



2019 Skate La Grande, San Diego

June 28 – 30th, 2019

at the

San Diego Ice Arena

11048 Ice Skate Place
San Diego, CA 92126



Sponsored by
San Diego
Figure Skating Club



Sanctioned by
U.S. Figure Skating

Close of Entries: May 28, 2019

2019 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 Skate La Grande competition will continue offering the International Judging System (**IJS**) scoring for the **Pre-Preliminary and above Well Balanced Free Skate**, as well as **Adult Silver and above Free Skate** levels. We also have "Specialty Singles" Events that include: **Jumps and Spins** events and have added the **Excel Events** to our competition this year.

SERIES INFORMATION:

So-Cal Interclub Invitational Series - Skate La Grande has been approved as part of the Southern California Interclub Invitational Series. Top point scorers in specific levels at the end of the season will be invited to the Invitational Final. Please see the Southern California Interclub 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.

Age restrictions/requirements:

- Juvenile Girls events: 12 years of age or younger at the close of entries
- Juvenile Boys events: 13 years of age or younger at the close of entries
- Open Juvenile Ladies events: 13 years of age or older at the close of entries
- Open Juvenile Men events: 14 years of age or older at the close of entries

Groups:

General:

- All events will be divided as closely as possible by age should the number of entries warrant more than one group.
- If there are not enough entries to hold an event, boys and girls may compete against each other at the Preliminary level and below.

Showcase:

- Showcase disciplines (Light & Dramatic) maybe combined at the discretion of the referee.
- Depending on the number of entries, boys and girls may compete against each other in Showcase events.

ENTRIES: All entries must be submitted online via Entryeeze ([Entryeeze-SkateLaGrande](#)) by **11:59pm May 28th, 2019**. Late entries, if accepted, will be charged a **late fee of \$35.00**. All age requirements are effective as of the close of entries. Visit www.SkateLaGrande.org for online entry information.

2019 Skate La Grande

THE ENTRY FEES: *Online processing fees are additional and are NOT refundable.*

Events	\$
Compete USA: Basic Program Snowplow Sam – Basic 6	\$70
Compete USA: Basic Elements Snowplow Sam – Basic 6	\$70
Compete USA: Pre-Free Skate – Free Skate 6 Program Event	\$70
Compete USA: Pre-Free Skate – Free Skate 6 Compulsory Elements	\$70
Compete USA: Showcase Events	\$70
No Test Freeskate 6.0	\$70
Excel Program 6.0: Beginner & High Beginner	\$70
Excel Program 6.0: Pre-Preliminary – Preliminary Plus	\$70
Excel Program (IJS) Pre-Juvenile/Pre-Juvenile Plus - Senior	\$85
Free Skate (IJS): Pre-Preliminary – Juvenile/Open Juvenile & Adult Bronze – Adult Masters	\$100
Short Program: Juvenile/Open Juvenile	\$85
Combined (Short & Free Skate): Intermediate - Senior	\$150
Pair Events: Pre-Juvenile - Senior Free Skate (Price per skater)	\$50
Pair Events: Nov. – Sr. Short Program (Price per skater)	\$50
Jump Challenge, Spin Challenge: All levels	\$70
Showcase: All levels – Light or Dramatic	\$70
Late Fee:	\$35

REFUND POLICY: In accordance with USFSA Rule 3047, entry fees will not be refunded after **May 28, 2019** 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 online via Entryeeze (Entryeeze-SkatelaGrande) and the Skate La Grande website at www.skatelaGrande.org.

