



**PROUDLY PRESENTS THE 34<sup>RD</sup> ANNUAL FLORIDA STATE GAMES  
FIGURE SKATING CHAMPIONSHIPS**

**MAY 15- 17, 2020**

**LOCATION: ADVENTHEALTH CENTER ICE  
3173 CYPRESS RIDGE ROAD  
WESLEY CHAPEL, FL 33544**

**ENTRY DEADLINE: ONLINE REGISTRATION BY APRIL 19, 2020**

**REGISTRATION: [WWW.ENTRYEEZE.COM](http://WWW.ENTRYEEZE.COM)  
AND INFORMATION**

**SANCTIONED BY U.S FIGURE SKATING  
# 29389**



## 2020 FIGURE SKATING ELEMENTS AND REQUIREMENTS

### EVENT: Pairs Free Skating Program

Open to all qualified skaters. At least one partner must have passed the appropriate pairs test. Partners must be male/female. Skaters are required to comply with the "well balanced program" requirements outlined in the current USFS Rule Book (Also see USFS website). **\*\*Indicates I.J.S Event**

<b>Pre-Juvenile**:</b>	No Test (Time: 2:00 +/- 10 sec)
<b>Juvenile**:</b>	At least the USFS Pre-Juvenile Pairs Test (Time: 2:30 +/- 10 sec)
<b>Intermediate**:</b>	At least the USFS Juvenile Pairs Test (Time: 3:00 +/- 10 sec)
<b>Novice**:</b>	At least the USFS Intermediate Pairs Test (Time: 3:30 +/- 10 sec)
<b>Junior**:</b>	At least the USFS Novice Pairs Test (Time: 3:30 +/- 10 sec)
<b>Senior**:</b>	At least the USFS Junior Pairs Test (Time: 4:00 +/- 10 sec)
<b>Adult Bronze:</b>	No Test (Time: 2:30 max)
<b>Adult Silver:</b>	At least the USFS Adult Bronze Pairs test or Pre-Juvenile Pairs Test (Time: 2:50 max)
<b>Adult Gold:</b>	At least the USFS Adult Silver Pairs test or Juvenile Pairs Test (Time: 3:40 max)
<b>Adult Masters:</b>	At least the complete USFS Intermediate Free Skate Test or Intermediate Pairs Test. (Time: 3:40 max)

### EVENT: Pairs Short Program

Open to all qualified skaters. At least one partner must have passed the appropriate pairs test. Partners must be male/female. Skaters are required to comply with the "well balanced program" requirements outlined in the current USFS Rule Book (Also see USFS website) **\*\*Indicates I.J.S Event**

<b>Novice**:</b>	At least USFS Intermediate Pairs Test. (Time: 2:50 max)
<b>Junior**:</b>	At least USFS Novice Pairs Test. (Time: 2:40 +/- 10 sec)
<b>Senior**:</b>	At least USFS Junior Pairs Test. (Time: 2:40 +/- 10 sec)

## **EVENT: Spins Challenge**

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3 revs)</li> <li>2. Upright back spin (3 revs)</li> <li>3. Sit spin (3 revs)</li> </ol>
High Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (4 revs)</li> <li>2. Upright spin with change of foot (3 revs on each foot)</li> <li>3. Sit spin (3 revs)</li> </ol>
No-Test	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright spin with change of foot (3 revs on each foot)</li> <li>2. Sit spin (3 revs)</li> <li>3. Camel spin (3 revs)</li> </ol>
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Spin with one change of position and no change of foot (6 revs)</li> <li>2. Backward sit spin (3 revs)</li> <li>3. Camel spin (4 revs)</li> </ol>
Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>1. Spin with one change of foot and one change of position (min. 3 revs each foot)</li> <li>2. Combination sit spin with change of foot (min. 3 revs each foot)</li> <li>3. One position spin – skater's choice (upright, sit or camel), (4 revs)</li> </ol>
Pre – Juvenile	1:30 max.	<ul style="list-style-type: none"> <li>• Backward entry Camel spin (4 revs)</li> <li>• Combination spin – All 3 basic positions are required (camel, sit, upright), (2 revs in each position)</li> <li>• Forward to backward scratch spin (min 4 revs per foot)</li> </ul>
Juvenile & Open Juv.	1:30 max.	<ul style="list-style-type: none"> <li>• Sit spin (4)</li> <li>• Combination spin – with change of foot; all 3 basic positions required 2 revs in each position (min. 4 revs per foot)</li> <li>• Girls – layback spin (6 revs); Boys – camel spin (5 revs)</li> </ul>
Intermediate	1:30 max.	<ul style="list-style-type: none"> <li>• Flying camel spin-basic camel position required (5 revs)</li> <li>• Sit spin to backward sit spin-basic sit position required (4 revs per foot)</li> <li>• Combination spin – change of foot &amp; all 3 basic positions required (2 revs in each position &amp; min 5 revs per foot)</li> </ul>
Novice	1:30 max.	<ul style="list-style-type: none"> <li>• Illusion to back scratch spin; may change feet (6 revs)</li> <li>• Camel spin to backward camel spin (4 revs per foot)</li> <li>• Combination spin – change of foot, all 3 basic positions required (2 revs in each position and min 6 revs per foot)</li> </ul>
Junior	1:30 max.	<ul style="list-style-type: none"> <li>• Flying sit spin or flying reverse sit spin (6 revs)</li> <li>• Solo spin of choice – may not fly (8 revs)</li> <li>• Combination spin – with change of foot, all 3 basic positions required (2 revs in each position &amp; min 6 revs per foot)</li> </ul>
Senior	1:30 max.	<ul style="list-style-type: none"> <li>• Flying spin of choice (8 revs)</li> <li>• Solo spin of choice (8 revs) – may not fly</li> <li>• Combination spin – with change of foot, all 3 basic positions required (2 revs in each position &amp; min 6 revs per foot)</li> </ul>

