

In-House Basic Skills Competition
Lloyd Center Ice Rink
953 Lloyd Center
Portland, OR 97232
503-288-6073

Dear Parents and Skaters of LCIR,

You are cordially invited to participate in our annual In-House Basic Skills Competition, to be held on Saturday, May 11th, 2013, at Lloyd Center Ice Rink. This event is open to all registered skaters of the U.S. Figure Skating Basic Skills Program, members of the Portland Ice Skating Club, and patrons of Lloyd Center Ice Rink.

This Basic Skills competition will follow the event structure as outlined in U.S. Figure Skating's Basic Skills Competition Manual. USFS events will be judged according to the rules and regulations set forth in the U.S. Figure Skating Basic Skills Manual.

Rink dimensions are 175 x 75, with three rounded corners and one square corner.

Events

Events to be held are as follows:

Snowplow Sam – Basic 8 Elements

Basic 1-8 Freeskate

Freeskate 1-6 Compulsories

Freeskate 1-6 Freeskate

No-Test, Pre-Preliminary, Preliminary Freeskate

Adult 1-4, Adult Pre-Bronze, Adult Bronze

Artistic

Showcase, Snowplow Sam – Preliminary levels

Duet/Mini Ensemble Showcase, Snowplow Sam – Preliminary levels

Interpretive, Snowplow Sam – Preliminary levels

Shoot the Duck Event

Music

Music must be on CD and provided by the skater or coach to be turned in at registration. No cassette tapes will be accepted. A backup copy should be immediately available in the event that the skater's music not play. The CD

must be clearly labeled with the competitor's name, age, event, total playing time, and the skater's coach. Lloyd Center Ice Rink is not responsible for damage, breakage, or loss of CD s but will take every precaution to ensure their safety. Any CD not picked up at the end of the competition are not the responsibility of Lloyd Center Ice Rink and may be discarded.

Entries:

Entries must be received by and no later than **April 15th, 2013.** Entries received after April 15th are subject to a \$20.00 late fee and are accepted at the discretion of the Competition Committee and management.

Entries and payment can be turned in at the proshop. Entries may also be mailed to our address:

Lloyd Center Ice Rink
ATTN: Competition Committee
953 Lloyd Center
Portland, OR 97232

Incomplete entry forms will not be accepted.

Fees:

Fees are as follows:

\$35 first event

\$10 each additional

\$15 per person for Duet/Ensemble events

There is a \$25 fee for all returned checks, and all fees must be paid in full before the skater is allowed to compete.

Refunds

There will be no refunds unless an event is canceled by the competition committee for lack of participants.

Events and Schedule

An official competition schedule will be posted no later than one week prior to the competition date.

Awards

Medals will be awarded for 1st through 4th place. Ribbons will be awarded for 5th and 6th place. The awards table will be located on the upper area of the rink, next to the Ice Cafe.

Videotaping and Photography

A professional videographer and photographer will be at the competition. Any other professional videotaping and photography is prohibited. Only hand-held videotaping devices will be allowed, without tripod, and is only permissible outside of rink. **ANY VIDEOTAPING OR PHOTOGRAPHING OF ANY OTHER SKATER OTHER THAN YOUR OWN IS STRICTLY PROHIBITED.**

In an effort to promote good sportsmanship, ALL award winners are strongly encouraged to pose for a group picture, even if you do not plan to purchase a picture.

For safety reasons, flash photography is prohibited.

Eligibility

Eligibility will be based on the skill level as of **April 15th, 2013**. All **Snowplow Sam and Basic Skills 1-8** skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For the **Free skate 1-6 and 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.

Adult events are open to skaters 21 and over.

Registration

A registration table will be located on the upper level of the ice rink directly across from the Ice Cafe. Skaters should arrive NO LATER than one hour prior to their scheduled event and should check-in upon arrival. Music should be turned in at this time. Music will be available for pickup at the registration desk one hour after the skater's event.