JUDGING SYSTEM:

The International Judging System (IJS) will be used for the following events:

- Well Balanced Program free skate events: Pre- Preliminary – Juvenile
- Combined events (Short Program & Well Balanced Free Skate) – Intermediate - Senior
- Well Balanced Program free skate events: adult events - Adult Silver and higher
- Excel Pre-Juvenile/Pre-Juvenile Plus - Senior
- Juvenile/Open Juvenile Short Program

All competitors skating in these events need to submit the planned program content form online via Entryeeze (Entryeeze-SkatelaGrande). **The form submittal deadline is June 14, 2019.**



2019 Skate La Grande

The 6.0 Majority Judging System will be used for:

- Well Balanced Program Singles free skate events:
 - No Test freeskate
 - Adult Bronze and below
- - Excel Beginner – Preliminary/Preliminary Plus
- - All specialty singles events (spins, jumps)
- - All Showcase events
- - All Compete USA events

TENTATIVE SCHEDULE:

Subject to change based on number of entries.

Friday Compete USA events
Saturday Introductory level freeskate, IJS events and short programs
Sunday Additional events and long programs

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 uploaded **via Entryeeze only**. The **deadline for uploading music is June 14, 2019**. If Music had not been uploaded by the deadline, **there is a \$10 fee for late submission and a \$25 late fee due upon check-in for failing to upload music**. Please be sure to upload the correct music for each specific event. Upload music at Entryeeze-SkateLaGrande

Specifications for music uploads:

- Only one piece of program music per file
- mp3 file format (simply changing the extension is not acceptable)
- 192 kbps bit rate is requested
- Maximum file size of 10 MB
- No ID3 Metadata tags
- Maximum 2 seconds leader silence

On competition day, **have a separate Backup CD available** in the event your file does not play.

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.

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 1 hour before** the scheduled start of their event.

PRACTICE ICE:

Practice ice schedules will be announced and available for online purchase via Entryeeze (Entryeeze-SkateLaGrande) after the close of entries. Music may be allowed during the practice ice at the discretion of the Skate La Grande LOC. For regular freestyle sessions at the San Diego Ice Arena visit their website at www.sdice.com.

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. Check Entryeeze (Entryeeze-SkateLaGrande) for up to date information regarding the competition.

PHOTOGRAPHY/VIDEOGRAPHY:

Photography and Videography will be available for purchase at the rink during the competition. Videotaping is limited to taping of your own skater. No photography or videotaping of other skaters will be allowed. 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. In the event of a tie, duplicate awards will be presented.

SPECIAL AWARDS:

The Brigit Luciani-King and Claude Sweet Trophy

Will be awarded to the skater in the Pre-Juvenile Free Skate event judged as having performed the most outstanding program. The trophy is awarded to honor the many years of judging and dedication to the San Diego Figure Skating Club that both Brigit and Claude have given us. The 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 winner.

The Buzz Stark Perpetual Memorial Trophy

Will be awarded to the skater in the Beginner 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 Jr. Board Trophy

Will be awarded to the skater with the highest technical score in the Intermediate Free skate event. This trophy was donated by the 2017 Junior Board members of the San Diego Figure Skating Club. 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 any of the Special Award Trophies in consecutive years in the same age category.

OFFICIAL NOTICES:

An official bulletin board will be maintained at Registration and at www.SkateLaGrande.org. It is the responsibility of each competitor, parent and coach to check in with Registration frequently for any schedule changes and/or additional information. Skaters are requested to arrive 1 hour prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition. The posting of notices at Registration shall be considered sufficient advance notice to all competitors.

ADMISSION:

There is no admission fee to watch the competition. Each skater will receive his/her own Competitor's Credential. Only those with credentials will be allowed in the skater warm-up area.

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.

All Coaches must be current members in good standing with U.S. Figure Skating • Completed background check (green light status) • Completed SafeSport Training* • Continuing Education Requirements (CERs) for the 2019-20 Competition Season • Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate. Compete USA athletes:
• Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership • Completed SafeSport Training* (for coaches 18 years old and over) • Completed background check (green light status) (for coaches 18 years old and over) • Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

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 here:

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

CONTACT INFO:

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

Chairs:

Karen Aiken & Lisa Stone
Chair@SkateLaGrande.org

Registrar:

Barbara Allen
Registrar@SkateLaGrande.org

All Information:

Info@SkateLaGrande.org

2019 Skate La Grande

ACCOMODATIONS:

The official hotel for this competition is: *Residence Inn Marriott – San Diego/Scripps Poway*
12011 Scripps Highlands Drive
San Diego, CA 92131

To make a reservation click on this link: [Book your group rate for Skate La Grande 2019](#)

Or call (800) 331-3131 and mention they belong to "Skate La Grande." Hotel accommodations are available at a discounted rate if booked on or before May 28th, 2019.

