



PROUDLY PRESENTS THE 34TH ANNUAL SUNSHINE STATE GAMES
FIGURE SKATING CHAMPIONSHIPS



MAY 20- 22, 2022

LOCATION: PANTHERS ICE DEN
3329 SPORTSPLEX DRIVE, CORAL SPRINGS, FL 33065

REGISTRATION AND INFORMATION: WWW.ENTRYEEZE.COM
ENTRY DEADLINE: ONLINE REGISTRATION BY APRIL 17, 2022

SANCTIONED BY U.S FIGURE SKATING # 30574



2022 SUNSHINE STATE GAMES EVENTS

EVENT: Spins Challenge (6.0)

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

EVENT: Adult Spins Challenge (6.0)

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

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

EVENT: Jumps Challenge (6.0)

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

EVENT: Adult Jumps Challenge (6.0)

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

EVENT: Short Programs (Singles) (IJS)

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).

- 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) Rule 6451
(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) Rule 6451
(Time: 2:10 max)
- Intermediate:** At least the USFS Juvenile Free Skate Test.
(Time: 2:10 max) Rule 6441
- Novice:** At least the USFS Intermediate Free Skate Test.
(Time: 2:30 max) Rule 6431
- Junior*:** At least the USFS Novice Free Skate Test.
(Time: 2:40 +/- 10 sec) * **either the 2021-2022 or 2022- 2023 requirements** Rule 6421
- Senior:** At least the USFS Junior Free Skate Test.
(Time: 2:40 +/- 10 sec) Rule 6411

EVENT: COMPULSORY MOVES (6.0)

General event parameters:

1. No Test – Pre-Juvenile: Elements skated on 1/2 ice
2. Juvenile – Senior: Elements skated on full-ice
3. The skater must demonstrate the required elements performed once only and in any order.
4. Connecting Steps are allowed but will not be taken into consideration in scoring.

5. Music is not allowed.

6. 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"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Pre- Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (no Axel) • Spin with one change of position and no change of foot – minimum 6 revolutions total • Choreographic step sequence
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Axel jump • Jump combination: single/single (may include Axel) • Spin with one change of foot and one change of position – minimum 3 revolutions on each foot • Choreographic step sequence
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Axel or double Salchow 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – must include rotating in both directions
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum four revolutions 4. Step sequence – must include 3 difficult turns and rotating in both

		directions
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Double Salchow, double toe loop or double loop 2. Jump combination: single/single or double/single, double/double 3. Flying spin, minimum five revolutions 4. Step sequence - must include 4 difficult turns and rotations in both directions
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop or double flip 2. Jump combination: double/single or double/double 3. Flying spin - minimum six revolutions 4. Step sequence - must include 5 difficult turns and rotations in both directions
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip or double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions all 3 basic positions required (min 5 on each foot) 4. Step sequence - must include 7 difficult turns and rotations in both directions
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Double Lutz or double Axel 2. Jump combination: double/double or triple/double 3. Combination spin - all 3 basic positions required (min. 6 on each foot) 4. Step sequence - must include 7 difficult turns and rotations in both directions

EVENT: EXCEL COMPULSORY (6.0)

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"> • Waltz jump • Salchow jump • One-foot upright spin - minimum 3 revolutions • Choreographic step sequence
Excel High Beginner	1:15 max.	<ul style="list-style-type: none"> • Loop jump • Salchow-toe loop jump combination • Sit spin - minimum 3 revolutions • Choreographic step sequence
Excel Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Flip jump • Loop-loop jump combination • Upright spin with change of foot – minimum 3 revolutions on each foot • Choreographic step sequence
Excel Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Flip-loop jump combination • Camel, sit combination spin – minimum 6 revolutions total • Choreographic step sequence

EVENT : ADULT BEGINNER – MASTERS COMPULSORY MOVES (6.0)

General event parameters:

