our videographer, videotaping is limited to taping of your own skater. No photography or videotaping, except by the official photographer or videographer, without the express permission of the person being photographed or videotaped is allowed. Photography or videotaping for any commercial purpose is strictly prohibited. Additionally, for the safety of the skaters, Flash photography is prohibited at all times during the competition.

AWARDS:

Medals will be given for *First, Second, Third* and *Fourth* places for all events. For events divided into groups, **no final rounds** will be skated, and awards will be given for First, Second, Third and Fourth places for each group.

SPECIAL AWARDS:

The William O. Smythe Perpetual Memorial Trophy

will be awarded to the skater judged as having performed the most entertaining program during the Showcase Events, regardless of level. One award will be made for skaters ages 11 and younger, and a second award will be made for skaters ages 12 and older. The trophy is awarded to honor the memory of William Otis Smythe and his many years of devoted service to the sport of figure skating. William was a US Figure Skating figure and dance judge and a longtime member of the San Diego Figure Skating Club. The perpetual trophy, with the winners' names engraved, will remain on display at the San Diego Figure Skating Club. A suitable engraved personal keepsake will be presented to the two winners.

The Buzz Stark Perpetual Memorial Trophy

will be awarded to the skater in the Beginner/Los Niños or Las Niñas event judged as having performed the most outstanding program. The trophy is being awarded to honor the memory of Buzz Stark and his many years of devoted service to the sport of figure skating. Buzz was a member of the San Diego Figure Skating Club for over 50 years and served in many positions including President, Board Member, Committee Chair, and as a US Figure Skating Judge and Accountant. The perpetual trophy, with winner's name engraved will remain on display at the San Diego Figure Skating Club. A suitable engraved personal keepsake will be presented to the winner.

The Gail Heitert Perpetual Memorial Trophy

will be awarded to the skater in the Juvenile Girls event judged as having performed the most outstanding program. The trophy is being awarded to honor the memory of Gail Heitert whose greatest love was ice skating. Gail and her brother, Steve, competed in Ice Dance at the National level. Gail was a member of the San Diego Figure Skating Club, and had served as an artistic judge at *Skate La Grande San Diego* for several years. The perpetual trophy, with winner's name engraved will remain on display at the San Diego Figure Skating Club. A suitable engraved personal keepsake will be presented to the winner.

SPECIAL AWARDS PREVIOUS WINNERS: Competitors are not eligible to win the William O. Smythe Trophy in consecutive years in the same age category. Competitors are not eligible to win the Buzz Stark Trophy or Gail Heitert Trophy in consecutive years. However, this does not preclude the previous year's winners from entering these respective events.

OFFICIAL NOTICES: An official bulletin board will be maintained in the lobby of the San Diego Ice Arena and will contain official information only. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are required to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition. The posting of notices on the official bulletin board shall be considered sufficient advance notice to all competitors.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Compliance

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

INFORMATION REGARDING COACHES (continued):

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

CONTACT INFO:

Questions concerning Skate La Grande San Diego may be directed to:

Chair:

Jami Macleod

Chair@SkateLaGrande.org

Information:

Breanne Bonilla

Info@SkateLaGrande.org

Registrar:

Registrar@SkateLaGrande.org

Referee:

Referee@SkateLaGrande.org

ACCESS VIA THE INTERNET:

The San Diego Figure Skating Club maintains a competition web page located

www.skatelaGrande.org

Please find a list of frequently asked questions regarding the competition posted there and updated on a regular basis. The tentative schedule of events and groups will be posted after the draw,

ADMISSION:

There is no admission fee to watch the competition. Each skater will receive his/her own Competitor's Credential. Each coach will receive one Coach's Credential. Coaches, please bring your identification. Coaches must be a current U.S. Figure Skating Member. A current PSA Membership is required for appropriate skating levels. Only those with credentials will be allowed in the skater warm-up area.

ADDITIONAL INFORMATION:

ACCOMODATIONS:

The official hotel for this competition is:

Holiday Inn San Diego Miramar

9335 Kearny Mesa Rd.

San Diego, CA 92126

To make a reservation click on this link

[Holiday Inn San Diego Miramar-San Diego Figure Skating Club](#)

Or call 1-800-356-3307 and mention they belong to the "Holiday Inn San Diego Miramar-San Diego Figure Skating Club" Hotel accommodations are available at a discounted rate.

Reservation Dates for discount: July 22-25, 2016

Cancellations OR Reservation Changes: MUST be made before 6 pm, 7 days prior to arrival.

