



## Ron Carlson Marquette International Open February 26-February 27, 2022



Marquette Figure Skating Club Marquette, MI  
<https://marquettefigureskating.org/>  
Berry Events Center W Fair Ave., Marquette, MI 49855  
<http://www.nmu.edu/recsports/node/118>

Sanctioned by:



### **RULES:**

The Ron Carlson Marquette International Open 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 that have been posted on the U.S. Figure Skating [website](#). Our chief referee will be Eric Hampton of Marquette, MI.

### **FACILITIES:**

The competition will be held at Berry Events Center, W Fair Avenue, Marquette, MI. The arena is completely enclosed and has one ice surface, 200' x 100'. It seats 4,300 people. Dressing rooms will be available. Berry Events Center is a non-smoking facility; smoking will not be permitted inside of the Berry Events Center.

**MEIJER STATE GAMES:** The Ron Carlson Marquette International Open is a participant in the Meijer State Game of Michigan. Ron Carlson Marquette International Open is a qualifier for the July 2022, State Games of America Championship in Ames, Iowa. For more information, about the State Games and the opening ceremonies, please visit [www.stategamesofmichigan.org](http://www.stategamesofmichigan.org)

**ELIGIBILITY:**

Skaters must be a United States Figure Skating member with a USFS club or an individual member, in good standing, in order to compete. Skaters must have a membership with a club or be an individual member to compete in any event except the Compete USA events. Skaters competing Compete USA events must be registered with Learn to Skate in order to compete.

**Test Level:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Note, “skating up” is at the discretion of LOC and athletes may not skate down in any event.

**Age restrictions/requirements:** Singles free skate events (well-balanced program) have the following requirements:

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

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

**EVENTS OFFERED:**

**All Events except for ‘Yoooper’ Events qualify for the July 2022, State Games of America Championship in Ames, Iowa.**

**Test Level Qualifications (effective February 6, 2022)**

- **Compete USA, Singles, Specialty (Compulsory Moves, Spins, and Jumps) events:**
  - Skater must compete at their free skate test level or one level higher.
- **Showcase events:**
  - Please see the Showcase table in this announcement for test level and age requirements.
  - Skaters MAY NOT compete up one level.
- **Solo Pattern Dance events:**
  - Skater must compete at their highest completed Pattern Dance Test level or one level higher.
- **Moves in the Field events:**
  - Skater must compete at their Moves in the Field test level or one level higher.

**Compete USA:**

- Snowplow Sam – Basic 6 Elements
- Snowplow Sam – Basic 6 Program with Music
- Pre-Free Skate – Free Skate 2 Compulsory
- Pre-Free Skate – Free Skate 2 Program with Music

**Singles:**

- Excel Free Skate: Beginner - Senior
- Well-Balanced Free Skate: No-Test – Pre-Juvenile

**Specialty:**

**NOTE: Skaters MAY enter either the Nonqualifying OR ‘Yoooper’ Events. Skaters are NOT allowed to compete both Nonqualifying AND ‘Yoooper’ Events OR compete a combination of Nonqualifying AND ‘Yoooper’ Events.**

- **Nonqualifying** Compulsory Moves: No-Test – Pre-Juvenile
- **Nonqualifying** Spins: No-Test – Pre-Juvenile

- **Nonqualifying** Jumps: No-Test – Pre-Juvenile
- **Yooper** Compulsory Moves: Beginner – Senior
- **Yooper** Spins: Beginner – Senior
- **Yooper** Jumps: Beginner – Senior

**Showcase:**

- Comedic Impression Showcase: Beginner – Senior

**Dance:**

- Solo Pattern Dance: Preliminary – International

**Moves in the Field:**

- Pre-Preliminary - Senior

**JUDGING SYSTEM:**

The 6.0 Judging System will be used for all events.

**COMPETITION REGISTRATION:**

**Deadline for entries: February 6, 2022 – 11:59 pm EST. Late entries may be accepted at the discretion of the referee, a \$25.00 late fee will be charged if accepted.**

The entry fee is \$90 per skater for the first event entered and \$35 for each additional event. CompeteUSA (Snowplow Sam-Freeskate 2) entry fee is \$65 for the first event and \$30 for the second event. Registration is only available online at: <http://comp.entryeeze.com/Home.aspx?cid=144>. Secure online registration/credit card payment (3.5% processing fee) Visa, MasterCard and Discover.