## **EVENT: Adult Spins Challenge**

General event parameters:

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

LEVEL	TIME	Rules/Standards
<b>Adult Beginner</b>	1:30 max	<ol style="list-style-type: none"> <li>1. Pivot</li> <li>2. Upright two-foot spin (2revs)</li> </ol> No flying entry
<b>Adult Pre-Bronze</b>	1:30 max	<ol style="list-style-type: none"> <li>1. Upright one -foot spin (3 revs)</li> <li>2. Upright two-foot spin (3 revs)</li> </ol> No flying entry
<b>Adult Bronze</b>	1:30 max	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3 revs)</li> <li>2. Solo spin with no change of foot (3 revs)- must be different from the upright spin</li> </ol> No flying entry
<b>Adult Silver</b>	1:30 Max	<ol style="list-style-type: none"> <li>1. Solo spin with no change of foot (3 revs)</li> <li>2. Second solo spin, different from the first, change of foot optional, (3 revs per foot)</li> <li>3. Combination spin -with at least one change of position, and no change of foot (2 revs in each position)</li> </ol>
<b>Adult Gold</b>	1:30 max	<ol style="list-style-type: none"> <li>1. Solo spin, no change of foot (4 revs)</li> <li>2. Second solo spin, different from the first; change of foot optional (4 revs per foot)</li> <li>3. Combination spin- with only one change of foot and at least one change of position (2 revs in each position and 4 revs per foot)</li> </ol>

<b>Masters Intermediate/ Novice</b>	1:30 max	<ol style="list-style-type: none"> <li>1. Solo spin (5 revs if one foot, 4 revs per foot if change of foot)</li> <li>2. Second solo spin, different from the first (5 revs if one foot, 4 revs per foot if change of foot)</li> <li>3. Combination spin -with change of foot and at least one change of position (2 revs in each position and 4 revs per foot)</li> </ol>
<b>Masters Junior/Senior</b>	1:30 max	<ol style="list-style-type: none"> <li>1. Solo spin (5 revs if one foot, 4 revs if change of foot)</li> <li>2. Second solo spin, different from the first (5 revs if one foot, 4 revs per foot if change of foot)</li> <li>3. Combination spin – with change of foot and at least one change of position (2 revs in each position and 4 revs per foot).</li> </ol>

## **EVENT: Jumps Challenge**

General event parameters:

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

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. <math>\frac{1}{2}</math> flip or <math>\frac{1}{2}</math> Lutz</li> <li>3. Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. Single Salchow</li> <li>3. Jump combination – waltz jump-toe loop</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single loop</li> <li>3. Jump combination – Any two <math>\frac{1}{2}</math> or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>4. Single toe loop</li> <li>5. Single flip</li> <li>6. Jump combination - Any two <math>\frac{1}{2}</math> or single revolution jumps (no Axel)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>4. Single flip</li> <li>5. Single Lutz</li> <li>6. Jump combination – Any single jump + single loop (may include Axel)</li> </ol>
Pre – Juvenile	1:15 max.	<ul style="list-style-type: none"> <li>• Single Axel or double Salchow</li> <li>• Single or double jump</li> <li>• Jump combination – single/single (may include Axel)</li> </ul>
Juvenile & Open Juv.	1:15 max.	<ul style="list-style-type: none"> <li>• Single Axel</li> <li>• Double Salchow or double toe loop</li> <li>• Jump combination – single/single or double/single (may include single Axel)</li> </ul>
Intermediate	1:30 max.	<ul style="list-style-type: none"> <li>• Single Axel</li> <li>• Double toe loop or double loop</li> <li>• Jump combination – double/single or double/double (may include single Axel)</li> </ul>
Novice	1:30 max.	<ul style="list-style-type: none"> <li>• Double loop</li> <li>• Double flip</li> <li>• Jump combination – double/double (may include double Axel)</li> </ul>
Junior	1:30 max.	<ul style="list-style-type: none"> <li>• Choice of double or triple jump (Salchow, toe loop, loop, Lutz)</li> <li>• Double or triple flip</li> <li>• Jump combination – double/double (may include double Axel)</li> </ul>
Senior	1:30 max.	<ul style="list-style-type: none"> <li>• Choice of double or triple jump (Salchow, toe loop, loop, flip)</li> <li>• Double or triple Lutz</li> <li>• Jump combination – double/double or triple/double (may include double Axel)</li> </ul>

## **EVENT: Adult Jumps Challenge**

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Adult silver and lower will be skated  $\frac{1}{2}$  ice; adult gold –will be skated on full ice.

