## 49th ANNUAL



# MARCH 11-14, 2021

# South Suburban Sports Complex 4810 E County Line Road, Littleton, CO 80126

Special Covid-19 statement: DI 2021 and the South Suburban Sports Complex Center will be complying with all Federal, State, and Local regulations and any additional public health notices in place at the time of DI 2021, including recommendations from US Figure Skating. Masks will be required for entry to the facility. Additional requests concerning health screening and limiting spectators may be necessary and that will be communicated to the competitors by March 1st, 2021. Depending upon entries and current health recommendations, the LOC will evaluate whether the competition will be cancelled. If cancelled, a full refund will be issued. This information will be communicated by February 15th, 2021.

Entries due February 3, 2021 -- Online registration only! (\$15 early bird discount if you register by Jan 13th, 2021)

### Participating Competition:







\*\* EMS ONLINE REGISTRATION & SECURE PAYMENT \*\*
www.denverfsc.org

For further information please contact:

Lisa May: Dl@denverfsc.org, 720-272-0290 or visit www.denverfsc.org/competitions

Denver Invitational 2021 will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the <u>current rulebook</u>, as well as any pertinent updates which have been posted on the U.S. Figure Skating <u>website</u>. Requirements will be those designated for the 2020-2021 competitive season however ALL Short Programs will follow the rules for 2021-2022.

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

#### **SERIES INFORMATION**

DI 2021 has been approved by U.S. Figure Skating as part of the 2021 Excel Series, 2021 Synchronized Series and 2021 Skate Colorado Compete USA Series.

#### **ELIGIBILITY/TEST LEVEL:**

Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate up one or two levels above that for which they qualify, but they may not skate down in any event. Not all events need to be skated at the same level.

#### Age restrictions/requirements

Singles free skate events (Well Balanced Program) have the following requirements.

- Juvenile: Girls 12 years of age or younger; Boys 13 years of age or younger
- Open Juvenile: Girls 13 years of age or older; Boys 14 years of age or older
- Intermediate must be under the age of 18
- Adults must be 21 years of age or older

Skaters entering pre-juvenile and lower events will be divided as closely as possible by age, should the number of entries warrant more than one group.

Adult Events: Age classes for all free skate, dramatic & light entertainment events:

- Young Adult: 18 years through 20 years
- Class I: 21 years through 35 years
- Class II: 36 years through 45 years
- Class III: 46 years through 55 years
- Class IV: 56 years through 65 years
- Class V: 66 years and older

Age classes for all solo free dance and solo pattern dance events:

- Young Adult/Class I/II: 18 years through 45 years
- Class III/IV/V: 46 years and older

All age classes may be divided or combined depending on the number of entries and at the discretion of the chief referee and/or the competition committee. Men and ladies will be combined in Adult 1 through adult bronze free skate events (based on the <u>Adult Competition Series rules</u>), and all levels of compulsory moves, solo dance, solo free dance, jumps, spins and dramatic/light entertainment events. Men and ladies will not be combined in adult silver and higher free skate events. Athletes in adult silver and higher free skate events with no competitor of the same gender in another age class will be offered the opportunity to skate an exhibition for first place, skate up to the next higher level (if this provides a competitor) or be issued a refund. The chief referee reserves the right to request proof of age.

#### **SCHEDULE**

Competitors may be scheduled on any day or time during the announced dates of the competition. The competition and practice ice schedule will be available after the close of entries. All participants will be notified via email once available. Information will also be posted at <a href="https://www.denverfsc.org/competitions">www.denverfsc.org/competitions</a>.

#### **ENTRIES**

Entries must be <u>entered online by 11:59pm MST on February 3, 2021</u>. Online registration through <u>EMS</u> with credit card only. Each transaction includes a 3% credit card fee. Late entries and changes to your entry after this date will be accepted at the discretion of the Chief Referee and will be assessed a \$25.00 fee.

Early Bird Discount: Entries registered by 11:59pm MST on January 13, 2021 will receive a \$15 discount.

#### **ENTRY FEES**

COVID-19: All first event fees include a non-refundable fee of \$40. This fee is to help offset the expense associated with hosting this event with the CDC, state and county guidelines and requirements. If the competition is cancelled due to COVID-19, this surcharge will be refunded.

EVENT TYPE	ENTRY FEE	COMMENTS
First IJS Event	\$165	Not-Combined Events
First IJS Event	\$200	Combined Solo Dance \$200
Additional IJS Event	\$65	
First 6.0 Event	\$145	
Additional 6.0 Event	\$50	
All 3 <sup>rd</sup> (or more) Events	\$35	
First Compete USA (Basic Skills) Event	\$110	
Each Additional Compete USA Event	\$35	
Synchronized Skating	\$160/team + \$5/skater	Single Event
Synchronized Skating	\$265/team + \$5/skater	Combined Event (Jr & Sr teams only)
Early Bird Discount	-\$15	Registered by Jan 13, 2021
Late Fee/Change Fee	\$25	Late registration or change after Feb 3 <sup>rd,</sup> 2021
PPC/Music upload Fee	\$10	PPC and/or Music not submitted by March 1st

#### EMS REGISTRATION (non-synchro events)

- 1. Go to <a href="https://m.usfigureskating.org">https://m.usfigureskating.org</a>
- 2. Enter your U.S. Figure Skating or if Compete USA events are offered, your Learn to Skate USA member number and password
  - a. If you need assistance with your member number and password, contact Member Services at <a href="memberservices@usfigureskating.org">memberservices@usfigureskating.org</a>.
- 3. Click EMS then "Competition Registration"
- 4. Choose "2021 Denver Invitational" or "2021 Denver Invitational (Synchro Events)" from the list of non-qualifying competitions.
  - a. If you need assistance completing registration, contact <a href="mailto:productsupport@usfigureskating.org">productsupport@usfigureskating.org</a>

#### **PARTNERED EVENTS** - Shadow Dance/Artistic Duets

Only one partner will complete registration for the team. The registered partner is responsible for managing all aspects of the competition for the team including music/PPC upload & practice ice,

#### EMS REGISTRATION (synchro events)

- 1. Go to <a href="https://m.usfigureskating.org">https://m.usfigureskating.org</a>.
- 2. Team managers and coaches have access to registration.
  - a. Use your personal member number and password to login.
- 3. Click the **BLUE** "EMS Event Management System" button.
- 4. Choose "Competition Registration Teams" from the menu.
- 5. Select them team you would like to register for competition.
- 6. Click the REGISTER NOW button for Foot of the Lake Synchro.

**NOTE**: Only the competitions for which your team(s) are eligible will appear.

- 7. Walk through the on-screen registration process which will include:
  - a. Team Verification: confirm the team's information is accurate.
  - b. Registration Overview: review general information about the competition.
  - c. Event Selection: Confirm the event you are registering the team for is accurate.
  - d. <u>Competition Roster Selection</u>: Click the "Add Skaters" link. The screen will display all skaters listed in your Main Roster. Check the box next to a skater's name to add them to the competition roster.
  - e. <u>Coach Information</u>: Click the "**Add Coaches**" link. The screen will display all coaches listed in your Team Profile. Check the box next to a coach's name to add them. Only the coaches who will be attending this competition should be listed. This information can also be updated from your EMS Team Portal. You will only be able to add coaches who are listed in your Team Profile.

- f. <u>Team Service Personnel Information</u>: Click the "**Add Team Service Personnel**" to add attending team service personnel. The screen will display team managers and team service personnel listed in your Team Profile. Check the box next to a name to add them. Only the team service personnel who will be attending this competition should be listed. This information can also be updated from your EMS Team Portal. You will only be able to add team service personnel who are listed in your Team Profile.
- 8. Payment via credit card will be required to complete your registration as it is the only accepted form of payment for registration in EMS. Registrations are not considered complete until an invoice confirmation via email has been received. A 3% processing fee will be assessed at check-out.