Reservation Dates for discount: June 28-June 30th, 2019

Cancellations OR Reservation Changes: MUST be made more than 24 hours prior to the arrival date

Cut-Off Date for Booking Reservations at discounted rate is May 28, 2019.

DIRECTIONS: Skate La Grande

at **San Diego Ice Arena (SDIA)**

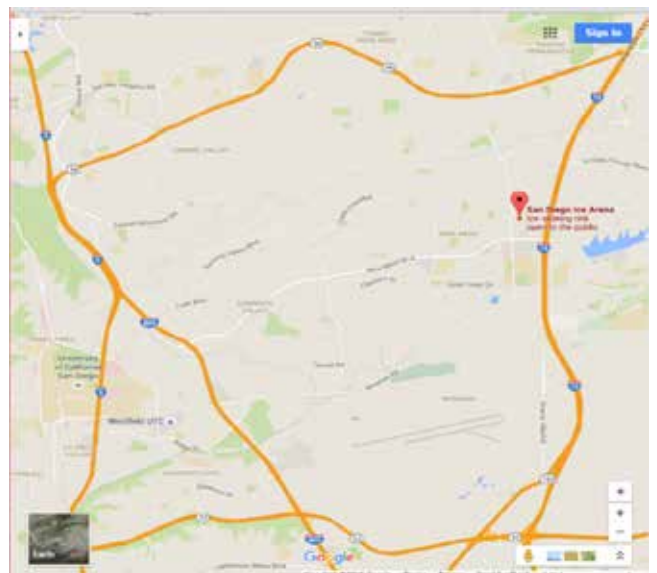
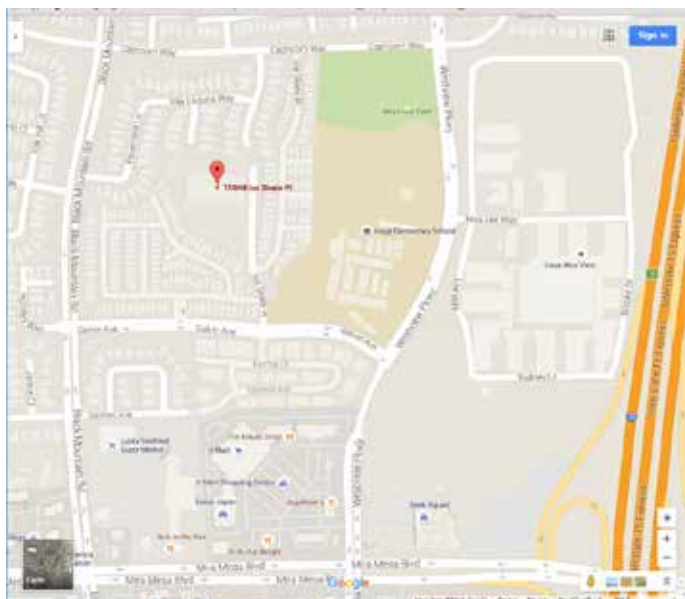
11048 Ice Skate Place,
San Diego, CA 92126

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





U.S. Figure Skating Non-qualifying Competitions

EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 6

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

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

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:00 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left



U.S. Figure Skating Non-qualifying Competitions

EVENT: Basic Program Event: SNOWPLOW SAM – BASIC 6

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

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

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> • Forward one-foot glide, either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive • Forward slalom • Beginning backward one-foot glide, either foot • Moving forward to backward two-foot turn on a circle
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Backward one-foot glides, right and left • Forward outside edge on a circle, clockwise or counter clockwise • Forward crossovers, 4-6 consecutive, both directions • Beginning two-foot spin, 2-4 revolutions • Backward ½ swizzle pumps on a circle, one direction only
Basic 5	1:10 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, both directions • Advanced two-foot spin, 4-6 revolutions • Forward outside three-turn, right and left • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Forward spiral on a straight line, right or left • Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry • T-stop, right or left



U.S. Figure Skating Non-qualifying Competitions

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



U.S. Figure Skating Non-qualifying Competitions

EVENT: Pre-Free Skate – Free Skate 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 steps and transitions should be demonstrated throughout the program.

