

# **EDITH SCHEONROCK** **INTERNATIONAL COMPETITION**

***Hosted by the Port Huron Figure Skating Club***

***SATURDAY FEBRUARY 4th, 2017***



**Sanctioned by U.S. Figure Skating & Skate Canada**

**GLACIER POINTE ARENA  
4150 Dove Road  
Port Huron, MI 48060**

**CHIEF REFEREE: Barry Doren  
CHIEF ACCOUNTANT: Mary Moss**

***FOR ADDITIONAL INFORMATION CONTACT:***

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***Entry Deadline: January 4, 2017***

## EDITH SCHEONROCK INTERNATIONAL COMPETITION

The *Edith Scheonrock International Competition* 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.

### **SERIES INFORMATION:**

- **This competition a qualifier for the 2016-2017 NATIONAL SHOWCASE COMPETITION**

**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. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

**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:** All entries must be postmarked no later than Jan 4, 2017. **Space may be limited.** Applications will be processed on a first-come, first-served basis. Late entries will be accepted by the discretion of the competition committee and will incur an additional late fee of \$25.00. Entry fees are per person, per event and payable in U.S. Dollars only. **There will be a \$35.00 service fee assessed if the skater enters the wrong event and requests to be changed.** There will also be a \$35.00 service fee assessed for returned/NSF checks.

**Event fees are as follows: DVD's are NOT being offered with entries**

**First event - \$80.00      Second event - \$45.00      each additional event - \$30.00**

**\*Exception: *Survivor Event* will be \$20.00 no matter how many events are entered**

**Pairs FS / couples dance events (per pair) - \$100.00**

**First Basic Skills event - \$45.00      each additional Basic Skills event - \$20.00**

**OFFICIAL ARENA:** The competition will be held at the **Glacier Pointe Arena**, 4150 Dove Rd., Port Huron MI 48060, which has two ice surfaces each measuring 200' x 85'. Parking, dressing rooms, and snack bar facilities are available at the arena. A vendor exhibition area will be inside the arena.

**MUSIC:** Music will be reproduced through the arena system on CDs furnished by each competitor at registration. All CDs must be clearly marked with name, event and actual time of the music. Damaged or improperly marked CDs or practice CDs will not be accepted. Competitors must have a suitable emergency back-up at rink side during his/her event. PHFSC will not be responsible for music left at the end of the competition

**LIABILITY:** U.S. Figure Skating, The Port Huron Figure Skating Club and Glacier Pointe 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 AT EVENT (CHECK-IN):** The official registration desk will open one hour prior to the start of the competition and remain open until the close of the competition February 4, 2017.

**Competitors must check in at the registration desk at least one hour prior to their event or they will not be allowed on the competition ice.**

**OFFICIAL NOTICES:** An official bulletin board will be maintained in the lobby of the Glacier Pointe Arena. Posted schedules and announcements thereon shall constitute sufficient notice to competitors, coaches, chaperones and officials.

**PRACTICE ICE:** Practice ice will be available to the competitors at a fee of \$10.00 per 20 minute session. Practice ice information will be available online at [sk8stuff.com](http://sk8stuff.com). Music will not be played on any practice session.

**DVD/PHOTOGRAPHY:** Videotaping of events will not be offered at the competition. Family and friends are encouraged to video your own skaters.

**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>

**For additional information please contact:**

Ronda Bingham (810) 841-0328 [phfsclub@gmail.com](mailto:phfsclub@gmail.com)

Linda Dewey [covdew@yahoo.com](mailto:covdew@yahoo.com)

Linda Murray [ismurray@cogeco.ca](mailto:ismurray@cogeco.ca)

**EVENTS AND AWARDS:**

**TEST TRACK:** Pre-prelim – Senior

**COMPULSORY MOVES:** Beg – Pre-Juv

**SPINS:** Beg – Senior

**ADULT FREESKATE:** Pre-Bronze – Gold

**SOLO DANCE:** Prelim – Gold

**INTERPRETIVE:** Pre-Juv – Adult

**WELL BALANCED PROGRAM:** Beg – Senior

**SHORT PROGRAM:** Juv – Senior

**JUMPS:** Beg – Senior

**SURVIVOR:** Beg – Senior

**COUPLES DANCE:** Prelim – Juv

**LIGHT ENTERTAINMENT:** Beg - Teen

Medals will be awarded for first, second, third and fourth places

- All Freestyle events will be final rounds. (Chief referee determines if applicable)
- All events will be judged using 6.0 judging system
- Juvenile, Intermediate, Novice, Junior and Senior Short Program and Freestyle events will not be combined events. **FINAL ROUNDS for these events are possible if registration numbers dictate.**