**NOTE**: Payment must be submitted individually for each team's registration. If you are planning on registering multiple teams in a short period of time, it is recommended that you contact your credit card company to prevent anti-fraud systems from being activated.

#### **MANDATORY ATHLETES:**

Athletes age 18+ as of the competition start date who will be competing on a team (i.e. synchro, dance, pairs, shadow dance, theatre, etc.) with at least one minor athlete must complete SafeSport training.

Minor Athletes who turn 18 mid-season are encouraged to seek parental consent to take the online SafeSport training early to avoid any disruptions in their ability to participate as the training is required upon turning 18. The athlete will not be SafeSport compliant until they have completed the training and their Members Only portal reflects completion. Please email <a href="mailto:safesport@usfigureskating.org">safesport@usfigureskating.org</a> for instructions or questions regarding parental consent.

#### **REFUND POLICY**

Entry fees will not be refunded after February 3, 2021 unless no competition exists. Two entries will constitute an event. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Depending upon entries and current health recommendations due to COVID-19, the LOC will evaluate whether the competition will be cancelled. If cancelled, a FULL refund will be issued, less any credit card processing fees. The decision to cancel will be made by February 15, 2021 and will be communicated to all registrants.

#### **FACILITIES**

The competition will be held at the brand new South Suburban Sports Complex. The sports complex has three indoor surfaces, 85' x 200', with rounded corners. Depending on COVID restrictions, a snack bar and full restaurant are available and vendors will be set up.. Two of the three ice surfaces have spectator seating. Within a few miles of the Sports Complex are several malls with many retail shops and restaurants.

#### MUSIC

Competitors participating in events with music are required to upload their music to EMS no later than **March 1, 2021 by 11:59pm MST.** After this date, skaters will be locked out of this feature and subject to a **\$10 late fee.** The late fee will automatically be added to each skater's cart who doesn't meet this requirement by the deadline. Late fees will not be removed under any circumstances and must be paid prior to receiving the skater credential onsite.

#### MUSIC CRITERIA:

- File Format: MP3
- Bit Rate: 192 kbps or higher and Sample Rate: 44,100 kHz
- Leaders and trailers (the silence or "dead space" before and after the actual start and end of the program music) may not exceed two (2) seconds. We prefer that there be NO leaders or trailers at all. Excessive leaders and trailers may disrupt the playing of the music during competition.

Competitors must bring a copy of their competition music on phone/tablet as a backup in case of technical difficulties and must be available rink side during the competition. CDs will not be accepted.

#### PLANNED PROGRAM CONTENT (PPC)

Competitors participating in IJS events are required to submit PPC in EMS no later than **March 1, 2021 by 11:59pm MST.** After this date, skaters will be locked out of this feature in EMS and subject to a **\$10 late fee**. The late fee will automatically be added to each skater's cart who doesn't meet this requirement by

the deadline. Late fees will not be removed under any circumstances and must be paid prior to receiving the skater credential onsite.

EMS PPC UPLOAD HOW TO: CLICK HERE

If you need assistance, email productsupport@usfigureskating.org

#### **LIABILITY**

U.S. Figure Skating, Denver FSC and the South Suburban Sports Complex 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 DESK**

The registration desk will be open one hour prior to, and during, competition events at South Suburban Sports Complex. Weather permitting, the registration table will be located outside near the main entrance to the arena. Please register/check in promptly upon arrival. Skaters must register at least one hour prior to their first event.

#### **OFFICIAL NOTICES**

An official bulletin board will be maintained near the registration desk at South Suburban Ice Arena. 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 requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

#### **ADVERTISING**

If you are interested in placing an ad in the competition program for your skater, your club, your business, or your upcoming competition please see the advertisement page on our website at denverfsc.org/competitions

#### **PRACTICE ICE**

Practice Ice is 30 min in length. Music will NOT be played. Depending on COVID-19 requirements, practice ice MAY be offered each day of competition but is not guaranteed to be on the day of your event. Maximum of 2 Practice Ice sessions may be requested per skater per eligible event (Max 1 per synchronized team). For Ice Dance, one <u>exclusive</u> practice ice session will be offered. Props are NOT allowed on practice ice sessions.

Compete USA (Basic Skills) Practice Ice is 20 min in length and is available for Free Skate and Compulsory Moves/Elements. Music will <u>NOT</u> be played.

#### **PRACTICE ICE FEES**

	PRE-PURCHASE	OPEN SALES
Practice Ice – 30 min	On or before Feb 3: \$15.00	At Registration: \$20.00 (if space is available)
Compete USA – 20 min	On or before Feb 3: \$12.00	At Registration: \$15.00 (if space available)
Synchronized – 20 min	On or before Feb 3: \$100.00/team	N/A

Once your registration is complete, you can access the Practice Ice/Schedule tab in EMS to prepurchase your credits. Practice sessions will be organized according to level, whenever possible, and limited to 20 skaters or less. Because of COVID-19 limitations, we reserve the right to cancel or change any practice session. Practice Ice will be selected by skater. Practice ice sessions are not refundable once purchased.

#### LOCKER ROOMS AND CHANGING AREAS

Locker rooms and changing areas at U.S. Figure Skating competitive events are for athletes only, will be labeled with regard to specific use and where identified will be gender specific. An exception can be made for athletes 11 years old and younger that will allow for one parent of the same sex to assist their child immediately prior to and after their skating event(s). Please review the Locker Room and Changing

Area Policy and the SafeSport Handbook (both found on the <u>U.S. Figure Skating SafeSport</u> page). Due to COVID-19, please assume that **locker rooms WILL NOT** be available for use. If they become available, an announcement will be made.

#### PHOTOGRAPHY/VIDEOGRAPHY

Local Motion Production will be at the event to live stream events. They will do online sales of action photography and videography. Note, <u>per U.S. Figure Skating policy</u>, photographing and/or recording of any one other than your own skater is strictly prohibited. Please refer to the Basic Ice Usage and Skater Etiquette Information document found in the Club Resource section of Member's Only.

#### **AWARDS**

Presentation of awards will immediately follow the posting of results. Medals will be awarded to  $1^{st} - 4^{th}$  place finishers in all events with the exception of Compete USA (Basic Skills) events which will award medals to  $1^{st} - 6^{th}$  place. In the Solo Dance combined event, and Synchronized combined event, medals will be awarded only for the final combined placement.

#### **TEST CREDIT**

Skaters that meet the requirements for test credit may request their test credit forms at registration. Forms must be picked up at the registration desk prior to the end of the competition. Test Credit packets are \$10.

#### **CRITIQUES**

At this time, we are unable to commit to having critiques at DI 2021. We will add critiques into the schedule if we are able. Critiques would be offered free of charge.

#### **HOSPITALITY**

It is unlikely we will be able to offer Coaches hospitality during the event. If we can, we will surely add it!

#### **IMPORTANT NOTICE FOR ALL COACHES**

To be a credentialed coach at a sanctioned non qualifying competition, coaches must meet the compliance requirements listed below and verified by the U.S. Figure Skating.

