



**32<sup>nd</sup> ANNUAL SPRING FLING COMPETITION  
U.S. FIGURE SKATING BASIC SKILLS COMPETITION  
SPONSORED BY THE BLADE & EDGE FIGURE SKATING CLUB OF OMAHA  
Moylan Iceplex  
12550 West Maple Road, Omaha, NE  
May 15, 2022**

The 32<sup>nd</sup> Annual Spring Fling Basic Skills competition sponsored by Blade & Edge FSC, Omaha, NE will be held at Moylan Iceplex on May 15, 2022.

**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 closing date of entries. All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 6 must skate at highest level passed and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

Skaters in other events may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

**ENTRIES AND FEES** -The first event is \$35.00 for Snowplow Sam or Basic 6 Events – first event, \$50.00 for Pre-Freeskate thru Preliminary & Adults for first event and each additional event is \$30.00. Showcase Duet event is \$50.00 per team.

Secure on-line entries may be made at [www.BladeandEdgeFigureSkating.com](http://www.BladeandEdgeFigureSkating.com) (follow competition links). Electronic entries paid with a successful credit card transaction will be considered a valid entry. There will be a \$25.00 fee for any credit card entry that is disputed to cover the cost of the dispute. Must be completed by 11:59pm, April 25, 2022.

Paper entries must be postmarked by April 25, 2022 (Metered postage is not accepted as proof of postmark). An additional \$5.00 fee will be charged for paper entries. There will be a \$25.00 fee for returned checks.

Make checks payable to Blade & Edge FSC.

Mail to: Pam Van Hook  
18545 Cornish Road  
Springfield, NE 68059

Questions: Pam Van Hook  
402.250.1742  
pvanhook1@yahoo.com

Any Paper Entries postmarked later than April 25, 2022 or on-line entries after 11:59 pm April 25, 2022 will be considered a late entry. Entries postmarked after that date will be accepted at the discretion of the Competition Committee and only if accompanied by a \$25.00 late fee. The Competition Committee reserves the right to limit entries in any event or to cancel an event based upon time restrictions. Full refunds minus \$25.00 processing fee for on-line entries are available, if withdrawn prior to April 25, 2022. After April 25, 2022 entry fees are only refundable if the competition is not held, per rulebook. Changes in events prior to April 25, 2022 will have a \$10.00 fee assessed. After April 25, 2022 a \$25.00 fee will be assessed, so be sure to mark the correct events. Skater & Coach schedule will be posted on [www.BladeandEdgeFigureSkating.com](http://www.BladeandEdgeFigureSkating.com) (follow links).

**AWARDS** – Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, and third places. ALL other places will receive ribbons. ALL awards will be made at appropriate times throughout the competition.

**SCHEDULE OF EVENTS** - Will be posted on the Official Blade & Edge web site and at Moylan Iceplex no later than May 5, 2022. Information regarding groups and skating times will be emailed to skaters and coaches.

**PRACTICE ICE** - Practice ice will be available on Sunday, May 15, 2022 prior to the competition. A fee of \$10.00 must be included with the entry.

**MUSIC** – Competition music for all skaters must be submitted electronically. Competitors must provide music for all events, as appropriate. Competition music for all events that require music must be submitted electronically via EntryEeze by the competition deadline **April 25, 2022, at 11:59 pm**. Music submitted after **April 25, 2022**, a late fee of \$25.00 will be assessed. After paying for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at the time, you can log out of your account and return later to upload your music by going to the “competition” tab and then selecting “my music”. Your music must meet the following criteria. If you have questions about what format you have, please contact your coach and get a new version of your music that meets the criteria listed below.

**MUSIC CRITERIA** –

1. File Format: MP3 (the online system will automatically check this)
2. Bit Rate: 192 kbps or higher (this will be checked by the music chairperson and they may request you upload a corrected file).
3. Sample Rate: 44,100 kHz (this will be checked by the music chairperson and they may request you upload a corrected file).
4. 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 also bring a copy of their competition music on CD as a backup in case of technical difficulties and must be turned in at the registration desk at the time of check-in.

Only CDs (standard CD-R format only) will be accepted. CD-RWs will NOT be accepted due to compatibility issues.

CDs must be clearly marked with the competitor’s name and running time. CDs must only have one piece of music per CD.

Please keep additional copies of your music readily available rink side during competition events.

Music may be picked up at the registration desk following each event.