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

Level	Time	Elements
Adult Beginner	1:30 MAX	<ul style="list-style-type: none"> • Bunny hop • Mazurka • Forward beginning one-foot spin from backward crossovers (min 2 revs) • Forward moving inside open Mohawk (right and left) – heel to instep • 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)
Adult High Beginner	1:30 MAX	<ul style="list-style-type: none"> • Waltz Jump • 1/2 Flip • Forward upright spin (Min. 3 revolutions) • Backward outside 3-turn right and left • 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)
Adult Pre-Bronze	1:30 MAX	<ul style="list-style-type: none"> • Single Toe Loop • Jump combination or sequence consisting of only 1/2 revolution jumps (half loop is considered a full revolution jump) – maximum of 2 jumps in combination and 3 jumps in a sequence • Forward upright spin (Min. 3 revolutions) • 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 • Forward spiral (any edge)
Adult Bronze	1:30 MAX	<ul style="list-style-type: none"> • Single Salchow • Waltz jump – toe loop combination jump • Backward Upright Spin – entry optional (Min. 3 revolutions) • Backward inside 3-turn right and left • Spiral sequence (Min. 2 spirals)
Adult Silver	1:30 MAX	<ul style="list-style-type: none"> • Single loop • Single/single jump combination • Sit spin (Min. 3 revolutions) • Straight line step sequence
Adult Gold	1:30 MAX	<ul style="list-style-type: none"> • Single Lutz or Axel • Single/single or single/double jump combination

		<ul style="list-style-type: none"> • Camel spin (Min. 4 revolutions and a Straight Line Step Sequence)
Masters Intermediate/Novice	1:30 MAX	<ul style="list-style-type: none"> • Axel, double Salchow, double toe loop or double loop • Jump combination (double/double, single/double or double/single) that may include double Salchow, double toe loop or double loop and any single jump including Axel • Solo spin of skater's choice (Min. 6 revolutions) • Straight line step sequence
Masters Junior/Senior	1:30 MAX	<ul style="list-style-type: none"> • Choice of any double jump • Jump combination that may include any double jumps • Solo spin of skater's choice (Min. 8 revolutions) • Straight line step sequence

EVENT: ADULT SINGLES FREE SKATE EVENTS (6.0 and IJS)

General Parameters:

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

Adult Beginner/High Beginner Free Skate (6.0)

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
(Time: 1:40 max)

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

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

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

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

Adult Masters Junior-Senior: *

Refer to USFS Rule 6510 for test and element requirements.
(Time: 3:40 max)

***Indicates IJS ***

EVENT: Well Balanced Free Skate Programs (6.0 / IJS)

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.

- No Test:** May not have passed any USFS Free Skate Test. **(6.0)**
(Time:140 max) Rule 6490
- Pre- Preliminary**:** At least the USFS Pre-Preliminary Free Skate.
(Time: 1:40 max) Rule 6480
- Preliminary**:** At least the USFS Pre-Preliminary Free Skate.
(Time: 2:00 +/- 10 sec) Rule 6470
- Pre-Juvenile**:** At least the USFS Preliminary Free Skate Test.
(Time: 2:00 +/- 10 sec) Rule 6460
- 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: 2:30 +/- 10 sec) Rule 6450
- Open Juvenile**:** At least the USFS Pre-Juvenile Free Skate Test.
Age: 13 years of age or older for girls; 14 years of age or older for boys.
(Time: 2:30 +/- 10 sec) Rule 6450
- Intermediate**:** At least the USFS Juvenile Free Skate Test.
Age: Must be under the age of 18.
(Time: 3:00 +/- 10 sec) Rule 6440
- Novice**:** At least the USFS Intermediate Free Skate.
(Time: 3:30 +/- 10 sec) Rule 6430
- Junior**:** At least the USFS Novice Free Skate Test.
(Time: 3:30 +/- 10 sec) Rule 6420
- Senior**:** At least the USFS Junior Free Skate Test.

(Time: 4:00 +/- 10 sec) Rule 6410

* Indicates IJS

EVENT : EXCEL FREESKATE (6.0/ IJS)

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.
- 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 as well as the required time of the program.

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

SHOWCASE EVENTS (6.0)

General event parameters:

- All Showcase type events will be judged using the **6.0 system**.
- Skaters may enter any or all events for which they are qualified by test level at non-qualifying competitions
- Skaters cannot skate in different levels of the same event (example: an Emotional Performance junior level skater would not be allowed to skate Emotional Performance Junior and Senior level events at the same competition)
- Skaters may enter only one duet.
- When entering events, the skater with the higher technical achievement shall prevail as the level for the duet to enter.
- Please refer to the USFS rulebook for specific information and requirements for each category/level of the competition for Showcase events.