#### <u>Coach/Choreographer (domestic/non-foreign):</u>

- Must be a current full member of U.S. Figure Skating either through a member club or as an individual member.
- ✓ If 18 years or older, must submit information for, proper payment of \$30 and successfully pass a background check.
  - The background check will be valid for two seasons, the one in which it was completed plus one additional.
- ✓ <u>If 18 years or older</u>, must complete annual SafeSport Training.
  - The training will be valid for 365 days from date of completion and there is no cost for the training/certification.
- ✓ Must complete the Professional Coach/Choreographer Coaching Education Requirement (CER) through the Professional Skaters Association (PSA).
- ✓ Must submit proof of general liability insurance with limits of \$1 million per occurrence/ \$5 million aggregate.
- ✓ Must agree to the U.S. Figure Skating Code of Ethics.
- ✓ Must complete three waivers: 1) Assumption of Risk, Waiver and Release and Indemnification Agreement, 2) Medical Consent and 3) Name and Likeness Release and Consent Agreement.
- ✓ If attending a qualifying competition or traveling as a part of Team USA and/or International Selection Pool (ISP), must be a full member of the <u>Professional Skaters Association (PSA)</u>.

#### Learn to Skate USA Coach:

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member <u>OR</u> Learn to Skate USA instructor membership
- ✓ If 18 years or older, must submit information for, proper payment of \$30 and successfully pass a background check.
  - The background check will be valid for two seasons, the one in which it was completed plus one additional.
- ✓ If 18 years or older, must complete annual SafeSport Training
  - o The training will be valid for 365 days from date of completion and there is no cost for the training/certification.

✓ Learn to Skate USA Instructor Certification completed OR U.S. Figure Skating compliance coach (details above)

#### Foreign Coach/Choreographer:

✓ Required to present the LOC with a letter from their federation verifying they are a member in good standing.

For more information regarding Coach Compliance, please visit the Coach Compliance page.

#### **CONTACT INFO**

If you have questions, please contact Lisa May: <u>lisa@denverfsc.org</u>, 720-272-0290 All schedules & updates will be posted to our website <u>www.denverfsc.org/competitions</u>

#### **OFFICIAL HOTEL**

Comfort Suites Highlands Ranch 7060 E County Line Road Highlands Ranch, CO 80126

call: 303-770-5400 - ask for the 2021 Denver Invitational rate

Nightly Rate: \$68.00/room

Only 1 mile from the South Suburban Sports Complex!

#### **COMPETITION EVENTS**

**SERIES INFORMATION**: DI 2021 has been approved by U.S. Figure Skating to be part of the 2021 Excel Series, 2021 Synchronized Series.

Events offered at the 2021 Denver Invitational have been limited based on COVID-19 and include only the events listed below. See current <u>rulebook</u> or click links below for current rules and requirements for the 2020-2021 season

SINGLES FREESKATE & SHORT PROGRAM EVENTS	IJS/6.0
Excel Free Skate - part of the 2021 Excel Series	IJS
Well Balanced Short Program	IJS
*REMEMBER JUNIOR ELEMENTS CHANGE for 2021-2022 SEASON – not reflected in this chart	172
<u>Well Balanced Free Skate</u>	IJS
Adult Free Skate	IJS
SHOWCASE	
<u>Dramatic Entertainment (No Test – Senior, Adult)</u>	6.0
<u>Light Entertainment (No Test – Senior, Adult)</u>	6.0
<u>Duets (No Test – Senior, Adult)</u>	6.0
SOLO DANCE	
Solo Pattern Dance (not participating in series) – if this changes, link will be updated	IJS
Solo Free Dance	IJS
Solo Combined Dance	IJS
<u>Shadow Dance</u>	IJS
COMPETE USA EVENTS - part of the 2021 Skate Colorado Compete USA Series	
See notes & requirements on subsequent pages for Series	6.0
SYNCHRONIZED - part of the 2021 Synchronized Skating Series	
<u>Sycnrhonized Skating – Preliminary - Senior</u>	
Synchronized Skating – Synchro Skills (Snowplow Sam, 1, 2, 3)	
6.0 - Synchro Skills, Snowplow Sam, Open Adult, Open Masters & Open Collegiate	6.0
IJS - Prelim - Senior, Collegiate, Adult, Masters	IJS



# 2021 Skate Colorado Compete USA Series

Aspen Invitational (Lewis Arena)
Date: December 4-6, 2020
www.aspenfigureskatift
0861 Maroon

Corpetit Jur: Janette Buchanar ungtwouchanan@yahoo.com (650) 465-1720

Competition Application Deadline: Nov 7, 2020

Ft. Collins Classic (EPIC)
Date: April 8-11, 2021

www.fortcollinsfsc.org
1801 Riverside

Fort Collins, CO 80525 Competition Chair: Kelly Cann kelly.cann79@gmail.com

(970) 237-9842

Competition Application Deadline: March 5, 2021

Colorado College Cup (Honnen Ice Arena)
Date: ?

http:/www.coloradocollege.edu/other/honnen

14 Cache La Poudre St. Colorado Springs, CO 80903 Competition Chair: Donna Schoon dschoon499@gmail.com (719) 389-6156

Competition Application Deadline: ?, 2021

Broadmoor Open (World Arena) Date: June 27, 2021

www.broadmoorskatingclub.com

3185 Venetucci Blvd Colorado Springs, CO 80906 Competition Chair: Barbara Bradley <u>HoneyB23@aol.com</u>

(719) 540-5655

Competition Application Deadline: May 3, 2021

Cup of Colorado/Colorado Gold (South Suburban Sports Complex) Date: August 12-15, 2021 (tentative)

www.coloradoskatingclub.net

4810 E. County Line Road Littleton, CO 80126

Competition Chair: Chris Kanive/Paula Kroell <u>cupofcolorado2021@gmail.com</u> (303) 204-2212 / (814) 440-5672

Competition Application Deadline: July ?, 2021

Denver Invitational (South Suburban Sports Complex)

Date: March 11-14, 2021 www.denverfsc.org

4810 E. County Line Road Littleton, CO 80126 Competition Chair: Lisa May

lisa@denverfsc.org (720) 272-0290

Competition Application Deadline: Feb 3, 2021

Funtastics (APEX)
Date: April 17, 2021
<a href="https://www.alpinesc.org">www.alpinesc.org</a>

13150 W 72<sup>nd</sup> Ave Arvada, CO 80005 Competition Chair: Carol Zeles

<u>cmzeles@gmail.com</u> (303) 979-0802

Competition Application Deadline: March TBD, 2021

Front Range Invitational (Greeley Ice Haus)

Date: June 5, 2021

www.mountainviewskatingclub.com 900 8<sup>th</sup> Avenue

Greeley, CO 80633 Competition Chair: Melayna Rael competition@mountainviewskatingclub.com

(970) 302-4253

Competition Application Deadline: May 16, 2021

Vail Invitational (Dobson Arena)
Date: July 15-18, 2021
www.skateclubvail.com

321 E. Lionshead Cir Vail, CO 81657

Competition Chair: Carol Ewers/Kelly Diemund <a href="mailto:cewers12@gmail.com">cewers12@gmail.com</a> / <a href="mailto:kellydeimund@gmail.com">kellydeimund@gmail.com</a>

(630) 379-6867 / (970) 376-3945

Competition Application Deadline: June 16, 2021

Colorado Springs Invitational/RMSG (Monument Ice Rinks) Date: September 9-12, 2021

www.centennialskatingclub.org

16240 Old Denver Highway
Monument, CO 80132
Competition Chair: Lisa Landon
lisa landon@comcast.net

(719) 659-0912

Competition Application Deadline: Aug 6, 2021

\*\*\* All 2021 Skate Colorado Compete USA Competition Series awards will be presented at the conclusion of this competition \*\*\* MISSION STATEMENT: To provide an opportunity for Colorado skaters to develop their skating skills in a fun, competitive environment.

AWARDS: During the competition season, skaters and teams/clubs will have the chance to compete at 10 different competitions and earn points for a final standing. <u>Trophies and medals will be awarded at the</u> conclusion of the Skate Colorado Compete USA competition at the 2021 Colorado Springs Invitational.