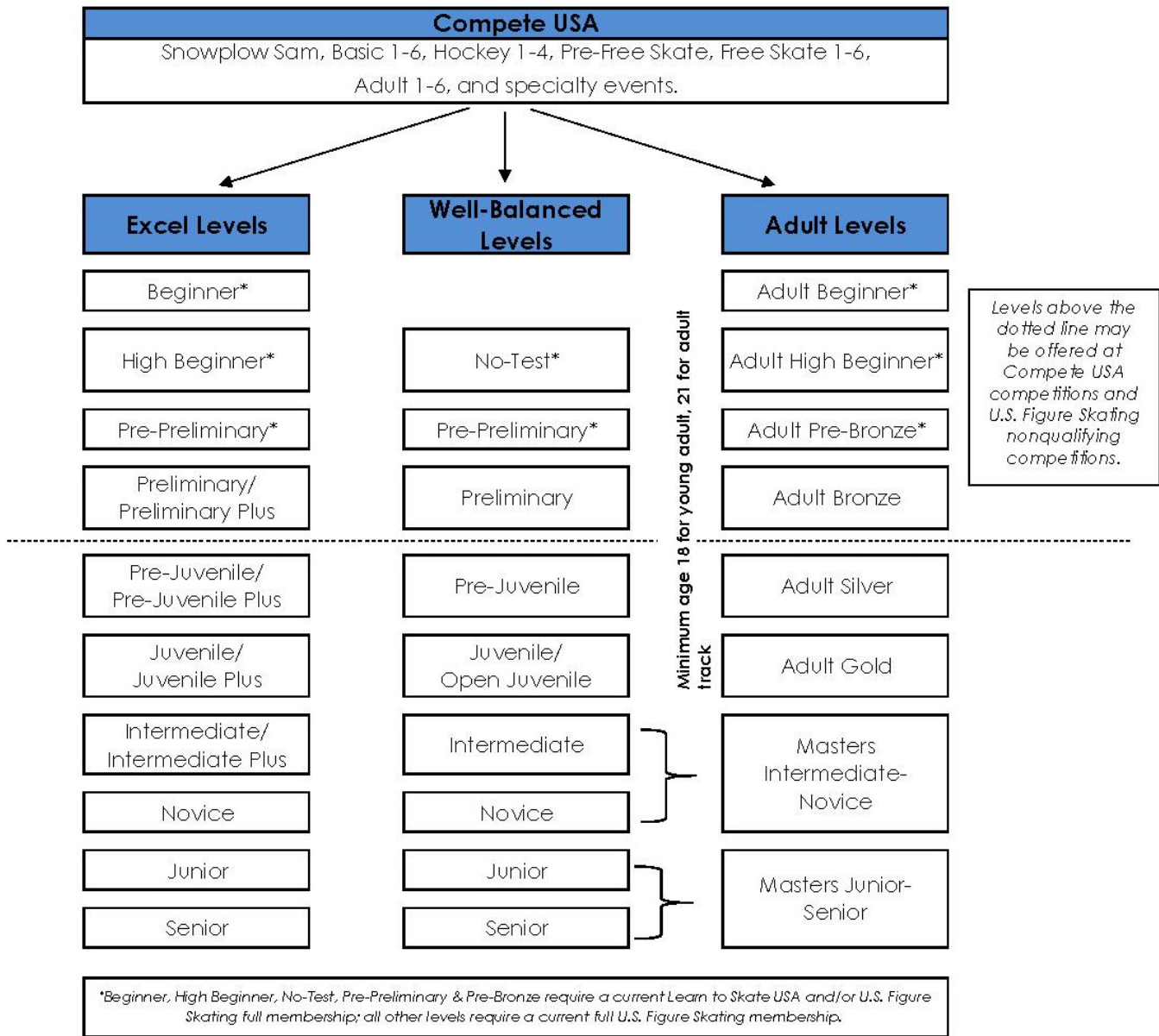
***Music issues during a performance*** – In most situations the event referee will NOT stop a performance due to music skipping, poor quality, music stops completely, incorrect tempo or similar issues. For such situations during a performance, the skater should immediately approach the event referee for resolution. Please note rule 1403C of the USFS rulebook. If tempo or quality of the music is deficient, the competitor must stop skating and notify the event referee.....Backup music CD must be readily available a rinkside.

**PHOTOGRAPHS** – There will not be a professional photographer at this event. Photographs can be taken of all individual skaters and award pictures on the podium by parents with their own cameras.



