



**PROUDLY PRESENTS THE 35TH ANNUAL FLORIDA STATE GAMES
FIGURE SKATING CHAMPIONSHIPS**

MAY 19- 21, 2023

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

ENTRY DEADLINE: ONLINE REGISTRATION BY APRIL 16, 2023

**REGISTRATION: WWW.ENTRYEEZE.COM
AND INFORMATION**

**SANCTIONED BY U.S FIGURE SKATING
33511**



The Florida State Games Figure Skating Championships is a qualifying competition for the 2024 State Games of America Championships (SGA). Skaters placing first, second or third in an event at the Florida State Games competition qualify to compete at the State Games of America being held August 1-4, 2024 in San Diego, CA. For more details visit www.stategamesofamerica.com.

These events will be conducted in accordance with the rules and regulations of the U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates that have been posted on the U.S. Figure Skating website.

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

COVID-19 INFORMATION (Subject to change.)

The competition will follow U.S. Figure Skating requirements, and local and state guidelines in place at the time of the competition. Competitors should be prepared to wear masks inside the facility if necessary to comply with U.S. Figure Skating requirements. We will continue to monitor the latest information and all updates regarding our Health and Safety Guidelines will be posted on our [website](#).

ELIGIBILITY/TEST LEVEL

Eligibility: All skaters must have a Florida affiliation in one or more of the following ways: reside in the State of Florida, attend school in Florida, be a member of a Florida Figure Skating Club or have their primary training location in Florida. All participants will be expected to abide by the Code of Ethics (GR 1.01) and the Code of Conduct (GR 1.02), as set forth in the current U.S. Figure Skating Rulebook.

Test level: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters may only enter **ONE** level per type of event. For example, skaters cannot enter both the Juvenile AND Intermediate Free Skate events. However, a skater may enter the Juvenile Free Skate event and also the Intermediate Short Program event. Furthermore, skaters cannot enter both Well Balanced Free Skate events and Excel Free Skate events.

Age restrictions/requirements: Singles free skate events (well-balanced program) have the following requirements: (age is determined by the entry deadline):

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

REGISTRATION / ENTRY INFORMATION:

Registration for this year's events will be done online through **Entryeeze**. A link to the registration can be found on the Florida Sports Foundation website, www.sunshinestategames.com.

The entry deadline for this year's competition is midnight on Sunday April 16, 2023. Late entries will be accepted at the discretion of the competition manager and chief referee and will be subject to a **\$ 50.00 late fee**.

Any change to an event AFTER the schedule has been published WILL result in a **\$30.00 fee** for each event changed.

<u>EVENT CATEGORY</u>	<u>PRICE</u>
1 ST IJS event:	\$ 150.00
2 nd IJS event:	\$ 90.00
1 st 6.0 event:	\$ 110.00
2 nd 6.0 event	\$ 60.00
1 st Compete USA event:	\$ 95.00
2 nd Compete USA event:	\$ 50.00
Single Showcase event:	\$ 110.00 (\$60.00 if it is a second event)
Couples/Partnered Dance event:	\$ 120.00 (\$60.00 each skater 6.0 event)
Any additional non-IJS event regardless of level:	\$50.00

Your entry registration includes an official Sunshine State Games T- shirt.

Refund Policy: There will be NO REFUNDS unless an event/division is cancelled, or a participant is found to be ineligible because of failure to meet residency or age requirements. There will be no refunds for medical withdrawals.

Schedule: A schedule will be posted on the State Games website and on **Entryeeze** after registration has closed. Participants will be notified when the schedule has been posted.

Rink Description: The Panthers Ice Den has three ice surfaces each 85' x200' NHL regulation size. The snack shop and pro shop will be open during the competition.

Practice Ice:

Practice ice registration will be announced on the Florida Sports Foundation website www.sushinestategames.com after the close of entries and will be available for purchase on www.entryeeze.com website.

Each skater will be eligible to purchase one (1) practice ice sessions per event entered. Additional practice ice may become available after the initial practice ice registration and after the schedule is posted.