Skate Colorado Compete USA Series Team Banner  $(3x4) - 1^{st}$ ,  $2^{nd}$ , and  $3^{rd}$  place banners will be awarded to the club/skating school with the most points scored throughout the entire series (all 10 competitions) by skaters representing that club/skating school (points for clubs and skating schools located at the same rink will be added together to enhance and create more of a "team" concept). Points will be awarded based upon the same system as the individual points. Only the top 10 team members' OVERALL scores FOR THE ENTIRE SEASON (including move up points) will count toward the team points for the determination of the team trophy. Tie breakers will be the same as the individual tie breakers.

### Free Skate Program and Elements/Compulsory Series Point System

A skater must enter BOTH the Free skate Program AND the Elements/Compulsory event IN THE SAME LEVEL in each of at least TWO of the 10 registered Skate Colorado Compete USA Competitions to be eligible for accumulating points. Skaters must compete in a minimum of 2 competitions. Only up to the best 4 scores (free skate and compulsory/elements added together) of the season will be totaled for the final score in the series. Each event will have a maximum of six skaters. Both youth and adults may accumulate points!

The system for scoring points for the trophies will be as follows:

1 <sup>st</sup> place	6 points
2 <sup>nd</sup> place	5 points
3 <sup>rd</sup> place	4 points
4 <sup>th</sup> place	3 points
5 <sup>th</sup> place	2 points
6 <sup>th</sup> place	1 point

<sup>\*</sup> A skater will earn three points toward their overall standing each time the skaters enters a level that is higher than the level competed in at the previous competition throughout the duration of the series. In order to keep the extra three points he/she must compete in that level or higher in all subsequent competitions. Move up points will be awarded for all 10 series events (even though the event point scores may not be one of the final four best scores).

In the event that there is only one skater in an event, the skater will have the choice to skate alone OR move up a level to compete against other skaters, HOWEVER, THE SKATER WILL HAVE TO MOVE UP IN BOTH THE ELEMENTS/COMPULSORY MOVES AND THE PROGRAMS W/MUSIC EVENTS. In this case, those skaters will be allowed to move back to their original level to compete at the next competition and shall not be awarded the 3 point move up credit.

If an event has 2-6 skaters, the points will be awarded as if there were six skaters in the group. If there is only one skater in the group, that skater will be awarded three points.

In case of a tie, the total number of skaters that the competitor has skated against throughout the series (all competitions and not just the competitions with the 4 best scores) will be the 1st tie breaker. The total score for all free skate events during the season will be the 2nd tie breaker, the total score for all compulsory events during the season will be the 3<sup>rd</sup> tie breaker, and the number of levels increased throughout the season will be the 4<sup>th</sup> tie breaker.

All points follow the skater throughout the series, so if a skater moves up to higher levels, the points follow the skater. Once a skater moves up a level, they may not compete at a lower level unless they moved up as a result of having no other skaters in their group.

Trophies will be awarded 1-3 in each level from Snowplow Sam through Free Skate 6 and Adult 1-6. The trophies will be awarded to the skaters at their level as of the last competition in which they compete.

#### **Rules and Format:**

#### COMPETITION ANNOUNCEMENT

The **Skate Colorado Compete USA Series** is sponsored equally by the **10** participating ice rinks and/or U.S. Figure Skating member clubs. Competition packages will be available at all participating ice rinks and/or via the club or rink websites. Each competition will have its own entry forms and specific rules so please make sure to read the entire announcement for each competition.

#### **ELIGIBILITY RULES FOR PARTICIPANTS**

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA 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 Learn to Skate USA Program/Club or any other Learn to Skate USA Program/Club.

Eligibility will be based on skill level as of the closing date of entries.

All Snowplow Sam through Basic 6 skaters are eligible to skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

All Pre-Free Skate through Free Skate 6 skaters are eligible to skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition. Skaters may have passed Pre-Preliminary MITF and no higher, Preliminary Dance and no higher, and may NOT have passed any U.S. FIGURE SKATING free skate tests.

It is very important to the success of the series that skaters are placed in the correct divisions. If, for whatever reason, the local organizing committee and/or their Chief Referee discover that a skater has been placed in a category that is below their class level, the chair and referee will have the option to move the skater to the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors.

#### Elements: Snowplow Sam – Basic 6

Format: Each skater will perform one element at a time in the <u>order listed below</u> (no excessive connecting steps or choreography)

- To be skated on ½ ice, no music
- All elements must be skated in the order listed no additional elements are allowed
- The skater must demonstrate the required elements as described
- Each element may only be attempted once
- Time: 1:00 MAX

#### Compulsory: Pre-Free Skate - Free Skate 6 and Adults 1-6

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

- To be skated on ½ ice, no music
- The skater <u>must demonstrate</u> the required elements as described
- Each element may only be attempted once
- May use any additional elements from <u>previous</u> levels as connecting steps.
- Bonus skills from the same level or below are allowed but will not be judged elements
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 MAX Pre-Free Skate Free Skate 6; 1:30 MAX Adult 1-6

### **Programs with Music: 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
- Vocal music is allowed
- The skater <u>must demonstrate</u> the required elements as described and may use any additional elements from their current level or a previous level
- Bonus skills from the same level or below are allowed but will not be judged elements
- If the description of a required move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- A .2 deduction will be taken <u>for each</u> element performed from a <u>higher</u> level
- Time: 1:10 MAX

### Programs with Music: Pre-Free Skate – Free Skate 6 and Adult 1 – 6

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.

- To be skated on full ice
- Vocal music is allowed.
- The skater <u>must demonstrate</u> the required elements as described and may use, but is not required to use, any additional elements from their current level (including bonus elements) or a previous level
- Bonus skills from the same level or below are allowed but will not be judged elements
- If the description of a required move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:40 MAX

# **Required Descriptions for Elements & Compulsories**

Level	Skating rules / standards	Level	Skating rule/ standards
Snowplow Sam	<ul> <li>March followed by a two-foot glide and dip</li> <li>Forward swizzles, 2-3 in a row</li> <li>Forward snowplow stop</li> <li>Backward wiggles, 2-6 in a row</li> </ul>	Free Skate 3	Alternating mohawk/crossover sequence, right to left and left to right  Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise  Advanced back spin with free foot in crossed leg position – minimum 3 revolutions  Loop jump  Waltz jump/toe loop or Salchow/toe loop jump combination
Basic 1	Forward two-foot glide and dip Forward swizzles, 6-8 in a row Beginning snowplow stop on two-feet or one-foot Backward wiggles, 6-8 in a row	Free Skate 4	Forward power 3's, 2-3 consecutive sets, right or left Sit spin - minimum 3 revolutions Half loop jump Flip jump
Basic 2	Forward one-foot glide (no variations), either foot Scooter pushes, 2-3 each foot Moving snowplow stop Two-foot turn in place, forward to backward Backward swizzles, 6-8 in a row	Free Skate 5	Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions Camel spin - minimum 3 revolutions Waltz jump - loop jump combination Lutz jump
Basic 3	Beginning forward stroking showing correct use of blade     Forward half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive     Forward slalom     Moving forward to backward two-foot turn on a circle     Beginning backward one-foot glide, either foot	Free Skate 6	Forward power pulls, minimum 3 on each foot  Camel, sit spin combination - minimum of 4 revolutions total  Waltz jump-Euler (half loop)-Salchow jump combination  Axel jump, minimum requirement is a clear attempt either stationary or moving
Basic 4	Forward outside edge on a circle, clockwise or counter clockwise Forward crossovers, 4-6 consecutive, clockwise and counterclockwise Backward half swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive Backward one-foot glides (no variations), right and left Beginning two-foot spin, maximum 4 revolutions	Adult 1	Forward marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop on one or two feet
Basic 5	Backward outside edge on a circle, clockwise or counterclockwise     Backward crossovers, 4-6 consecutive, clockwise and counterclockwise     Forward outside three-turn, right and left     Advanced two-foot spin, min 4 revolutions     Hockey stop	Adult 2	Forward skating across the width of the ice Forward one-foot glides, both feet Forward slalom Backward wiggles Backward swizzles, 4-6 in a row
Basic 6	Forward inside three-turn, right and left Mohawk, right to left and left to right Bunny Hop Basic forward spiral on a straight line (no variations), right or left Beginning one-foot spin, max 3 revolutions, optional free leg and entry position T-stop, right or left	Adult 3	Forward stroking with proper blade use Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise Forward chasses on a circle, clockwise and counterclockwise Backward skating to a long two-foot glide Backward snowplow stop, right and left
Pre-Free Skate	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 3 revolutions  Mazurka – right or left Waltz jump	Adult 4	Forward outside edge on a circle, right and left     Forward inside edge on a circle, right and left     Forward crossovers, clockwise and counterclockwise     Hockey stop, both directions     Backward one-foot glides, right and left
Free Skate 1	Forward stroking, 4-6 consecutive powerful strokes Backward outside three-turn, right and left One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions Toe loop Half flip jump	Adult 5	Backward outside edge and backward inside edge on a circle, right and left     Backward crossovers, clockwise and counterclockwise     Forward outside three-turn, right and left     Beginning two-foot spin (min 2 revolutions)
Free Skate 2	Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis Backward inside three-turn, right and left Beginning back spin, optional entry and free foot position, max 3 revolutions Half Lutz Salchow jump	Adult 6	Forward stroking with crossover end patterns Backward stroking with crossover end patterns Forward inside three-turn, right and left T-stop Lunge Two-foot spin into one-foot spin (min 2 revs on one foot)