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

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



U.S. Figure Skating Non-qualifying Competitions

EVENT: Compete USA Showcase Events

Format: Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.

General event parameters:

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judge's mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint, for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on www.usfigureskating.org under "Programs" on the National Showcase page.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate- Free Skate 6	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.



U.S. Figure Skating Non-qualifying Competitions

EVENT: SINGLES SHORT PROGRAM - 2019-20 Singles Short Program Elements

The short program events listed below will be skated. Athletes and coaches are responsible for going to the U.S. Figure Skating website/rulebook for rules, program length, etc.

- A. Senior Short Program – Rule 6411
- B. Junior Short Program – Rule 6421
- C. Novice Short Program – Rule 6431
- D. Intermediate Short Program – Rule 6441
- E. Juvenile Short Program – Rule 6451

[2019-20 Short Program Elements](#)

EVENT: Well Balanced Program Free Skate - Singles

General event parameters: Skaters may not enter both a Well Balanced Free Skate event and an Excel Program event at the same non-qualifying competition.

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.

- A. Senior Free Skate Program – Rule 6412
- B. Junior Free Skate Program – Rule 6422
- C. Novice Free Skate Program – Rule 6432
- D. Intermediate Free Skate Program – Rule 6442
- E. Juvenile/ Open Juvenile Free Skate Program – Rule 6452
- F. Pre-Juvenile Free Skate Program – Rule 6461
- G. Preliminary Free Skate Program – Rule 6471
- H. Pre-Preliminary Free Skate Program – Rule 6481
- I. No Test (Surfer) Free Skate Program – Rule 6491
- J. Pairs Free Skate Program – Rule 5250

[2019-20 Free Skate Requirements](#)

EVENT: Adult Free Skate

General event parameters:

1. Skaters may not enter both a Well Balanced Free Skate event and an Excel Program event at the same non-qualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
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.

- A. Championship Adult Gold & Adult Gold Free Skate – Rule 6531
- B. Championship Adult Silver & Adult Silver Free Skate – Rule 6541
- C. Adult Bronze Free Skate – Rule 6551
- D. Adult Pre-Bronze Free Skate – Rule 6561

[2018-19 Adult Free Skate Requirements](#)





U.S. Figure Skating Non-qualifying Competitions

EVENT: 2018-2019 Excel Free Skate

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same non-qualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. Level will be determined by the highest Free Skate test passed at the close of entries. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.

Pre-Juvenile events and above will be run as IJS

Events below Pre-Juvenile will be run as 6.0

For events is run as 6.0, 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

- A. Excel Senior
- B. Excel Junior
- C. Excel Novice
- D. Excel Intermediate
- E. Excel Juvenile Plus
- F. Excel Juvenile
- G. Excel Pre-Juvenile Plus
- H. Excel Pre-Juvenile
- I. Excel Preliminary Plus
- J. Excel Preliminary
- K. Excel Pre-Preliminary
- L. Excel High Beginner (a.k.a. Star Fish)
- M. Excel Beginner (a.k.a. Sand Castles)

[2018-19 Excel Program Requirements](#)





U.S. Figure Skating Non-qualifying Competitions

EVENT: Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may include Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel or double Salchow 2. Single or double jump 3. Jump combination – single/single (may include Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double Salchow or double toe loop 3. Jump combination – single/single or double/single (may include single Axel)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Double toe loop or double loop 3. Jump combination – double/single or double/double (may include single Axel)