For further information regarding this announcement, please contact:

Terri Clements

terrclements@yahoo.com

Sarah DeSemples

503-380-7338

Dodi Teachman

503-288-6073 msg

RINK: 503-288-6073

Lloyd Center Ice Rink
Basic Skills In-House Competition
May 11th, 2013

Name	Phone	Alternate Phone	
Address	City	State	Zip
Female / Male (circle)	Age on 04/15/2013	Birth Date	Email Address
Highest Levels Passed:	Basic Skills	Free Skate	Moves in the Field
USFS Club or Basic Skills Program	USFS Number	Coach's Name	Coach's Phone

Please check the event(s) you are entering:

Basic Elements:

☐ Snowplow Sam
☐ Basic 1 ☐ Basic 5
☐ Basic 2 ☐ Basic 6
☐ Basic 3 ☐ Basic 7
☐ Basic 4 ☐ Basic 8

Free Skate Compulsory:

☐ Free Skate 1
☐ Free Skate 2
☐ Free Skate 3
☐ Free Skate 4
☐ Free Skate 5
☐ Free Skate 6

Basic Program:

☐ Snowplow Sam
☐ Basic 1 ☐ Basic 5
☐ Basic 2 ☐ Basic 6
☐ Basic 3 ☐ Basic 7
☐ Basic 4 ☐ Basic 8

Free Skate:

☐ Free Skate 1
☐ Free Skate 2
☐ Free Skate 3
☐ Free Skate 4
☐ Free Skate 5
☐ Free Skate 6

Adult Free Skate

☐ Adult 1-4
☐ Adult Pre-Bronze
☐ Adult Bronze

Well-Balanced Program:

☐ No Test
☐ Pre-Preliminary
☐ Preliminary

Showcase:

☐ Snowplow Sam
☐ Basic 1 ☐ Basic 5
☐ Basic 2 ☐ Basic 6
☐ Basic 3 ☐ Basic 7
☐ Basic 4 ☐ Basic 8
☐ Free Skate 1 ☐ Free Skate 5
☐ Free Skate 2 ☐ Free Skate 6
☐ Free Skate 3 ☐ Adult 1-4
☐ Free Skate 4 ☐ Adult Pre-Bronze
☐ No Test ☐ Adult 1-4
☐ Pre-Preliminary ☐ Adult Bronze
☐ Preliminary

Interpretive:

☐ Snowplow Sam
☐ Basic 1 ☐ Basic 5
☐ Basic 2 ☐ Basic 6
☐ Basic 3 ☐ Basic 7
☐ Basic 4 ☐ Basic 8
☐ Free Skate 1 ☐ Free Skate 5
☐ Free Skate 2 ☐ Free Skate 6
☐ Free Skate 3 ☐ Free Skate 7
☐ Free Skate 4 ☐ Free Skate 8
☐ No Test ☐ Adult 1-4
☐ Pre-Preliminary ☐ Adult Pre-Bronze
☐ Preliminary ☐ Adult Bronze

Duets, Mini production ensembles

Level _____

Partner name(s) _____

Please turn in group entries together, stapled, with payment.

Shoot-the-Duck Event: yes/no (circle one) Level: _____

Basic Skills In-house Competition – continued

Certification of the Competitor

The competitor is eligible to enter the event(s) checked. It is agreed that the competitor skates this competition at his / her own risk. The competitor and family hereby release Lloyd Center Ice Rink, Portland Ice Skating Club, and contractors from all liabilities. The competitor and family also agree that any photographs or videos taken by USFS, Lloyd Center Ice Rink, or any authorized party may be used by USFS or Lloyd Center Ice Rink for promotional purposes.

Competitor Signature: _____ Date: _____

Parent / Guardian Signature: _____ Date: _____

Instructor / Coach Signature: _____ Date: _____

Club Officer / Program Director Signature: _____ Date: _____

Entry Fee is \$35 for the First Event, \$10 for each additional event

First Event \$35 \$ _____

Each Additional Event \$10 x # of events _____ \$ _____

TOTAL \$ _____

The completed entry form with fees must be postmarked no later than April 15, 2013.
Late entries, if accepted, will be charged a \$20 late fee.