The following Showcase categories will be offered at the 2022 Sunshine State Games:

EVENT: Showcase Events – Individual Entertainment Events

Skaters may enter any or all events for which they are qualified by test level at non-qualifying competitions. Skaters cannot skate in different levels of the same event (example: a Dramatic Performance junior level skater would not be allowed to skate Dramatic Performance Junior and Senior at the same competition).

- **Emotional (Dramatic Performance):** Programs should portray a story, expressing conflict, resolution and/or depth of emotion. Skater should provoke an emotional response with the audience - through related skating movements, gestures and choreographic processes. The entire spectrum of emotions should be considered, not just negative ones in selection of the piece being used (for example: love, loss, longing, fulfillment). Props and Scenery are permitted. No Technical Limitations.
- **Choreographic Artistry:** Programs will have music without spoken words or lyrics. Technical elements/moves will be limited to no more than 1/2 rotation jumps, 1 full spin, additional spins with 3 or fewer revolutions. Emphasis should be on developing movement on the ice, using the entire body to express abstract ideas and choreographic processes and gestures. Props and Scenery are NOT allowed. Open to Juvenile through Senior levels only. Costuming should be simple with minimal adornment.
- **Lyrical Pop:** Perform to your favorite song containing lyrics, without lip-synching. Props and Scenery are NOT allowed. No technical limitations.
- **Character Performance:** Skaters will impersonate a character, original or adapted, on the ice. Performances as a character from a movie, musical, book, original idea, original adaptation are all welcome here. Lip Synching is permitted. Props and Scenery are permitted. No technical limitations.
- **Comedic Impressions:** A humorous performance intentionally designed to achieve continuous/multiple chuckles, laughs, or rises from viewers. Performance is projected outward towards audience and entertaining through skating movements, gestures and physical actions deemed comedic. Props and Scenery are permitted. No technical limitations.

General Showcase event parameters:

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

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

Event	Must meet requirements*	Must not have passed	Age	Time
Beginner, High Beginner, No Test* <i>Note: these levels do not qualify for National Showcase</i>	Must have passed Free Skating or Dance test (solo or partnered standard track)	Free Skate or Dance (solo or partnered) Test	No minimum age (max age 17)	1:30 max
Pre-Preliminary* <i>Note: this level does not qualify for National Showcase</i>		Preliminary Free Skate	No minimum age (max age 17)	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 17)	1:30 +/- 10 seconds
Pre-Juvenile	Pre-Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 17)	1:30 +/- 10 seconds
Juvenile	Juvenile Free Skate, Juvenile Free Dance, OR Preliminary Pattern Dance	Intermediate Free Skate, Intermediate Free Dance, OR Bronze Pattern Dance	Under 13	2:00 +/- 10 seconds
Open Juvenile	Juvenile Free Skate, Juvenile Free Dance, OR Preliminary Pattern Dance	Intermediate Free Skate, Intermediate Free Dance, OR Bronze Pattern Dance	13-17	2:00 +/- 10 seconds
Intermediate	Intermediate Free Skate, or Intermediate Free Dance,	Novice Free Skate, Novice Free Dance, OR Pre Silver Pattern Dance	17 and under	2:10 max