Level	Time	Elements
Adult Beginner	1:00	<ol style="list-style-type: none"><li>1. Waltz Jump</li><li>2. Mazurka or ballet jump</li></ol>
Adult Pre-Bronze	1:00	<ol style="list-style-type: none"><li>1. Toe loop jump</li><li>2. <math>\frac{1}{2}</math> flip, <math>\frac{1}{2}</math> Lutz or <math>\frac{1}{2}</math> loop</li></ol>
Adult Bronze	1:00	<ol style="list-style-type: none"><li>1. Single Salchow</li><li>2. Single toe loop</li><li>3. Any single jump + single toe loop combination (No Axels allowed)</li></ol>
Adult Silver	1:15	<ol style="list-style-type: none"><li>1. Single flip</li><li>2. Single loop</li><li>3. Single/single combination (Axel is permitted)</li></ol>
Adult Gold	1:15	<ol style="list-style-type: none"><li>1. Single Axel or Waltz jump</li><li>2. Single Lutz</li><li>3. Jump combination that may include any single jump, double toe loop or double Salchow. May include only one double jump.</li></ol>
Masters Intermediate/Novice	1:30	<ol style="list-style-type: none"><li>1. Single Axel or Waltz jump</li><li>2. Salchow (single or double, toe loop (single or double) or loop (single or double)</li><li>3. Jump combination that may include any single jump, double toe loop, double Salchow, or double loop</li></ol>
Masters Junior/Senior	1:30	<ol style="list-style-type: none"><li>1. Loop jump (single or double) or flip jump (single or double)</li><li>2. Lutz (single or double)</li><li>3. Jump combination that may include any single or double jump</li></ol>

## **EVENT: Short Programs (Singles)**

Short Programs are to be skated to music of the skater's choice on a full sheet of ice. For Short Program, the current requirements are in the USFS Rulebook (also see USFS website).

### **\*\*Indicates I.J.S Event**

- Juvenile \*\*:** At least the USFS Pre-Juvenile Free Skate Test.  
(Age: 12 years of age or younger for girls; 13 years of age or younger for boys)  
(Time: 2:10 max)
- Open Juvenile\*\*:** Same as Juvenile.  
Age requirement: 13 years of age or older for girls; 14 years of age or older for boys  
(Time: 2:10 max)
- Intermediate\*\*:** At least the USFS Juvenile Free Skate Test.  
(Time: 2:10 max)
- Novice\*\*** At least the USFS Intermediate Free Skate Test.  
(Time: 2:30 max)
- Junior\*\*:** At least the USFS Novice Free Skate Test.  
(Time: 2:40 +/- 10 sec) \* **2020- 2021 requirements**
- Senior\*\*:** At least the USFS Junior Free Skate Test.  
(Time: 2:40 +/- 10 sec)

## **EVENT: COMPULSORY MOVES**

General event parameters:

1. No Test – Pre-Juvenile: Elements skated on ½ ice
2. Juvenile – Senior: Elements skated on full-ice
3. Elements may be performed only once and in any order.
4. Music is not allowed.
5. Connecting steps are allowed but will not be taken into consideration in scoring.
6. The number of revolutions in spins is noted.
7. Skaters may compete at their test level or one level higher.

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>• Jump combination: single/single (no Axel)</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>• Jump combination: single/single (may include Axel)</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>
Pre – Juvenile	1:15 max.	<ul style="list-style-type: none"> <li>• Axel or double Salchow</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Layback spin or camel spin - minimum three revolutions</li> <li>• Step sequence – must include rotating in both directions</li> </ul>
Juvenile & Open Juv.	1:15 max.	<ul style="list-style-type: none"> <li>• Double Salchow or double toe loop</li> <li>• Jump combination: single/single or double/single</li> <li>• Layback spin or camel spin - minimum four revolutions</li> <li>• Step sequence – must include 3 difficult turns and rotating in both directions</li> </ul>
Intermediate	1:30 max.	<ul style="list-style-type: none"> <li>• Double Salchow, double toe loop or double loop</li> <li>• Jump combination: single/single or double/single, double/double</li> <li>• Flying spin, minimum five revolutions</li> <li>• Step sequence – must include 4 difficult turns and rotations in both directions</li> </ul>
Novice	1:30 max.	<ul style="list-style-type: none"> <li>• Double loop or double flip</li> <li>• Jump combination: double/single or double/double</li> <li>• Flying spin - minimum six revolutions</li> <li>• Step sequence – must include 5 difficult turns and rotations in both directions</li> </ul>
Junior	1:30 max.	<ul style="list-style-type: none"> <li>• Double flip or double Lutz</li> <li>• Jump combination: double/double or triple/double</li> <li>• Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot)</li> <li>• Step sequence – must include 7 difficult turns and rotations in both directions</li> </ul>
Senior	1:30 max.	<ul style="list-style-type: none"> <li>• Double Lutz or Double Axel</li> <li>• Jump Combination: double/double or triple/double</li> <li>• Combination spin- all 3 basic positions required (min 6 revs on each foot)</li> <li>• Step sequence- must include 7 difficult turns and rotations in both directions</li> </ul>



## EVENT: 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 1/2 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.
- Time: 1:15 maximum
- *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>• Toe loop 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 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>• Upright spin with change of foot – minimum 3 revolutions on each foot</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>• Camel, sit combination spin – minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>

## **EVENT: Adult Compulsory Moves**

General event parameters:

1. Beginner to Silver: Elements skated on ½ ice
2. Gold/Masters: Elements skated on full-ice
3. Elements may be performed only once
4. Music is not allowed
5. Minimum number of revolutions is noted in parentheses

