



**Cyclone Country Championships
Hosted by Ames Figure Skating Club
November 8, 2014**

Cyclone Country Championships will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which 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, and 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.

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

If You Passed ISI level	Enter USFS level		If You Passed ISI level	Enter USFS level
Tot or Pre-Alpha (age 7 and	Basic 1		Freestyle 8 / Open Platinum	Junior or Senior
Advanced Pre-Alpha	Basic 2		Freestyle 9 / Open Platinum	Senior
Advanced Pre-Alpha	Basic 3		Freestyle 10 / Open Platinum	Senior
Alpha/Gamma	Basic 4		Freestyle 2 / Open Bronze	Adult Pre-Bronze
Beta	Basic 5		Freestyle 3 / Open Bronze	Adult Bronze
Delta	Basic 6		Freestyle 4 / Open Silver	Adult Silver
Gamma	Basic 7		Freestyle 5 / Open Gold	Adult Gold
Delta-Freestyle 1	Basic 8		Dance 3	Preliminary Dance
Freestyle 2 or 3 / Open Bronze	Pre-Preliminary		Dance 4	Pre-Bronze Dance
Freestyle 4 / Open Silver	Preliminary		Dance 5	Bronze Dance
Freestyle 5 / Open Silver	Pre-Juvenile		Dance 6	Pre-Silver Dance

This event is a State Games Competition



Freestyle 6 / Open Gold	Juvenile or	Dance 7	Silver Dance
Freestyle 7 / Open Platinum	Novice	Dance 9	Pre-Gold Dance

ELIGIBILITY/TEST LEVEL:

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..

Age restrictions/requirements: Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 14 years of age at the close of entries.

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

ENTRIES:

Entry deadline October 5th.

\$95Entry fee for first event and \$25 for each additional event

REFUND POLICY: Entry fees will not be refunded after October 5, 2014 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

FACILITIES: The competition will be held at Ames/ISU Ice Arena 1507 Gateway Hills Park Drive Ames, Iowa 50010

Rink Size 200x85

MUSIC:

Competitors must provide their own music. **CDS ONLY – NO CASSETTES WILL BE ACCEPTED.** CD must be clearly marked with competitor's name, event, and running time of music, with only one piece of music per CD (No CD-RW). The official competition CD must be turned in to the Registration Desk at the time of registration check-in and may NOT be picked up until after the event. A back-up CD should be readily available at all event times. Competition CDs may be picked up at the Registration Desk following each event. The AFSC will not be responsible for any CDs not picked up

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LIABILITY: U.S. Figure Skating, Ames Figure Skating Club, and Ames/ISU Ice Arena 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.

JUDGING SYSTEM:

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

REGISTRATION: Registration will begin on November 8th, 2014 at 7:00am and run through the last event of the day. The registration table will be in the lobby of the rink. Please register promptly upon arrival.

PRACTICE ICE: Practice Ice is available for purchase on entryeeze. Practice ice will be \$12 per 20 minute session. A maximum of 2 sessions may be purchased per skater. After all requests have been assigned, additional practice sessions may be made available starting 5 pm Friday, November 7, at the Registration Desk, on a first-come first-serve basis. There will be no music played at practice sessions. There will be no refunds given for missed practice ice sessions.

AWARDS: Medals will be given for the first 3 places in each event. Ribbons will be given for skaters placing 4th place and higher.

OFFICIAL NOTICES: It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Compliance

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A,B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo 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 – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:
<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

CONTACT INFO: If you have questions, please contact Candi Waelti-Johnson dawncandi@yahoo.

SINGLES FREE SKATING EVENT

EVENT: BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

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. Vocal music is allowed.