## COMPETITIVE PROGRESSION THROUGH THE LEVELS OF U.S. FIGURE SKATING

Singles athletes begin with Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well-Balanced or Adult levels as appropriate for their ability, test level, and age. Test requirements are the same for the Excel and Well-Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development, but may not enter the same type of event in multiple tracks. Competitive level is determined by highest free skate test passed.



## SNOWPLOW SAM – BASIC 6 ELEMENTS

Two format options for the Elements Event:

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)

Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice (determined by the LOC)
- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:00 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:00 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:00 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
Basic 5	1:00 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk, right to left and left to right</li> <li>• Bunny Hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>

## SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

- To be skated on full ice with music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:10 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:10 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:10 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
Basic 5	1:10 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk, right to left and left to right</li> <li>• Bunny Hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position</li> <li>• T-stop, right or left</li> </ul>

## PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements.**
- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max.	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position - minimum 3 revolutions</li> <li>• Mazurka – right or left</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• Backward outside three-turns, right and left</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Backward inside three-turns, right and left</li> <li>• Beginning back spin, optional entry and free-foot position, maximum 3 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position- minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum 3 revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> </ul>
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin - minimum 3 revolutions</li> <li>• Waltz jump-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power pulls, minimum 3 on each foot</li> <li>• Camel, sit spin combination - minimum of 4 revolutions total</li> <li>• Waltz jump, half loop (Euler), Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>

## PRE-FREE SKATE – FREE SKATE 1-6 PROGRAM WITH MUSIC

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

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

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max.	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position- minimum 3 revolutions</li> <li>• Mazurka, right and left</li> <li>• Waltz jump</li> <li>• <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i></li> </ul>
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> <li>• <i>NOT ALLOWED – Waltz jump-toe loop combination</i></li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Beginning backspin, optional entry and free foot position, maximum 2 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> <li>• <i>NOT ALLOWED – Waltz jump-toe loop or Salchow-toe loop combination</i></li> </ul>
Free Skate 3	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, minimum 3 revolutions</li> <li>• Loop jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> <li>• <i>NOT ALLOWED – Waltz-loop combination</i></li> </ul>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin – minimum 3 revolutions</li> <li>• Half Loop jump</li> <li>• Flip jump</li> <li>• <i>NOT ALLOWED – Waltz-loop or Waltz-Euler-Salchow jump combination</i></li> </ul>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets both directions</li> <li>• Camel spin – minimum 3 revolutions</li> <li>• Waltz-loop jump combination</li> <li>• Lutz jump</li> </ul>
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> <li>• Creative step sequence using a variety of three turns, mohawks and toe steps, half-ice</li> <li>• Camel-sit spin combination spin - minimum of 4 revolutions total</li> <li>• Waltz jump-Euler (half loop)-Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>

## EXCEL COMPULSORY

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

Level	Time	Skating rules/standards
Excel Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Waltz jump</li> <li>• Salchow jump</li> <li>• One-foot upright spin - minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
Excel High Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Salchow/toe loop jump combination</li> <li>• Sit spin - minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
Excel Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Flip jump</li> <li>• Loop-loop jump combination</li> <li>• Camel spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
Excel Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Flip-loop jump combination</li> <li>• Camelsit combination spin – minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>

## WELL BALANCED LEVELS COMPULSORY

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

- To be skated on ½ ice.
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level.
- *Skaters may have the option to skate one level higher in compulsories than free skate program.*

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Upright spin with change of foot, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Single jump-single jump (no Axel) combination</li> <li>• Spin with one change of position and no change of foot, minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>
Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Axel jump</li> <li>• Single jump-single jump (may <u>not</u> include Axel) combination</li> <li>• Spin with one change of foot and one change of position, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>



## EXCEL FREE SKATE

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.