**Area Lodging:**

<b><i>Amerihost Inn</i></b> 1611 North Range Road Port Huron, MI 48060 (810) 364-8000	<b><i>Best Western</i></b> 2282 Water Street Port Huron MI 48060 (810) 987-1600	
<b><i>Fairfield Inn by Marriot</i></b> 1635 Yeager Street Port Huron, MI 48060 (810) 982-4109	<b><i>Comfort Inn</i></b> 1700 Yeager Street Port Huron, MI 48060 (810) 982-5500	<b><i>Hampton Inn</i></b> 1655 Yeager Street Port Huron, MI 48060 (810) 966-9000
<b><i>Double Tree</i></b> <b><i>800 Harker Street</i></b> Port Huron, MI 48060 (810) 984-8000	<b><i>Holiday Inn Express &amp; Suites</i></b> 2025 Water Street Port Huron, MI 48060 (810) 662-3400	

**EVENTS AND ELIGIBILITY**

**FREE SKATING EVENTS –Well Balanced Program and Competitive Test Track**

Skaters may enter EITHER the new test track free skate program OR the well-balanced free skate program **but NOT both** during the same nonqualifying competition. Skaters may enter the event for which they have passed the required test or one level higher (i.e., skaters may “skate up” one level) except as noted below. Times stated for free skating events are +/-10 seconds. All events will be judged under the 6.0 system and the skaters will be entered in the **Tri-States Council Championship Series.** Deductions will be made for skaters including elements not permitted in the event description.

**USFS tests conversions to Skate Canada tests**

	<b>USFS test</b>	<b>Skate Canada test</b>
NO TEST	No test requirement	
PRE-PRELIMINARY	passed Pre-preliminary FS test	
PRELIMINARY	passed Preliminary FS test	passed Preliminary FS test
PRE-JUVENILE	passed Pre-juvenile FS test	passed Junior Bronze FS test
JUVENILE	passed Juvenile FS test	passed Juvenile Competitive or Senior Bronze FS test
INTERMEDIATE	passed Intermediate FS test	passed Pre-novice Competitive FS test
NOVICE	passed Novice FS test	passed Novice Competitive or Junior Silver FS test
JUNIOR	passed Junior FS test	passed Junior Competitive or Senior Silver FS test
SENIOR	passed Senior FS test	passed Senior Competitive or Gold FS test

## **EVENT: Introductory Levels Free Skate Program**

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 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Max. 2 jump sequences</li> <li>• Max. 2 of any same jump</li> </ul>	Max. 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests
High Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max. 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests

## **EVENT: 2016-17 Test Track Free Skate – Pre-Preliminary through Senior**

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate or Introductory Level 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

## Test Track Free Skate – Pre-Preliminary through Senior

Level	Jumps	Spins	Step Sequences	Qualifications
<p>Pre-Preliminary</p> <p>1:40 maximum</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions)</li> </ul>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test</p>
<p>Preliminary</p> <p>1:30 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	<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</p> <p>2:00 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position, no change of foot (Min. 3 revolutions)</li> <li>• One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly.</li> </ul>	<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>

Level	Jumps	Spins	Step Sequences	Qualifications
Juvenile  2:15 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> <li>Any single jumps, including Axel, are permitted.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> <li>One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <li>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)</li> <li>Only solo spin may fly</li> </ul>	One step sequence fully utilizing ice surface	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
Intermediate  2:30 +/- 10 sec.	<i>Maximum of 6 jump elements:</i> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow and double toe loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> <li>One must be a flying spin (min 5 revolutions).</li> <li>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).</li> </ul>	One step sequence fully utilizing ice surface	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
Novice  Ladies: 3:00 +/- 10 sec.  Men: 3:30 +/- 10 sec.	<i>Maximum of 7 jump elements for men and 6 for ladies:</i> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop and double loop.</li> <li>Maximum of 3 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<i>Maximum of 3 spins, of a different nature:</i> <ul style="list-style-type: none"> <li>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)</li> <li>The other spins are the option of the skater (min 6 revolutions per foot)</li> <li>All spins may fly</li> </ul>	One step sequence or spiral sequence fully utilizing ice surface  (see rule 4104 & 4105 for remarks)	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

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

**EVENT: Singles well balanced program**

- Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted for all levels.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- The 6.0 judging system will be used for this event.
  
- **Go to the 2017 USFS Rulebook page 150 for the important changes to the timing and requirements for Intermediate Well Balanced Freeskate.**
  
- (See following charts for element details)