Deposit: 1 night room and tax will be charged to the credit card on file within 7 days prior to arrival.

The full amount of stay charges will be authorized to the credit card on file, 24 hours prior to arrival.

Cut-Off Date for Booking Reservations at discounted rate is June 22, 2016.

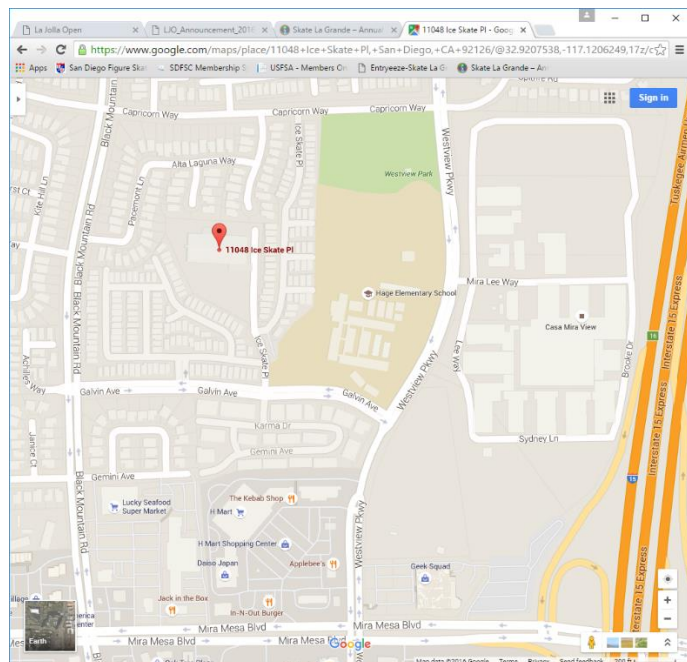
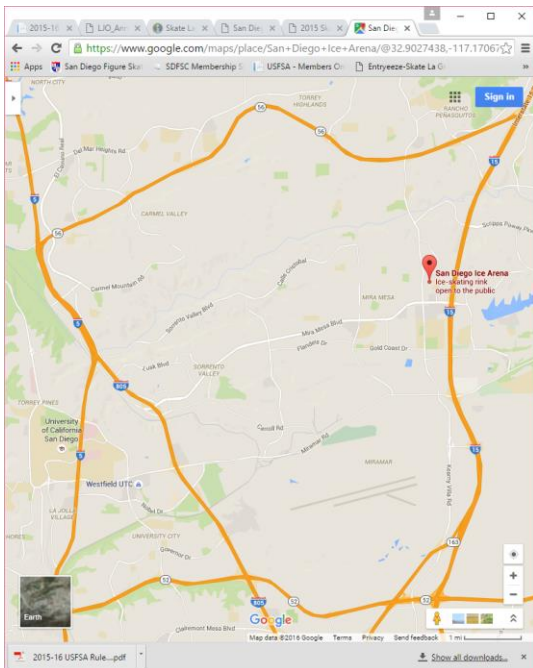
TWO COACHES CONTESTS – the Most Skaters!!!

1. The three non-SDFSC coaches (coaches NOT from San Diego Figure Skating Club) with the most skaters entered in the competition will receive gift cards as a special Thank You for supporting our competition.
1st Place - \$50 gift card, 2nd Place - \$30 gift card, 3rd Place - \$20 gift card
2. The three San Diego Figure Skating Club coaches with the most skaters entered in the competition will receive gift cards as a special Thank You for supporting our competition.
1st Place - \$50 gift card, 2nd Place - \$30 gift card, 3rd Place - \$20 gift card

DIRECTIONS: ***Skate La Grande***
at **San Diego Ice Arena (SDIA)**
11048 Ice Skate Place,
San Diego, CA 92126

Ice Skate Place is a small one-block street located off of Galvin Ave that ends at the parking lot driveway of SDIA. You can get to Galvin Ave from either Westview Parkway or Black Mountain Road. **(Please Note: there is NO ACCESS from Capricorn Way)**

- **From I-15** take Mira Mesa Exit going west, turn north on Westview Parkway, then turn west on Galvin Avenue, then turn north on Ice Skate Place
- **From I-5** take Hwy-56 going east, follow **Hwy-56** about 7.7 miles
- **From Hwy-56** take Black Mountain Road Exit going south, follow Black Mountain Road for about 2.4 miles, then turn east on Galvin, then turn north on Ice Skate Place



BASIC SKILLS

Basic Skills Program is new to the Skate La Grande competition this year. We are excited to have this program and welcome your feedback.