	OR Bronze Pattern Dance			
Young Adult	Juvenile Free Skate, Juvenile Free Dance, OR Preliminary Pattern Dance	Novice Free Skate, Novice Free Dance, OR Pre Silver Pattern Dance	18-20	2:10 max
Novice	Novice Free Skate, Novice Free Dance, OR Pre- Silver Pattern Dance	Junior Free Skate, Junior Free Dance, OR Silver Pattern Dance	No Age Restriction	2:10 max
Junior	Junior Free Skate, Junior Free Dance, OR Silver Pattern Dance	Senior Free Skate, Senior Free Dance, OR Gold Pattern Dance		2:30 max
Senior	Senior Free Skate, Senior Free Dance, OR Gold Pattern Dance	N/A		2:40 max
Adult Pre-Bronze <i>Note: this level does not qualify for National Showcase</i>	Adult Pre-Bronze Free Skate Pre-Preliminary Free Skate	Adult Bronze Free Skate Adult Bronze Free Dance Preliminary Free Skate Juvenile Free Dance Bronze Pattern Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Adult Bronze Free Dance Preliminary Free Skate Juvenile Free Dance Pre-Bronze Pattern Dance	Adult Silver Free Skate Pre-Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance (Prelim prior to 9/2/2000) Silver Pattern Dance	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 (Prelim prior to 9/2/2000) 3 rd Figure (prior to 10/1/1977) Bronze Pattern Dance	Adult Gold Free Skate Juvenile Free Skate (on/after 10/1/94) Adult Gold Free Dance Novice Free Dance (Brz prior to 9/2/2000) 4 th Figure (prior to 10/1/1977) Pre-Gold Pattern Dance	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance (Brz prior to 9/2/2000) 3 rd Figure (prior to 10/1/1977) Pre-Silver Pattern Dance	Intermediate Free Skate (on/after 10/1/91) Junior Free Dance (Slv prior to 9/2/2000) 5 th Figure (prior to 10/1/1977) Gold Pattern Dance	21 and older	1:40 max
Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance (Slv prior to 2000) 3 rd Figure (Prior to 10/1/1977) 8 th Figure (10/1/77-9/30/79) Silver Pattern Dance		21 and older	2:10 max

EVENT: Showcase Events – Duet Events (6.0)

Format:

- Duets are theatrical or artistic performances by any competitors.
 - Props and scenery ARE permitted.
1. Level will be determined by the highest free skate or dance (solo or partnered) test passed.
 2. Skaters may compete at the highest level they have passed, or skate up to one level higher.
 3. The determination of level will be based upon test requirement at the entry deadline

Levels:

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

Event	Must meet requirements*	Must not have passed	Age	Time
Beginner, High Beginner, No Test* <i>Note: these levels do not qualify for National Showcase</i>	Must have passed Free Skating or Dance test (solo or partnered standard track)	Free Skate or Dance (solo or partnered) Test	No minimum age (max age 17)	1:30 max
Pre-Preliminary* <i>Note: this level does not qualify for National Showcase</i>		Pre-Preliminary Free Skate	No minimum age (max age 17)	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 17)	1:30 +/- 10 seconds
Pre- Juvenile	Pre-Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 17)	1:30 +/- 10 seconds
Juvenile	Juvenile Free Skate, Juvenile Free Dance, OR Preliminary Pattern Dance	Intermediate Free Skate, Intermediate Free Dance, OR Bronze Pattern Dance	Under 13	2:00 +/- 10 seconds

Open Juvenile	Juvenile Free Skate, Juvenile Free Dance, OR Preliminary Pattern Dance	Intermediate Free Skate, Intermediate Free Dance, OR Bronze Pattern Dance	13-17	2:00 +/- 10 seconds
Intermediate	Intermediate Free Skate, Intermediate Free Dance, OR Bronze Pattern Dance	Novice Free Skate, Novice Free Dance, OR Pre-Silver Pattern Dance	17 and under	2:10 max

Young Adult	Juvenile Free Skate, Juvenile Free Dance, OR Preliminary Pattern Dance	Novice Free Skate, Novice Free Dance, OR Pre Silver Pattern Dance	18-20	2:10 max
Novice	Novice Free Skate, Novice Free Dance, OR Pre-Silver Pattern Dance	Junior Free Skate, Junior Free Dance, OR Silver Pattern Dance	No Age Restriction	2:10 max
Junior	Junior Free Skate, Junior Free Dance, OR Silver Pattern Dance	Senior Free Skate, Senior Free Dance, OR Gold Pattern Dance		2:30 max
Senior	Senior Free Skate, Senior Free Dance, OR Gold Pattern Dance	N/A		2:40 max
Adult Pre-Bronze	Adult Pre-Bronze Free Skate <i>Note: this level does not qualify for National Showcase</i> Pre-Preliminary Free Skate	Adult Bronze Free Skate Adult Bronze Free Dance Preliminary Free Skate Juvenile Free Dance Bronze Pattern Dance	21 and older	1:40 max
Adult Bronze	Adult Bronze Free Skate Adult Bronze Free Dance Preliminary Free Skate Juvenile Free Dance Pre-Bronze Pattern Dance	Adult Silver Free Skate Pre-Juvenile Free Skate Adult Silver Free Dance Intermediate Free Dance (Prelim prior to 9/2/2000) Silver Pattern Dance	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 (Prelim prior to 9/2/2000) 3 rd Figure (prior to 10/1/1977) Bronze Pattern Dance	3 rd Figure (prior to 10/1/1977) Adult Gold Free Skate Juvenile Free Skate (on/after 10/1/94) Adult Gold Free Dance Novice Free Dance (Brz prior to 9/2/2000) 4 th Figure (prior to 10/1/1977) Pre-Gold Pattern Dance	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate Juvenile Free Skate Adult Gold Free Dance Novice Free Dance (Brz prior to 9/2/2000) 3 rd Figure (prior to 10/1/1977) Pre-Silver Pattern Dance	Intermediate Free Skate (on/after 10/1/91) Junior Free Dance (Slv prior to 9/2/2000) 5 th Figure (prior to 10/1/1977) Gold Pattern Dance	21 and older	1:40 max