**REFUND POLICY:**

Full refunds minus the online processing fee, are available if withdrawal is **prior to February 6, 2022 (11:59PM)**. After **February 6, 2022**, entry refunds are only available if the event is not held (See Rules 3055, 3056, 3057 & 3058 apply) or will be considered with a written medical excuse from the attending doctor. The processing fee is not refundable for any reason.

**SCHEDULE:** Schedules for skaters and coaches will only be available on the EntryEeze website at:

<http://comp.entryeeze.com/Home.aspx?cid=144>. **Events may run ahead of schedule at the discretion of the Referee. Please plan to check in with the Ice Door Monitor at least 45 minutes prior to your scheduled event start time(s).**

**FEES AND ENTRIES:**

The entry fees: Compete USA are \$65.00 for the first event and \$30.00 for the second event. The entry fees: All others are \$95.00 for the first event and \$35.00 for each individual event. Test qualifications will be effective February 6, 2022. Registration is only available online: <http://comp.entryeeze.com/Home.aspx?cid=144>. Secure online registration credit card payment (3.5% processing fee) Visa, Mastercard, or Discover.

**Deadline for Entries: February 6, 2022 (11:59 pm EST). Late entries will be permitted at the discretion of the referee. A \$25.00 late fee will be added to any entries after February 6, 2022.**

**REGISTRATION:**

The Registration Desk will be located at the Berry Events Center in the upper concourse and will be open Saturday, February 26, 2022 one hour prior to the first scheduled practice until the close of Saturday events and the same on Sunday, February 27, 2022. Skaters should check in at the Registration Desk at least one hour prior to their first event. An official bulletin board will be located in the registration area and this is where the official schedule will be posted. The posting of notices on this board will be considered notice to all skaters.

**LOCKER ROOMS AND CHANGING AREAS:**

Three locker rooms will be available to skater. One locker room will be designated for male skaters. Cell phones, cameras, or video cameras are prohibited in the locker rooms. Any skater or parent/guardian who is not following

these rules will NOT be able to utilize the locker room facilities. SkateSafe rules will be posted on each door of the locker rooms. If you need more information regarding rules, it can be found in the SkateSafe Handbook.

### **COACHES:**

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the compliance requirements listed below and verified by the U.S. Figure Skating.

#### Coach/Choreographer (domestic/non-foreign):

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member.
- ✓ If 18 years or older, 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.
- ✓ If 18 years or older, 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.
- ✓ Must complete the Professional Coach/Choreographer Coaching Education Requirement (CER) through the [Professional Skaters Association \(PSA\)](#).
- ✓ Must submit proof of general liability insurance with limits of \$1 million per occurrence/ \$5 million aggregate.
- ✓ Must agree to the U.S. Figure Skating Code of Ethics. \*
- ✓ Must complete three waivers: 1) Assumption of Risk, Waiver and Release and Indemnification Agreement, 2) Medical Consent and 3) Name and Likeness Release and Consent Agreement. \*
- ✓ If attending a qualifying competition or traveling as a part of Team USA and/or International Selection Pool (ISP), must be a full member of the [Professional Skaters Association \(PSA\)](#).

#### Professional Group Compliance:

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member OR **Professional Group instructor** membership
- ✓ If 18 years or older, 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.
- ✓ If 18 years or older, 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.
- ✓ **Professional Group Instructor Certification** completed OR U.S. Figure Skating compliance coach (details above)

\* Accessible via U.S. Figure Skating Members Only Website:

[www.usfsaonline.org](http://www.usfsaonline.org) → **Person Icon** or **Account** → **Member Profile** → **Compliance**

#### Foreign Coach/Choreographer:

- ✓ Required to present the LOC with a letter from their federation verifying they are a member in good standing.

For more information regarding Coach Compliance, please visit the [Coach Compliance](#) page.

### **LIABILITY:**

U.S. Figure Skating, the Marquette Figure Skating Club, the Berry Events Center, and Northern Michigan University accept no responsibility for injury or damage sustained by a participant in their event. Rule 1600 of the official U.S. Figure Skating Rulebook applies.

### **MUSIC:**

**Music will be played from CD ONLY.** CDs must be clearly labeled with skater's name, event, and playing time and turned in at the registration desk at the time of registration. No CD-RW (re-writable) will be accepted. Skaters should have duplicate CDs available at rink side. CDs may be picked up at the registration desk following your event. Marquette Figure Skating Club is not responsible for CDs not picked up at the conclusion of the competition.