ELIGIBILITY RULES FOR PARTICIPANTS IN BASIC SKILLS EVENTS:

Basic Skills events are open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/Club or any other Basic Skills Program/Club.

Eligibility will be based on skill level as of closing date of entries. All SNOWFLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed and NO official U.S. Figure Skating tests may have been passed including MITF or Individual dances.

For the Free skate 1-6 Well Balanced levels, eligibility will be based only upon the 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.

GENERAL RULES:

Please see the General Rules section starting on page 2 of the announcement for all other information including information on facilities, judging, music, awards, schedule, videotaping, photography, and admission.

EVENT: Basic Skills Showcase

Showcase events are offered for all levels including Basic Skills. Skaters must enter at the same level as their free skate event. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. Skaters will be judged on musical interpretation and feeling, expression, and how the skating relates to the music. Show costumes are permitted, as long as they do not touch or drag on the ice. Props are allowed in Showcase events. Props and scenery must be placed and removed by single and duet contestants within one minute of the start of their program. No assistance is allowed; violations will be penalized .2 for each 5 seconds excess time or assistance. The 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Categories include:

- Light entertainment
- Dramatic entertainment

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH MAXIMUM
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00
Free skate 1-6	3 jump maximum. 1/2 rotation jumps only, plus a Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30

EVENT: Basic Program Event: SNOWPLOW SAM – BASIC 8

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

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

EVENT: Free Skate 1-6 Program Event

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

- To be skated on full ice
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

Level	Time	Skating rules / standards
Free Skate 1	1:40 max.	<ol style="list-style-type: none"> 1. Advanced forward stroking, 4-6 consecutive 2. One-foot upright scratch spin from backward crossovers, minimum three revolutions 3. Waltz jump from backward crossovers 4. Half flip jump
Free Skate 2	1:40 max.	<ol style="list-style-type: none"> 1. Forward outside spiral, right or left 2. Beginning back spin – entry optional, minimum two revolutions 3. Waltz jump, side toe hop, waltz jump sequence 4. Toe loop jump
Free Skate 3	1:40 max.	<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back spin, minimum three revolutions 3. Salchow jump 4. Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 max.	<ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive sets, right or left 2. Sit spin, minimum three revolutions 3. Loop jump 4. Waltz jump-loop jump combination
Free Skate 5	1:40 max.	<ol style="list-style-type: none"> 1. Camel spin, minimum three revolutions 2. Forward upright spin to back upright spin, minimum three revolutions each foot 3. Loop-loop jump combination 4. Flip jump
Free Skate 6	1:40 max.	<ol style="list-style-type: none"> 1. Camel, sit spin combination, minimum of four revolutions total 2. Split jump or stag jump 3. Waltz jump, ½ loop, Salchow jump sequence 4. Lutz jump

EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 8

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**

EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 8 (continued)

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

EVENT: Free Skate 1-6 Compulsory Event

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

- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

Level	Time	Skating rules / standards
Free Skate 1	1:15 max.	<ol style="list-style-type: none"> 1. Advanced forward stroking, 4-6 consecutive 2. Backward outside three-turns, right and left 3. One-foot upright scratch spin from backward crossovers - minimum three revolutions 4. Waltz jump from backward crossovers 5. Half flip jump
Free Skate 2	1:15 max.	<ol style="list-style-type: none"> 1. Forward outside or inside spiral, right or left 2. Waltz three's, right or left, 2-3 sets 3. Beginning back spin, entry optional – minimum two revolutions 4. Waltz jump, side toe hop, waltz jump sequence 5. Toe loop jump
Free Skate 3	1:15 max.	<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Backward inside three-turns, right and left 3. Back spin - minimum three revolutions 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive sets, right or left 2. Sit spin - minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump combination
Free Skate 5	1:15 max.	<ol style="list-style-type: none"> 1. Camel spin - minimum three revolutions 2. Forward upright spin to back upright spin - minimum three revolutions each foot 3. Loop/loop jump combination 4. Flip jump
Free Skate 6	1:15 max.	<ol style="list-style-type: none"> 1. Five step mohawk sequence - one set alternating pattern (refer to Basic Skills Curriculum Free skate 6) 2. Camel, sit spin combination - minimum of four revolutions total 3. Split jump or stag jump 4. Waltz jump, ½ loop, Salchow jump sequence 5. Lutz jump

EVENT: SINGLES SHORT PROGRAM

The short program events are listed below. The Intermediate through Senior Short Programs will be combined with the Free Skating Program. Juvenile and Open Juvenile Short Programs will be separate events from the Free Skating Programs. Short Programs will be judged using the IJS Judging Systems. Required elements for the 2016 Short Programs will be those specified online at the US Figure Skating website: <http://www.usfigureskating.org>.