Level	Time	Elements
Adult Beginner	1:30 MAX	<ul style="list-style-type: none"> <li>• <u>Waltz jump</u></li> <li>• Mazurka</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 inside and outside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</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 (Min. 2 revolutions)</li> <li>• Backward outside 3-turn right and left</li> <li>• Alternating right and left backward outside and inside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)</li> </ul>
Adult Pre-Bronze	1:30 MAX	<ul style="list-style-type: none"> <li>• <u>Single Toe Loop</u></li> <li>• <u>Jump combination or sequence consisting of only half revolution jumps (½ flip, 1/2 lutz, 1/2 loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination and 3 jumps in a sequence</u></li> <li>• Forward upright spin (Min. 3 revolutions)</li> <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 either direction</li> <li>• Forward spiral (any edge)</li> </ul>
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> <li>• Single Salchow</li> <li>• <u>Jump combination or sequence consisting of 1/2 revolution jumps and/or full revolution jumps (no Lutz or Axel)- maximum of 2 jumps in combination and 3 jumps in a sequence</u></li> <li>• <u>Solo spin with no change of foot (min. 3 revolutions)</u></li> <li>• Backward inside 3-turn right and left</li> <li>• Spiral sequence (Min. 2 spirals)</li> </ul>
Adult Silver	1:30 MAX	<ul style="list-style-type: none"> <li>• Single loop</li> <li>• Single/single jump combination</li> <li>• <u>Solo with no change of foot (Min. 3 revolutions)</u></li> <li>• Straight line step sequence</li> </ul>
Adult Gold	1:30 MAX	<ul style="list-style-type: none"> <li>• Single Lutz or Axel</li> <li>• <u>Jump combination (Single/single, single/double, double/single) that may include any single jump, double Salchow, or double toe loop</u></li> <li>• <u>Solo spin with no change of foot (Min. 4 revolutions)</u></li> <li>• Straight line step sequence</li> </ul>
Masters Intermediate/Novice	1:30 MAX	<ul style="list-style-type: none"> <li>• <u>Choice of any solo jump (any single jump, double Salchow, double toe loop or double loop allowed)</u></li> <li>• <u>Jump combination that may include any single jump, double Salchow, double toe loop or double loop</u></li> <li>• Solo spin of skater's choice (Min. 6 revolutions)</li> <li>• Straight line step sequence</li> </ul>

Masters Junior/Senior	1:30 MAX	<ul style="list-style-type: none"> <li>• <u>Choice of any solo jump (all single and double jumps allowed)</u></li> <li>• <u>Jump combination that may include any single or double jump</u></li> <li>• Solo spin of skater's choice (Min. 8 revolutions)</li> <li>• Straight line step sequence</li> </ul>
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## **EVENT: ADULT SINGLES FREE SKATE EVENTS**

General Parameters:

Events are open to Adults 21 years and older. Requirements are listed in the USFS Rulebook and on the USFS website.

### **Introductory Level:**

**Adult Beginner:** 1:40 Max

**Adult High Beginner:** 1:40 max

**Adult Pre- Bronze:** No completed tests higher than USFS Pre- Preliminary or Adult Pre- Bronze Free Skate.  
USFS Rule 6560 and 6561.  
(Time: 1:40 max)

**Adult Bronze:** No completed tests higher than USFS Preliminary Free Skate or Adult Bronze Free Skate.  
USFS Rule 6550 and 6551  
(Time: 1:50 max)

**Adult Silver: \*** No completed test higher than USFS Pre-Juvenile Free Skate or Adult Silver Free Skate.  
USFS Rule 6540 and 6541  
(Time: 2:10 max)

**Adult Gold: \*** No completed test higher than the USFS Juvenile FS or Adult Gold Free Skate.  
USFS Rule 6530 and 6531  
(Time: 2:40 max)

**Adult Masters Intermediate–Novice: \***  
Refer to USFS Rule 6520 and 6521 for test and element requirements.  
(Time: 3:10 max)

**Adult Masters Junior-Senior: \***  
Refer to USFS Rule 6510 and 6511 for test and element requirements.  
(Time: 3:40 max)

**\* Indicates I.J.S. event**

## **EVENT: Well Balanced Free Skate Programs**

Skaters may enter either Excel Series Free Skate events **OR** the Well-Balanced Free Skate Program both **NOT** both. Skaters are required to comply with the “well balanced program” requirements outlined in the current USFS Rule Book. Skaters may skate at their test level or one level higher.

<b>No Test**:</b>	May not have passed any USFS Free Skate Test. (Time:1:40 max)
<b>Pre- Preliminary**:</b>	At least the USFS Pre-Preliminary Free Skate. (Time: 1:40 max)
<b>Preliminary**:</b>	At least the USFS Pre-Preliminary Free Skate. (Time: 1:30 +/- 10 sec)
<b>Pre-Juvenile**:</b>	At least the USFS Preliminary Free Skate Test. (Time: 2:00 +/- 10 sec)
<b>Juvenile**:</b>	At least the USFS Pre-Juvenile Free Skate Test. <b>Age:</b> 12 years of age or younger for girls; 13 years of age or younger for boys. (Time: 2:30 +/- 10 sec)
<b>Open Juvenile**:</b>	At least the USFS Pre-Juvenile Free Skate Test. <b>Age:</b> 13 years of age or older for girls; 14 years of age or older for boys. (Time: 2:30 +/- 10 sec)
<b>Intermediate**:</b>	At least the USFS Juvenile Free Skate Test. (Time: 3:00 +/- 10 sec)
<b>Novice**:</b>	At least the USFS Intermediate Free Skate. (Time: 3:30 +/- 10 sec)
<b>Junior**:</b>	At least the USFS Novice Free Skate Test. (Time: 3:30 +/- 10 sec)
<b>Senior**:</b>	At least the USFS Junior Free Skate Test. (Time: 4:00 +/- 10 sec)

**\*\* Indicates I.J.S.**

# 2020 EXCEL SERIES



## EVENT : EXCEL SERIES

General event parameters:

- Skaters may **not** enter both a Well-Balanced Free Skate event and an Excel Free Skate event.
- Skaters will skate to the music of their choice.
- Vocal music is permitted at all levels.
- 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.