### **AWARDS:**

Ron Carlson Marquette International Open will be presenting awards to all skaters in each group. Meijer State Games of Michigan gold, silver, and bronze medals will be given for each group. Ribbons will be given to all other places. Groups will be no larger than 8 skaters (Snow Plow Sam-Freeskate 2: no larger than 6 skaters). Groupings will be according to 1) Level, 2) Age. A Club Team Trophy will be awarded to the club with the highest total placements in all events. Placements 1 through 5 will be used in the calculation. There will be no individual trophies.

**PRACTICE ICE:**

Practice ice sessions may be pre-ordered online (\$20.00 per/20 minute session) at the time of online competition registration. An email will be sent with a PIN number to access the practice ice in order to select sessions. Notification of practice ice session times will be available online at [www.entryeeze.com](http://www.entryeeze.com) and will NOT be available by phone, mail, or email.

After online competition registration is complete and the schedule has been posted, any additional remaining practice ice sessions will be available for purchase online (\$22.00 per/20 minute session). Additional practice ice may also be available at the rink for purchase (\$25.00 per/20 minute session) and can be scheduled at the rink starting on Saturday, February 26-February 27, 2022, at the registration desk.

**PHOTOS:**

A photo area will be set up to take your own photos.

**COVID-19 EVENT POLICIES:**

**EFFECTIVE MONDAY, AUGUST 2, 2021 face coverings are required to be worn indoors by ALL persons (including fully vaccinated persons) attending any U.S. Figure Skating sanctioned event or activity despite of local, state or facility policies. Review the full update [here](#). Exceptions:**

- Athletes practicing or competing on the ice.
- Warming up outside.

**Please address all registration questions to: Kay Pool  
Phone: 906-869-4597 (No calls after 9PM EST)  
E-mail: [mqtmimio@gmail.com](mailto:mqtmimio@gmail.com)**



## Concussion Awareness Information

Please read the following information carefully and sign below.

**Submit** to competition at the registration desk.

A form must be completed for EVERY Skater.

### **A CONCUSSION IS A TYPE OF TRAUMATIC BRAIN INJURY THAT CHANGES THE WAY THE BRAIN NORMALLY WORKS.**

A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding”, “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious.

### **WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?**

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until day or weeks after the injury. If a student reports one or more symptoms of concussion listed (see following page) after a bump, blow, or jolt to the head or body, she/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says she/he is symptom-free and it’s OK to return to play.

### **DID YOU KNOW?**

- Most concussions occur without loss of consciousness.
- People who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

Go to [www.michigan.gov/sportsconcussion](http://www.michigan.gov/sportsconcussion) for additional information.

By signing below, I am acknowledging that I have received Concussion Awareness Information from RC-MIO competition. Being held February 26 and 27, 2022.

Student Name (Please Print)

Parent or Guardian (Please Print)

Student Signature

Parent or Guardian Signature

Date

Date

## **KEEP THIS PAGE**

### **CONCUSSION DANGER SIGNS**

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body she/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

### **WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?**

If a student has a concussion, his/her brain needs time to heal. While a student's brain is still healing, she/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in your students can result in brain swelling or permanent damage to their brain. They can even be fatal.

### **WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?**

If you suspect that a student has a concussion, remove the student from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the student out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says she/he is symptom-free and it's OK to return to play. Rest is key to helping a student recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional. Remember concussions affect people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

### **SIGNS OBSERVED BY STAFF**

Appears dazed or stunned - Is confused about assignment or position – Forgets an instruction – Is unsure of game, score, or opponent – Moves clumsily – Answers questions slowly – Loses consciousness (even briefly) – Shows mood, behavior, or personality changes – Can't recall events prior to hit or fall – Confusion – Can't recall events after hit or fall

### **SYMPTOMS REPORTED BY STUDENTS**

Headache or "pressure" in head – Nausea or vomiting – Balance problems or dizziness – Double or blurry vision – Sensitivity to light – Sensitivity to noise – Feeling sluggish, hazy, foggy or groggy – Concentration or memory problems – Just not "feeling right" or "feeling down"



## SNOWPLOW SAM – BASIC 6 ELEMENTS

- Skaters may compete at their test level or one level higher.
- Each skater will perform each element when directed by a judge/referee. Judge/referee directed example: all skaters perform first element before moving on to the next and so on.
- To be skated on 1/2 ice
- No music
- **All elements must be skated in the order listed.**

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

## SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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

- Skaters may compete at their test level or one level higher.
- 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.