## Singles well balanced program

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p style="text-align: center;"><b>NO TEST</b></p> <p style="text-align: center;"><b>1:40 maximum</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed except for the single Axel               <ul style="list-style-type: none"> <li>○ No single Axels, double, triple or quadruple jumps allowed</li> <li>○ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted.</li> <li>○ Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence               <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p style="text-align: center;"><b>PRE- PRELIMINARY</b></p> <p style="text-align: center;"><b>1:40 maximum</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• All single jumps, including the single Axel, allowed               <ul style="list-style-type: none"> <li>○ No double, triple or quadruple jumps allowed</li> <li>○ Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted.</li> <li>○ Jump sequences limited to a maximum of 3 single jumps</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence               <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p style="text-align: center;"><b>PRELIMINARY</b></p> <p style="text-align: center;"><b>1:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel or a waltz jump*</li> <li>• All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)               <ul style="list-style-type: none"> <li>○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>○ An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted</li> <li>○ Jump sequences limited to a maximum of 3 single or double jumps.</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence               <ul style="list-style-type: none"> <li>○ Must use one-half the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p style="text-align: center;"><b>PRE-JUVENILE</b></p> <p style="text-align: center;"><b>2:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps allowed except for the double Axel               <ul style="list-style-type: none"> <li>○ No triple or quadruple jumps allowed</li> <li>○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</li> <li>○ Jump sequences limited to a maximum of 3 single or double jumps</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot*               <ul style="list-style-type: none"> <li>○ May start with a flying entry</li> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position*               <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ May start with a flying entry</li> <li>○ Min 4 revs</li> </ul> </li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence               <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>

## Singles well balanced program

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>JUVENILE and OPEN JUVENILE</b></p> <p><b>2:15 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps, including the double Axel, allowed               <ul style="list-style-type: none"> <li>○ No triple or quadruple jumps allowed</li> <li>○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence                   <ul style="list-style-type: none"> <li>♣ If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump can be included more than twice</li> </ul> </li> <li>• Max 2 jump combinations or sequences               <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*               <ul style="list-style-type: none"> <li>○ Min 8 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 spin with only 1 position; no change of foot*               <ul style="list-style-type: none"> <li>○ Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One choreographic step sequence*               <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>INTERMEDIATE</b></p> <p><b>2:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps allowed               <ul style="list-style-type: none"> <li>○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</li> <li>○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence                   <ul style="list-style-type: none"> <li>♣ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double or triple jump can be included more than twice</li> </ul> </li> <li>• Max 3 jump combinations or sequences               <ul style="list-style-type: none"> <li>○ Combinations are limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*               <ul style="list-style-type: none"> <li>○ Min 8 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 spin with only 1 position; no change of foot*               <ul style="list-style-type: none"> <li>○ Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One choreographic step sequence*               <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>NOVICE LADIES</b></p> <p><b>3:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps are allowed               <ul style="list-style-type: none"> <li>○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence.                   <ul style="list-style-type: none"> <li>♣ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice</li> </ul> </li> <li>• Max 3 jump combinations or sequences               <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*               <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 flying spin with no change of foot or position*               <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence*               <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>NOVICE MEN</b></p> <p><b>3:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps are allowed               <ul style="list-style-type: none"> <li>○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence.                   <ul style="list-style-type: none"> <li>♣ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice</li> </ul> </li> <li>• Max 3 jump combinations or sequences               <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot*               <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 flying spin with no change of foot or position*               <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 3rd spin is option of skater</li> </ul> <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence*               <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>JUNIOR LADIES</b></p> <p><b>3:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>♣ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>JUNIOR MEN</b></p> <p><b>4:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 8 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>♣ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>SENIOR LADIES</b></p> <p><b>4:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>♣ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 2 Sequences</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> <li>• One choreographic sequence* <ul style="list-style-type: none"> <li>○ Must be clearly visible</li> </ul> </li> </ul>
<p><b>SENIOR MEN</b></p> <p><b>4:30 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 8 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Jumps can contain any number of revolutions <ul style="list-style-type: none"> <li>○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> <li>♣ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence</li> </ul> </li> <li>• Max 3 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 10 revs</li> <li>○ Min 2 revs in each position</li> <li>○ <u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ Min 6 revs</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 2 Sequences</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> <li>• One choreographic sequence* <ul style="list-style-type: none"> <li>○ Must be clearly visible</li> </ul> </li> </ul>

## 2016-17 Adult Singles Free Skating Requirements

This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2016.



2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCE
<p><b>CHAMPIONSHIP MASTERS JUNIOR-SENIOR &amp; MASTERS JUNIOR-SENIOR</b></p> <p><b>3:40 maximum</b> * means element is required</p>	<p><b>Max 7 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Max 3 combinations or sequences</li> <li>• 1 jump combination may contain three jumps; the remaining jump combinations are limited to two jumps</li> <li>• Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted</li> <li>• No Axels or multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 5 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• 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.</li> </ul>
<p><b>CHAMPIONSHIP MASTERS INTERMEDIATE-NOVICE &amp; MASTERS INTERMEDIATE-NOVICE</b></p> <p><b>3:10 maximum</b> * means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Max 3 combinations or sequences</li> <li>• 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps</li> <li>• Each jump may be repeated only once, and only as part of combination or sequence</li> <li>• All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop</li> <li>• Only one double-double jump combination or sequence is permitted</li> <li>• Double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 5 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• 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.</li> </ul>
<p><b>CHAMPIONSHIP ADULT GOLD &amp; ADULT GOLD</b></p> <p><b>2:40 maximum</b></p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Max 3 combinations or sequences</li> <li>• 1 jump combination/sequence may contain three jumps; the remaining jump combinations/sequences are limited to two jumps</li> <li>• Each jump may be repeated only once, and only as part of combination or sequence</li> <li>• All single jumps, including the single Axel, are permitted, as are the following double jumps: double toe loop, double Salchow.</li> <li>• No double-double jump combinations or sequences are permitted</li> <li>• Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted</li> </ul>	<p><b>Max 3 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 4 revs total if no change of foot</li> <li>• Min 4 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Step Sequence</b></p> <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing the ice surface (may include moves in the field and spirals)</li> <li>• 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.</li> </ul>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Spins of a different character – this refers to the abbreviation of a spin, e.g. a combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character; and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see U.S. Figure Skating rule 4103 (E).