Age restriction and test qualifications for these events shall be as set forth for the 2016 Skating Season US Figure Skating Rulebook, except as otherwise specified.

Register your planned elements online at Entryeze.

Event	Requirement	Program
Senior Short	Open to skaters who have passed the Junior Free Skating test.	The Short Program is to be skated in accordance Rule 4200 and will be judged and scored using the International Judging System - Program Time: 2:50 Max
Junior Short	Open to skaters who have not passed the Senior Free Skating test.	The Short Program is to be skated in accordance Rule 4210 and will be judged and scored using the International Judging System - Program Time: 2:50 Max
Novice Short	Open to skaters who have not passed the Junior Free Skating test.	The Short Program is to be skated in accordance Rule 4220 and will be judged and scored using the International Judging System - Program Time: 2:30 Max
Intermediate Short	Open to skaters who have not passed the Novice Free Skating Test and are under 18 years of age as of June 20, 2016.	The Short Program is to be skated in accordance Rule 4230 and will be judged and scored using the International Judging System - Program Time: 2:00 Max
Open Juvenile Short	Open to skaters who have not passed the Intermediate Free Skating test and are 14 years of age or older as of June 20, 2016.	The Short Program is to be skated in accordance Rule 4240 , except no triple jumps are permitted, and will be judged and scored using the International Judging System. - Program Time: 2:00 Max
Juvenile Short	Open to skaters who have not passed the Intermediate Free Skating test and are under 14 years of age as of June 20, 2016.	The Short Program is to be skated in accordance Rule 4240 , except no triple jumps are permitted, and will be judged and scored using the International Judging System. - Program Time: 2:00 Max

EVENT: SINGLES FREE SKATING

The Intermediate through Senior Free Skating Programs will be combined with the Short Program. Juvenile and Open Juvenile Free Skating Programs will be separate events from the Short Programs. The No Test, High Beginner and Beginner events will be judged using the 6.0 Majority System and **Pre-Preliminary through Senior Free Skating events** will be judged using the IJS Judging System. Required elements for the 2016 Short Programs will be those specified online at the US Figure Skating website: <http://www.usfigureskating.org>. Register your planned elements online at Entryeze.

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
2. Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
3. Either IJS or the 6.0 judging system may be used for this event.
4. All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under "Technical Information," then "Singles/Pairs"
5. Age restriction and test qualifications for these events shall be as set forth for the current US Figure Skating Rulebook, except as otherwise specified.