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

### PRE-FREE SKATE – FREE SKATE 1-2 COMPULSORY

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

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

Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max.	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position - minimum 3 revolutions</li> <li>• Mazurka – right or left</li> <li>• Waltz jump</li> </ul>
Free Skate 1	1:15 max.	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• Backward outside three-turn, right and left</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
Free Skate 2	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Backward inside three-turn, right and left</li> <li>• Beginning back spin, optional entry and free-foot position - maximum 3 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>

### PRE-FREE SKATE – FREE SKATE 1-2 PROGRAM WITH MUSIC

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

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

Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max.	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position- minimum 3 revolutions</li> <li>• Mazurka - right or left</li> <li>• Waltz jump</li> <li>• <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i></li> </ul>
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> <li>• Forward stroking, 4-6 consecutive powerful strokes</li> <li>• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> <li>• <i>NOT ALLOWED – Waltz jump/toe loop jump combination</i></li> </ul>
Free Skate 2	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis</li> <li>• Beginning back spin, optional entry and free-foot position, maximum 2 revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> <li>• <i>NOT ALLOWED – Waltz jump/toe loop and Salchow/toe loop jump combination</i></li> </ul>

## Singles Events:

### Excel Free Skate: Beginner – Senior

*SEE CURRENT RULEBOOK OR U.S. FIGURE SKATING WEBSITE FOR RULES/REQUIREMENTS.*

### Well-Balanced Free Skate: No-Test – Pre-Juvenile

*SEE CURRENT RULEBOOK OR U.S. FIGURE SKATING WEBSITE FOR RULES/REQUIREMENTS.*

## Specialty Events:

### Nonqualifying Compulsory Moves: No-Test – Pre-Juvenile

General event parameters:

- Skaters may compete at their test level or one level higher.
- No Test – Pre-Juvenile: Elements skated on ½ ice
- The skater must demonstrate the required elements (performed once only) and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Music is not allowed.

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

## Nonqualifying Spin Challenge: No-Test – Pre-Juvenile

General event parameters:

- Skaters may compete at their test level or one level higher.
- Spins may be skated in any order. Connecting steps are allowed but will not be taken into consideration in scoring.
- Spins may not be repeated. Only required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.

No-Test	1:30 max.	<ul style="list-style-type: none"> <li>• Upright spin with change of foot (3 revs on each foot)</li> <li>• Sit spin (3 revs)</li> <li>• Camel spin (3 revs)</li> </ul>
Pre – Preliminary	1:30 max.	<ul style="list-style-type: none"> <li>• Spin with one change of position* and no change of foot (6 revs)</li> <li>• Backward sit spin (3 revs)</li> <li>• Camel spin (4 revs)</li> </ul>
Preliminary	1:30 max.	<ul style="list-style-type: none"> <li>• Spin with one change of foot and one change of position* (min. 3 revs each foot)</li> <li>• Combination sit spin with change of foot (min. 3 revs each foot)</li> <li>• One position spin – skater's choice (upright, sit or camel), (4 revs)</li> </ul>
Pre – Juvenile	1:30 max.	<ul style="list-style-type: none"> <li>• Backward entry into back camel (4 revs)</li> <li>• Combination spin – All 3 basic positions are required (camel, sit, upright), (2 revs in each position)</li> <li>• Forward to backward scratch spin (min 4 revs per foot)</li> </ul>

\* There are 3 basic spin positions: Upright, Sit and Camel. Any variation of these positions is still considered the same position (i.e. a broken leg spin is still a sit position. A camel-sit-broken leg spin has one change of position).

## Nonqualifying Jump Challenge: No-Test – Pre-Juvenile

General event parameters:

- Skaters may compete at their test level or one level higher.
- No program.
- Skaters have the option of a 2<sup>nd</sup> attempt for each jump if not satisfied with their 1<sup>st</sup> attempt.
- If the skater opts for a 2<sup>nd</sup> attempt and there is a choice of jump or choice of jump combination, the 2<sup>nd</sup> attempt **does NOT have to be the same** as the 1<sup>st</sup> attempt. **Only the 2<sup>nd</sup> attempt will be judged.**
- Order: each skater will perform the first jump element with 1 or 2 attempts followed by the second jump element with 1 or 2 attempts followed by the third jump element with 1 or 2 attempts.