**6.0 System Penalties:**

- 0.1 in each mark for each illegal element
- 0.1 in 1st mark for insufficient revs.
- 0.2 in 1st mark for each jump and/or spin element exceeding max.
- 0.1 in each mark for time violation
- 0.1 in 1st mark for step seq. not utilizing the ice as prescribed.
- 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

## 2016-17 Adult Singles Free Skating Requirements

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2016-17	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<p><b>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</b></p> <p><b>2:10 maximum</b></p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences</li> <li>• 1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>• Additional jump sequences which contain non-listed jumps of not more than one revolution performed as part of connecting footwork preceding single jumps are permitted</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted, including single Axel.</li> <li>• No double or triple jumps are permitted</li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<p><b>Max 1 Sequence</b></p> <p>To be chosen from:</p> <ul style="list-style-type: none"> <li>• Step sequence</li> <li>or</li> <li>• Spiral sequence (any pattern)</li> </ul> <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><b>If IJS is used, then: ChSt</b></p>
<p><b>ADULT BRONZE</b></p> <p><b>1:50 maximum</b></p>	<p><b>Max 4 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences;</li> <li>• 1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	<p><b>Max 1 Sequence</b></p> <p>To be chosen from:</p> <ul style="list-style-type: none"> <li>• Step sequence</li> <li>or</li> <li>• Spiral sequence (any pattern)</li> </ul> <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><b>If IJS is used, then: ChSt</b></p>
<p><b>ADULT PRE BRONZE</b></p> <p><b>1:40 maximum</b></p>	<p><b>Max 4 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included</li> <li>• 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps.</li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are allowed</li> <li>• No single Lutz, single Axel or double jumps are allowed</li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> </ul>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Connecting steps throughout the program are required</li> </ul>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Spins of a different character – this refers to the abbreviation of a spin, e.g. a combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character; and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see U.S. Figure Skating rule 4103 (E).

**6.0 System Penalties:**

- 0.1 in each mark for each illegal element
- 0.1 in each mark for time violation
- 0.1 in 1st mark for insufficient revs.
- 0.1 in 1st mark for step seq. not utilizing the ice as prescribed.
- 0.2 in 1st mark for each jump and/or spin element exceeding max.
- 0.2 in 1st mark if a required element is omitted

NOTE: All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

## **SHORT PROGRAM EVENTS**

All short programs will be skated with music. Program requirements for 2016-17 season. Test requirements the same as Freestyle.

### **OPEN JUVENILE 2 minutes max**

1. One jump combination consisting of one single jump and one double jump or two double jumps
2. Axel (May not be repeated)
3. Single jump, double toe-loop or double Salchow (May not be repeated in combination)
4. Solo spin – minimum 4 revolutions in one position. May not commence with a jump
5. Combination spin – only one change of foot and at least one change of position (minimum 4 revolutions on each foot)
6. Choreographic step sequence

### **JUVENILE 2 minutes max**

1. One jump combination consisting of one single jump and one double jump or two double jumps
2. Axel (May not be repeated)
3. Double jump (May not be repeated in the combination)
4. Solo Spin – minimum 4 revolutions in one position. May not commence with a jump
5. Combination spin – only one change of foot and at least one change of position (minimum of 4 revolutions on each foot)
6. Choreographic step sequence

**INTERMEDIATE Go to the 2017 USFS Rulebook page 149 for the important changes to timing and requirements for Intermediate Short Program.**

**NOVICE 2 min 30 sec max** As stated by the 2017 US Figure Skating Rulebook, 4220

**JUNIOR 2 min 50 sec max** As stated by the 2017 US Figure Skating Rulebook, 4210

**SENIOR 2 min 50 sec max** As stated by the 2017 US Figure Skating Rulebook, 4200

## COMPULSORY MOVES

**Skaters may not exceed the stated time limit.** Test requirements for compulsory moves are the same as the freestyle level indicated. Skaters may skate up one level but may not skate at more than one level. Axel is considered a single jump. **Elements may be performed only once.** Music is not allowed. Boys and girls may skate in combined events if numbers warranted