- To be skated on full ice
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level

Level	Time	Skating rules/standards
Snowplow Sam 1-3	1:00 +/-10 max.	<ol style="list-style-type: none"> 1. March followed by a two-foot glide and dip 2. Forward two-foot swizzles, 2-3 in a row 3. Forward snowplow stop 4. Backward wiggles, 2-6 in a row
Basic 1	1:00 +/-10 max.	<ol style="list-style-type: none"> 1. Forward two-foot glide and dip 2. Forward two-foot swizzles, 6-8 in a row 3. Forward snowplow stop 4. Backward wiggles, 6-8 in a row
Basic 2	1:00 +/-10 max.	<ol style="list-style-type: none"> 1. Forward one-foot glide, either foot 2. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot 3. Moving snowplow stop 4. Two-foot turn in place, forward to backward

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		5. Backward two-foot swizzles, 6 - 8 in a row
Basic 3	1:00 +/-10 max.	<ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive 3. Forward slalom 4. Backward one-foot glide, either foot 5. Two-foot spin, minimum three revolutions
Basic 4	1:00 +/-10 max.	<ol style="list-style-type: none"> 1. Standstill forward outside three-turn, right and left 2. Forward crossovers, 4-6 consecutive both directions 3. Backward stroking, 4-6 strokes 4. Backward snowplow stop, right or left
Basic 5	1:00 +/-10 max.	<ol style="list-style-type: none"> 1. Backward crossovers, 4-6 consecutive, both directions 2. Basic one-foot spin, free leg held to side of spinning leg, minimum three revolutions 3. Side toe hop, either direction 4. Hockey stop
Basic 6	1:00 +/-10 max.	<ol style="list-style-type: none"> 1. Standstill forward inside three-turn, right and left 2. Bunny Hop 3. Forward spiral on a straight line, right or left 4. Lunge, right or left 5. T-stop, right or left
Basic 7	1:00 +/-10 max.	<ol style="list-style-type: none"> 1. Standstill forward inside open Mohawk, right to left and left to right 2. Ballet Jump, either direction 3. Back crossovers to a back outside edge landing position, clockwise and counter clockwise 4. Forward inside pivot
Basic 8	1:00 +/-10 max.	<ol style="list-style-type: none"> 1. Moving forward outside or forward inside three-turns, right and left 2. Waltz jump 3. Mazurka, either direction 4. 1 Combination move, clockwise <u>or</u> counter clockwise – two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position -minimum three revolutions

EVENT: Introductory Levels Free Skate Program

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
2. 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.
3. Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:30 +/- 10 sec.	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner 1:30 +/- 10 sec.	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests

No-Test 1:30 +/- 10 sec.	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> Up to 2 may be jump combos or sequences Jump combos are limited to 2 jumps Jump sequences are limited to 3 single jumps (half-loop is not considered a single jump at this level) No Axels or double jumps are permitted 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> Spins must be of different character. Each spin must have a Minimum of 3 revolutions. Spins may change feet, position and start with a fly. 	One step sequence that utilizes ½ of the ice surface	
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EVENT: Test Track Free Skate

General event parameters:

- 1 Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- 2 Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- 3 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.
- 4 Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
- 5 The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) Single rotation jumps: Salchow, toe loop and loop only. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test

<p>Preliminary 1:30 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test</p>
<p>Pre-Juvenile 2:00 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test</p>
<p>Juvenile 2:15 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps, including Axel, are permitted. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One solo spin in one position, no change of foot (Min. 4 revolutions). • One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>

		<ul style="list-style-type: none"> • Only solo spin may fly 		
<p>Intermediate</p> <p>2:30 +/- 10 sec.</p>	<p>Maximum of 6 jump elements:</p> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow and double toe loop. • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> • One must be a flying spin (min 5 revolutions), • One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p>
<p>Novice</p> <p>Ladies: 3:00 +/- 10 sec.</p> <p>Men: 3:30 +/- 10 sec.</p>	<p>Maximum of 7 jump elements for men and 6 for ladies:</p> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow, double toe loop and double loop. • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p>Maximum of 3 spins, of a different nature:</p> <ul style="list-style-type: none"> • One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) • The other spins are the option of the skater (min 6 revolutions per foot) • All spins may fly 	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 & 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>
<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec.</p> <p>Men: 4:00 +/- 10 sec.</p>	<p>Maximum of 8 jump elements for men and 7 for ladies:</p> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow, double toe loop, double loop 	<p>Maximum of 3 spins of a different nature:</p> <ul style="list-style-type: none"> • One spin in one position (Min. 6 revolutions) • One flying spin (Min. 6 revolutions) 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but</p>

	<ul style="list-style-type: none"> and double flip Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<ul style="list-style-type: none"> One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot) 	(See rule 4105 for remarks)	may not have passed tests higher than junior free skate test
<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. Must include at least four different double jumps, one must be a double Lutz. Triple jumps are not permitted Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<p>Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p>Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.)</p>	Skaters must have passed at least the U.S. Figure Skating junior free skate test

EVENT: Well Balanced Program Free Skate

General event parameters:

- 1 Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
- 2 Skaters will skate to the music of their choice. Vocal music is permitted for pre-preliminary – intermediate.
- 3 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.