No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe-Loop</li> <li>2. Single loop</li> <li>3. Jump combination – Any two ½ or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single flip</li> <li>3. Jump combination - Any two ½ or single revolution jumps (no Axel)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single Lutz</li> <li>3. Jump combination – Any single jump + single loop (may include Axel)</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel or double Salchow</li> <li>2. Single or double jump</li> <li>3. Jump combination – single/single (may include Axel)</li> </ol>

## Yooper Compulsory Moves: Beginner – Senior (*NOT A STANDARD USFS EVENT*)

General event parameters:

- Skaters may compete at their test level or one level higher.
- In program format without music.
- Required elements may be skated in any order.
- A 0.2 deduction will be taken for each additional element.

LEVEL	MAX TIME	REQUIRED ELEMENTS
Beginner Half ice	1:00	<ul style="list-style-type: none"> <li>• Jump: Waltz jump</li> <li>• Jump: ½ revolution of choice</li> <li>• Spin: Choice of two foot or one foot forward upright (min. 3 revs.)</li> <li>• Spiral: Forward</li> </ul>
High Beginner Half ice	1:00	<ul style="list-style-type: none"> <li>• Jump: Single toe loop</li> <li>• Jump: Single salchow</li> <li>• Spin: Forward upright one foot (min. 3 revs.)</li> <li>• Spirals: Forward, R &amp; L</li> </ul>
Pre-Preliminary Test Half ice	1:15	<ul style="list-style-type: none"> <li>• Jump: Single salchow</li> <li>• Jump Combination: Waltz + single toe loop</li> <li>• Spin: Forward upright one foot (min. 3 revs.)</li> <li>• Spirals: Forward outside or inside, R &amp; L</li> </ul>
Preliminary Test Half ice	1:15	<ul style="list-style-type: none"> <li>• Jump: Single loop</li> <li>• Jump Combination: Single flip + single toe loop</li> <li>• Change Upright Spin: Forward upright to backward upright (min. 3 revs. each foot)</li> <li>• Step sequence</li> </ul>
Pre-Juvenile Test Half ice	1:30	<ul style="list-style-type: none"> <li>• Jump: Single lutz</li> <li>• Jump Combination: Single loop + single loop</li> <li>• Combination Spin: Forward camel to forward sit (min. 6 revs. combined in camel and sit positions)</li> <li>• Step sequence</li> </ul>
Juvenile Test Half ice	1:30	<ul style="list-style-type: none"> <li>• Jump: Single axel</li> <li>• Jump Combination: Single lutz + single loop</li> <li>• Change Combination Spin: One change of foot, one change of position (min. 4 revs. each foot)</li> <li>• Step sequence</li> </ul>
Intermediate Test Full ice	1:30	<ul style="list-style-type: none"> <li>• Jump: Single axel</li> <li>• Jump Combination: Choice of double salchow or double toe loop + any single</li> <li>• Change Combination Spin: One change of foot and at least one change of position (min. 5 revs. each foot)</li> <li>• Step sequence</li> </ul>
Novice Test Full ice	2:00	<ul style="list-style-type: none"> <li>• Jump: Choice of double salchow, double toe loop, or double loop</li> <li>• Jump Combination: Choice of any double + double</li> <li>• Change Combination Spin: One change of foot and at least one change of position (min. 5 revs. each foot)</li> <li>• Step sequence</li> </ul>
Junior Test Full ice	2:00	<ul style="list-style-type: none"> <li>• Jump: Choice of double loop or double flip</li> <li>• Jump Combination: Choice of any double + double</li> <li>• Change Combination Spin: All three positions and one change of foot (min. 5 revs. each foot)</li> <li>• Step sequence</li> </ul>
Senior Test Full ice	2:00	<ul style="list-style-type: none"> <li>• Jump: Choice of double flip or double lutz</li> <li>• Jump Combination: Choice of any double + double</li> <li>• Change Combination Spin: All three positions and one change of foot (min. 5 revs. each foot)</li> <li>• Step sequence</li> </ul>

## Yooper Spins: Beginner – Senior (*NOT A STANDARD USFS EVENT*)

General event parameters:

- Skaters may compete at their test level or one level higher.
- In program format without music.
- Required spin elements may be skated in any order.
- One attempt per spin.
- All levels skate on half ice

LEVEL	MAX TIME	REQUIRED SPIN ELEMENTS
Beginner	1:00	1. Forward upright two foot (min. 3 revs.) 2. Forward upright one foot (min. 3 revs.)
High Beginner	1:00	1. Forward upright two foot (min. 3 revs.) 2. Forward upright one foot (min. 3 revs.)
Pre-Preliminary Test	1:00	1. Forward upright one foot (min. 3 revs.) 2. Forward sit (min. 3 revs.)
Preliminary Test	1:00	1. Forward sit (min. 3 revs. in position) 2. Forward upright to backward upright (min. 3 revs. each foot, optional exit)
Pre-Juvenile Test	1:15	1. Backward upright (min. 3 revs.) 2. Choice of forward sit or forward camel (min. 3 revs. in position) 3. Combination: Forward camel to forward sit (min. 6 revs. combined in camel and sit positions)
Juvenile Test	1:15	1. Backward upright (min. 4 revs.) 2. Choice of forward sit, layback, or attitude (min. 4 revs. in position) 3. Change Combination: One change of foot, one change of position (min. 4 revs. each foot)
Intermediate Test	1:30	1. Backward upright (min. 5 revs.) 2. Flying camel (min. 5 revs. in position) 3. Change Combination: One change of foot, and at least one change of position (min. 4 revs. each foot)
Novice Test	1:30	1. Choice of camel, sit, or layback (min. 6 revs. in position) 2. Choice of flying camel or flying sit (min. 5 revs. in position) 3. Change Combination: One change of foot, and at least one change of position (min. 5 revs. each foot)
Junior Test	1:30	1. Choice of camel, sit, or layback (min. 6 revs. in position) 2. Choice of flying camel or flying sit (min. 6 revs. in position) 3. Change Combination: One change of foot, all 3 basic spin positions (min. 5 revs. each foot)
Senior Test	1:30	1. Choice of camel, sit, or layback (min. 6 revs. in position) 2. Choice of flying camel or flying sit (min. 6 revs. in position) 3. Change Combination: One change of foot, all 3 basic spin positions (min. 5 revs. each foot)



## Yooper Jumps: Beginner – Senior (*NOT A STANDARD USFS EVENT*)

General event parameters:

- Skaters may compete at their test level or one level higher.
- No program.
- Skaters have the option of a 2<sup>nd</sup> attempt for each jump if not satisfied with their 1<sup>st</sup> attempt.
- If the skater opts for a 2<sup>nd</sup> attempt and there is a choice of jump or choice of jump combination, the 2<sup>nd</sup> attempt **does NOT have to be the same** as the 1<sup>st</sup> attempt. **Only the 2<sup>nd</sup> attempt will be judged.**
- Order: each skater will perform the first jump element with 1 or 2 attempts followed by the second jump element with 1 or 2 attempts.

LEVEL	MAX TIME	REQUIRED JUMP ELEMENTS
Beginner Half ice	1:15	1. ½ lutz 2. Waltz
High Beginner Half ice	1:15	1. Single toe loop 2. Single salchow
Pre-Preliminary Test Half ice	1:15	1. Single salchow 2. Waltz + single toe loop combination
Preliminary Test Half ice	1:15	1. Single loop 2. Single flip + single toe loop combination
Pre-Juvenile Test Half ice	1:15	1. Single lutz 2. Single loop + single loop combination
Juvenile Test Half ice	1:15	1. Single axel 2. Single lutz + single loop combination
Intermediate Test Half ice	1:30	1. Single axel 2. Choice of double salchow or double toe loop + any single combination
Novice Test Full ice	1:30	1. Choice of double salchow, double toe loop, or double loop 2. Choice of any double + double combination
Junior Test Full ice	1:30	1. Choice of double loop or double flip 2. Choice of any double + double combination
Senior Test Full ice	1:30	1. Choice of double flip or double lutz 2. Choice of any double + double combination