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

Do **not** call the Panthers Ice Den for practice ice sessions during the dates of the competition.

Awards:

1. Medals will be awarded to the first, second and third place finishers in each event.
Ribbons will be awarded to 4th – 6th place in the Compete USA events. There will not be a presentation of awards. Medals and ribbons can be picked up at the registration desk once the results are posted.
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

Judging System:

The IJS Scoring System will be used for the following events:

- All Singles Short Programs events.
- Well Balanced Free Skate Program: Pre- Preliminary and above events.
- Adult Free Skate: Pre- Bronze and above levels.
- Excel Series: All Excel Plus Events and Excel Pre-Preliminary and above events.

All competitors skating in these events must submit a Planned Program Content form online using the **Entryeeze** website for the Florida State Games. The deadline for submitting PPC's is midnight, **May 12, 2023**.

The **6.0 Majority Judging System** will be used for all other events.

Music: Online music submission is the ONLY acceptable method to submit program music. After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can logout of your account and return later to upload your music by going to the "Competition" tab and then selecting "My Music." Please be sure you are uploading the correct music for the correct event segment. Be careful, for example, not to mix up your short program and your free skate program. The **deadline for uploading music is May 9, 2023**. After that date there will be a late fee of **\$30.00**.

*** Backup Music at Event [CDs]**

In addition to submitting the music online, all competitors/teams must also have at least one [1] backup copy of their competition music on CD, AT RINKSIDE, during the actual competition event or official practice. CDs must meet the following requirements:

- In standard Audio CD format (Compact Disc Digital Audio). Other formats, including mp3 are not acceptable. Due to the compatibility and reliability reasons, music may NOT be submitted on re- recordable "CD-RW" discs. PLEASE, not CD-RWs!!

The LOC, competition officials, and volunteers exercise reasonable care when handling CDs. However, they are not responsible for damage to or loss of any CDs. The LOC is not responsible for CDs not picked up by the end of the competition. Those CDs will be destroyed.

**** Penalty for Incorrect Music or Failure to Upload Music**

The LOC may assess each competitor/team an additional charge, up to **\$30.00** per event segment, if the competitor/team fails to submit their music prior to the close of online music submission.

Video/Photography

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.

U.S. Figure Skating IJS Protocols for Test Credit: In accordance with Rules TR 3.00, 4.01, and 4.02 and Technical Notification 281, athletes may receive credit for meeting minimum scores at any competition held under the International Judging System (IJS). The athlete must “skate up” to the event they are seeking test credit for, in addition to having already passed any prerequisites prior to the competition. Eligible events at the 2023 Florida State Games include: Single Free Skate: Juvenile, Intermediate, Novice, Junior, Senior, Adult Silver through Adult Masters Junior/Senior. Excel Free Skate: Juvenile through Senior. Skaters requesting Test Credit will need to speak with the Registration desk about the process for obtaining a Test Credit Packet from the Accounting Staff. Forms must be completed and submitted prior to the end of the competition. No test credit forms will be mailed or processed after the close of the competition. The test credit fee will be \$20.00.

Liability: U.S. Figure Skating, Panthers Figure Skating Club and Florida Sports Foundation 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.

Locker Rooms and Changing Areas:

Locker rooms and changing areas may not be available during this competition. If this is the case, all athletes will be expected to arrive at the rink ready to compete (costumes, hair, make-up, etc.). Athletes will be provided with an area to put skates on but will not be permitted to change in public restrooms. More details will be communicated to registered skaters closer to the competition date. If locker rooms become available, locker rooms and changing areas at USFS competition events are for athletes only, they will be labeled with regard to specific use and will be gender specific. An exception can be made for athletes 11 yrs. old and under that will allow for one parent of the same sex to assist their child immediately prior and after their skating event(s). Synchronized teams have separate locker room policies and should refer to specific policies for teams in the Skate Safe web page.