# **Required Descriptions for Programs with Music**

Skating rules / Stating rule	position, mbination left  pow combination power three- rns, mohawks, utions total nation
Sam	position, mbination left  pow combination power three- rns, mohawks, utions total nation
Basic 1  Forward two-foot glide and dip  Free  Free  Basic 2  Free  Free	beft  bow combination  power three-  rns, mohawks,  utions total  nation
Basic 1  - Forward two-foot glide and dip - Forward swizzles, 6-8 in a row - Beginning snowplow stop on two-feet or one-foot - Backward wiggles, 6-8 in a row - Backward wiggles, 6-8 in a row - Backward wiggles, 6-8 in a row - 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 - Beginning forward stroking showing correct use of blade - Forward swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive - Forward slaid swizzle pumps on a circle, either clockwise or counter clockwise - Backward thalf swizzle pumps on a circle, either clockwise or counter clockwise - Backward durside edge on a circle, either clockwise or counter clockwise - Backward outside dege on a circle, either clockwise or counter clockwise - Backward outside dege on a circle, either clockwise or counter clockwise - Backward outside dege on a circle, either clockwise or counter clockwise - Backward outside dege on a circle, either clockwise or counter clockwise - Backward outside dege on a circle, either clockwise or counter clockwise - Backward outside dege on a circle, either clockwise or counter clockwise - Backward outside dege on a circle, either clockwise or counter clockwise - Backward orossovers, 4-6 consecutive - Backward orossovers, 4-6 consecutive - Backward orossovers, 4-6 consecutive, clockwise or counter clockwise - Backward orossovers, 4-6 consecutive, clockwise or counter clockwise - Backward orossovers, 4-6 consecutive, clockwise or counter clockwise - Backward orossovers, 4-6 consecutive, clockwise or counter clockwise - Backward orossovers, 4-6 consecutive, clockwise or counter clockwise - Backward orossovers, 4-6 consecutive, clockwise or counter clockwise - Backward orossovers, 4-6 consecutive, clockwise or counter clockwise - Backward orossovers, 4-6 consecutive, clockwise or counter clockwise - Backward orossovers, 4-6 consecutive, clockwise or counter clockwise - Backward orossovers, 4-6	ow combination power three- rns, mohawks, utions total nation
## State of the company of the compa	ow combination power three- rns, mohawks, utions total nation
Basic 1  Forward two-foot glide and dip Forward swizzles, 6-8 in a row Beginning snowplow stop on two-feet or one-foot Basic 2  Forward one-foot glide, either foot Forward one-foot glide, either foot Skate 4  Forward one-foot glide, either foot Forward swizzle, gowns on a circle, either clockwise or counter clockwise, 4-6 consecutive Basic 3  Basic 3  Basic 4  Basic 4  Forward one-foot glide, either foot Forward swizzle pumps on a circle, either clockwise or counter clockwise Forward one-foot glide, either foot Forward one-foot glides (no variations), right and left Basic 4  Basic 5  Basic 5  Basic 6  Forward one-foot glides (no variations), right and left Advanced two-foot spin, maximum 4 revolutions Basic 5  Basic 5  Forward one-foot glides (no variations), right and left Advanced two-foot spin, maximum 4 revolutions Forward one-foot glides (no variations), right or left  Forward one-foo	ow combination power three- rns, mohawks, utions total nation
Forward wo-foot glide and dip   Forward swizzles, 6-8 in a row   Beginning snowplow stop on two-feet or one-foot   Backward wiggles, 6-8 in a row   Free   Skate 4   Sit spin - minimum 3 revolutions   Half Loop jump   Filip j	power three- rns, mohawks, utions total nation
Basic 1 Forward swizzles, 6-8 in a row Beginning snowplow stop on two-feet or one-foot Backward wiggles, 6-8 in a row  Free Skate 4  Free Skate 5  Free Skate 6  Free Skat	power three- rns, mohawks, utions total nation
Basic 2  Basic 2  Forward one-foot glide, either foot  Basic 3  Forward one-foot glide, either foot  Basic 4  Basic 3  Basic 4  Basic 5  Basic 5  Basic 4  Basic 5  Basic 6  Basic 6  Basic 6  Basic 7  Basic 8  Basic 8  Basic 9  B	power three- rns, mohawks, utions total nation
Basic 2  Forward one-foot glide, either foot  Free  Skate 5  Free  Skate 5  Basic 2  Free  Basic 3  Basic 3  Basic 3  Basic 4  Basic 4  Basic 4  Basic 4  Basic 4  Basic 5  Basic 5  Basic 5  Basic 6  Basic 6  Basic 6  Basic 7  Basic 6  Basic 8  Basic 9  Ba	power three- rns, mohawks, utions total nation
Basic 2  Forward one-foot glide, either foot  Basic 3  Free Skate 5  Basic 4  Free Skate 5  Basic 5  Basic 5  Free Skate 5  Free Skate 5  Free Skate 5  Free Skate 5  Basic 3  Free Skate 5  Basic 3  Basic 3  Free Skate 5  Free Skate 5  Basic 3  Basic 3  Free Skate 5  Basic 3  Basic 4  Basic 4  Basic 4  Basic 5  Basic 5  Basic 5  Basic 5  Basic 5  Basic 6  Basic 7  Basic 6  Basic 7  Basic 8  Basic 9  Basic	power three- rns, mohawks, utions total nation
Basic 2  Forward one-foot glide, either foot  Scooter pushes, right and left foot, 2-3 each foot  Basic 3  Basic 3  Basic 3  Basic 3  Basic 4  Basic 4  Basic 4  Basic 5  Basic 5  Basic 5  Basic 5  Basic 5  Basic 6  Basic 7  Basic 6  Basic 7  Basic 6  Basic 7  Basic 6  Basic 7  Basic 8  Basic 9  Bas	power three- rns, mohawks, utions total nation
Basic 2  Scooter pushes, right and left foot, 2-3 each foot  Moving snowplow stop  Backward two-foot swizzles, 6-8 in a row  Baginning forward stroking showing correct use of blade  Free Skate 5  Basic 3  Basic 3  Basic 3  Basic 4  Basic 4  Basic 5  Basic 5  Basic 5  Basic 5  Basic 5  Basic 5  Basic 6  Basic 7  Basic 6  Basic 6  Basic 6  Basic 6  Basic 6  Basic 7  Basic 6  Basic 7  Basic 6  Basic 7  Basic 8  Basic 9  Basic	rns, mohawks, Itions total nation
Moving snowplow stop Two-foot turn in place, forward to backward Basic 3 Backward two-foot swizzles, 6-8 in a row  Basic 3 Basic 3 Basic 4  Basic 5  Basic 5  Basic 5  Basic 6  Basic 6  Basic 8  Basic 6  Basic 7  Basic 8  Basic 8  Basic 9  Basic	itions total nation
Moving snowplow stop	itions total nation
Basic 3  Basic 3  Basic 3  Basic 3  Basic 3  Basic 3  Basic 4  Basic 4  Basic 4  Basic 4  Basic 4  Basic 5  Basic 5  Basic 5  Basic 5  Basic 6  Basic 6  Basic 6  Basic 7  Basic 7  Basic 7  Basic 8  Basic 8  Basic 9  Ba	itions total nation
Basic 3  Basic 4  Basic 5  Basic 5  Basic 5  Basic 5  Basic 6  Basic 6  Basic 6  Basic 7  Basic 7  Basic 7  Basic 8  Basic 8  Basic 8  Basic 9  Ba	itions total nation
Basic 3  • Forward half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive  • Forward slalom  • Moving forward to backward two-foot turn on a circle  • Beginning backward one-foot glide, either foot  • Forward outside edge on a circle, clockwise or counter clockwise  • Forward crossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward one-foot glides (no variations), right and left  • Beginning two-foot spin, maximum 4 revolutions  • Backward orossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward outside edge on a circle, clockwise or counter clockwise, 4-6 consecutive  • Backward one-foot glides (no variations), right and left  • Beginning two-foot spin, maximum 4 revolutions  • Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward in the clockwise or counterclockwise  • Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward swizzles, 4-6 in a row  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating	itions total nation