- **All information on the Excel Program can be located on the USFS website with the test requirements and the required elements for each level, along with the required time of the programs.**

**The Excel Series events are not part of the actual Series and do not qualify skaters to the Excel National Festival in June 2020.**

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- The **IJS** will be used for the Excel Plus levels as well as Pre-Juvenile through Senior levels.
- The **6.0** judging system will be used for the Excel Beginner, High Beginner, Pre-Preliminary and Preliminary levels.

Excel Beginner Free Skate  
Excel High Beginner Free Skate  
Excel Pre- Preliminary  
Excel Preliminary  
Excel Preliminary Plus \*  
Excel Pre- Juvenile \*  
Excel Pre- Juvenile Plus \*

Excel Juvenile \*  
Excel Juvenile Plus \*  
Excel Intermediate \*  
Excel Novice \*  
Excel Junior \*  
Excel Senior \*

**\* Indicates IJS events**

### **EVENT: Solo Pattern Dance**

Introductory steps and poses cannot exceed eight measures of music. The dance listed will be skated alone. The number of patterns skated will be set by the event referee, (Rule 8075). Male and female will be combined.

<b>Preliminary:</b>	Dutch Waltz, Canasta Tango (No test or passed Preliminary)
<b>Pre-Bronze:</b>	Cha Cha, Fiesta Tango (Passed Preliminary or Pre- Bronze)
<b>Bronze:</b>	Hickory Hoedown, Ten- Fox (Passed Pre- Bronze or Bronze)
<b>Pre-Silver:</b>	Fourteenstep, European Waltz (Passed Bronze or Pre-Silver)
<b>Silver:</b>	American Waltz, Tango (Passed Pre-Silver or Silver)
<b>Pre-Gold:</b>	Paso Doble, Blues (Passed Silver or Pre- Gold)
<b>Gold:</b>	Quickstep, Argentine Tango (Passed Pre-Gold or Gold)

### **EVENT: Adult Solo Pattern Dance**

Introductory steps and poses cannot exceed eight measures of music. The dances listed will be skated alone. The number of patterns skated will be set by the event referee (Rule 8075). Male and female will be combined. (Same test requirements or equivalent as above). Age Requirement: 21 years and older.

<b>Pre- Bronze:</b>	Dutch Waltz, Rhythm Blues
<b>Bronze:</b>	Fiesta Tango, Willow Waltz
<b>Pre- Silver:</b>	Willow Waltz, Fourteen step
<b>Silver:</b>	Foxtrot, American Waltz
<b>Pre- Gold:</b>	American Waltz, Paso Doble
<b>Gold:</b>	Starlight Waltz, Argentine Tango

### **EVENT: Partnered (Couples) Pattern Dance**

Open to all qualified skaters. Partners must be male/female. Skaters are required to comply with the requirements outlined in the current USFS Rulebook. The number of patterns skated will be set by the event referee (Rule 8075).

<b>Pre-Juvenile:</b>	Rhythm Blues, Fiesta Tango
<b>Juvenile:</b>	Hickory Hoedown, Ten-Fox
<b>Intermediate:</b>	Foxtrot, American Waltz
<b>Novice:</b>	Starlight Waltz, Quickstep

### **EVENT: Adult Partnered (Couples) Pattern Dance**

Open to All Adult couples (male/female). Age requirements: both partners must be 21 years or older. The number of patterns skated will be set by the event referee. Rule 8075. For test requirements, see current USFS rulebook or USFS website.

<b>Adult Pre- Bronze:</b>	Dutch Waltz, Rhythm Blues
<b>Adult Bronze:</b>	Cha Cha, Ten-Fox
<b>Adult Pre- Silver:</b>	Willow Waltz, Hickory Hoedown
<b>Adult Silver:</b>	European Waltz, Tango
<b>Adult Pre- Gold:</b>	American Waltz, Paso Doble
<b>Adult Gold:</b>	Kilian, Starlight Waltz

### **EVENT: Rhythm Dance (Couples Only) Events**

Open to all qualified skaters. Partners must be male/female. Skaters are to comply with the requirements outlined in the current USFS Rulebook. Adult and youth couples will be grouped together.

<b>Junior:</b>	See USFS website for rhythm. (Time: 2:50 +/- 10 sec)
<b>Senior:</b>	See USFS website for rhythm. (Time: 2:50 +/- 10 sec)

## **EVENT: Couples Free Dance**

Open to all qualified skaters. Partners must be male/female. Skaters are required to comply with the requirements outlined in the current USFS Rule Book.

<b>Pre- Juvenile:</b>	At least 1 Preliminary Dance. (Time: 2:00 +/- 10 sec)
<b>Juvenile:</b>	At least 2 Preliminary Dances. (Time: 2:15 +/- 10 sec)
<b>Intermediate:</b>	At least USFS Juvenile Free Dance Test. (Time: 2:30 +/- 10 sec)
<b>Novice:</b>	At least USFS Intermediate Free Dance Test. (Time: 3:00 +/- 10 sec)
<b>Junior:</b>	At least USFS Novice Free Dance Test. (Time: 3:30 +/- 10 sec)
<b>Senior:</b>	At least USFS Junior Free Dance Test. Time: 4:00 +/- 10 sec)

## **EVENT: Adult Solo Free Dance Events**

Requirements are outlined in the current USFS Rulebook and the USFS website.

