



# HIGH SCHOOL COMPETITION HANDBOOK

**2017-18 Season**  
(as of 10/30/2017)

## TABLE OF CONTENTS

<b>SECTION 1: GENERAL COMPETITION RULES</b>	<b>3</b>
A. Competition Information, Rules, Eligibility & Test Level	3
B. Entries and Entry Fees	4
C. School Affiliated Club (SAC) Memberships	4
D. Refund Policy	4
E. Music	4
F. Liability	5
G. Judging System	5
H. Awards	5
I. Official Notices	5
J. Information Regarding Coaches	5
<b>SECTION 2: RULES, ELIGIBILITY &amp; RESTRICTIONS</b>	<b>6</b>
A. Competition Rules	6
B. Test Level	6
C. Warm-Up Groups	6
D. Responsibility of Participating Teams	6
E. Group Size	6
F. Length of Competition	6
<b>SECTION 3: EVENTS OFFERED</b>	<b>7</b>
<b>SECTION 4: EVENT SPECIFICS &amp; SKATING REQUIREMENTS</b>	<b>7</b>
A. Team Maneuvers Events	7
B. Free Skate Events	9
C. Compulsory Events	12
D. Short Program Events	13
E. Showcase Events	14
F. Solo Pattern Dance Events	17
G. Moves in the Field to Music Events	19
<b>SECTION 5: AWARDING OF TEAM/INDIVIDUAL POINTS</b>	<b>20</b>
<b>SECTION 6: QUALIFICATION FOR HIGH SCHOOL FINAL</b>	<b>20</b>
<b>SECTION 6: 2016 HIGH SCHOOL FINAL INFORMATION</b>	<b>20</b>
<b>SECTION 7: CONTACT INFORMATION</b>	<b>21</b>

## SECTION 1: GENERAL COMPETITION RULES

### A. COMPETITION INFORMATION, RULES, ELIGIBILITY AND TEST LEVEL SPECIFICS:

High school competitions are run as U.S. Figure Skating, sanctioned nonqualifying competitions.

Athletes participating in these events are considered to be student-athletes. Their education is of the highest priority, and in all decision making matters, the Program Development Committee and the local organizing committee (LOC) have a responsibility to minimize the days missed from school.

1. Athletes must be eligible members in good standing of U.S. Figure Skating, and may be members of the figure skating club of their choice or be individual members of U.S. Figure Skating by December 1 yearly.
2. A minimum of two (2) skaters are required to form a team.
3. Competitors must be currently enrolled in a high school as a full-time student, as defined by the institution that they attend. This includes both traditional and home school students.
4. Athletes may compete either for the high school they are attending, or for area high school team formed either as:
  - Athletes from a single school, representing that school, OR
  - Athletes representing two or more area high schools combining to form a single team.
  - NOTE: Competitors may not represent more than ONE high school team.
5. Home-schooled students may join a school team with permission from the school Athletic Director of the team they are joining.
6. High schools may combine as per state specific High School Athletic Association (HSAA) rules, if applicable. All combined teams must be listed on the team application form.
  - i. If combined teams are not from the same school district, the following rules apply: An administrator from each school must sign the team entry form. All skaters from the combined schools must be allowed to skate on the team. Combined teams not adhering to these guidelines will be disqualified.
7. Team members may include both ladies and men.
8. All skaters who enter must be in at least 9th grade and be enrolled as a student in the high school as per state specific HSAA rules, if HSAA rules are applicable.
9. A skater will not be allowed to participate unless they have a signed Skater Entry Form on file with the LOC at least one week prior to the competition.
10. A skater may not accept prize money in any amount or merchandise having a value greater than \$25 for any skating competition.
11. Team or individual byes will not be granted for any competition including the High School Final, as per state specific HSAA rules (if HSAA rules are applicable). Except in the case of injury, a skater must have competed in at least one regular season team event in order to be eligible to skate in the team event at the High School Final competition.

12. No skaters may be added after the competitions' deadline, except with special permission of the registrar, national vice chair of School Programs and the U.S. Figure Skating programs manager.
13. A competition will not be canceled unless there is a state of Emergency declared in the area where the rink is located, even if school districts of participating teams have closed or cancelled events. Points will be awarded based on teams participating.
14. Team banners are encouraged.
15. No food is allowed in the locker rooms. Some ice arenas have rules regarding outside food. Please check with the ice arena before bringing in food for your team.
16. Unsportsmanlike conduct & foul language will not be tolerated at any competition and is grounds for disqualification.

## **B. ENTRIES AND ENTRY FEES**

Entry fees MUST accompany entry form(s). Schools/teams are required to submit one collective check payable as determined by the LOC.

- Applications not submitted with the correct funds will be returned and NOT accepted.

Checks returned for any reason will carry a handling charge and payment of this fee will be required before the team is allowed to participate in practice ice or events. No refunds will be made for any reason, unless the event is eliminated by the LOC or chief referee. Late entries will not be accepted.

The LOC reserves the right to limit the number of entries, eliminate events due to insufficient entries and combine or divide groups as necessary.