**Pre-preliminary – Juvenile:** Elements skated on ½ ice

**Intermediate – Senior:** Elements skated on full-ice

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Toe Loop</li> <li>2. Jump combination: single/single (no Axel)</li> <li>3. Sit spin or camel spin - minimum three revolutions</li> <li>4. Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Lutz</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Back upright spin - minimum three revolutions</li> <li>4. Forward inside spiral</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Single jump (may include Axel)</li> <li>2. Jump combination: single/single (may include Axel)</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence - circular</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Jump combination: single/single or double/single</li> <li>3. Layback spin or camel spin - minimum three revolutions</li> <li>4. Step sequence – circular</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Salchow or double toe loop</li> <li>2. Jump combination: single/single or double/single</li> <li>3. Flying spin, minimum five revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Double loop</li> <li>2. Jump combination: double/single or double/double</li> <li>3. Flying spin - minimum five revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double flip</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - minimum 10 revolutions</li> <li>4. Step sequence – straight line</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Double Lutz</li> <li>2. Jump combination: double/double or triple/double</li> <li>3. Combination spin - minimum 10 revolutions</li> <li>4. Step sequence – straight line</li> </ol>

## JUMPS

1. Each jump may be attempted twice; the best attempt will be counted.
2. Beginner – Pre-Juvenile 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"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. ½ flip or ½ Lutz</li> <li>3. Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. Single Salchow</li> <li>3. Jump combination – waltz jump-toe loop</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single loop</li> <li>3. Jump combination – Any two 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>5. Single flip</li> <li>6. Single Lutz</li> <li>7. Jump combination – Any single jump + single loop (may be Axel)</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>5. Single Axel</li> <li>6. Single or double jump</li> <li>7. Jump combination – single/single (no Axel)</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>5. Single Axel</li> <li>6. Double Salchow</li> <li>7. Jump combination – single/single or double/single (no Axel)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>5. Single Axel</li> <li>6. Double loop*</li> <li>7. Jump combination – double/single (no Axel)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>5. Double loop</li> <li>6. Double flip*</li> <li>7. Jump combination – double/double (may be double Axel)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>5. Choice of double or triple jump</li> <li>6. Double or triple flip*</li> <li>7. Jump combination – double/double (may be double Axel)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>5. Choice of double or triple jump</li> <li>6. Double or triple Lutz*</li> <li>7. Jump combination – double/double or triple/double (may be double Axel)</li> </ol>

## SPINS

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. Only required elements may be included.
2. All events are skated on ½ ice.
3. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
High Beginner	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
No-Test	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>4. Upright one-foot spin (3)</li> <li>5. Upright back scratch spin (3)</li> <li>6. Sit spin (3)</li> </ol>
Preliminary	1:30 max.	<ol style="list-style-type: none"> <li>8. Forward scratch to back scratch spin (3)</li> <li>9. Combination spin with no change of foot (4)</li> <li>10. Sit spin (3)</li> </ol>
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> <li>8. Camel spin (3)</li> <li>9. Combination spin – camel to sit spin; no change of foot (6)</li> <li>10. Forward to backward scratch spin (3 per foot)</li> </ol>
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> <li>8. Sit spin (4)</li> <li>9. Combination spin – with change of foot; optional change of position (4 per foot)</li> <li>10. Girls – layback spin (4); Boys – camel spin (4)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>8. Flying camel spin (5)</li> <li>9. Sit spin to backward sit spin (4 per foot)</li> <li>10. Combination spin – change of foot &amp; change of position (4 per foot)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>8. Choice of camel, sit or layback spin (6)</li> <li>9. Camel spin to backward camel spin (4 per foot in position)</li> <li>10. Combination spin – change of foot &amp; two changes of position (2 per position &amp; 5 per foot)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>8. Flying sit spin or flying reverse sit spin (6)</li> <li>9. Solo spin of choice (6) – may not fly</li> <li>10. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>8. Flying spin of choice (6)</li> <li>9. Solo spin of choice (6) – may not fly</li> <li>10. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>

## SURVIVOR

*Please Note: The registration fee for this event is \$20.00 no matter how many events a skater has entered.*

Skaters in each level will compete to see who can hold the longest spiral, spin, and landing position. An overall winner will be determined at each level by adding “duration of spiral in seconds” + “duration of spin in seconds” + “duration of landing position in seconds”. The skater with the highest total wins. Boys may compete against girls in this event. Coaching from the sidelines will be permitted during this event.

**Spirals** will be skated one at a time and will be timed by two officials with stopwatches. Timing will begin when the free leg reaches a parallel position and will stop when it falls below parallel. No change of foot is allowed. No catch foot is allowed. Proper edge must be maintained in levels pre-juvenile through senior or no credit will be given for the spiral. The official time will be the average of the two officials' recorded times.

**Spins** will be skated one at a time. Any spin, including combination spins with one change of foot are allowed. Timing of the spin will begin when the skater steps on the spinning foot and will end when the skater falls or steps out of the spin, in the manner as described above.