Make check or money order payable to Lloyd Center Ice Rink
Returned check fee is \$25.00

To pay with a credit card: ☐ Visa ☐ Mastercard

Credit Card Number Expiration Date 3-Digit Verification Code

Name on Card (please print) Signature

Mail check and completed entry form to: Lloyd Center Ice Rink
Attn: Competition Committee
953 Lloyd Center
Portland, OR 97232

BASIC ELEMENTS EVENT: SNOWPLOWSAM – BASIC 8

Format: Each skater will perform one element at a time in the order listed below (no excessive connecting steps).

- To be skated on 1/3 to 1/2 ice
- No music
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<u>Snowplow Sam 1 – 3:</u> <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 	<u>Basic 5:</u> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossover 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
<u>Basic 1:</u> <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 	<u>Basic 6:</u> <ol style="list-style-type: none"> 1. Standstill forward inside three-turn – R & L 2. Bunny Hop 3. Forward spiral on a straight line – R & L 4. Lunge – R or L 5. T-stop – R or L
<u>Basic 2:</u> <ol style="list-style-type: none"> 1. Forward one foot glide – either foot 2. Forward alternating 1/2 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 	<u>Basic 7:</u> <ol style="list-style-type: none"> 1. Standstill forward inside open Mohawk – R to L and L to R 2. Ballet Jump – either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
<u>Basic 3:</u> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward 1/2 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 	<u>Basic 8:</u> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three-turns R & L 2. Waltz jump 3. Mazurka – either direction 4. 1 Combination move – clockwise <u>or</u> counterclockwise – two forward crossovers into FI 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
<u>Basic 4:</u> <ol style="list-style-type: none"> 1. Standstill forward outside three-turn – R & L 2. Forward outside edge on a circle clockwise or counterclockwise 3. Forward crossovers 4 – 6 consecutive both directions 4. Backward stroking – 4 – 6 strokes 5. Backward snowplow stop – R or L 	

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 .2 deduction will be taken for each element performed from a higher level
- Time: 1:00 +/- 10 seconds

<u>Snowplow Sam 1-3:</u> <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. Backward wiggles 2 – 6 in a row 4. Forward snowplow stop 	<u>Basic 5:</u> <ol style="list-style-type: none"> 1. Backward crossovers 4 – 6 consecutive in 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
<u>Basic 1:</u> <ol style="list-style-type: none"> 1. Forward two foot glide and dip 2. Forward two foot swizzles 6 – 8 in a row 3. Backward wiggles 6 – 8 in a row 4. Forward snowplow stop 	<u>Basic 6:</u> <ol style="list-style-type: none"> 1. Standstill forward inside three-turn – R & L 2. Bunny Hop 3. Forward spiral on a straight line R or L 4. Lunge – R or L 5. T-stop – R or L
<u>Basic 2:</u> <ol style="list-style-type: none"> 1. Forward one foot glide – either foot 2. Two foot turn in place – forward to backward 3. Backward two foot swizzles 6 – 8 in a row 4. Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot 5. Moving snowplow stop 	<u>Basic 7:</u> <ol style="list-style-type: none"> 1. Standstill forward inside open Mohawk – R to L and L to R 2. Ballet Jump – either direction 3. Back crossovers to a back outside edge landing position clockwise and counterclockwise 4. Forward inside pivot
<u>Basic 3:</u> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise 4-6 consecutive 3. Backward one foot glide – either foot 4. Forward slalom 5. Two foot spin – minimum three revolutions 	<u>Basic 8:</u> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three-turns R & L 2. Waltz jump 3. Mazurka in either direction 4. 1 Combination move – clockwise or counterclockwise – two forward crossovers into FI 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
<u>Basic 4:</u> <ol style="list-style-type: none"> 1. Forward crossovers 4 – 6 consecutive both directions 2. Standstill forward outside three-turn – R & L 3. Backward stroking – 4-6 strokes 4. Backward snowplow stop 	