Masters	Intermediate Free Skate Adult Gold Free Dance Junior Free Dance (Slv prior to 2000) 3 rd Figure (Prior to 10/1/1977) 8 th Figure (10/1/77-9/30/79) Silver Pattern Dance		21 and older	2:10 max
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EVENT: Solo Pattern Dance (6.0)

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.

Male and female will be combined. Music: Skaters have the option of providing their own music. (Rule 8031 (B)).

- Preliminary:** Dutch Waltz, Rhythm Blues (No test or passed Preliminary)
- Pre-Bronze:** Swing Dance, Fiesta Tango (Passed Preliminary or Pre- Bronze)
- Bronze:** Hickory Hoedown, Ten- Fox (Passed Pre- Bronze or Bronze)
- Pre-Silver:** Fourteenstep, Foxtrot (Passed Bronze or Pre-Silver)
- Silver:** American Waltz, Rocker Foxtrot (Passed Pre-Silver or Silver)
- Pre-Gold:** Paso Doble, Starlight Waltz (Passed Silver or Pre- Gold)
- Gold:** Quickstep, Westminster Tango (Passed Pre-Gold or Gold)

EVENT: Adult Solo Pattern Dance (6.0)

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.

Male and female will be combined. (Same test requirements or equivalent as above).

Music: Skaters have the option of providing their own music. (Rule 8031 (B)).

Age Requirement: 21 years and older.

- Pre- Bronze:** Canasta Tango, Swing Dance
- Bronze:** Cha Cha, Hickory-Hoedown
- Pre- Silver:** Hickory Hoedown, Foxtrot

Silver: Rocker Foxtrot, European Waltz

Pre- Gold: Tango, Killian

Gold: Blues, Quickstep

EVENT: Partnered (Couples) Pattern Dance (6.0)

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.

Pre-Juvenile: Rhythm Blues, Canasta Tango

Juvenile: Foxtrot, Fiesta Tango

Intermediate: Tango, Fourteenstep

Novice: Westminster Waltz, Blues

EVENT: Adult Partnered (Couples) Pattern Dance (6.0)

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. For test requirements, see current USFS rulebook or USFS website.

Adult Pre- Bronze: Canasta Tango, Swing Dance

Adult Bronze: Swing Dance, Fiesta Tango

Adult Pre- Silver: Ten Fox, European Waltz

Adult Silver: European Waltz, Tango

Adult Pre- Gold: Starlight Waltz, Blues

Adult Gold: Quickstep, Argentine Tango

EVENT: Adult Solo Free Dance Events (6.0)

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

Adult Gold: Time: 2:40 +/- 10 sec

Adult Silver: Time: 2:00 +/- 10 sec

Adult Bronze: Time 1:40 +/- 10 sec

EVENT: Couples Free Dance (6.0)

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.