IMPORTANT NOTICE FOR ALL COACHES:

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the following requirements:

Coaching U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training*
- Continuing Education Requirements (CERs) for the 2022-2023 Competition Season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

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)

*SafeSport training is available through 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 2 seasons.

The LOC will have a list of compliant coaches who are approved to receive a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential. There will be no exceptions to this policy.

If a foreign coach has only foreign athletes at your competition, a background check and SafeSport Training is not required. Instead, the coach must submit a letter from their Federation stating they are a member in good standing.

OTHER POLICIES AND PROCEDURES:

United States Figure Skating Association (USFSA) 2023- 2024 rules will be used as guidelines for judging all events, unless otherwise stated. Junior Women and Men Short Programs will follow the 2022-2023 or the 2023-2024 requirements.

1. This competition will be sanctioned by US Figure Skating, although membership in US Figure Skating is not required to enter the Florida State Games.
2. Skaters may compete at the highest level passed or one level higher. Skaters may compete in only one short program level and only one free skate level. Skaters competing in Excel free skate events may not compete in the equivalent well- balanced program event. Skaters are also responsible for verifying age, residency and test level, if challenged.
3. The Competition Committee reserves the right to combine events. Girls and boys may compete against each other at the Pre-Juvenile level and lower if only one eligible competitor enters one of the events.

VOLUNTEER COMPLIANCE

Reminder: Compliant positions at all U. S. Figure Skating sanctioned events include key LOC members, locker room monitors and ALL medical event personnel. To be considered compliant, an approved volunteer serving in one of these positions must:

Must submit information for, proper payment of \$30 and successfully pass a background check*

The background check will be valid for two seasons, the one in which it was completed plus one additional

Must complete annual SafeSport Training

- The training will be valid for 365 days from date of completion and there is no cost for the training/certification*
- *Accessible via the U.S. Figure Skating Members Only website

CONTACT INFO:

State Director and Chief Referee: Elizabeth Stark
tstark7635@aol.com

Florida Sports Foundation Staff Member: Karissa Pendelton
kpendelton@playinflorida.com

2023 FLORIDA 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 combination without a change of foot, all 3 basic positions required (3 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. 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 into Back 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)

EVENTT: 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) Spins may not have a 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) Spins may not have a 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 Spins may not have a 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 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 salchow 2. Single loop 3. Jump combination – Any two half 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 half 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	1:15	<ol style="list-style-type: none"> 1. Waltz Jump 2. Mazurka or ballet jump
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> 1. Single toe loop jump 2. half flip, half Lutz or half loop
Adult Bronze	1:15	<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 2022-2023 or 2023- 2024 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 • Single jump -single jump ((no Axel) combination • Spin combination with no change of foot – minimum 6 revolutions • Choreographic step sequence
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Axel jump • Single jump -single jump (may not include Axel) combination • Spin combination with one change of foot – 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 • Camel spin – minimum 3 revolutions • 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"> • Mazurka • Waltz jump • 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 -minimum 2 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 half revolution jumps (1/2 flip, 1/2 lutz, 1/2 loop, waltz), toe loop, or salchow- maximum of 2 jumps in combination and 3 jumps in a sequence <p>Forward upright spin-minimum 3 revolutions</p> <ul style="list-style-type: none"> • Two forward crossovers into a forward inside Mohawk, step down, 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 • Jump combination or sequence consisting of 1/2 revolution jumps and/or full revolution jumps (no lutz or Axel) – maximum 2 jumps in combination and 3 jumps in a sequence • Solo spin with no change of foot (Min. 3 revolutions) • Backward inside 3-turn right and left • Spiral sequence (Minimum 2 spirals)
Adult Silver	1:30 MAX	<ul style="list-style-type: none"> • Single loop • Single/single jump combination • Solo spin with no change of foot (Min. 3 revolutions)