<p><b>Excel Beginner</b></p> <p>1:30 +/- 10 Seconds</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p><b>Maximum 4 jump elements:</b> Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow, toe loop only Eulers (half loops) are not allowed. Maximum 2 jump combinations or sequences. Combination jumps permitted Waltz jump/toe loop and/or Salchow/toe loop Sequence permitted Waltz jump/waltz jump (no turns or hops in between) Maximum 2 of any same jump</p>	<p><b>Maximum 2 spins:</b> Two upright spins No change of foot No flying entry</p> <p>Minimum 3 revolutions</p> <p>Max Level: Base</p>	<p><b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
<p><b>Excel High Beginner</b></p> <p>1:30 +/- 10 Seconds</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b> Jumps with no more than one-half rotation (front to back or back to front) Single rotation jumps: toe loop, Salchow, Euler (half loop), loop Flip, Lutz, &amp; Axel NOT permitted Maximum 2 jump combinations or sequences. One 3-jump combination is allowed <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> Maximum 2 of any same jump</p>	<p><b>Maximum 2 spins:</b> Both spins must be in a single position <u>No change of foot</u> No flying entry Permitted forward spins: upright, sit, camel Permitted back spins: upright</p> <p>Minimum 3 revolutions</p> <p>Max Level: Base</p> <p>Both spins may be of the same character</p>	<p><b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
<p><b>Excel Pre-Preliminary</b></p> <p>1:30 +/- 10 Seconds</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Pre-preliminary free skate test</p> <p>*means required element</p> <p>Learn to Skate USA membership OR full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b> All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </p>	<p><b>Maximum 2 spins:</b> One spin must be in a single position with no change of foot* One spin may change feet or position, but not both No flying entry Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p><b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt) Must use one-half of the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
<p><b>Excel Preliminary</b></p> <p>2:00 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating Preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b> All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </p>	<p><b>Maximum 2 spins:</b> One spin must be a camel or layback spin with no change of foot and no change of position* One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p><b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt) Full Ice Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>

<p><b>Excel Preliminary Plus</b> 2:00 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p>	<p><b>Maximum 5 jump elements:</b> All single jumps allowed, including single Axel No double, or higher jumps allowed Single Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels) Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences All single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps) Jump combinations limited to 2 jumps. One 3-jump combination is allowed</p> <ul style="list-style-type: none"> <li>• Jump sequence is any listed jump immediately followed by an axel type jump.</li> </ul>	<p><b>Maximum 2 spins:</b> One spin must be in a single position* No change of foot No flying entry One spin may change feet and/or position Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p>	<p><b>Maximum 1 Sequence:</b> Choreographic Step Sequence* (ChSt) Full ice Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence</p>
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## WELL BALANCED FREE SKATE PROGRAM

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same competition.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up one level higher.

Level/Time	Jumps	Spins	Step Sequences
No Test 1:40 Max.	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed except for the single Axel               <ul style="list-style-type: none"> <li>○ No single Axels, double, triple or quadruple jumps allowed</li> <li>○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump)</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence               <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
Pre-Preliminary 1:40 Max.	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps, including the single Axel, allowed               <ul style="list-style-type: none"> <li>○ No double, triple or quadruple jumps allowed</li> <li>○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence               <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>
Preliminary 2:00 +/- 10 sec.	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)               <ul style="list-style-type: none"> <li>○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>○ Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence               <ul style="list-style-type: none"> <li>○ Full ice</li> <li>○ Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul>

## ADULT 1-6, BEGINNER-BRONZE COMPULSORY

- The skating order of the elements is optional. Element may only be attempted once.
- To be skated in simple program format with limited connecting steps, ½ ice.
- A 0.2 deduction will be taken for each element MISSING, REPEATED or from a higher level

Level	Time	Elements
Adult 1	1:30 Max.	<ul style="list-style-type: none"> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>
Adult 2	1:30 Max.	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
Adult 3	1:30 Max.	<ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Backward snowplow stop, Right and Left</li> </ul>
Adult 4	1:30 Max.	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Hockey stop, both directions</li> <li>• Backward one-foot glides, right and left</li> </ul>
Adult 5	1:30 Max.	<ul style="list-style-type: none"> <li>• Backward outside edge and backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin (min 2 revs)</li> </ul>
Adult 6	1:30 Max.	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (min 2 revs on 1 foot)</li> </ul>
Adult Beginner	1:30 Max.	<ul style="list-style-type: none"> <li>• Mazurka</li> <li>• Waltz jump</li> <li>• Forward beginning one-foot spin from backward crossovers (min 2 revs)</li> <li>• Forward moving inside open Mohawk (right and left) – heel to instep</li> <li>• Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)</li> </ul>
Adult High Beginner	1:30 Max.	<ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• ½ Flip</li> <li>• Forward upright spin – minimum 3 revolutions</li> <li>• Backward outside three- turn, right and left</li> <li>• Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)</li> </ul>
Adult Pre-Bronze	1:30 Max.	<ul style="list-style-type: none"> <li>• Single Toe loop jump</li> <li>• Jump combination or sequence consisting of only ½ revolution jumps (,1/2 flip, ½ lutz, ½ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence</li> <li>• Forward upright spin - minimum 3 revolutions</li> <li>• Two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• Forward spiral (any edge)</li> </ul>
Adult Bronze	1:30 Max.	<ul style="list-style-type: none"> <li>• Salchow jump</li> <li>• Jump combination or sequence consisting of ½ revolutions jumps and/or full revolutions jumps (no Lutz or Axel-maximum 2 jumps in combination and 3 jumps in a sequence)</li> <li>• Backward Upright Spin – entry optional (Min. 3 revolutions)</li> <li>• Backward inside three-turn, right and left</li> <li>• Spiral sequence (Minimum 2 spirals)- must change edge or foot</li> </ul>