Pre- Juvenile: At least 1 Preliminary Dance.
(Time: 2:00 +/- 10 sec) Rule 8462

Juvenile: At least 2 Preliminary Dances.
(Time: 2:15 +/- 10 sec) Rule 8452

Intermediate: At least USFS Juvenile Free Dance Test.
(Time: 2:30 +/- 10 sec) Rule 8442

Novice: At least USFS Intermediate Free Dance Test.
(Time: 3:00 +/- 10 sec) Rule 8432

Junior: At least USFS Novice Free Dance Test.
(Time: 3:30 +/- 10 sec) Rule 8422

Senior: At least USFS Junior Free Dance Test.
Time: 4:00 +/- 10 sec) Rule 8412

SNOWPLOW SAM – BASIC 1- 6 ELEMENTS (6.0)

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.
- Divide Snowplow Sam skaters by level (1-4) if registration warrant.

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

Basic 6	1:00 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry • T-stop, right or left
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SNOWPLOW SAM – BASIC 1- 6 PROGRAM WITH MUSIC (6.0)

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"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
Basic 4	1:10 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions

Basic 5	1:10 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Mohawk- right to left and left to right • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry • T-stop, right or left

PRE-FREE SKATE – FREE SKATE 1-6 COMPULSORY (6.0)

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"> • 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 • Basic one-foot upright spin, optional entry and free-foot position - minimum 3 revolutions • Mazurka - right or left • Waltz jump
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • Backward outside three-turns, right and left • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop • Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Backward inside three-turn, right and left • Beginning back spin, optional entry and free-foot position- maximum 2 revolutions • Half Lutz • Salchow jump
Free Skate 3	1:15 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise

		<ul style="list-style-type: none"> • Advanced back spin with free foot in crossed leg position- minimum 3 revolutions • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:15 max.	<ul style="list-style-type: none"> • Forward power 3's, 2-3 consecutive sets, right or left • Sit spin - minimum 3 revolutions • Half loop jump • Flip jump
Free Skate 5	1:15 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn) 2-3 sets both directions • Camel spin - minimum 3 revolutions • Waltz jump-loop jump combination • Lutz jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none"> • Forward power pulls, minimum 3 on each foot • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump-Euler (half loop)- Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving

PRE-FREE SKATE – FREE SKATE 1- 6 PROGRAM WITH MUSIC (6.0)

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"> • 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 • One-foot upright spin, optional entry and free-foot position- minimum 3 revolutions • Mazurka – right or left • Waltz jump • <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i>
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions • Toe loop jump • Half flip jump • <i>NOT ALLOWED – Waltz jump/toe loop combination</i>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Beginning back spin, maximum 2 revolutions • Half Lutz • Salchow jump • <i>NOT ALLOWED – Waltz jump/toe loop and Salchow/toe loop combination</i>
Free Skate 3	1:40 max.	<ul style="list-style-type: none"> • Alternating Mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, minimum 3 revolutions • Loop jump

		<ul style="list-style-type: none"> Waltz jump/toe loop or Salchow/toe loop jump combination <i>NOT ALLOWED – Waltz/loop combination</i>
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> Forward power 3's, 2-3 consecutive sets, right or left Sit spin – minimum 3 revolutions Half loop jump (Euler) Flip jump <i>NOT ALLOWED – Waltz/loop and Waltz/Euler/Salchow combination</i>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> Backward outside three-turn, Mohawk (backward power three-turn), both directions Camel spin – minimum 3 revolutions Waltz-loop jump combination Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> Creative step sequence using a variety of three turns, Mohawks and toe steps, Camel, sit spin combination - minimum of 4 revolutions total Waltz jump-half loop(Euler)-Salchow jump combination Axel jump; minimum requirement is a clear attempt either stationary or moving

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

If you passed ISI level	Enter USFS level	If you passed ISI level	Enter USFS level
Tot or Pre-Alpha (age 7 and older) Alpha	Basic 1	Freestyle 7-10	Junior
Advanced Pre-Alpha	Basic 2	Freestyle 7- 10	Senior
Advanced Pre-Alpha	Basic 3	Freestyle 7- 10	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 1- 3	Pre-Preliminary	Dance 4	Pre-Bronze Dance
Freestyle 4-5	Preliminary	Dance 5	Bronze Dance
Freestyle 4-5	Pre-Juvenile	Dance 6	Pre-Silver Dance
Freestyle5- 6	Juvenile or Intermediate	Dance 7	Silver Dance
Freestyle 7-10	Novice	Dance 9	Pre-Gold Dance