Basic 3  • Forward half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive  • Forward slalom  • Moving forward to backward two-foot turn on a circle  • Beginning backward one-foot glide, either foot  • Forward outside edge on a circle, clockwise or counter clockwise  • Forward crossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward one-foot glides (no variations), right and left  • Beginning two-foot spin, maximum 4 revolutions  • Backward orossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward outside edge on a circle, clockwise or counter clockwise, 4-6 consecutive  • Backward one-foot glides (no variations), right and left  • Beginning two-foot spin, maximum 4 revolutions  • Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward in the clockwise or counterclockwise  • Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  • Backward swizzles, 4-6 in a row  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating across the width of the ice  • Forward skating	itions total nation
counter clockwise, 4-6 consecutive Forward slalom Moving forward to backward two-foot turn on a circle Beginning backward one-foot glide, either foot  Basic 4  Forward outside edge on a circle, clockwise or counter clockwise Clockwise Backward half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Backward one-foot glides (no variations), right and left Beginning two-foot spin, maximum 4 revolutions  Basic 5  Backward outside edge on a circle, clockwise and counter clockwise Backward one-foot glides (no variations) and the clockwise Backward outside edge on a circle, clockwise or counter clockwise Backward outside edge on a circle, clockwise or counter clockwise Backward outside edge on a circle, clockwise or counter clockwise Backward outside edge on a circle, clockwise or counter clockwise Backward outside edge on a circle, clockwise or counter clockwise Backward outside edge on a circle, clockwise or counter clockwise Backward outside edge on a circle, clockwise or counter clockwise Backward crossovers, 4-6 consecutive, clockwise and counter clockwise Backward outside edge on a circle, clockwise and counter clockwise Backward crossovers, 4-6 consecutive, clockwise and counter clockwise Backward outside edge on a circle, clockwise and counter clockwise Backward outside edge on a circle, clockwise and counter clockwise Backward outside edge on a circle, clockwise and counter clockwise Backward swizzles, 4-6 in a row  Forward stating across the width of the ice Forward sallom Backward swizzles, 4-6 in a row  Adult 2  Forward stating across the width of the ice Forward sallom Backward swizzles, 4-6 in a row  Forward stating to elfes  Backward swizzles, 4-6 in a row  Forward stroking with proper blade use Forward chasses on a circle, 6 to 8 in clockwise and counter clockwise and counter clockwise and counter of left  Backward shating to a long two-foot glide Forward chasses on a circle, clockwise and counter clockwise and counter clockwise and counter clockwise and counter clockwis	nation
Forward slalom     Moving forward to backward two-foot turn on a circle     Beginning backward one-foot glide, either foot     Forward outside edge on a circle, clockwise or counter clockwise     Forward crossovers, 4-6 consecutive, clockwise and counter clockwise     Backward half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive     Backward one-foot glides (no variations), right and left     Beginning two-foot spin, maximum 4 revolutions      Basic 5  Basic 5  Basic 6  Backward crossovers, 4-6 consecutive, clockwise and counter clockwise     Backward consovers, 4-6 consecutive, clockwise or counterclockwise     Backward crossovers, 4-6 consecutive, clockwise or counterclockwise     Backward crossovers, 4-6 consecutive, clockwise and counter clockwise     Backward two-foot spin, min 4 revolutions     Hockey stop      Forward stating across the width of the ice     Forward slalom     Backward swizzles, 4-6 in a row      Adult 2      Forward stating across the width of the ice     Forward slalom     Backward swizzles, 4-6 in a row      Adult 3      Forward stroking with proper blade use     Forward half-swizzle pumps on the circle, 6 to 8 in clockwise and counterclockwise and counterclockw	nation
Moving forward to backward two-foot turn on a circle     Beginning backward one-foot glide, either foot      Forward outside edge on a circle, clockwise or counter clockwise     Forward crossovers, 4-6 consecutive, clockwise and counter clockwise     Backward half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive     Backward one-foot glides (no variations), right and left     Beginning two-foot spin, maximum 4 revolutions      Basic 5  Basic 5  Basic 5  Basic 6  Porward outside edge on a circle, clockwise or counter clockwise     Backward outside edge on a circle, clockwise or counter clockwise     Backward outside edge on a circle, clockwise or counter clockwise     Backward outside edge on a circle, clockwise or counter clockwise     Backward outside edge on a circle, clockwise or counter clockwise     Backward outside edge on a circle, clockwise or counter clockwise     Backward one-foot spin, maximum 4 revolutions     Backward outside three-turn, right and left     Advanced two-foot spin, min 4 revolutions     Hockey stop  Porward inside three-turn, right and left     Mohawk, right to left and left to righ     Basic forward spiral on a straight line (no variations), right or left  Basic forward spiral on a straight line (no variations), right or left  Basic forward spiral on last revolutions, optional free leg and entry position  T-stop, right or left  Adult 3  Porward stroking with proper blade use  Forward half-swizzle pumps on the circle, 6 to 8 in clockwise and counterclockwise  Backward shading to a long two-foot glide  Forward chasses on a circle, clockwise and counterclockwise  Backward snowplow stop, right and left  Forward shating across the width of the ice  Forward shating across the width of t	
Basic 4  Beginning backward one-foot glide, either foot  Forward outside edge on a circle, clockwise or counter clockwise  Forward crossovers, 4-6 consecutive, clockwise and counter clockwise  Backward half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive  Backward one-foot glides (no variations), right and left  Beginning two-foot spin, maximum 4 revolutions  Basic 5  Baskward outside edge on a circle, clockwise or counterclockwise  Backward outside edge on a circle, clockwise or counterclockwise  Backward outside edge on a circle, clockwise or counterclockwise  Backward outside edge on a circle, clockwise or counterclockwise  Backward outside edge on a circle, clockwise or counterclockwise  Backward outside edge on a circle, clockwise or counterclockwise  Backward outside edge on a circle, clockwise or counterclockwise  Backward outside edge on a circle, clockwise or counterclockwise  Backward outside edge on a circle, clockwise or counterclockwise  Backward outside edge on a circle, clockwise or counterclockwise  Backward outside edge on a circle, clockwise or counterclockwise  Backward outside edge on a circle, clockwise or counterclockwise  Backward outside edge on a circle, clockwise or counterclockwise  Backward outside edge on a circle, clockwise or counterclockwise  Backward wiside edge on a circle, clockwise or counterclockwise  Backward stating across the width of the ice  Forward skating across the width of the ice  Forward slalom  Backward wiggles  Backward wiggles  Backward wiggles  Backward swizzles, 4-6 in a row  Adult 2  Forward skating across the width of the ice  Forward half-swizzle pumps on the circle, 6 to 8 in clockwise and counterclockwise  Backward skating across the width of the ice  Forward skating across the width of the ice  For	