## ADULT 1-6 FREE SKATE WITH MUSIC

General event parameters:

- The skating order of the required elements is optional.
- The elements are not restricted 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
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

Level	Time	Elements
Adult 1	1:40 Max	<ul style="list-style-type: none"> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop – two feet or one foot</li> </ul>
Adult 2	1:40 Max	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
Adult 3	1:40 Max	<ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward snowplow stop, Right and Left</li> </ul>
Adult 4	1:40 Max	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Backward one-foot glides, right and left</li> <li>• Hockey stop, both directions</li> </ul>
Adult 5	1:40 Max	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin</li> </ul>
Adult 6	1:40 Max	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (min 2 revs on 1 foot)</li> </ul>

## **ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC**

General event parameters:

- Skaters will skate to the music of their choice and vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	<p>Max. 4 jump elements</p> <ul style="list-style-type: none"> <li>Jumps limited to bunny hop, mazurka, ballet and Waltz jump</li> <li>Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>Max. 2 of any same jump</li> </ul>	<p>Max. 2 spins</p> <ul style="list-style-type: none"> <li>Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating tests program</p>
Adult High Beginner 1:40 Maximum	<p>Max 4 jump elements:</p> <ul style="list-style-type: none"> <li>Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow</li> <li>Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>Max. 2 of any same type jump.</li> </ul>	<p>Max 2 spins:</p> <ul style="list-style-type: none"> <li>Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed any U.S. Figure Skating Free Skate tests</p>
Adult Pre-Bronze 1:40 Maximum	<p>Max 4 Jump Elements: Max 2 combinations or sequences</p> <ul style="list-style-type: none"> <li>1 jump combinations may contain 3 jumps, and the other may contain only 2 jumps</li> <li>Jump sequences is any listed jump immediately followed by an Axel-type jump.</li> <li>Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>Only single and half-revolution jumps are permitted (<u>half flip and half lutz are permitted</u>)</li> <li>No single Lutz, single Axel, double or triple jumps are permitted</li> </ul>	<p>Max 2 Spins:</p> <ul style="list-style-type: none"> <li>Max Level 1</li> <li>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)</li> <li>Min 3 revs</li> <li>Spins with a flying entry are not permitted</li> <li>A two-foot spin is permitted as one of the spins at this level and is of different character than a one-foot spin</li> </ul>	<p>Connecting steps throughout the program are required</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate</p>
Adult Bronze 1:50 maximum	<p>Max 4 Jump Elements: Max 2 combinations or sequences;</p> <ul style="list-style-type: none"> <li>1 combination/sequence may consist of 3 jumps, and the other contain only two jumps</li> <li>Jump sequence is any listed jump immediately followed by an Axel-type jump</li> <li>Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>All single jumps are permitted (except single Axel)</li> <li>No single Axel, double or triple jumps are permitted</li> </ul>	<p>Max 2 Spins:</p> <ul style="list-style-type: none"> <li>Max Level 1</li> <li>Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>Min 3 revs total if no change of foot</li> <li>Min 3 revs each foot if change of foot</li> <li>Min 2 revs in each position</li> <li>No flying spins are permitted</li> </ul>	<p>Max 1 Sequence:</p> <ul style="list-style-type: none"> <li>Choreographic Step Sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</li> <li>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate</p>

## SHOWCASE EVENTS

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner 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 skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Costuming and make-up for showcase programs should enhance the feeling created by the performance, and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. A 0.1 deduction will be taken. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for each ten seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

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

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 competitions, refer to the Nonqualifying Showcase Guidelines posted on [www.usfigureskating.org](http://www.usfigureskating.org).