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Level	Time	Jumps	Spins	Step Sequences
Pre-Preliminary	1:30 +/- 10 sec. Vocal music permitted	Maximum of 5 jump elements: a) Any single jumps, including Axel, allowed. b) Max. 2 jump combinations or sequences c) Jump combinations are limited to 2 jumps. d) Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.) e) Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Max of 2 Axels. f) Double or triple jumps are not allowed.	Maximum of 2 spins: a) Spins must be of a different nature b) Spins may change feet and/or position. c) Spins may start with a fly. d) Min. of 3 revolutions	One step sequenced that must use ½ of the ice surface.
Preliminary	1:30 +/- 10 sec. Vocal music permitted	Maximum of 5 jump elements: a) One must be an Axel or waltz-jump. b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.) e) Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop) f) Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences. g) Max. of 2 Axels or any double jump. h) Double flips, double Lutzes, double Axels or triple jumps are not allowed.	Maximum of 2 spins: a) Spins must be of a different nature b) Spins may change feet and/or position. c) Spins may start with a fly. d) Min. of 3 revolutions	One step sequenced that must use ½ of the ice surface.
Pre-Juvenile	2:00 +/- 10 sec. Vocal music permitted	Maximum of 5 jump elements: a) One must be an Axel or waltz-jump. b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in jump sequence is limited to a max. of 3 single or double jumps. (½ loop is not considered a single jump at this level.) e) Number of different double jumps is not limited. f) Axel and no more than 3 different double jumps may be repeated as individual jumps, as part of jump combination or jump sequence. g) Maximum of 2 Axels or any double jump	Maximum of 2 spins: a) 1 spin combination; with or without change of foot*, may fly. b) 1 spin with only 1 position*, may fly, no change of foot c) Min. 4 revolutions.; 6 revolutions for combo d) Spins must be of a different nature	One step sequence fully utilizing ice surface.

		h) No double Axels or triple jumps		
Juvenile (under 14 years) & Open Juvenile (14 years or older)	2:15 +/- 10 sec.	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump* b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in jump sequence is not limited e) No more than 3 double jumps may be repeated (1 each), but only as part of combination or sequence. Max 2 of same double jump. f) No triple jumps 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> a) 1 spin combination; with/without change of foot* b) 1 spin with only 1 position; no change of foot* c) Both spins may start with a fly d) Min. 5 revolutions; 8 revolutions. for combination e) Min. 2 revolutions in position f) Spins must be of a different nature 	One choreographic step sequence fully utilizing ice surface.
Intermediate	2:30 +/- 10 sec.	<p>Maximum of 6 jump elements:</p> <ul style="list-style-type: none"> a) 1 must be an Axel-type jump* b) Max 3 jump combinations (combos) or sequences c) Jump combinations limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) No more than 3 double/triple jumps may be repeated; only 1 repeat may be a triple. Double or triple jump repeated only in combo or sequence. Max. 2 of the same double or triple. 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> a) 1 spin combination; w/without change of foot* b) 1 spin with only 1 position; no change of foot* c) Both spins may start with a fly d) Min. 5 revolutions; 8 revolutions. for combo e) Min. 2 revolutions. in position f) Spins must be of a different nature 	One choreographic step sequence fully utilizing ice surface.
Novice Ladies	3:00 +/- 10 sec.	<p>Maximum of 6 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump* b) Max. 3 jump combinations (combos) or sequences c) Jump combinations limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) No more than 3 double/triple jumps may be repeated; only 1 repeat may be a triple. Double or triple jump repeated only in combo or seq. Max. 2 same double or triple. 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) Spins must be of a different nature b) 1 flying entry with no change of foot or position* c) 1 spin combination; w/without change of foot* d) 3rd spin is option of skater e) Min. 6 revolutions; 10 revolutions. for combo f) Min. 2 revolutions. in position g) Spins may change feet and start with a fly, except h) For the flying spin with no change of foot or position 	One leveled step sequence Fully utilizing the ice surface