		<ul style="list-style-type: none"> • Straight line step sequence
Adult Gold	1:30 MAX	<ul style="list-style-type: none"> • Single Lutz or Axel • Jump combination (single/single, single/double, double/single) that may include any single jump, double Salchow, or double toe loop • Solo spin with no change of foot (Min. 4 revolutions) • Straight Line Step Sequence
Masters Intermediate/Novice	1:30 MAX	<ul style="list-style-type: none"> • Choice of any solo jump (any single jump, double salchow, double toe loop or double loop allowed) • Jump combination that may include any single jump, double salchow, double toe loop, or double loop • 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 single jump (all single and double jumps allowed) • Jump combination that may include any single or double jump • 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: 1:40 Max

Adult High Beginner: 1:40 max

Adult Pre- Bronze: Refer to USFS Rule 6560 and 6561
(Time: 1:40 max)

Adult Bronze: Refer to USFS Rule 6550 and 6551
(Time: 1:50 max)

Adult Silver: * Refer to USFS Rule 6540 and 6541
(Time: 2:10 max)

Adult Gold: * Refer to USFS Rule 6530 and 6531
(Time: 2:40 max)

Adult Masters Intermediate–Novice: *
Refer to USFS Rule 6520 and 6521
(Time: 3:10 max)

Adult Masters Junior-Senior: *
Refer to USFS Rule 6510 for 6511
(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 but **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 6491
- Pre- Preliminary**:** At least the USFS Pre-Preliminary Free Skate.
(Time: 1:40 max) Rule 6481
- Preliminary**:** At least the USFS Pre-Preliminary Free Skate.
(Time: 2:00 +/- 10 sec) Rule 6471
- Pre-Juvenile**:** At least the USFS Preliminary Free Skate Test.
(Time: 2:00 +/- 10 sec) Rule 6461
- 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 6452
- 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 6452
- Intermediate**:** At least the USFS Juvenile Free Skate Test.
Age: Must be under the age of 18.
(Time: 3:00 +/- 10 sec) Rule 6442
- Novice**:** At least the USFS Intermediate Free Skate.
(Time: 3:30 +/- 10 sec) Rule 6432
- Junior**:** At least the USFS Novice Free Skate Test.
(Time: 3:30 +/- 10 sec) Rule 6422
- Senior**:** At least the USFS Junior Free Skate Test.
(Time: 4:00 +/- 10 sec) Rule 6412

**** 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.
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- 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)
- 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 2023 Florida 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: an Emotional Performance junior level skater would not be allowed to skate Emotional Performance Junior and Senior at the same competition).

- **Emotional (formerly 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 when selecting the theme (for example: love, loss, longing, fulfillment, happiness, melancholy, sadness, etc.). Lip synching is not permitted. Props and scenery are permitted. No Technical Limitations.
- **Choreographic Artistry:** Programs will have music without spoken words or lyrics. Technical elements (not required) 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. Open to Juvenile through Senior and Adult Masters. Lip synching is not permitted. Props and Scenery are NOT permitted. Costuming: simple, minimal adornment, no more than 1 color shade.
- **Lyrical Pop:** Perform to your favorite song containing lyrics, without lip-synching. Lip synching is not permitted. Props and Scenery are not permitted. 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 audible rises from viewers. Performance is projected outward towards audience and entertaining through skating movements, gestures and physical actions deemed comedic. Lip synching is permitted. 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>	n/a	Free Skate or Dance (solo or partnered) Test	No minimum age (max age 20)	1:20 max
Pre-Preliminary* <i>Note: this level does not qualify for National</i>	n/a	Pre-Preliminary Free Skate	No minimum age (max age 20)	1:20 max
Showcase Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance Pre Bronze Pattern Dance	No minimum age (max age 20)	1:30 max
Pre-Juvenile	Pre-Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance OR Pre- Bronze Pattern Dance	No minimum age (max age 20)	1:30 max
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 max
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 max

Intermediate	Intermediate Free Skate, or 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	Preliminary 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 (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 (Siv prior to 2000) 3 rd Figure (Prior to 10/1/1977) 8 th Figure (10/1/77-9/30/79) Silver Pattern Dance	n/a	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)). Dances are the 2023 Solo Dance Series Selections.