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.
- Light entertainment: Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.



## SHOWCASE EVENTS

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner/ Adult 1-6/ Adult Beginner/Adult High Beginner	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate or free dance tests.	Time: 1:30 max.
No Test	No prescribed or restricted elements.	Must not have passed Pre-Preliminary Free Skate or any Free Dance tests.	Time: 1:30 max.
Pre-Preliminary	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary May not have passed any free dance test.	Time: 1:30 max.
Adult Pre-Bronze	No prescribed or restricted elements.	Must have passed no higher than Adult pre-Bronze free skate test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.
Preliminary/ Adult Bronze	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze Free Skate or Free Dance test. See National Showcase guidelines for more specific information regarding adults.	Time: 1:40 max.

## INTERPRETIVE

### Competition Format

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. 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 should 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.

**Time:** Music Duration: Pre-Free Skate - No Test: 1:00 Max

Pre-Preliminary - Preliminary: 1:00 Max

**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.

## SPINS CHALLENGE

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	Upright one-foot spin (3) Upright back spin (3) Sit spin (3)
High Beginner	1:30 max.	Upright one-foot spin (4) Upright spin with change of foot (3 each foot) Sit spin (3)
No Test	1:30 max.	Upright spin with change of foot (3 each foot) Sit spin (3) Camel spin (3)
Pre – Preliminary	1:30 max.	Camel/Sit (6) Backward sit spin (3) Camel spin (4)
Preliminary	1:30 max.	Spin with one change of foot and one change of position (min. 3 each foot) Sit spin with change of foot (min 3. each foot) One position spin – skater's choice (upright, sit or camel) (4)
Adult Beginner	1:30 max.	Pivot Two-foot upright spin (2)
Adult Pre-Bronze	1:30 max.	Upright one-foot spin (3) Upright two-foot spin (3)
Adult Bronze	1:30 max.	Upright one-foot spin (3) Solo spin with no change of foot (3 revs.), must be different from the upright spin-may no fly

## JUMPS CHALLENGE

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on ½ ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	Waltz jump (from backward crossovers) ½ flip or ½ Lutz Single Salchow
High Beginner	1:15 max.	Waltz jump (from backward crossovers) Single Salchow Jump combination – Waltz jump-toe loop
No Test	1:15 max.	Single toe loop Single loop Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	Single toe loop Single flip Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	Single flip Single Lutz Jump combination – Any single jump + single loop (may be Axel)
Adult Beginner	1:15 max.	Mazurka or ballet jump Waltz jump
Adult Pre-Bronze	1:15 max.	Single Toe loop jump ½ flip, ½ Lutz or ½ loop
Adult Bronze	1:15 max.	Single Salchow Single Toe loop Any single jump plus a toe loop combination (no Axels allowed)

## SOLO PATTERN DANCE

General event parameters:

- Levels are based upon the skaters' highest pattern dance test passed.
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for his/her level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30<sup>th</sup> – July 2<sup>nd</sup>), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the 2<sup>nd</sup> quarter).
- Skaters will complete both of the dances at each level. Dances will be scheduled at the discretion of the Chief Referee for each competition and may be competed consecutively or with a break in-between pattern dances groupings.

Level	January 1 <sup>st</sup> – March 31 <sup>st</sup>	April 1 <sup>st</sup> – June 30 <sup>th</sup>	July 1 <sup>st</sup> – September 30 <sup>th</sup>	October 1 <sup>st</sup> – December 31 <sup>st</sup>
Preliminary	1. Dutch Waltz 2. Canasta Tango	1. Rhythm Blues 2. Dutch Waltz	1. Canasta Tango 2. Rhythm Blues	1. Rhythm Blues 2. Dutch Waltz
Pre-Bronze	1. Swing Dance 2. Cha-Cha	1. Fiesta Tango 2. Swing Dance	1. Cha-Cha 2. Fiesta Tango	1. Swing Dance 2. Cha-Cha

<b>Adult Preliminary</b>
Qualifications: No higher than one pre-bronze dance test (partnered, solo, standard, adult/adult 21+ or adult +/masters. Selected dances for the season (number of sequences to be danced in parentheses)
Dutch Waltz (2) Canasta Tango (2)