Basic 4  Forward outside edge on a circle, clockwise or counter clockwise Forward crossovers, 4-6 consecutive, clockwise and counter clockwise Backward half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Backward one-foot glides (no variations), right and left Beginning two-foot spin, maximum 4 revolutions  Basic 5  Basic 5  Basic 6  Forward swizzle (4-6 in a row) Forward snowplow stop, one or two feet  Adult 2  Forward snowplow stop, one or two feet	
Basic 4  clockwise Forward crossovers, 4-6 consecutive, clockwise and counter clockwise Backward half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Backward one-foot glides (no variations), right and left Beginning two-foot spin, maximum 4 revolutions  Basic 5  Backward crossovers, 4-6 consecutive Backward outside edge on a circle, clockwise or counterclockwise Counterclockwise Forward outside three-turn, right and left Advanced two-foot spin, min 4 revolutions  Hockey stop  Forward inside three-turn, right and left Mohawk, right to left and left to righ Basic 6  Basic forward spiral on a straight line (no variations), right or left Beginning one-foot spin, max 3 revolutions, optional free leg and entry position T-stop, right or left  Adult 1  Forward skating across the width of the ice Forward skating across the width of the ice Forward skating across the width of the ice Forward slalom Backward swizzles, 4-6 in a row  Adult 2  Forward swizzles, 4-6 in a row  Adult 3  Forward skating across the width of the ice Forward slalom Backward swizzles, 4-6 in a row  Adult 3  Forward skating across the width of the ice Forward one-foot glide Forward slalom Backward swizzles, 4-6 in a row  Adult 3  Forward shating across the width of the ice Forward one-foot glide Forward slalom  Backward swizzles, 4-6 in a row  Adult 3  Forward shating across the width of the ice Forward one-foot glide Forward slalom  Backward swizzles, 4-6 in a row	
Forward crossovers, 4-6 consecutive, clockwise and counter clockwise Backward half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Backward one-foot glides (no variations), right and left Beginning two-foot spin, maximum 4 revolutions  Basic 5  Basic 5  Basic 5  Basic 5  Basic 6  Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, clockwise and counter clockwise Backward crossovers, 4-6 consecutive, clockwise and counter clockwise Forward outside three-turn, right and left Advanced two-foot spin, min 4 revolutions Hockey stop  Forward inside three-turn, right and left Mohawk, right to left and left to righ Bunny Hop Basic forward spiral on a straight line (no variations), right or left Beginning one-foot spin, max 3 revolutions, optional free leg and entry position T-stop, right or left  Forward swizzle (4-6 in a row) Forward snowplow stop, one or two feet	
clockwise  Backward half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive  Backward one-foot glides (no variations), right and left  Beginning two-foot spin, maximum 4 revolutions  Basic 5  Basic 5  Bascward crossovers, 4-6 consecutive, clockwise or counterclockwise  Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  Forward outside three-turn, right and left  Advanced two-foot spin, min 4 revolutions  Hockey stop  Forward inside three-turn, right and left  Mohawk, right to left and left to righ  Basic 6  Basic forward spiral on a straight line (no variations), right or left  Beginning one-foot spin, max 3 revolutions, optional free leg and entry position  T-stop, right or left  Perward snowplow stop, one or two feet  Forward snowplow stop, one or two feet  Forward shating across the width of the ice  Forward skating across the width of the ice  Forward one-foot glides  Forward skating across the width of the ice  Forward skating across the wid	
Backward half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Backward one-foot glides (no variations), right and left Beginning two-foot spin, maximum 4 revolutions  Basic 5  Basic 5  Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, clockwise and counter clockwise Forward outside three-turn, right and left Advanced two-foot spin, min 4 revolutions Hockey stop  Forward inside three-turn, right and left Basic 6  Adult 3  Forward skating across the width of the ice Forward one-foot glides Forward one-foot glides Forward sialom Backward wiggles Backward swizzles, 4-6 in a row  Adult 3  Forward stroking with proper blade use Forward half-swizzle pumps on the circle, 6 to 8 in clockwise and counterclockwise Backward skating to a long two-foot glide Forward chasses on a circle, clockwise and counter Beginning one-foot spin, max 3 revolutions, optional free leg and entry position T-stop, right or left	
counter clockwise, 4-6 consecutive  Backward one-foot glides (no variations), right and left  Beginning two-foot spin, maximum 4 revolutions  Basic 5  Basic 5  Backward outside edge on a circle, clockwise or counterclockwise  Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  Backward crossovers, 4-6 consecutive, clockwise and counter clockwise  Forward outside three-turn, right and left  Advanced two-foot spin, min 4 revolutions  Hockey stop  Forward inside three-turn, right and left  Mohawk, right to left and left to righ  Basic 6  Basic forward spiral on a straight line (no variations), right or left  Beginning one-foot spin, max 3 revolutions, optional free leg and entry position  T-stop, right or left  Porward skating across the width of the ice  Forward sland  Forward shating across the width of the ice  Forward skating across the width of the ice  Forward shating across the width of the ice	
Basic 5  Backward one-foot glides (no variations), right and left Beginning two-foot spin, maximum 4 revolutions  Basic 5  Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, clockwise and counter clockwise Forward one-foot glides Forward slalom Backward wiggles Forward swizzles, 4-6 in a row  Advanced two-foot spin, min 4 revolutions Hockey stop  Forward inside three-turn, right and left Mohawk, right to left and left to righ Basic 6  Basic 6  Adult 3 Forward skating across the width of the ice Forward one-foot glides Forward slalom Backward wiggles Backward swizzles, 4-6 in a row  Adult 3 Forward stroking with proper blade use Forward half-swizzle pumps on the circle, 6 to 8 in clockwise and counterclockwise Backward skating across the width of the ice Forward one-foot glides Forward half-swizzles, 4-6 in a row  Adult 3 Forward stroking with proper blade use Forward half-swizzle pumps on the circle, 6 to 8 in clockwise and counterclockwise Backward skating across the width of the ice Forward one-foot glides Forward shating across the width of the ice Forward one-foot glides Forward shating across the width of the ice Forward shating across the width of the ice Forward one-foot glides Forward shating across the width of the ice Forward one-foot glides Forward shating across the width of the ice Forward one-foot glides Forward shating across the width of the ice Forward shating across the width of the ice Forward one-foot glides Forward shating across the width of the ice	
Basic 5  Basic 6  Basic 7  Basic 7  Basic 8  Basic 8  Basic 8  Basic 9  Ba	