Novice Men	3:30 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump* b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) One double Axel and two different triple jumps may be repeated. f) If double Axel or triple jumps repeated, must be in combo or sequence. g) No more than two of the same type of double or triple may be attempted. 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) Spins must be of a different nature b) 1 flying entry with no change of foot or position* c) 1 spin combination; with or without change of foot* d) 3rd spin is option of skater e) Min. 6 revolutions; 10 revolutions for combo f) Min. 2 revolutions in position g) Spins may change feet and start with a fly, except for the flying spin with no change of foot or position 	One leveled step sequence Fully utilizing the ice surface.
Junior Ladies	3:30 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or f) sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revs. for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	One leveled step sequence Fully utilizing the ice surface.
Junior Men	4:00 +/- 10 sec.	<p>Maximum of 8 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or 	One leveled step sequence

		<p>sequences</p> <ul style="list-style-type: none"> c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or f) sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>without change of foot*</p> <ul style="list-style-type: none"> c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revs. for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	Fully utilizing the ice surface.
Senior Ladies	4:00 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or f) Sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revolutions for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly <p>Spins must be of a different nature</p>	<p>One leveled step sequence</p> <p>One choreographic sequence</p> <p>Fully utilizing the ice surface</p>
Senior Men	4:30 +/- 10 sec.	<p>Maximum of 8 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but must be in combo or f) Sequence g) Max. 2 double Axels as solo jump or in combo/sequence 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revolutions for combo e) Min. 2 revolutions in position f) All spins may change feet and start with a fly g) Spins must be of a different nature 	<p>One leveled step sequence</p> <p>One choreographic sequence</p> <p>Fully utilizing the ice surface</p>

EVENT: Adult Free Skate

General event parameters:

4. Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
5. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
6. 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.
7. Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.
8. The following deductions will be taken:
 - -0.1 from each mark for each technical element included that is not permitted in the event description.
 - -0.2 from the technical mark for each extra element included.
 - -0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Time	Jumps	Spins	Step Sequences
ADULT GOLD 2:40 max * means element is required		<p style="text-align: right;">Max. 5</p> <ul style="list-style-type: none"> • Min. 1*, max. 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow. • No double-double jump combinations or sequences are permitted • Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	<p style="text-align: right;">Max. 3</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 4 revolutions total if no change of foot • Min. 4 revolutions each foot if change of foot • Min. 2 revolutions in position 	<p style="text-align: right;">Max. 1</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> • Choreographic step sequence or • Choreographic sequence <p>Must fully utilize the ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
ADULT SILVER 2:10 max * means element is required		<p style="text-align: right;">Max. 5</p> <ul style="list-style-type: none"> • Min. 1*, max. 2 combinations or sequences • One combination/sequence may consist of three jumps, and <u>the other</u> may have only two jumps • Additional jump sequences which contain non-listed jumps of not more than one revolution (i.e. mazurkas, half-loops, etc.) performed as part of connecting footwork preceding single jumps are permitted • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps are permitted, including an Axel-type jump. • No double or triple jumps are permitted 	<p style="text-align: right;">Max. 2</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 3 revolutions total if no change of foot • Min. 3 revolutions each foot if change of foot • Min. 2 revolutions in position 	<p style="text-align: right;">Max. 1</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence or • Spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>