**Jumps** will be skated one at a time. Jumps will be timed beginning at the attainment of an acceptable landing position and will stop when the landing position breaks. The official time will be determined by the method described above. A fall results in a time of zero seconds. No retries will be allowed.

<b><u>LEVEL</u></b>	<b><u>TEST STATUS</u></b> (No Higher Test Than This) (Skaters may skate up one level)	<b><u>ELEMENTS</u></b>
<b>Beginner</b>	No tests passed.	1. Forward spiral(any edge or straight line) 2. One foot spin 3. Waltz jump
<b>Pre-Preliminary</b>	Passed Pre-Preliminary free skating test, must not have passed Preliminary free skating test	1. Forward spiral(any edge or straight line) 2. One foot spin 3. Salchow jump
<b>Preliminary</b>	Passed Preliminary free skating test	1. Forward outside spiral 2. Any spin 3. Loop jump
<b>Pre-juvenile</b>	Passed Pre-juvenile free skating test <u>Skate Canada</u> -Cannot have passed all of Jr. Bronze free skating test	1. Forward outside spiral 2. Any spin 3. Lutz
<b>Juvenile</b>	Passed Juvenile free skating test. <u>Skate Canada</u> -Passed Jr. Bronze free skating test	1. Forward inside spiral 2. Any spin 3. Axel
<b>Intermediate</b>	Passed Intermediate free skating test <u>Skate Canada</u> -Passed Sr. Bronze free skating test	1. Forward outside spiral 2. Any spin 3. Double salchow
<b>Novice</b>	Passed Novice free skating-test <u>Skate Canada</u> -Passed Jr. Silver free skating test	1. Forward inside spiral 2. Any spin 3. Double loop
<b>Junior/Senior</b>	Passed Jr. Free skating test <u>Skate Canada</u> -Passed Jr. Free skating test or Canadian Sr. Silver	1. Forward outside spiral 2. Any spin 3. Double Flip

## SHOWCASE Interpretive Events

Format: 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.

- The music will be played continuously during a 30-minute off-ice session in a room and twice during an on-ice warm-up prior to the performance.
  - The room will be attended only by the adult monitor assigned to play the music and the competing skaters in that group.
- **After the warm up, skaters will go back to a room, with no music being played.**
- Skaters will be brought to the ice when the previous skater finishes.
- All competitors in an event will interpret the same music.
- Props are permitted but must be brought into the room prior to listening to the music, and be taken to the ice only when the skater is called to perform. Props may not be pre-positioned on the performance surface.

Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

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.
Teen and young adult	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.

## SHOWCASE 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](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

Event	Must meet requirements*	Must not have passed	Age	Time
	Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Free Skate or Dance test (solo or partnered)		
Beginner, High 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 for National Showcase	-	Preliminary Free Skate	No Age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre-Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Pre Juvenile	Pre Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age <b>(max age 20)</b>	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max
Intermediate	Intermediate Free Skate OR Intermediate Free Dance	Novice Free Skate OR Novice Free Dance	17 and under	2:10 max
Young Adult	Juvenile Free Skate OR Juvenile Free Dance	Novice Free Skate OR Novice Free Dance	18-20	2:10 max
Novice	Novice Free Skate OR Novice Free Dance	Junior Free Skate OR Junior Free Dance	No age restriction	2:10 max
Junior	Junior Free Skate OR Junior Free Dance	Senior Free Skate OR Senior Free Dance		2:40 max
Senior	Senior Free Skate OR Senior Free Dance			2:40 max

## SOLO DANCE (Not part of the Solo Dance Series)

### SOLO PATTERN DANCE TEST LEVEL:

Skaters are not required to compete both dances at their level

All skaters must either compete at their test level or one level above of their highest completed dance test.

Competitors will compete at their level as of entry date

**\*\* Test level may be either standard or solo dance.** Adult dance, adult solo dance, master's dance and master's solo dance do not fulfill the testing requirements for this event.

<b>LEVEL</b>	<b>REQUIREMENTS</b>	<b>DANCES</b>
<b><u>Preliminary:</u></b>	<i>No Test or Passed Preliminary</i>	Dutch Waltz – Canasta Tango
<b><u>Pre-Bronze:</u></b>	<i>Passed Preliminary or Pre-Bronze</i>	Swing Dance – Fiesta Tango
<b><u>Bronze:</u></b>	<i>Passed Pre-Bronze or Bronze</i>	Willow Waltz - Ten
<b><u>Pre-Silver:</u></b>	<i>Passed Bronze or Pre-Silver</i>	European Waltz - Foxtrot
<b><u>Silver:</u></b>	<i>Passed Pre-Silver or Silver</i>	American Waltz – Rocker Foxtrot
<b><u>Pre-Gold:</u></b>	<i>Passed Silver or Pre-Gold</i>	Blues – Paso Doble
<b><u>Gold:</u></b>	<i>Passed Pre-Gold or Gold</i>	Westminster Waltz - Quickstep

## COUPLES DANCE

The number of patterns skated will be determined by the 2017 U.S. Figure Skating Rulebook. Each couple will skate the first dance immediately followed by each couple skating the second dance. Couples may enter as many levels as they desire **at or above** their test level.