<b>Adult Pre-Bronze</b>
Qualifications: The complete Preliminary dance test and no higher than one bronze dance test (partnered, solo, standard, adult/adult 21+ or adult +/masters. Selected dances for the season (number of sequences to be danced in parentheses)
Rhythm Blues (2) Swing Dance (2)

## TEAM COMPULSORY

Format: The designated skater from each team will perform their chosen element in sequence on full ice, with no music, and will follow this format:

1. Minimum of three skaters on a team; each skater will do at least one required element.
2. When the event is called, all skaters will take the ice for a two (2) minute STROKING ONLY warm-up.
3. This will be followed by a one (1) minute individual warm-up for the elements.
4. Teams will be directed to find a "base" for their team along the boards on the ice where they will stay for the remainder of the event.
5. The announcer, referee or judge-in-charge will call the first element (e.g. jump or stop) to be performed.
6. The team member performing the element will step forward and execute the skill, with the element first being performed by the skater on team one, then team two, then team three and so on
7. Once all the teams have had their skaters complete the element, the next element will be called.
8. Judging is done with one mark for each element (skater) for total team points.
9. Repeat #4-7 above as this will be done in sequence until all the elements at each level are completed.

Level	Jumps / Stops	Spins / Turns / Glides	Spiral or Step Sequences
Snowplow Sam – Basic 3, Hockey 1-4	-Wiggles, two-foot swizzles, forward or backward, (4-8 in a row) -Snowplow stop (one or both feet) or hockey stop (with skid)	-Curves, glide turns, or hockey turns (right and left, forward) -March then glide on two feet or forward one-foot glide on left and right foot (one time skater's height, forward)	Forward ½ swizzle pumps or forward c-cuts on a circle (right and left, 6-8 consecutive)
Basic 4-Basic 6	-Side-toe hop, bunny hop, ballet jump, mazurka -Waltz jump	-Forward inside pivot or two-foot spin (min. 3 revs.) -One-foot upright spin, optional entry & free foot position (min. 3 revs.)	Moving forward to backward two-foot turns on a circle, clockwise and counterclockwise (from Basic 3)
Pre-Free Skate and Free Skate 1-6 levels	-Single jump (no Axel) -Jump combination or jump sequence (no Axel allowed)	-Solo spin (scratch spin, layback, camel or sit, min. 3 revs, no flying entry) -Combo Spin: One change of foot, change of position optional (min. 3 revs. on each foot)	Spiral Sequence (from Free Skate 2)
Adult 1-6	-Forward Snowplow stop -Lunge	-Forward swizzles – 4-6 in a row -Backward one-foot glide, right and left	-Forward chasses on a circle – clockwise and counterclockwise
Adult Beginner/Adult High Beginner	-Bunny hop -Waltz jump	-Beginning one foot spin from backward crossovers -Backward inside three turn, right and left	Alternating right and left forward outside edges across width of the rink
Adult Pre-Bronze/Adult Bronze	-1/2 Flip -Salchow jump	-Forward upright spin -Backward upright spin	Two forward crossovers into a forward inside Mohawk, step down and cross behind, one backward crossover and step to a forward inside edge, clockwise and counterclockwise

**BLADE & EDGE 32<sup>nd</sup> ANNUAL  
SPRING FLING COMPETITION  
ENTRY FORM**

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_ Area Code/Phone # \_\_\_\_\_

U.S. Figure Skating/LTS USA Number \_\_\_\_\_ Birth Date \_\_\_\_\_ Highest Level Passed \_\_\_\_\_

Program/Club Affiliation \_\_\_\_\_ Director's/Instructor's Name \_\_\_\_\_

**Please circle the event(s) you are entering:**

**Basic Elements**

Snowplow Sam  
Basic 1  
Basic 2  
Basic 3  
Basic 4  
Basic 5  
Basic 6

**Basic Free Skate Program**

Snowplow Sam  
Basic 1  
Basic 2  
Basic 3  
Basic 4  
Basic 5  
Basic 6

**Spins Challenge**

Beginner  
High Beginner  
No Test  
Pre-Preliminary  
Preliminary  
Adult Beginner  
Adult Pre-Bronze  
Adult Bronze

**Free Skate Elements/Compulsories**

Pre-Free Skate  
Free Skate 1  
Free Skate 2  
Free Skate 3  
Free Skate 4  
Free Skate 5  
Free Skate 6

**Free Skate Program**

Pre-Free Skate  
Free Skate 1  
Free Skate 2  
Free Skate 3  
Free Skate 4  
Free Skate 5  
Free Skate 6