<b>Adult Gold:</b>	Time: 2:40 +/- 10 sec
<b>Adult Silver:</b>	Time: 2:00 +/- 10 sec
<b>Adult Bronze:</b>	Time 1:40 +/- 10 sec



## SNOWPLOW SAM – BASIC 6 ELEMENTS

Format: Each skater performs all of the required elements before moving on to the next skater.

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

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> <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>• Beginning 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>• 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.
- 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.

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>• 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>

## 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.

1. To be skated on ½ ice.
2. No music
3. The skater must demonstrate the required elements listed
- 4. Bonus skills from the same level or below are allowed but will not be judged elements.**
5. 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>• Forward inside open Mohawk from a standstill position (R to L and L to R)</li> <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, one set each direction 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-turn, 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>• Euler (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)</li> <li>• 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/Euler (half loop)/ Salchow jump combination</li> <li>• Axel jump; minimum requirement is a clear attempt either stationary or moving</li> </ul>

## PRE-FREE SKATE – FREE SKATE 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.

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, one set each direction 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> <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 back spin, optional entry and free foot position- maximum 3 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> <li>• <i>NOT ALLOWED – Waltz jump/toe loop and 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>• Euler (half loop jump)</li> <li>• Flip jump</li> <li>• <i>NOT ALLOWED – Waltz/loop and Waltz/Euler/Salchow 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 - 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>

**EVENT: Light Entertainment and Dramatic Entertainment Showcase Events\***

**Light Entertainment Showcase** should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.

**Dramatic Entertainment Showcase** should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.

Props and scenery are permitted.

Level will be determined by the highest free skate or dance test passed. Skaters may compete at the highest level they have passed or skate up to one level higher.

Determination of level will be based upon test requirement at the entry deadline.

Except for Adult events, skaters must compete at the highest level for which they qualify.

**\*Please be sure to specify Light Entertainment or Dramatic Entertainment when registering for your event.**

Event	- Must meet requirements passed free skating or dance test (solo or partnered)	Must not have passed	Age	Time
No Test	- No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Pre-Preliminary	- Pre- Preliminary Free Skate	Preliminary Free Skate	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age (Max age 20)	1:40 max
Pre-Juvenile	Pre-Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (Max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	Under 13	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance	No age restriction	2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance	No age restriction	2:40 max
Senior	Senior Free Skate OR Senior Free Dance	N/A		2:40 max

**EVENT: Adult Light Entertainment and Dramatic Entertainment Showcase Events**

<b>Event</b>	<b>Must meet requirements*</b> Must have passed Free Skate or Dance Test (solo or partnered, standard, adult, or masters track)	<b>Must not have passed</b> Free Skate or Dance Test (solo or partnered; standard, adult, or masters track) or higher	<b>Age</b>	<b>Time</b>
Adult Pre-Bronze	Adult Pre-Bronze Free Skate OR Pre-Preliminary Free Skate	Adult Bronze Free Skate Preliminary Free Skate OR Any Free Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Preliminary Free Skate Juvenile Free Dance OR Pre-Bronze Dance Test (prior to 4/30/17)	Adult Silver Free Skate Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Silver	Adult Silver Free Skate Juvenile Free Skate (prior to 10/1/94) Pre Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance Preliminary Free Dance (prior to 9/2/2000) OR 3rd Figure (prior to 10/1/77)	Adult Gold Free Skate Juvenile Free Skate (On/after 10/1/94) Adult Gold Free Dance Novice Free Dance Bronze Free Dance (prior to 9/2/2000) OR 4th Figure (prior to 10/1/77)	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance OR 3rd Figure (prior to 10/1/77)	Intermediate FS (on/after 10/1/91) Junior Free Dance Silver Free Dance (Prior to 9/2/2000) OR 5th Figure Test (prior to 10/1/77)	21 and older	1:40 max

**Please be sure to specify either Adult Light Entertainment OR Adult Dramatic Entertainment when registering for your showcase event.**

## **EVENT: DUET EVENTS**

Format:

- Duets are theatrical or artistic performances by any competitors.
- Props and scenery ARE permitted.

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline

### **Duet Event Levels:**

Skaters must compete at the highest level for which they qualify.

<b>Event</b>	<b>Must meet requirements*</b>	<b>Must not have passed</b>	<b>Age</b>	<b>Time</b>
	Must have passed Free Skating or Dance test (solo or partnered standard track)	Free Skate or Dance (solo or partnered) Test or higher		
No Test	No Free Skate test passed	Pre-Preliminary Free Skate or Any Free Dance	No age restriction	1:30 max
Pre-Preliminary	Pre-Preliminary Free Skate	Preliminary Free Skate or Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age ( <b>max age 20</b> )	1:40 max
Pre-Juvenile	Pre-Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age ( <b>max age 20</b> )	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max

**ISI PROGRAM MEMBERS:** If you are in an ISI program, please use the conversion chart below to determine your appropriate competition level to enter.