**PRELIMINARY:** For beginner couples Dance teams  
**Dutch Waltz - Canasta Tango**

**PRE-JUVENILE:** Both partners must have passed two Preliminary dances but no higher than Pre-Bronze  
**Fiesta Tango - Swing Dance**

**JUVENILE:** Both partners must have passed the Preliminary Dance test  
**Willow Waltz - Ten Fox**

# EDITH SCHEONROCK INTERNATIONAL - ENTRY FORM

February 4, 2017

*Hosted by the Port Huron Figure Skating Club*

Name \_\_\_\_\_ Phonetic Spelling \_\_\_\_\_ Sex: \_\_\_ Female \_\_\_ Male

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Cell ( ) \_\_\_\_\_ USFS# or Skate Canada# \_\_\_\_\_

E-Mail \_\_\_\_\_ Home Club (no abbreviation) \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Partners Name (pairs/couples dance only) \_\_\_\_\_

Tests Passed as of entry date: Free skate \_\_\_\_\_ Dance \_\_\_\_\_ Pairs \_\_\_\_\_

FREESTYLE
Beginner
High Beginner
No Test
Pre-preliminary
Preliminary
Pre-juvenile
Open Juvenile
Juvenile
Intermediate
Novice
Junior
Senior
Pre-preliminary TT
Preliminary TT
Pre-juvenile TT
Juvenile TT
Intermediate TT
Novice TT
Junior TT
Senior TT
Adult Pre-bronze
Adult Bronze
Adult Silver
Adult Gold
Master Jr/Sr
Master INT/NOV

SHORT PROGRAM
Open Juvenile
Juvenile
Intermediate
Novice
Junior
Senior

COMPULSORY MOVES
Pre-preliminary
Preliminary
Pre-juvenile

JUMPS
Beginner
High Beginner
No Test
Pre-Preliminary
Preliminary
Pre-Juvenile
Juvenile/Open Juvenile
Intermediate
Novice
Junior
Senior

SPINS
Beginner
High Beginner
No Test
Pre-Preliminary
Preliminary
Pre-Juvenile
Juvenile/Open Juv
Intermediate
Novice
Junior
Senior

INTERPRETIVE
Preliminary
Pre-juvenile
Juvenile
Intermediate/Novice
Junior/Senior

LIGHT ENTERTAINMENT
Beginner
High Beginner
No Test
Pre-preliminary
Preliminary
Pre-juvenile
Juvenile
Teen

SOLO DANCE	
PRELIMINARY	Dutch Waltz
	Canasta Tango
PRE- BRONZE	Swing Dance
	Fiesta Tango
BRONZE	Willow Waltz
	Ten Fox
PRE-SILVER	European Waltz
	Foxtrot
SILVER	American Waltz
	Rocker Foxtrot
PRE-GOLD	Blues
	Paso Doble
GOLD	Westminster Waltz
	Quickstep

COUPLES DANCE
Preliminary
Pre-Juvenile
Juvenile

SURVIVOR EVENT
Beginner
Pre-preliminary
Preliminary
Pre-juvenile
Juvenile
Intermediate
Novice
Junior/Senior

**Checks payable to: PHFSC Edith**

**Entries must be postmarked by January 4, 2017**  
**REGISTER ONLINE AT: [www.sk8stuff.com](http://www.sk8stuff.com)**

**First event: \$80.00**  
**Second event: \$45.00**  
**Each additional event: \$30.00**  
**\*Survivor event: \$20.00**  
**Pairs FS & Couples dance:**  
**\$100.00 per pair or couple**

Mail forms/payment or online payment coupon to:  
**PHFSC Edith C/O Ronda Bingham** 3240 Hickory Lane, Port Huron, MI 48060

Date received: \_\_\_\_\_ Check #: \_\_\_\_\_ Amount: \_\_\_\_\_

**CONTESTANT CERTIFICATION:**

I am an amateur, eligible under the Rules of the United States Figure Skating Association to enter the event(s) checked on this entry form.

Contestant Signature: \_\_\_\_\_

**CERTIFICATION OF CLUB OFFICER OR TEST CHAIRMAN:**

To the best of my knowledge, the information on this entry form is true and correct. The competitor is a member in good standing of our club.

Club Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Phone #: ( ) \_\_\_\_\_

Title: \_\_\_\_\_ Date: \_\_\_\_\_

**COACHES INFORMATION:**

Name \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Cell ( ) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

All USFS coaches must be registered with USFSA. Coaches must be in compliance with Rules MR 5.12 and MR 5.13 in the current US Figure Skating Rulebook. Failure to do so will result in that coach not being allowed at the venue.