FREE SKATE 1-6 COMPULSORY EVENT

Format: In simple program form, using a limited number or 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

<u>Free skate 1 Compulsory:</u> <ol style="list-style-type: none"> 1. Advanced forward stroking – 4-6 consecutive 2. Backward outside three-turns R & L 3. One-foot upright scratch spin from backward crossovers – minimum three revolutions 4. Waltz jump from backward crossovers 5. Half flip jump 	<u>Free skate 4 Compulsory:</u> <ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive sets– R or L 2. Sit spin – minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump combination
<u>Free skate 2 Compulsory:</u> <ol style="list-style-type: none"> 1. Forward outside or inside spiral – R or L 2. Waltz Three's – R or L, 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 	<u>Free skate 5 Compulsory:</u> <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
<u>Free skate 3 Compulsory:</u> <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Backward inside three-turns, R & L 3. Back spin – minimum three revolutions 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop jump combination 	<u>Free skate 6 Compulsory:</u> <ol style="list-style-type: none"> 1. Five step Mohawk sequence – 1 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

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 element is executed, or 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 .2 deduction will be taken for each element performed from a higher level
- Time: 1:30 +/- 10 seconds

Free skate 1	Free skate 4
<ol style="list-style-type: none"> 1. Advanced forward stroking 4-6 strokes 2. One-foot upright scratch spin from back crossovers- minimum three revolutions 3. Waltz jump from back crossovers 4. Half flip jump 	<ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive sets R or L 2. Sit spin – minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump combination
Free skate 2	Free skate 5
<ol style="list-style-type: none"> 1. Forward outside spiral R or L 2. Beginning back spin – minimum two revolutions 3. Waltz jump, side toe hop, waltz jump sequence 4. Toe loop jump 	<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 3	Free skate 6
<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 	<ol style="list-style-type: none"> 1. Camel/sit spin combination – minimum four revolutions total 2. Split or stag jump 3. Waltz jump/ ½ loop/ Salchow jump sequence 4. Lutz jump

Well-Balanced Program Requirements

U.S Figure Skating rulebook requirements

LEVEL	Jump Elements	Spins	Steps	Qualifications
No Test #4280 Times Vary 1:00 – 1:30 +/- 10 Refer to announcement	<p style="text-align: right;">Max 5</p> <p>Single Jumps (no Axel) Max 2 combos or sequences. Combos limited to 2 jumps. Number of jumps in sequence is limited to a max of 3 single jumps (half-loop is not considered a single jump).</p>	<p style="text-align: right;">Max 2</p> <p>Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.</p>	<p style="text-align: right;">Max 1</p> <p>Must use one half the ice surface.</p>	<p>May <u>not</u> have passed any official U.S. Figure Skating free skate tests.</p>
Pre-Preliminary #4270 Time: 1:30 +/- 10	<p style="text-align: right;">Max 5</p> <p>Single Jumps only (Axel permitted) Max 2 combos or sequences. Combos limited to 2 jumps. Number of jumps in sequence is limited to a max of 3 single jumps (half-loop is not considered a single jump). Axel may be repeated as individual jump, combo, or sequence. Max 2 Axels.</p>	<p style="text-align: right;">Max 2</p> <p>Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.</p>	<p style="text-align: right;">Max 1</p> <p>Must use one half the ice surface.</p>	<p>Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test.</p>
Preliminary #4260 Time: 1:30 +/- 10	<p style="text-align: right;">Max 5</p> <p>1 Axel or Waltz jump type jump. Max 2 combos or sequences. Combos limited to 2 jumps. Number of jumps in sequence is limited to a max of 3 single/double jumps (half-loop is not considered a single jump). Only 2 different double jumps may be attempted (double Salchow, toe or loop only). Axel and no more than 2 different double jumps may be repeated as individual jumps, combos, or in sequences. Max of 2 Axels or any double jump.</p>	<p style="text-align: right;">Max 2</p> <p>Spins must be a different nature. Minimum three revolutions each. Spin may change feet, position and start with a fly.</p>	<p style="text-align: right;">Max 1</p> <p>Must use one half the ice surface.</p>	<p>Must have passed no higher than U.S. Figure Skating Preliminary free skate test.</p>