<b>If you passed ISI level</b>	<b>Enter USFS level</b>	<b>If you passed ISI level</b>	<b>Enter USFS level</b>
Tot or Pre-Alpha (age 7 and older) Alpha	Basic 1	Freestyle 8 / Open Platinum	Junior or Senior
Advanced Pre-Alpha	Basic 2	Freestyle 9 / Open Platinum	Senior
Advanced Pre-Alpha	Basic 3	Freestyle 10 / Open Platinum	Senior
Alpha/Gamma	Basic 4	Freestyle 2 / Open Bronze	Adult Pre-Bronze
Beta	Basic 5	Freestyle 3 / Open Bronze	Adult Bronze
Delta	Basic 6	Freestyle 4 / Open Silver	Adult Silver
		Freestyle 5 / Open Gold	Adult Gold
Gamma-Freestyle 1	Pre-Free Skate-Free Skate 6*	Dance 3	Preliminary Dance
Freestyle 2 or 3 / Open Bronze	Pre-Preliminary	Dance 4	Pre-Bronze Dance
Freestyle 4 / Open Silver	Preliminary	Dance 5	Bronze Dance
Freestyle 5 / Open Silver	Pre-Juvenile	Dance 6	Pre-Silver Dance
Freestyle 6 / Open Gold	Juvenile or Intermediate	Dance 7	Silver Dance
Freestyle 7 / Open Platinum	Novice	Dance 9	Pre-Gold Dance



# THE 34<sup>th</sup> FLORIDA STATE GAMES FIGURE SKATING CHAMPIONSHIPS

## DATES

Friday, May 15– Sunday, May 17, 2020

## SITE

Advent Health Center Ice  
3173 Cypress Ridge Road  
Wesley Chapel, Florida 33544  
813-802-7372

## SCHEDULE

The competition schedule will be available online at [www.sunshinestategames.com](http://www.sunshinestategames.com) by **May 1, 2020**, and on [www.entryeeze.com](http://www.entryeeze.com) and will be available at athlete check-in. Skating order and groups will be posted at the rink on **May 14, 2020**. Skating groups (**not** skating order) will be posted online.

## ENTRY REQUIREMENTS

1. The initial individual registration fee for **ALL skaters** is **\$50.00** per person.
2. For each **non IJS single event**, the fee is **\$60.00** per skater for their first event, and **\$45.00** for each subsequent event entered. Therefore, an athlete entering 2 non IJS events will pay \$ 155 (\$50+\$60 +\$45).
3. For each **IJS singles event** the fee is **\$80.00** per skater per event. Therefore, an athlete entering 2 IJS single events will pay \$210 (\$50 +\$80+\$80).
1. **IJS pairs**: Each partner/skater will pay the individual registration fee of **\$ 50.00** and each partner/skater will pay **\$40.00 each** to total up to the \$ 80.00 to cover the cost of the **IJS** pair event. If the pair chooses to skate an additional pair event, and additional **\$ 40.00 each** is required.
2. **Couples/ partnered dance events** and **Showcase Duets**. Each skater will pay the registration fee of \$ 50.00 and each partner/skater will pay \$30.00 each to total up to the \$60.00 to cover the cost of the event entered.
6. **Learn to Skate- Compete USA Skater**: the initial individual registration fee of **\$50.00** will cover their first event. If they choose to enter a second Learn to Skate-Compete USA event an additional **\$40.00** is required. If they choose to enter any other events offered in the competition such as Spins, Jumps, Showcase, etc., those events will be **\$ 45.00** for each subsequent event entered. The Learn to Skate-Compete USA events are: Basic Program: Snowplow Sam- Basic 6, Pre-Free Skate- Free Skate 6 Program, Snowplow Sam – Basic 6 Elements and Pre- Free Skate- Free Skate 6 Compulsory.
7. Your registration includes an official Sunshine State Games T-Shirt. **NO REFUNDS**.
8. **The IJS Scoring System** will be used for the following events:  
All Pairs Free Skating Program and Pairs Short Program events.  
All Singles Short Programs events.  
All Well Balanced Free Skate Program events.  
Adult Free Skate: Silver and above levels.  
Excel Series: All Excel Plus Events and Excel Pre-Juvenile and above events.
9. The **6.0 judging system** will be used for the all other events.
10. **IJS forms** can be completed online at [www.usfsaonline.org](http://www.usfsaonline.org)

11. All applicants must complete an Official Sunshine State Games entry form and Waiver of Liability and submit them by the entry deadline.
12. All entries must be **submitted online through [www.entryeeze.com](http://www.entryeeze.com) by April 19, 2020.**  
 Visit [www.sunshinestategames.com](http://www.sunshinestategames.com) for registration link and additional competition information.
13. Late entries may be accepted at the **discretion of the Event Director** and must be accompanied by a **\$ 50 late fee.**
14. NO registration additions will be taken the day of the event.
15. Any changes requested after **May 1, 2020** are at the discretion of the Event Director and will require a **\$ 35 change fee per event changed.**
16. It is the responsibility of the applicant to confirm their registration by visiting [www.entryeeze.com](http://www.entryeeze.com) .
17. Age and test level will be determined by **April 19, 2020.**
18. Unless otherwise stated in all events, skaters may skate at their test levels or one higher.
19. Skaters who skate both ISI and USFS must use their USFS test level as their guideline in entering events. Skaters who skate only ISI and have not taken any USFS test, may skate at their ISI test level or one level lower to place themselves on a more even and competitive level with the USFS competitor. Please refer to the chart on page 24 of the announcement for levels.

#### **FORMAT**

1. All event requirements will be in accordance to USFS regulations. A description of elements, moves, and time requirements will be available online at [www.sunshinestategames.com](http://www.sunshinestategames.com). **And on [www.entryeeze.com](http://www.entryeeze.com).**
2. Athletes must check-in with the ice monitor at the ice at least 15 minutes prior to the scheduled competition time for each event in which they are competing. Athlete Check-in, where athlete pick-up their shirts and goodie bags, is NOT event check-in.