U.S. Figure Skating Non-qualifying Competitions

EVENT: Spins Challenge

General event parameters:

1. Spins may be skated in any order. Connecting steps are allowed but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
2. All events are skated on ½ ice.
3. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3 revs) 2. Upright back spin (3 revs) 3. Sit spin (3 revs)
High Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (4 revs) 2. Upright spin with change of foot (3 revs on each foot) 3. Sit spin (3 revs)
No-Test	1:30 max.	<ol style="list-style-type: none"> 1. Upright spin with change of foot (3 revs on each foot) 2. Sit spin (3 revs) 3. Camel spin (3 revs)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Spin with one change of position and no change of foot (6 revs) 2. Backward sit spin (3 revs) 3. Camel spin (4 revs)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 1. Spin with one change of foot and one change of position (min. 3 revs each foot) 2. Combination sit spin with change of foot (min. 3 revs each foot) 3. One position spin – skater’s choice (upright, sit or camel), (4 revs)
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> 1. Backward entry Camel spin (4 revs) 2. Combination spin – All 3 basic positions are required (camel, sit, upright), (2 revs in each position) 3. Forward to backward scratch spin (min 4 revs per foot)
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> 1. Sit spin (4) 2. Combination spin – with change of foot; all 3 basic positions required 2 revs in each position (min. 4 revs per foot) 3. Girls – layback spin (6 revs); Boys – camel spin (5 revs)
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Flying camel spin-basic camel position required (5 revs) 2. Sit spin to backward sit spin-basic sit position required (4 revs per foot) 3. Combination spin – change of foot & all 3 basic positions required (2 revs in each position & min 5 revs per foot)



U.S. Figure Skating Non-qualifying Competitions

EVENT: Showcase Events

- **Light Entertainment Events**

Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Props and Scenery are permitted

- **Dramatic Entertainment Events**

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.
- Props and scenery are permitted

- **General event parameters:**

1. Level will be determined by the highest free skate **or** dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline
3. Current guidelines and procedures for non-qualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.
4. Showcase disciplines (Light & Dramatic) maybe combined at the discretion of the referee.
5. Depending on the number of entries, boys and girls may compete against each other in Showcase events.



U.S. Figure Skating Non-qualifying Competitions

EVENT: Showcase Events – ALL Events

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
(Beginner) (High Beginner)	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 max.

Event	Must meet requirements*	Must not have passed	Age	Time
No Test <small>(does not qualify for National Showcase)</small>	Must have passed Free Skating or Dance test (solo or partnered standard track)	Free Skate or Dance (solo or partnered) Test or higher		
No Test <small>(does not qualify for National Showcase)</small>	No Free Skate test passed	Pre-Preliminary Free Skate OR Any Free Dance	No age restriction	1:30 max
Pre-Preliminary <small>(does not qualify for National Showcase)</small>	Pre-Preliminary Free Skate	Preliminary Free Skate OR Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre-Juvenile	Pre-Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance		2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max

2019 Skate La Grande

Event	Must meet requirements*	Must not have passed	Age	Time
Adult Pre-Bronze <small>(does not qualify for National Showcase)</small>	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre-Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre-Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance Silver Free Dance (Prior to 9/2/2000) 3rd Figure Test (prior to 10/1/77) OR 8th Figure Test (10/1/77-9/30/79)		21 and older	2:10 max

* For the US Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete; rules 2540-2552 apply; and the same level must be chosen for all showcase events at the competition (for example, a skater may not compete in Masters Dramatic Entertainment and Adult Gold Light Entertainment events at the same competition). Adult athletes wishing to be grandfathered into a higher level based on participation at the Adult Championships or National Showcase prior to 4/30/17 may make this request to the National Vice Chair for National Showcase. For all other competitions, skaters must compete at their test level or one level higher, per the above chart. For Basic Skills levels and events, please refer to the U.S. Figure Skating Compete USA Competition Manual for Showcase event levels, elements, qualifications, program lengths and descriptions. For events offered, refer to the competition announcement.