ADULT EVENTS

Adult 1-4 Free Skate, Pre-Bronze and Bronze:

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

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.
- A .2 deduction will be taken for each element performed from a higher level.
- Time 1:30 +/- 10 seconds unless otherwise noted.

Adult 1 <ol style="list-style-type: none"> 1. Backward swizzles 2. Forward one-foot glides, one time skater's height: R & L 3. Two-foot turns 4. Snowplow stops: R or L 5. Forward curves on two feet 	Adult 2 <ol style="list-style-type: none"> 1. Forward stroking 2. Forward crossovers, clockwise and counter clockwise 3. Backward one-foot glide: R or L 4. Forward pivot 5. Forward Chasses on a circle
Adult 3 <ol style="list-style-type: none"> 1. Backward crossovers, clockwise and counter clockwise 2. Inside Mohawk, wither direction 3. Backward snowplow stops: R and L 4. Forward progressives 5. Beginning two-foot spin 	Adult 4 <ol style="list-style-type: none"> 1. Forward three turns, outside or inside: R & L 2. Alternate backward crossovers with two-foot transition 3. Footwork sequence: 3-5 forward crossovers to an inside Mohawk; 3-5 backward crossovers; step forward inside the circle 4. Power three turns: one direction only 5. Backward Chasses on a circle
Adult Pre-Bronze: Must have passed no higher than adult pre-bronze free skate test or pre-pre free skate test. Time: 1:40 max Refere to the current U.S. Figure Skating Rulebook #4600 for specific requirements.	Adult Bronze: Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 max Refere to the current U.S. Figure Skating Rulebook #4590 for specific requirements.

ARTISTIC/SHOWCASE EVENTS

Artistic and Showcase events are open to skaters in Basic, Free Skate, No-Test through Preliminary and Adult Bronze. 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 skaters 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.

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 by unaided ensemble contestants within two minutes for removal. A .2 deduction will be assessed by the referee against each judges' 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 and artistic 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.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

*For specific guidelines regarding the conduct of Showcase or Artistic competitions, refer to the Nonqualifying Showcase Guidelines posted on www.usfigureskating.org.

Artistic/Showcase categories include:

- Artistic Events: Showcase program utilizing emotional qualities from either dramatic or light entertainment or a combination of both.
- 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.
- Mini production ensembles: Theatrical performances by three to seven competitors.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum.	May not have passed any higher than Basic 8 level.	Time: 1:00 Max
Freestyle 1-6 Adult 1-4	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
No Test/Pre-preliminary/ Adult Pre-Bronze	3 jump maximum. No axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30 Max
Preliminary/Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40 Max

INTERPRETIVE PROGRAM

Competition Format

The Competition Committee will pre-select and edit musical choices appropriate for these events. During warm-up skaters will hear selection of music twice. Following the warm-up all skaters except for the first skater will be escorted to a soundproof area of the rink. The first skater will hear the music one more time and then perform a program to the music. As each skater performs the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

Levels:

Levels will be broken by ability with ages divided appropriately.

Judging Rules:

Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

Music Duration: Snowplow Sam – Basic 8: 1 min
Free Skate 1-6 through No Test: 1:15
Pre-preliminary – Preliminary: 1:30

Coaching:

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

SHOOT THE DUCK EVENT

Skaters will be divided by level. Judges will time each skater's shoot-the-duck. Timing will begin as soon as the skater is in their lowest shoot-the-duck position. Timing will end when the skater either falls or puts their free foot on the ice. The winner is determined by the skater with the longest shoot-the-duck time.