All Skate Canada coaches must be registered with Skate Canada

**WAIVER OF CLAIMS FOR INJURY**

The competitor and family holds Port Huron Figure Skating Club and Glacier Pointe Arena harmless from any and all liability for injuries to the competitor and from any and all liability for damages to or loss of property. **I also understand that no refunds will be made after January 4, 2017, INCLUDING MEDICAL.**

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Schedules and Entry confirmation will be posted on [www.sk8stuff.com](http://www.sk8stuff.com).

**No refunds after closing date unless the event is canceled. Cancellation of event is at the discretion of event chair. There will be a \$35 service charge assessed for returned checks.**



## LEARN TO SKATE EVENTS

### LEARN TO SKATE Basic Elements: SNOWPLOW SAM – BASIC 6

The skating order of the required elements is as listed in the descriptions below. At the direction of the referee all skaters will individually perform the first element before moving on to the next element in the event..

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

**\*\*Pre-Freeskate compulsory Format:** In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on 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.

Level	Time	Skating rules/standards
Snowplow Sam	1:00 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:00 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:00 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:00 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:00 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, both directions</li> <li>• Beginning two-foot spin, 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
Basic 5	1:00 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, both directions</li> <li>• Advanced two-foot spin, 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
Basic 6	1:00 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>
<b>** Pre-Free Skate</b>  <b>*Please note format*</b> (see above)	1:15 max	<ul style="list-style-type: none"> <li>• Forward inside open Mohawk from a standstill position (R to L and L to R)</li> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position (min three revolutions)</li> <li>• Mazurka (Right and Left)</li> <li>• Waltz jump</li> </ul>

## LEARN TO SKATE PROGRAM EVENTS: SNOWPLOW SAM – PRE-FREESKATE

**Snowplow Sam – Basic 6 Format:** The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified. • To be skated on full ice. • The skater may use elements from a previous level.

- A 0.2 deduction will be taken for each element performed from a higher level.

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

- To be skated on full ice. • The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.

- A 0.2 deduction will be taken for each element performed from a higher level.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
Basic 1	1:10 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
Basic 2	1:10 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
Basic 3	1:10 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
Basic 4	1:10 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, both directions</li> <li>• Beginning two-foot spin, 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
Basic 5	1:10 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, both directions</li> <li>• Advanced two-foot spin, 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
Basic 6	1:10 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>
<p>** Pre-Free Skate</p> <p><b>*Please note format*</b> (see above)</p>	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, clockwise <b>and</b> counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position (min three revolutions)</li> <li>• Mazurka (Right and Left)</li> <li>• Waltz jump</li> </ul>



# EDITH SCHEONROCK INTERNATIONAL COMPETITION

February 4, 2017

Hosted by the Port Huron Figure Skating Club

## LEARN TO SKATE ENTRY FORM



Name \_\_\_\_\_ Phonetic Spelling \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex : \_\_\_\_\_ Female \_\_\_\_\_ Male

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Cell ( \_\_\_\_\_ ) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

USFS # or SKATE CANADA # \_\_\_\_\_

Highest *Learn To Skate* level Passed of January 4, 2017 \_\_\_\_\_

Program / Home Club (Do not abbreviate) \_\_\_\_\_

Director / Coach \_\_\_\_\_

LEARN TO SKATE ELEMENTS	
	Snowplow Sam
	Basic 1
	Basic 2
	Basic 3
	Basic 4
	Basic 5
	Basic 6
	** Pre-Free Skate

LEARN TO SKATE ELEMENTS	
	Snowplow Sam
	Basic 1
	Basic 2
	Basic 3
	Basic 4
	Basic 5
	Basic 6
	** Pre-Free Skate

**For Further Information Contact:**  
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 Linda Dewey [covdew@yahoo.com](mailto:covdew@yahoo.com)  
 Linda Murray [ismurray@cogeco.ca](mailto:ismurray@cogeco.ca)

**Please Note:**  
**Entry Fees are not refundable after the entry deadline unless the event is cancelled**

\_\_\_\_\_ First Event - \$40.00

\_\_\_\_\_ Second Event - \$20.00

\_\_\_\_\_ **If not a current *Learn To Skate USA* member please add \$12.00**  
***Skate Canada* members will not pay this extra fee.**

\_\_\_\_\_ Total

**Entries must be postmarked**  
**by January 4, 2017**  
**REGISTER ONLINE AT:**  
**[www.sk8stuff.com](http://www.sk8stuff.com)**

Checks payable to: **PHFSC Edith**

Mail form/payment or online payment coupon to: **PHFSC Edith C/O Ronda Bingham**  
3240 Hickory Lane, Port Huron, MI 48060

Date received: \_\_\_\_\_

Check #: \_\_\_\_\_

Amount: \_\_\_\_\_

### Certification of Competitor

The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Port Huron FSC and Glacier Point Arena harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Competitor Signature \_\_\_\_\_ Date \_\_\_\_\_

Instructor/Coach Signature \_\_\_\_\_ Date \_\_\_\_\_

Program Director/Club Officer \_\_\_\_\_ Date \_\_\_\_\_