#### **AWARDS**

1. Gold, Silver and Bronze medals will be awarded to the first, second and third place finishers in each event. Ribbons will be awarded to 4<sup>th</sup> – 6<sup>th</sup> place in the Learn to Skate-Compete USA events.
2. The Dorothy Dodson Award, named after veteran Figure Skating Judge, Dorothy Dodson, Recognizes the skater with the highest combined score in the Intermediate Ladies Free Skate and Short Program event, This Award will be presented at the end of competition.
3. The Elizabeth “Betty” Stark Award, named after veteran Figure Skating Judge, Elizabeth “Betty” Stark recognizes the Juvenile Girl with the highest points in the Juvenile Girls Free Skate program. This award will be presented at the end of the competition.

#### **SPORT RULES**

1. This competition will be conducted in accordance with United States Figure Skating (USFS) rules, as per the current rulebook, unless stated otherwise.
2. This event is sanctioned by United States Figure Skating (USFS).

**LIABILITY:** U.S. Figure Skating, Florida Sports Foundation, and Advent Health Center Ice 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.

**IMPORTANT NOTICE FOR ALL COACHES:**

To coach at a U.S. Figure Skating nonqualifying competition, a professional coach or choreographer must be:

- Must be a current full member of U.S. Figure Skating- either through a member club or as an individual member.
- If 18 years of age or older, must submit the proper payment of \$30 through the U.S. Figure Skating Members Only website, and submit information for and successfully pass an annual background check.
- Must complete the CER SafeSport training course and any additional courses as required in GR 4.02 effective starting July 1, 2019.
- Must submit proof of general liability insurance with limits of \$1 million per occurrence/ \$5 million aggregate.

The local organizing committee/club will have a list of coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo ID to receive a credential. Coaches who are **NOT** on the list will need to show proof of membership in U.S. Figure Skating, proof of compliance, and a photo ID at check in.

If a coach cannot provide a photo ID and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge all coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions.

Foreign coaches will be required to present the LOC with a letter, from their federation, verifying they are a member in good standing.

Coaching Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Completed SafeSport Training\* (for coaches 18 years old and over)
- Completed background check (green light status) (for coaches 18 years old and over)
- Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

\*SafeSport training is available through [www.usfsaonline.org](http://www.usfsaonline.org) for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training and certification is valid for 1 season)

**LOCKER ROOMS AND CHANGING AREAS:** Only athletes competing at the Games are allowed in the Locker Rooms/Changing Areas. An exception may be allowed for an athlete age 11 years or younger to be accompanied by one parent of the same sex to assist their child immediately prior to and after their skating event(s). Two (2) locker rooms will be available to female athletes and one (1) locker room will be available to male athletes.

All Locker Rooms/Changing Areas will be monitored. If any concerns arise, immediately contact the Locker Room/Changing Area monitor. If there are concerns regarding this policy, an athlete should change prior to arriving at the competition. The use of any recording and photographic devices inside a Locker Room/Changing Area is strictly prohibited. Any violation of this policy is punishable under the U.S. Figure Skating SafeSport policy and U.S. Figure Skating Rulebook.

### **PRACTICE ICE**

Practice ice registration will be announced on the Florida Sports Foundation website [www.sunshinestategames.com](http://www.sunshinestategames.com) after the close of entries and will be available for purchase on [www.entryeeze.com](http://www.entryeeze.com) website.

Each skater will be eligible to purchase two (2) practice ice sessions per event entered. Additional practice ice may become available after the initial practice registration.

Practice Ice will be \$ 20.00/ 20 minute practice sessions.

Do not call Advent Health Center Ice for practice ice sessions during the dates of competition.

### **MUSIC**

Music must be uploaded through Entryeeze no later than May 1<sup>st</sup> at 11:59p.m. You can upload your music in mp3 form as soon as you have entered and paid for your events. If you have any questions, or need assistance, contact the Music Coordinator at [andy@andymeng.com](mailto:andy@andymeng.com). All skaters should have a back-up copy of their music readily available **at rink side** during their event in case of audio/playback problems. The CD should be clearly labeled with the skater's name, event and running time on the side that is to be played. No **cassette tapes, mini disc** or **DATS**. CD's must only have one track per CD in a format that is widely readable by most CD players. CD/RW is discouraged. I phone/I pod music replay is also discouraged.

### **VIDEO**

Individual videotaping will be permitted in designated areas ONLY. Professional video taping of each event will be available. Except for the official video producer, **only battery-operated cameras will be permitted with no tripods**. NO FLASH PHOTOGRAPHY, PLEASE.

### **VOLUNTEERS**

The Florida Sports Foundation is always seeking volunteers to help with athlete check-in and running music at the Sunshine State Games Figure Skating Championships. Anyone interested in volunteering should contact Orenthious "OJ" Hill at (850) 577- 7207 or [ojhill@playinFlorida.com](mailto:ojhill@playinFlorida.com).

### **FSF STAFF CONTACT**

Orenthious "OJ" Hill (850) 577-7207 or [ojhill@playinflorida.com](mailto:ojhill@playinflorida.com)

### **STATE DIRECTOR**

Betty Stark (954) 345-9948 or [tstark7635@aol.com](mailto:tstark7635@aol.com)  
(954) 261-1569