<p>ADULT BRONZE</p> <p>1:50 max</p> <p>* means element is required</p>		<p>Max. 4</p> <ul style="list-style-type: none"> • Min. 1*, max. 2 combinations or sequences; • One combination/sequence may consist of three jumps, and the other may have only two jumps • Each jump may be repeated only once, and only as part of combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except Axel) • No Axel, double or triple jumps are permitted 	<p>Max. 2</p> <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 3 revolutions total if no change of foot • Min. 3 revolutions each foot if change of foot • Min. 2 revolutions in position • No flying spins are permitted 	<p>Max. 1</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> • Step sequence or • Spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
<p>ADULT PRE BRONZE</p> <p>1:40 max</p> <p>* means element is required</p>		<p>Max. 4</p> <ul style="list-style-type: none"> • Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included • One jump combination/sequence may consist of three jumps, and the other may have only two jumps. • Each jump may be repeated only once and only as part of combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are allowed • No Lutz, Axel or double jumps are allowed 	<p>Max. 2</p> <ul style="list-style-type: none"> • Min. 3 revolutions • No flying spins are permitted 	<p>Max. 1</p> <ul style="list-style-type: none"> • Connecting steps throughout the program are required

SINGLES SHORT PROGRAM

The short program events listed below will be skated. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

- A. Intermediate short program – Rule 4230
- B. Novice short program – Rule 4220
- C. Junior short program – Rule 4210
- D. Senior short program – Rule 4200

This event is a State Games Competition



SINGLES COMPULSORY MOVES EVENT:

Basic Elements Event: SNOWPLOW SAM – BASIC 8

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

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

Level	Time	Skating rules/standards
Snowplow Sam 1-3	1:00 max.	<ol style="list-style-type: none"> 5. March followed by a two-foot glide and dip 6. Forward two-foot swizzles, 2-3 in a row 7. Forward snowplow stop 8. Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ol style="list-style-type: none"> 5. Forward two-foot glide and dip 6. Forward two-foot swizzles, 6-8 in a row 7. Forward snowplow stop 8. Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ol style="list-style-type: none"> 6. Forward one-foot glide, either foot 7. Forward alternating ½ swizzle pumps in a straight line, 2-3 each foot 8. Moving snowplow stop 9. Two-foot turn in place, forward to backward 10. Backward two-foot swizzles, 6 - 8 in a row
Basic 3	1:00 max.	<ol style="list-style-type: none"> 6. Forward stroking 7. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive 8. Forward slalom 9. Backward one-foot glide, either foot 10. Two-foot spin – minimum three revolutions
Basic 4	1:00 max.	<ol style="list-style-type: none"> 5. Standstill forward outside three-turn, right and left 6. Forward outside edge on a circle, clockwise or counter clockwise 7. Forward crossovers, 4-6 consecutive, both directions 8. Backward stroking, 4-6 strokes 9. Backward snowplow stop, right or left
Basic 5	1:00 max.	<ol style="list-style-type: none"> 5. Backward outside edge on a circle, clockwise or counterclockwise 6. Backward crossovers, 4-6 consecutive, both directions 7. Basic one-foot spin, free leg held to side of spinning leg - minimum three

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		revolutions 8. Side toe hop, either direction 9. Hockey stop
Basic 6	1:00 max.	6. Standstill forward inside three-turn, right and left 7. Bunny Hop 8. Forward spiral on a straight line, right or left 9. Lunge, right or left 10. T-stop, right or left
Basic 7	1:00 max.	5. Standstill forward inside open mohawk, right to left and left to right 6. Ballet jump, either direction 7. Back crossovers to a back outside edge landing position, clockwise and counter clockwise 8. Forward inside pivot
Basic 8	1:00 max.	4. Moving forward outside or forward inside three-turns, right and left 5. Waltz jump 6. Mazurka, either direction 4. 1 Combination move, clockwise <u>or</u> counter clockwise, two forward crossovers into forward inside mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions

EVENT: Introductory Levels Compulsory Event

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

- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level

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- Skaters may have the option to skate one level higher in compulsories than their free skate program

Level	Time	Skating rules/standards
Beginner	1:15 max.	9. Waltz jump 10. ½ jump of choice 11. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional) 12. Forward or backward spiral
High Beginner	1:15 max.	9. Toe loop jump 10. Salchow jump 11. Forward scratch spin - minimum three revolutions 12. Forward or backward spiral
No-Test	1:15 max.	11. Loop jump 12. Jump combination to include a toe loop (may not use a loop or Axel) 13. Solo spin - sit <u>or</u> camel spin - minimum three revolutions 14. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.