EVENT: SINGLES FREE SKATING

WARNING: The following charts for Free Skate Programs highlight the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should any of these charts disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>Beginner (Los Niños - Boys & Las Niñas-Girls) 1:40 maximum May not have passed tests higher than USFSA Basic Skills free skating badge tests USFSA: Rule 4280</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>
<p>High Beginner (Boys-Los Muchachos & Girls Las Muchachas) 1:40 maximum May not have passed tests higher than USFSA Basic Skills free skating badge tests USFSA: Rule 4280</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop). • Single rotation jumps: Salchow and toe loop only • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p>Max 2 Spins</p> <p>Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</p>	<p>Connecting moves and steps should be demonstrated throughout the program</p>
<p>NO TEST (Los Chicos - Boys & Las Chicas-Girls) 1:40 maximum *means element is required USFSA: Rule 4280</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps allowed except for the single Axel <ul style="list-style-type: none"> ○ No single Axels, double, triple or quadruple jumps allowed ○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 3 single jumps is permitted.</u> ○ Jump sequences limited to a maximum of 3 single jumps ○ <u>Half-loop is not considered a single jump at this level and may be performed without counting toward jump limit.</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>PRE- PRELIMINARY</p> <p>1:40 maximum</p> <p>*means element is required</p> <p>USFSA: Rule 4270</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> ○ No double, triple or quadruple jumps allowed ○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 3 single jumps is permitted.</u> ○ Jump sequences limited to a maximum of 3 single jumps ○ <u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRELIMINARY</p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p> <p>USFSA: Rule 4260</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel or a waltz jump-type jump* • All single jumps, including the 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"> ○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps <u>except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted</u> ○ Jump sequences limited to a maximum of 3 single or double jumps. ○ <u>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE- JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p> <p>USFSA: Rule 4250</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps, in jump sequences or in jump combinations ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps <u>except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</u> ○ Jump sequences limited to a maximum of 3 single or double jumps ○ <u>Half-loop is considered a listed jump with the value of a single jump when used in a sequence or combination</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ May start with a flying entry ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ May start with a flying entry ○ Min 4 revs <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must fully utilize the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>JUVENILE</p> <p>2:15 +/- 10 sec</p> <p>*means element is required</p> <p>under 14 years of age as of June 20, 2016.</p> <p>USFSA: Rule 4240</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence ○ No double jump can be repeated more than once • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps <u>except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump</u> ○ <u>Half loop is considered a listed jump with the value of a single jump when used in a sequence or combination</u> ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>OPEN JUVENILE</p> <p>2:15 +/- 10 sec</p> <p>*means element is required</p> <p>14 years of age or older as of June 20, 2016.</p> <p>USFSA: Rule 4240</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence ○ No double jump can be repeated more than once • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps <u>except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump</u> ○ <u>Half loop is considered a listed jump with the value of a single jump when used in a sequence or combination</u> ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>Intermediate</p> <p>2:30 +/- 10 sec</p> <p>*means element is required</p> <p>under 18 years of age as of June 20, 2016.</p> <p>USFSA: Rule 4230</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump • All single, double and triple jumps allowed <ul style="list-style-type: none"> ○ <u>No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</u> ○ <u>If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence</u> ○ <u>No double or triple jump can be repeated more than once</u> • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations are limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>NOVICE LADIES</p> <p>3:00 +/- 10 sec</p> <p>*means element is required</p> <p>USFSA: Rule 4220</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed <ul style="list-style-type: none"> ○ <u>No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence.</u> ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>NOVICE MEN</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p> <p>USFSA: Rule 4220</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>JUNIOR LADIES</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p> <p>USFSA: Rule 4210</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>JUNIOR MEN</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p> <p>USFSA: Rule 4210</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>SENIOR LADIES</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p> <p>USFSA: Rule 4200</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible

2015-16	JUMP ELEMENTS	SPINS	STEP SEQUENCES
SENIOR MEN 4:30 +/- 10 sec *means element is required USFSA: Rule 4200	Max 8 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	Max 3 Spins <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	Max 2 Sequences <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible

EVENT: PAIRS SHORT PROGRAM

Pairs Short Program events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for consulting the U.S. Figure Skating rulebook for rules, program length, etc.

- A. Senior Pairs Short program – Rule 5200
- B. Junior Pairs Short program – Rule 5210
- C. Novice Pairs Short program – Rule 5220
- D. Intermediate Pairs Short program – Rule 5230

EVENT: PAIRS FREE SKATING

Pairs Free Skating events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for consulting the U.S. Figure Skating rulebook for rules, program length, etc.

EVENTS: ADULT FREE SKATING

The Adult Gold, **Silver, Bronze** and Masters Intermediate through Senior Free Skating events will be judged **using the IJS Judging System**. The Adult Pre-Bronze Free Skating event will be judged using the 6.0 Majority System. Required elements for the 2016 Free Skating Programs will be those specified online at the US Figure Skating website: <http://www.usfigureskating.org>.

Age restriction and test qualifications for these events shall be as set forth for the 2016 Skating Season US Figure Skating Rulebook, except as otherwise specified. Register your planned elements online at Entryeeze. All Adult events are open to adults age 21 and older. Events must contain the follow listed elements in any order:

2015-16	JUMP ELEMENTS	SPINS	STEP or SPIRAL SEQUENCE
<p>ADULT PRE-BRONZE 1:40 maximum</p> <p>USFSA: Rule 4600</p> <p><u>REMARKS:</u> Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • Jump combinations and jump sequences are optional. No more than two jump combinations or jump sequences may be included. One jump combination/sequence may consist of three jumps, and the other may have only two jumps. • Each jump may be repeated only once and only in combination or in sequence • Only single and half-revolution jumps are permitted • No Lutz, Axel or double jumps are permitted • <u>Half-loop is considered a listed jump with the value of a single loop when used in a jump combination or sequence</u> 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins with a flying entry are not permitted • Spins must have a minimum of three revolutions • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed 	<ul style="list-style-type: none"> • Connecting steps throughout the program are required
<p>ADULT BRONZE 1:50 maximum</p> <p>USFSA: Rule 4590</p> <p><u>REMARKS:</u> Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</p>	<p>Max 4 Jump Elements</p> <ul style="list-style-type: none"> • There must be at least one, but no more than two, jump combinations or jump sequences • One jump combination/sequence may consist of three jumps, and the other may have only two jumps • Each jump may be repeated only once and only in combination or in sequence • Only single jumps are permitted • No Axels, double or triple jumps are permitted • <u>Half-loop is considered a listed jump with the value of a single loop when used in a jump combination or sequence</u> 	<p>Max 2 Spins of a different character</p> <ul style="list-style-type: none"> • If a spin includes a change of foot, it must have a minimum of three revolutions on each foot. All other spins must have a minimum of three revolutions. • There must be a minimum of two revolutions in each position or the position will not be counted • Spins with a flying entry are not permitted • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed 	<p>Max 1 Element chosen from:</p> <ul style="list-style-type: none"> • One step sequence utilizing at least one-half of the ice surface <p>OR</p> <ul style="list-style-type: none"> • One spiral sequence (any pattern) utilizing at least one-half of the ice surface <p><u>Notes:</u></p> <ul style="list-style-type: none"> • Jumps may be included in the step sequence • Additional moves in the field sequences, spiral sequences and step sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such
<p>ADULT SILVER 2:10 maximum</p> <p>USFSA: Rule 4580</p> <p><u>REMARKS:</u> Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • May include an Axel jump • Jumps may be repeated only once and only in combination and/or sequence • There must be at least one, but no more than two, jump combinations or jump sequences • One jump combination/sequence may consist of three jumps, and the other may have only two jumps • Additional jump sequences which contain non-listed jumps of not more than one revolution performed as part of connecting footwork preceding single jumps are permitted • Only single jumps and Axels are permitted • No double or triple jumps are permitted • <u>Half-loop is considered a listed jump with the value of a single loop when used in a jump combination or sequence</u> 	<p>Max 2 Spins of a different character</p> <ul style="list-style-type: none"> • A spin with a change of foot must have a minimum of three revolutions on each foot. A spin without a change of foot must have a minimum of three revolutions. • There must be a minimum of two revolutions in each position, or the position will not be counted. • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed. 	<p>Max 1 Element chosen from:</p> <ul style="list-style-type: none"> • One step sequence utilizing at least one-half of the ice surface <p>OR</p> <ul style="list-style-type: none"> • One spiral sequence (any pattern) utilizing at least one-half of the ice surface <p><u>Notes:</u></p> <ul style="list-style-type: none"> • Jumps may be included in the step sequence • Additional moves in the field sequences, spiral sequences and step sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such