- Preliminary:** Canasta Tango, Rhythm Blues
(No test or passed Preliminary and may not have passed the Novice/Silver Singles or Skating Skills Tests)
- Pre-Bronze:** Swing Dance, Tango Fiesta
(Passed Preliminary or Pre- Bronze and may not have passed the Novice/Silver Singles or Skating Skills Tests)
- Bronze:** Willow Waltz, Hickory Hoedown
(Passed Pre- Bronze or Bronze) and may not have passed the Novice/Silver Singles or Skating Skills Tests)
- Pre-Silver:** European Waltz, Foxtrot Variation Dance
(Passed Bronze or Pre-Silver)
- Silver:** Tango, Rocker Foxtrot Variation Dance
(Passed Pre-Silver or Silver)
- Pre-Gold:** Paso Doble, Blues Variation Dance
(Passed Silver or Pre- Gold)
- Gold:** Viennese Waltz, Quickstep Variation
(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)). Dances selected are for the 2023-2034 season. (Rules 8631-8681). Age Requirement: 21 years and older.

Adult Preliminary:	Dutch Waltz, Rhythm Blues
Pre- Bronze:	Canasta Tango, Swing Dance
Bronze:	Fiesta Tango, Willow Waltz
Pre- Silver:	Willow Waltz, Fourteenstep
Silver:	Foxtrot, American Waltz
Pre- Gold:	American Waltz, Paso Doble
Gold:	Starlight Waltz, Argentine Tango

EVENT: Partnered 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. Dances selected are for the 2023-2024 season. Rules 8441 – 8461.

Pre-Juvenile:	Rhythm Blues, Canasta Tango
Juvenile:	Willow Waltz, Fiesta Tango

Intermediate: Rocker Foxtrot, European Waltz

Novice: Starlight Waltz, Paso Doble

EVENT: Adult Partnered 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. Dance selections are for the 2023-2024 season.

Adult Preliminary: Dutch Waltz, Canasta Tango

Adult Pre- Bronze: Canasta Tango, Swing Dance

Adult Bronze: Swing Dance, Ten Fox

Adult Pre- Silver: Ten Fox, European Waltz

Adult Silver: European Waltz, Rocker Foxtrot

Adult Pre- Gold: Starlight Waltz, Tango

Adult Gold: Blues, Viennese Waltz

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

EVENT: Solo Free Dance (6.0)

Requirements are outlined in the current USFS Rulebook and the 2023 USFS Solo Dance Series Handbook.

Juvenile: Time: 1:30 +/- 10 sec
Intermediate: Time: 1:50 +/- 10 sec
Novice: Time: 2:20 +/- 10 sec
Junior: Time: 3:00 +/- 10 sec
Senior: Time: 3:10 +/- 10 sec

EVENT: Adult Solo Free Dance (6.0)

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

Adult Gold: Time: 2:40 +/- 10 sec USFS Rule 8701

Adult Silver: Time: 2:00 +/- 10 sec USFS Rule 8721

Adult Bronze: Time 1:40 +/- 10 sec USFS Rule 8741

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, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward 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, clockwise and counterclockwise, 4- 6 consecutive • 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	1:00 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, clockwise and counterclockwise, 4- 6 consecutive • 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 • 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 3revolutions, optional free leg and entry position • T-stop, right or left

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 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 swizzles, 6-8 in a row • Beginning snowplow stop on one or two feet • 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 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, clockwise and counterclockwise, 4- 6 consecutive • 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, clockwise and counterclockwise, 4- 6 consecutive • 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 and entry position • 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, one set each direction • 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 3 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 • 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

		<ul style="list-style-type: none"> • 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, optional entry and free leg position, 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 • 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 • 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), 2-3 sets both directions • Camel spin, minimum 3 revolutions

		<ul style="list-style-type: none"> • 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, half ice • 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

ISI PROGRAM MEMBERS: If you are in an ISI program, please use the conversion chart 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