## EVENT: Showcase Events – Individual Entertainment Events

**(Note: ONLY Comedic Impressions event is being offered at this competition)**

### General event parameters:

- **Current guidelines and procedures for nonqualifying showcase competitions can be found at Members Only under Skating Opportunities -> Showcase -> Rules & Resources.**
- **Comedic Impressions:** A humorous performance intentionally designed to achieve continuous/multiple chuckles, laughs, or rises from viewers. Performance is projected outward towards audience and entertaining through skating movements, gestures and physical actions deemed comedic. Props and Scenery are permitted. No technical limitations.
- **Skaters must compete at the level for which they qualify. Skaters MAY NOT compete up one level.**

Event	Must meet requirements*	Must not have passed	Age	Time
Beginner, High Beginner, No Test* <small>Note: these levels do not qualify for National Showcase</small>	Must have passed Free Skating or Dance test (solo or partnered standard track)	Free Skate or Dance (solo or partnered) Test		
		Pre-Preliminary Free Skate	No minimum age <b>(max age 17)</b>	1:30 max
Pre-Preliminary <small>Note: these levels do not qualify for National Showcase</small>		Preliminary Free Skate	No minimum age <b>(max age 17)</b>	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 17)</b>	1:30 +/- 10 seconds
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 17)</b>	1:30 +/- 10 seconds
Juvenile	Juvenile Free Skate, Juvenile Free Dance, OR Preliminary Pattern Dance	Intermediate Free Skate, Intermediate Free Dance, OR Bronze Pattern Dance	Under 13	2:00 +/- 10 seconds
Open Juvenile	Juvenile Free Skate, Juvenile Free Dance, <u>OR Preliminary Pattern Dance</u>	Intermediate Free Skate, Intermediate Free Dance, OR Bronze Pattern Dance	13-17	2:00 +/- 10 seconds
Intermediate	Intermediate Free Skate, Intermediate Free Dance, OR Bronze Pattern Dance	Novice Free Skate, Novice Free Dance, OR Pre Silver Pattern Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate, Juvenile Free Dance, OR Preliminary Pattern Dance	Novice Free Skate, Novice Free Dance, OR Pre Silver Pattern Dance	18-20	2:10 max
Novice	Novice Free Skate, Novice Free Dance, OR Pre Silver Pattern Dance	Junior Free Skate, Junior Free Dance, OR Silver Pattern Dance	No age restriction	2:10 max
Junior	Junior Free Skate, Junior Free Dance, OR Silver Pattern Dance	Senior Free Skate, Senior Free Dance, OR Gold Pattern Dance		2:30 max
Senior	Senior Free Skate, Senior Free Dance, OR Gold Pattern Dance	NA		2:40 max

## Dance Events:

### Solo Pattern Dance: Preliminary – International

General event parameters:

- **Skater must compete at their highest completed Pattern Dance Test level or one level higher.**
- **Each pattern dance is a separate event.**

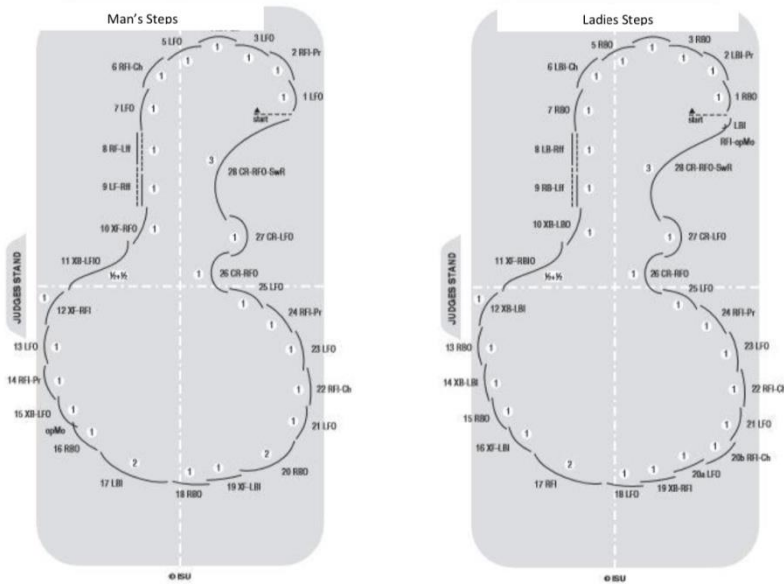
LEVEL	DANCES	
<b>Preliminary</b>	Dutch Waltz	Canasta Tango
<b>Pre-Bronze</b>	Swing	Cha-Cha
<b>Bronze</b>	Hickory Hoedown	Willow Waltz
<b>Pre-Silver</b>	Fourteenstep	European Waltz
<b>Silver</b>	American Waltz	Silver Tango
<b>Pre-Gold</b>	Kilian	Paso Doble*
<b>Gold</b>	Viennese Waltz	Argentine Tango*
<b>International</b>	Silver Samba	Cha Cha Congelado