2015-16	JUMP ELEMENTS	SPINS	STEP or SPIRAL SEQUENCE
<p>ADULT GOLD</p> <p>2:40 maximum</p> <p>USFSA: Rule 4570</p> <p><u>REMARKS:</u> Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • May include the Axel jump, single jumps and the following double jumps: double toe loop and double Salchow • Jumps may be repeated only once and only in combination and/or sequence • There must be at least one, but no more than three, jump combinations or jump sequences • One jump combination/sequence may consist of three jumps, and the other two may have only two jumps • No double-double jump combinations or sequences, double loop, double flip, double Lutz, double Axel or triple jumps are permitted 	<p>Max 3 Spins of a different character</p> <ul style="list-style-type: none"> • If a spin includes a change of foot, it must have a minimum of four revolutions on each foot. All other spins must have a minimum of four revolutions. • There must be a minimum of two revolutions in each position, or the position will not be counted • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed 	<p>Max 1 choreographic step sequence (may include moves in the field and spirals) utilizing the full ice surface</p> <ul style="list-style-type: none"> • A sequence that meets the minimum requirements above will be awarded a fixed base value and evaluated by the judges in GOE • A sequence that does not meet the minimum requirements above will receive no value • Jumps may be included in the <u>step</u> sequence • Sequences that are too short and barely visible cannot be considered as meeting the requirements • Additional moves in the field sequences, spiral sequences and step sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such
<p>MASTERS INTERMEDIATE-NOVICE</p> <p>3:10 maximum</p> <p>USFSA: Rule 4540</p> <p><u>REMARKS:</u> Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • One must be an Axel-type jump, and at least one must be a jump combination or jump sequence • Up to three jump elements may be jump combinations or jump sequences • One jump combination/sequence may contain three jumps; the remaining jump combinations/ sequences are limited to two jumps • May perform only one double-double combination or sequence • Jumps may be repeated only once and only in combination or sequence • ONLY the following double jumps may be performed: double toe loop, double Salchow and double loop • Double flip, double Lutz and double Axel are not permitted 	<p>Max 3 Spins of a different character</p> <ul style="list-style-type: none"> • If a spin includes a change of foot, it must have a minimum of four revolutions on each foot. All other spins must have a minimum of five revolutions. • There must be a minimum of two revolutions in each position, or the position will not be counted. • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed. 	<p>Max 1 choreographic step sequence (may include moves in the field and spirals) utilizing the full ice surface</p> <ul style="list-style-type: none"> • A sequence that meets the minimum requirements above will be awarded a fixed base value and evaluated by the judges in GOE • A sequence that does not meet the minimum requirements above will receive no value • Jumps may be included in the step sequence • Sequences that are too short and barely visible cannot be considered as meeting the requirements • Additional moves in the field sequences, spiral sequences and step sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such
<p>MASTERS JUNIOR-SENIOR</p> <p>3:40 maximum</p> <p>USFSA: Rule 4510</p> <p><u>REMARKS:</u> Unless otherwise stated, all elements must meet the general criteria and basic requirements in order to be counted (see rule section 4100).</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • One must be an Axel-type jump, and at least one must be a jump combination or jump sequence • Up to three jump elements may be jump combinations or jump sequences • One jump combination may contain three jumps; the remaining jump combinations are limited to two jumps • The number of jumps in a jump sequence is not limited; however, only the two highest-value jumps in a sequence will be counted • No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence 	<p>Max 3 Spins of a different character</p> <ul style="list-style-type: none"> • If a spin includes a change of foot, it must have a minimum of four revolutions on each foot. All other spins must have a minimum of five revolutions. • There must be a minimum of two revolutions in each position, or the position will not be counted. • The skaters have freedom to select the kinds of spins they intend to execute within the spin types allowed. 	<p>Max 1 choreographic step sequence (may include moves in the field and spirals) utilizing the full ice surface</p> <ul style="list-style-type: none"> • A sequence that meets the minimum requirements above will be awarded a fixed base value and evaluated by the judges in GOE • A sequence that does not meet the minimum requirements above will receive no value • Jumps may be included in the step sequence • Sequences that are too short and barely visible cannot be considered as meeting the requirements • Additional moves in the field sequences, spiral sequences and step sequences are permitted but will not be counted as elements; instead they will be counted as transitions and marked as such

EVENT: SINGLES COMPULSORY PROGRAMS

In the Compulsory Programs, Men and Ladies may enter the same events. If there are sufficient entries, Men and Ladies may be separated.

General segment parameters:

- Beginner (Los Niños -Boys and Las Niñas -Girls) – Juvenile: Elements skated on ½ ice
- Music is not allowed
- A 0.2 deduction will be taken for each element performed from a higher level.
- Skaters may have the option to skate one level higher in compulsories than their free skate program.
- Skaters may not enter two compulsory events at different levels.

Format:

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

Level	Time	Skating rules/standards
Juvenile & Open Juvenile Compulsory	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Jump combination: single/single or double/double 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular
Pre – Juvenile Compulsory	1:15 max.	<ol style="list-style-type: none"> 1. Single jump (may include Axel) 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular
Preliminary Compulsory	1:00 max.	<ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single/single (may include Axel) 3. Back upright spin - minimum three revolutions 4. Forward inside spiral
Pre – Preliminary Compulsory	1:00 max.	<ol style="list-style-type: none"> 1. Single flip 2. Jump combination: single/single (no Axel) 3. Sit spin or camel spin - minimum three revolutions 4. Spiral sequence with one forward spiral and one backward spiral (any edge)
No-Test (Los Chicos -Boys & Las Chicas -Girls) Compulsory	1:15 max.	<ol style="list-style-type: none"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin - sit or camel spin - minimum three revolutions 4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.
High Beginner (Los Muchachos -Boys & Las Muchachas -Girls) Compulsory	1:15 max.	<ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin - minimum three revolutions 4. Forward or backward spiral
Beginner (Los Niños -Boys & Las Niñas -Girls) Compulsory	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump 2. ½ jump of choice 3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional) 4. Forward or backward spiral

SHOWCASE

GENERAL RULES REGARDING SHOWCASE:

The Showcase program is one in which the skating moves are selected for their value in enhancing the skater's artistry and interpretation of the music, rather than for technical difficulty. The program should be an integrated exploration of the music; it should not be merely a collection of pleasing or spectacular moves. This event will be judged on the skater's interpretation of the music. Skaters must provide their own music. Vocal music is acceptable. One mark using the 6.0 judging system will be given by each judge for each performance. No technical skating mark will be used.