**Jumps Challenge**

Beginner  
High Beginner  
No Test  
Pre-Preliminary  
Preliminary  
Adult Beginner  
Adult Pre-Bronze  
Adult Bronze

**Excel Compulsory Event**

Excel Beginner  
Excel High Beginner  
Excel Pre-Preliminary  
Excel Preliminary

**Excel Free Skate**

Excel Beginner  
Excel High Beginner  
Excel Pre-Preliminary  
Excel Preliminary  
Excel Preliminary Plus

**Well Balanced Free Skate Event**

No Test  
Pre-Preliminary  
Preliminary

**Well Balanced Levels Compulsory**

No Test  
Pre-Preliminary  
Preliminary

**Interpretive Event**

Pre-Free Skate - No Test  
Pre-Preliminary-Preliminary

**Solo Pattern Dance**

Pre-Bronze  
Preliminary  
Adult Preliminary  
Adult Pre-Bronze

**Adult 1-6, Beginner-Bronze Compulsory**

Adult 1  
Adult 2  
Adult 3  
Adult 4  
Adult 5  
Adult 6  
Adult Beginner  
Adult High Beginner  
Adult Pre-Bronze  
Adult Bronze

**Adult Free Skate Event**

Adult 1  
Adult 2  
Adult 3  
Adult 4  
Adult 5  
Adult 6  
Adult Beginner  
Adult High Beginner  
Adult Pre-Bronze  
Adult Bronze

**Showcase Event**  
**Light Entertainment**

Basic 1-6  
Pre FS-FS 6/Beginner/High Beginner  
No Test  
Pre-Preliminary  
Preliminary  
Adult 1-6/Adult Beg/Adult High Beg  
Adult Pre-Bronze  
Adult Bronze

**Showcase Event**  
**Dramatic**

Basic 1-6  
Pre FS/FS 1-6/Beginner/High Beginner  
No Test  
Pre-Preliminary  
Preliminary  
Adult 1-6/Adult Beg/Adult High Beg  
Adult Pre-Bronze  
Adult Bronze

**Duet Event**

Basic 1-6  
Pre FS/FS 1-6/Beginner/High Beg  
No Test  
Pre-Preliminary  
Preliminary  
Adult 1-6/Adult Beg/Adult High Beg  
Adult Pre-Bronze  
Adult Bronze

**Team Compulsory**

Snowplow Sam-Basic 3  
Basic 4-6  
Pre-Free Skate & Free Skate 1-6 levels  
Adult 1-6  
Adult Beginner/Adult High Beginner  
Adult Pre-Bronze/Adult Bronze

**Entry Fees:**

<b>First Event (Snowplow Sam – Basic 6,)</b>	<b>\$35.00</b>	<b>\$ _____</b>
<b>First Event (Pre Free Skate and above, Adult &amp; Dance)</b>	<b>\$50.00</b>	<b>\$ _____</b>
<b>Additional Event</b>	<b>\$30.00 each</b>	<b>\$ _____</b>
<b>Practice Ice (not included in entry)</b>	<b>\$10.00 each</b>	<b>\$ _____</b>
<b>(Each Skater can sign up for up to 2 practices)</b>		
<b>Paper Entry Fee (no cost for online entry)</b>	<b>\$ 5.00</b>	<b>\$ _____</b>
<b>Total:</b>		<b>\$ _____</b>

The completed entry form, with fees, must be postmarked no later than Monday, April 25, 2022 Make check or money order payable to **Blade & Edge FSC** and mail to: Pam Van Hook. For additional information call: Pam Van Hook 402.250.1742 or email [pvanhook1@yahoo.com](mailto:pvanhook1@yahoo.com).

**ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.**

**Certification of Competitor: The competitor is eligible to enter the events circled. It is agreed that the competitor and family holds the Blade & Edge FSC & Moylan Iceplex harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.**

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Competitor Signature \_\_\_\_\_ Date \_\_\_\_\_

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_

Program Director/Club Officer Signature \_\_\_\_\_ Date \_\_\_\_\_

**Make Checks payable to: Blade & Edge FSC**

**Mail to: Pam Van Hook**  
**18545 Cornish Road**  
**Springfield, NE 68059**

**Questions: Pam Van Hook**  
**402.250.1742**  
**[pvanhook1@yahoo.com](mailto:pvanhook1@yahoo.com)**