EVENT: COMPULSORY MOVES

General event parameters:

- 1 Basic Skills – Juvenile: Elements skated on ½ ice
- 2 Intermediate – Senior: Elements skated on full-ice
- 3 Elements may be performed only once
- 4 Music is not allowed

Level	Time	Skating rules/standards
Pre – Preliminary	1:00 max.	11. Single flip 12. Jump combination: single/single (no Axel) 13. Sit spin or camel spin - minimum three revolutions 14. Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:00 max.	10. Single Lutz 11. Jump combination: single/single (may include Axel)

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		<ul style="list-style-type: none"> 12. Back upright spin - minimum three revolutions 13. Forward inside spiral
Pre – Juvenile	1:15 max.	<ul style="list-style-type: none"> 10. Single jump (may include Axel) 11. Jump combination: single/single (may include Axel) 12. Layback spin or camel spin - minimum three revolutions 13. Step sequence - circular
Juvenile & Open Juv.	1:15 max.	<ul style="list-style-type: none"> 11. Single Axel 12. Jump combination: single/single or double/single 13. Layback spin or camel spin - minimum three revolutions 14. Step sequence – circular
Intermediate	1:30 max.	<ul style="list-style-type: none"> 9. Double Salchow or double toe loop 10. Jump combination: single/single or double/single 11. Flying spin, minimum five revolutions 12. Step sequence – straight line
Novice	1:30 max.	<ul style="list-style-type: none"> 7. Double loop 8. Jump combination: double/single or double/double 9. Flying spin - minimum five revolutions 10. Step sequence – straight line
Junior	1:30 max.	<ul style="list-style-type: none"> 1. Double flip 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line
Senior	1:30 max.	<ul style="list-style-type: none"> 1. Double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line

EVENT: Adult Compulsory Moves

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	Elements
Adult Beginner	1:15	<ol style="list-style-type: none"> 1. Forward crossovers (Min. 5 consecutive) 2. Waltz jump 3. Two foot upright spin 4. Forward spiral (any edge)
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> 1. Backward crossovers (Min. 5 consecutive) 2. Waltz jump 3. Forward upright spin (Min. 3 revolutions) 4. Forward outside spiral
Adult Bronze	1:15	<ol style="list-style-type: none"> 1. Single Salchow 2. Waltz jump – toe loop combination jump 3. Sit spin (Min. 3 revolutions) 4. Spiral sequence (Min. 2 spirals)
Adult Silver	1:30	<ol style="list-style-type: none"> 1. Single loop 2. Single/single jump combination 3. Sit spin (Min. 3 revolutions) 4. Straight line step sequence
Adult Gold	1:30	<ol style="list-style-type: none"> 1. Single Lutz or Axel 2. Single/single or single/double jump combination 3. Camel spin (Min. 4 revolutions) 4. Straight line step sequence

SINGLES JUMPS CHALLENGE EVENT: Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice
3. Jumps with an “*” must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. ½ flip or ½ 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 ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 14. Single flip 15. Single Lutz 16. Jump combination – Any single jump + single loop (may be Axel)
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 14. Single Axel 15. Single or double jump 16. Jump combination – single/single (no Axel)
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 15. Single Axel 16. Double Salchow 17. Jump combination – single/single or double/single (no Axel)
Intermediate	1:15 max.	<ol style="list-style-type: none"> 13. Single Axel 14. Double loop* 15. Jump combination – double/single (no Axel)
Novice	1:15 max.	<ol style="list-style-type: none"> 11. Double loop 12. Double flip* 13. Jump combination – double/double (may be double Axel)
Junior	1:15 max.	<ol style="list-style-type: none"> 5. Choice of double or triple jump 6. Double or triple flip* 7. Jump combination – double/double (may be double Axel)
		.Choice of double or triple jump

Senior	1:15 max.	. Double or triple Lutz* . Jump combination – double/double or triple/double (may be double Axel)
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SINGLES SPINS CHALLENGE EVENT: Spins Challenge

General event parameters:

4. 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.
5. All events are skated on ½ ice.
6. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	13. Upright one-foot spin (3) 14. Upright two-foot spin (3) 15. Sit spin (3)
High Beginner	1:30 max.	13. Upright one-foot spin (3) 14. Upright two-foot spin (3) 15. Sit spin (3)
No-Test	1:30 max.	15. Upright one-foot spin (3) 16. Upright two-foot spin (3) 17. Sit spin (3)
Pre – Preliminary	1:30 max.	4. Upright one-foot spin (3) 5. Upright two-foot spin (3) 6. Sit spin (3)
Preliminary	1:30 max.	17. Backward upright spin (3) 18. Combination spin with no of foot (4) 19. Sit spin (3)
Pre – Juvenile	1:30 max.	17. Camel spin (3) 18. Combination spin – camel to sit spin; no change of foot (6) 19. Forward to backward scratch spin (3 per foot)
Juvenile & Open Juv.	1:30 max.	18. Sit spin (4) 19. Combination spin – change of foot; optional change of position (4 per foot)

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		20. Girls – layback spin (4); Boys – camel spin (4)
Intermediate	1:30 max.	16. Flying camel spin (5) 17. Sit spin to backward sit spin (4 per foot) 18. Combination spin – change of foot & change of position (4 per foot)
Novice	1:30 max.	14. Choice of camel, sit or layback spin (6) 15. Camel spin to backward camel spin (4 per foot in position) 16. Combination spin – change of foot & two changes of position (2 per position & 5 per foot)
Junior	1:30 max.	8. Flying sit spin or flying reverse sit spin (6) 9. Ladies – layback spin (6); men – cross-foot spin (6) 10. Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)
Senior	1:30 max.	. Flying spin of choice (6) . Solo spin of choice (6) – may not fly . Combination spin – with change of foot & utilizing all three positions (2 per position & 5 per foot)

EVENT: Showcase Events – Light Entertainment Events

Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Props and Scenery are permitted

General event parameters:

1. Level will be determined by the highest free skate or dance (solo or partnered) test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline
3. Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under “Programs” on the National Showcase page.

Light Entertainment Basic Skills and Adult

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00 Max
Adult 1-4	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 Max
Adult Pre-Bronze	3 jump maximum. No axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Adult pre-Bronze free skate test.	Time: 1:30 Max
Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Adult Bronze test.	Time: 1:40 Max

Light Entertainment Levels

	Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
Singles	Beginner, No Test* Note: these levels do not qualify for National Showcase	-	Pre-Preliminary Free Skate	No Age restriction	1:30 max
	Pre-Preliminary* Note: this level does not qualify	-	Preliminary Free Skate	No Age restriction	1:30 max
	Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate	No minimum age	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age)	1:40 max
	Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:10 max
	Young Adult	Juvenile Free Skate Complete Preliminary Dance	Novice Free Skate Any Gold Dance	18-20	2:10 max

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	Novice	Novice Free Skate One Silver Dance	Junior Free Skate Any Gold Dance	No age restriction	2:10 max
	Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed Gold Dance		2:40 max
	Senior	Senior Free Skate Complete Gold Dance			2:40 max

This event is a State Games Competition



SHOWCASE EVENTS EVENT: Interpretative

Interpretive is a performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the competition committee / LOC. Programs should incorporate various elements of expressive movement and skating moves, to enhance the skater's interpretation of the music, rather than technical elements.

1. The music will be played during a 5-minute off-ice session (just prior to the event) and twice during an on-ice warm-up prior to the performance.
 - a. The room will be attended only by the adult monitor assigned to play the music and the competing skaters in that group.
2. Skaters after the warm up will go back to a room, with no music being played.
3. Skaters will be brought to the ice when the previous skater finishes.
4. All competitors in an event will interpret the same music.

Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Interpretive events will be divided into the following events:

Beginner, PrePreliminary, Preliminary, Open Juvenile and Juvenile, Intermediate, Novice, Junior, Senior and Adult.

Level	Program Duration	Test Requirements
Pre-juvenile and below	1:00 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline
Juvenile - novice	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline
Junior and senior	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline
All adult events	1:30 maximum	Skaters may compete at the highest level they have passed, or skate up to one level higher. The determination of level will be based upon test requirement at the entry deadline

This event is a State Games Competition



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This event is a State Games Competition