Props are allowed in Showcase events. The Showcase events will be divided into two categories: Dramatic and Light Entertainment. The level and/or categories may be combined at the discretion of the referee, depending on the number of entries.

Men and Ladies may enter the same events. If there are sufficient entries, Men and Ladies may be separated.

SPECIFICS:

1. There is no minimum time requirement for any event.
2. Showcase events may not be segregated by gender.
3. The highest test level of a Duet member will determine the Duet Competition level.
4. Where the number of entrants requires the separation into groups, awards will be given to each group. There will be no final rounds for any Showcase event.
5. There will be a 0.2 deduction for each 5 seconds in excess of the maximum performance and prop placement time.
6. Timing starts with the first motion of the body and ends when motion stops. Props and scenery must be placed and removed by single and duet contestants within one minute. No assistance is allowed; violations will be penalized .2 for each 5 seconds excess time or assistance. Posted results will indicate any such deductions.
7. Preliminary and above Singles competitors who have passed the Preliminary Free Skate test or higher and placed 1st through 4th in a showcase category qualify for National Showcase. Duets need not qualify by placement for National Showcase.
8. Groups for High Beginner (Los Muchachos -Boys and Las Muchachas -Girls) Showcase and No Test (Los Chicos -Boys and Las Chicas -Girls) Showcase will be divided by age.

The **William O. Smythe Trophy** for best Showcase program, regardless of skating level, will be awarded after the conclusion of the last Showcase event of the competition. This award is determined by a separate panel of Showcase judges who watch all the Showcase programs during the competition. There will be 2 awards: an award made for skaters aged 11 and younger, and an award made for skaters aged 12 and older. Competitors are not eligible to win the trophy in consecutive years in the same age category.

EVENTS: DRAMATIC and LIGHT ENTERTAINMENT

Event	Must have passed the Free Skating Test	Must NOT have passed the Free Skating Test	Age	Time
Senior Showcase	Junior		No age restrictions	2:40 max
Junior Showcase	Novice	Senior	No age restrictions	2:40 max
Novice Showcase	Intermediate	Junior	No age restrictions	2:10 max
Intermediate Showcase	Juvenile	Novice	17 years and under	2:10 max
Teen (Open Juvenile) Showcase	Pre-Juvenile	Intermediate	14-17 years	2:10 max
Juvenile Showcase	Pre-Juvenile	Intermediate	13 years and under	2:10 max
Pre-Juvenile Showcase	Preliminary	Juvenile	No age restrictions	1:40 max
Preliminary Showcase	Pre-Preliminary	Pre-Juvenile	No age restrictions	1:40 max
Pre-Preliminary Showcase	*No requirement	Preliminary	No age restrictions	1:30 max
No Test (Los Chicos -Boys and Las Chicas -Girls) Showcase	*No requirement	Pre-Preliminary	No age restrictions	1:30 max
High Beginner (Los Muchachos -Boys and Las Muchachas -Girls) Showcase	*No requirement	Pre-Preliminary	No age restrictions	1:30 max
Beginner (Los Niños -Boys and Las Niñas -Girls) Showcase	*No requirement	Pre-Preliminary	Under 6 years	1:30 max
Masters Showcase	Masters Pre-Gold or Standard Intermediate		21 years and older	1:40 max
Adult Gold Showcase	Adult Sliver	Adult Gold or Standard Intermediate	21 years and older	1:40 max
Adult Silver Showcase	Adult Bronze	Adult Silver or Standard Juvenile	21 years and older	1:40 max
Adult Bronze Showcase	*Adult Pre-Bronze	Adult Bronze or Standard Preliminary	21 years and older	1:40 max
Adult Pre-Bronze Showcase	*No requirement	Adult Pre-Bronze or Standard Pre-Preliminary	21 years and older	1:40 max

* skater is not eligible to qualify for National Showcase (see requirements below)

Important Note for Showcase Skaters: National Showcase 2016 is a Competition in Theatrical Skating. Singles competitors who place 1st through 4th in a singles Showcase event may qualify for National Showcase 2016. Eligible skaters will have placed 1st through 4th as previously described and will have passed the Preliminary Free Skating test or above OR Adult Bronze Free Skating or above. For more information, Please contact

Melissa Bowman (email: patinage.tx@gmail.com) National Vice Chair for National Showcase.



*The San Diego Figure Skating Club
thanks you for participating in Skate La Grande*