\*The Pre-Gold Paso Doble and Gold Argentine Tango will follow the solo dance competition series' recently introduced variation of performing both women's and men's steps, alternating per pattern according to the steps/pattern instructions included within the announcement. See the following page for Solo Pattern dance for the Pre-Gold Paso Doble and Gold Argentine Tango.

# Paso Doble

Optional Pattern Dance

- Solo Series Steps: [Pattern 1 Lady's Steps](#), [Pattern 2 Man's Steps](#), [Pattern 3 Lady's Steps](#)



## Paso Doble - PD

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 8 of 4 beats

Minimum Pattern Time: 0:16.8

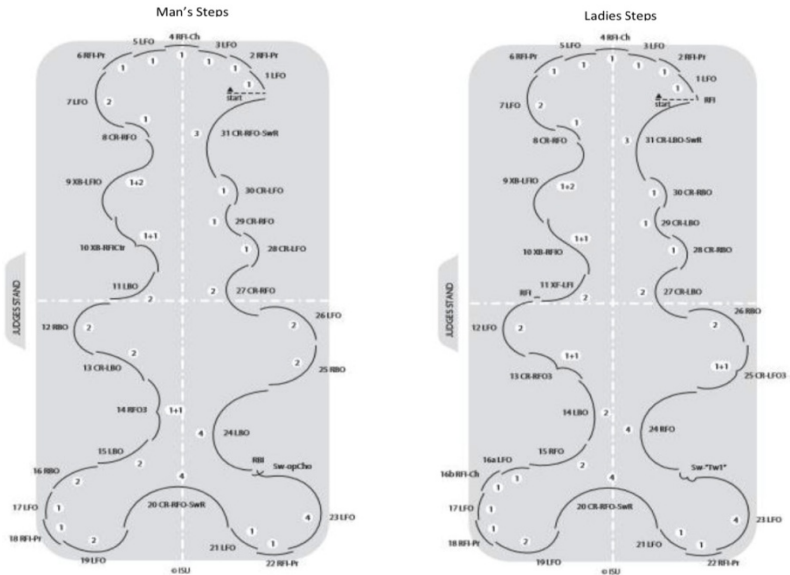
Maximum Pattern Time: 0:17.5

Maximum Overall Time: 1:25

- Note: On **pattern 1**, the skater will skate step 28 as a Cross Swing Roll instead of mohawk to prepare for the man's steps and on **pattern 2**, the skater will perform the mohawk on step 28 to prepare for the lady's steps. **Pattern 3**, the skater will perform the mohawk again at the end of the dance.

# Argentine Tango

Set Pattern Dance - Solo Series Steps: [Pattern 1 Lady's Steps](#), [Pattern 2 Man's Steps](#)



## Argentine Tango - AT

2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 14 of 4 beats

Minimum Pattern Time: 0:34.3

Maximum Pattern Time: 0:35.7

Maximum Overall Time: 1:50

# Moves in the Field Events:

General event parameters:

1. Skater must compete at their Moves in the Field test level or one level higher.
2. Each skater will complete both of their required patterns consecutively in the order listed, pausing briefly in between.

LEVEL	Moves in the field	
<b>Pre-Preliminary</b>	1. Forward perimeter stroking (1/2 rink only)	2. Basic consecutive edges (Forward outside & forward inside only)
<b>Preliminary</b>	1. Forward & backward crossovers	2. Forward power 3-turns
<b>Pre-Juvenile</b>	1. Forward & backward perimeter stroking	2. Forward outside and backward inside 3-turns
<b>Juvenile</b>	1. Forward power circle	2. Backward Power 3-turns
<b>Intermediate</b>	1. Brackets in the field	2. Spiral sequence
<b>Novice</b>	1. Inside 3-turns/rocker-choctaws	2. Twizzles (Backward outside only)
<b>Junior</b>	1. Forward & backward outside rockers	2. Backward loop pattern
<b>Senior</b>	1. Sustained edge step	2. Serpentine step sequence