Basic 5  Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, clockwise and counter clockwise Forward outside three-turn, right and left Advanced two-foot spin, min 4 revolutions Hockey stop  Forward inside three-turn, right and left Mohawk, right to left and left to righ Basic 6  Basic forward spiral on a straight line (no variations), right or left Beginning one-foot spin, max 3 revolutions, optional free leg and entry position T-stop, right or left  Basic 5  Backward outside edge on a circle, clockwise or countered skating across the width of the ice Forward shating across the width of the ice Forward one-foot glides Forward spilalom  Adult 2  Forward skating across the width of the ice Forward one-foot glides Forward shating across the width of the ice Forward one-foot glides Forward shating across the width of the ice Forward one-foot glides Forward one-foot glides Forward shating across the width of the ice Forward one-foot glides Forward one-foot glides Forward shating across the width of the ice Forward one-foot glides Forward shating across the width of the ice Forward one-foot glides Forward one-foot glides Forward shating across the width of the ice Forward one-foot glides Forward one-foot glides Forward shating across the width of the ice Forward one-foot glides Forward shating across the width of the ice Forward one-foot glides Forward shating across the width of the ice Forward one-foot glides Forward one-	
Basic 5  counterclockwise Backward crossovers, 4-6 consecutive, clockwise and counter clockwise Forward outside three-turn, right and left Advanced two-foot spin, min 4 revolutions Hockey stop  Forward inside three-turn, right and left Mohawk, right to left and left to righ Basic 6 Basic 6  Basic forward spiral on a straight line (no variations), right or left Beginning one-foot spin, max 3 revolutions, optional free leg and entry position T-stop, right or left  Basic 5  Adult 2  Forward one-foot glides Forward slalom Backward swizzles, 4-6 in a row  Adult 3  Forward stroking with proper blade use Forward half-swizzle pumps on the circle, 6 to 8 in clockwise and counterclockwise Backward skating to a long two-foot glide Forward chasses on a circle, clockwise and counterclockwise Backward snowplow stop, right and left	
Backward crossovers, 4-6 consecutive, clockwise and counter clockwise Forward outside three-turn, right and left Advanced two-foot spin, min 4 revolutions Hockey stop  Forward inside three-turn, right and left Mohawk, right to left and left to righ Basic 6  Basic forward spiral on a straight line (no variations), right or left Beginning one-foot spin, max 3 revolutions, optional free leg and entry position T-stop, right or left  Forward slalom Backward wiggles  Backward swizzles, 4-6 in a row  Adult 3  Forward stroking with proper blade use  Forward half-swizzle pumps on the circle, 6 to 8 in clockwise and counterclockwise Backward skating to a long two-foot glide Forward chasses on a circle, clockwise and counter Backward snowplow stop, right and left	
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Advanced two-foot spin, min 4 revolutions     Hockey stop      Forward inside three-turn, right and left     Mohawk, right to left and left to righ     Basic 6      Basic 6      Basic 6      Adult 3     Forward stroking with proper blade use     Forward half-swizzle pumps on the circle, 6 to 8 in clockwise and counterclockwise     Basic forward spiral on a straight line (no variations), right or left     Beginning one-foot spin, max 3 revolutions, optional free leg and entry position     T-stop, right or left      Adult 3     Forward stroking with proper blade use     Forward half-swizzle pumps on the circle, 6 to 8 in clockwise and counterclockwise     Backward skating to a long two-foot glide     Forward chasses on a circle, clockwise and counterclockwise     Backward snowplow stop, right and left	
Hockey stop      Forward inside three-turn, right and left     Mohawk, right to left and left to righ     Basic 6      Mohawk, right to left and left to righ     Basic forward spiral on a straight line (no variations), right or left     Beginning one-foot spin, max 3 revolutions, optional free leg and entry position     T-stop, right or left	
Forward inside three-turn, right and left     Mohawk, right to left and left to righ     Bunny Hop     Basic forward spiral on a straight line (no variations), right or left     Beginning one-foot spin, max 3 revolutions, optional free leg and entry position     T-stop, right or left	
Mohawk, right to left and left to righ     Bunny Hop     Basic forward spiral on a straight line (no variations), right or left     Beginning one-foot spin, max 3 revolutions, optional free leg and entry position     T-stop, right or left     Forward half-swizzle pumps on the circle, 6 to 8 in clockwise and counterclockwise     Backward skating to a long two-foot glide     Forward chasses on a circle, clockwise and counterclockwise and counterclockwise     Backward snowplow stop, right and left	
<ul> <li>Bunny Hop</li> <li>Basic forward spiral on a straight line (no variations), right or left</li> <li>Beginning one-foot spin, max 3 revolutions, optional free leg and entry position</li> <li>T-stop, right or left</li> <li>clockwise and counterclockwise</li> <li>Backward skating to a long two-foot glide</li> <li>Forward chasses on a circle, clockwise and counter</li> <li>Backward snowplow stop, right and left</li> </ul>	ı a row.
<ul> <li>Basic forward spiral on a straight line (no variations), right or left</li> <li>Beginning one-foot spin, max 3 revolutions, optional free leg and entry position</li> <li>T-stop, right or left</li> <li>Backward skating to a long two-foot glide</li> <li>Forward chasses on a circle, clockwise and counter</li> <li>Backward snowplow stop, right and left</li> </ul>	,
left  Beginning one-foot spin, max 3 revolutions, optional free leg and entry position  T-stop, right or left  Forward chasses on a circle, clockwise and counter  Backward snowplow stop, right and left	
<ul> <li>Beginning one-foot spin, max 3 revolutions, optional free leg and entry position</li> <li>T-stop, right or left</li> </ul>	rclockwise
and entry position  • T-stop, right or left	
T-stop, right or left	
<ul> <li>Two forward crossovers into a forward inside Mohawk, step</li> <li>Forward outside edge on a circle, right and left</li> </ul>	
Pre-Free down and cross behind, step into one backward crossover Adult 4 • Forward inside edge on a circle, right and left	
Skate and step to a forward inside edge, clockwise and counter • Forward crossovers, clockwise and counterclockwi	ise
clockwise  Backward one-foot glides, right and left	
One-foot upright spin, optional entry and free-foot position     Hockey stop, both directions	
(minimum 3 revolutions)	
Mazurka	
Waltz jump	
NOT ALLOWED – Waltz jump-side toe hop-waltz jump	
Forward power stroking, 4-6 consecutive powerful strokes     Backward outside edge on a circle, right and left	
Free  One-foot upright spin, entry from backward crossovers, with  Adult 5  Backward inside edge on a circle, right and left	
Skate 1 free foot in crossed leg position (scratch spin) - minimum 4 • Backward crossovers, clockwise and counterclocky	
revolutions • Forward outside three-turn, right and left	wise
Toe loop jump     Beginning two-foot spin	wise
Half flip jump	wise
NOT ALLOWED – Waltz jump-toe Loop combination	wise
Free • Alternating forward outside spiral (right and left) and inside • Forward stroking with crossover end patterns	wise
Skate 2 spiral (right and left) on a continuous axis Adult 6 Backward stroking with crossover end patterns	wise
Beginning back spin, max 2 revolutions     Beginning back spin, max 2 revolutions     Beginning back spin, max 2 revolutions	wise
	wise
I ▼ Edit (II/ IIIIII)	wise
Half Lutz jump     Salchow jump	wise
Hair Lutz jump     Salchow jump     NOT ALLOWED – Waltz jump-toe loop or Salchow-toe Loop     NOT ALLOWED – Waltz jump-toe loop or Salchow-toe Loop     Two-foot spin into one-foot spin (min 2 revs on on	