## **C. SCHOOL AFFILIATED CLUB (SAC) TEAM MEMBERSHIPS:**

All High School Teams participating in high school competitions must register with U.S. Figure Skating by filling out the **School Affiliated Club (SAC) Membership and Team Registration Form** and paying required annual membership dues by December 1, 2017. This application can be found on the High School Programs webpage at <http://www.usfigureskating.org/Programs.asp?id=67> and in the High School Competition Handbook. Teams are required to submit a copy of their SAC application or SAC Certificate for proof of membership with their competition application.

## **D. REFUND POLICY**

Entry fees will not be refunded after the entry deadline, unless no competition exists or the event is canceled. There will be no refunds for medical withdraws. The online processing fees are not refundable. In the event that events are cancelled, the LOC will refund the appropriate entry fees in the manner specified within the competition announcement.

## **E. MUSIC**

CDs are the only acceptable media. Music for free skate may have vocals and should have at least one change of tempo (speed). Music for short program may have vocals. The competitor's program must be the only music on the CD and it must start at the beginning.

Music should be clearly marked with the athlete's name, high school name and event.

Music must be turned into the registration desk one hour before the event. Skaters are responsible for bringing a back-up copy.

## **F. LIABILITY**

U.S. Figure Skating, the host figure skating club, high school team and hosting ice arena will not accept any responsibility for injury or damage sustained by participants in the high school competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

## **G. JUDGING SYSTEM**

The 6.0 Majority judging system will be used for all events and levels at high school competitions. The ISU judging system will not be used.

## **H. AWARDS**

Medals will be awarded to places 1 – 3 in each event. Medals/ribbons for 4th and 5th place are at the discretion of the LOC. Team awards that account for overall total points earned by a team in individual events are at the discretion of the LOC.

## **I. OFFICIAL NOTICES**

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

## **J. 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>

## **SECTION 2: HIGH SCHOOL TEAM COMPETITION RULES, ELIGIBILITY & ENTRY RESTRICTIONS**

### **A. COMPETITION RULES**

Host clubs reserve the right to eliminate events if necessary to accommodate the amount of ice time available.

Men's and ladies' events in singles free skating will be separate events, but men and ladies may compete in the same event in solo dance. Well-balanced junior and senior events may be combined with the standard free skate events, at the discretion of the referee, and only in the event of a single entry in one of the categories.

### **B. TEST LEVEL:**

**Skaters must register to compete at their level or one level up for all events as of the competition entry deadline.** Note: It is permissible for an athlete to enter the free skate and short program at different levels if skating up qualifies them for both.

Team maneuvers: Athletes may skate up one level, but they may not compete on a team at a lower level than the highest Freeski and Moves in the Field test they have passed.

### **C. WARM-UP GROUPS:**

Warm-up groups for events will be posted at the start of the competition, but are subject to change up to 15 minutes prior to the start of an event, due to withdraws.

### **D. RESPONSIBILITY OF THE PARTICIPATING TEAMS:**

It is each participating team's responsibility to review the competition schedule for accuracy within 72 hours of receipt and notify the competition chair of any errors.

### **E. GROUP SIZE:**

No group will consist of more than 14 skaters. If more than 14 skaters are entered into one level, the skaters will be split as evenly as possible into as many groups as necessary to keep each group no larger than 14 skaters.

### **F. LENGTH OF COMPETITION:**

If the number of entries exceeds the available ice time for the competition, the LOC chair, in conjunction with the chief referee and with approval from the national vice chair for School Programs on the Program Development Committee and the chair of the Program Development will choose one or more of the following methods to reduce the length of the competition. The choice may be in any order:

1. Eliminate the optional dance in the solo dance event.
2. Reduce the number of starts per team.
3. Eliminate ladies events with only one entry. (Men's events will not be eliminated.)

## **SECTION 3: EVENTS OFFERED:**

**Events offered within the High School Competitions may include the following:**

<b>Team maneuvers:</b>	Team level A, team level B, team level C
<b>Free skate (Test-Track):</b>	Beginner, high beginner, pre-preliminary, preliminary, pre-juvenile, juvenile, intermediate, novice, junior, senior
<b>Free skate (Well-Balanced):</b>	No test, pre-preliminary, preliminary, pre-juvenile, juvenile, intermediate, novice, junior, senior
<b>Compulsory:</b>	Beginner, high beginner, pre-preliminary, preliminary, pre-juvenile
<b>Short program:</b>	Juvenile, intermediate, novice, junior and senior
<b>Showcase:</b>	Light entertainment, dramatic entertainment, interpretive, duets
<b>Solo dance:</b>	Preliminary, juvenile, intermediate, novice, junior, senior, gold, international
<b>Moves in the field to music:</b>	Pre-preliminary, preliminary, pre-juvenile, juvenile, intermediate, novice, junior and senior

**SECTION 4: EVENT SPECIFICS AND SKATING REQUIREMENTS:**

**A. TEAM MANEUVERS EVENT:**



**High School Final Competition**

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**EVENT: TEAM MANEUVERS**

General event parameters:

1. Team maneuver events consist of teams of at least 2 athletes (any mix of male and female) from the same high school or combined schools with no one skater performing more than half of the total number of elements.

**Note:**

- Teams must attempt all 4 listed elements in each category: There are a total of 12 elements, and only 6 may be performed by one skater.
  - If a competitor performs an element higher than that listed, that element will receive no credit. For example, if the element specified is a Salchow jump and the competitor performs a double Salchow jump, no credit is given for this element.
2. Each high school may enter only one team in each competitive level.
  3. An athlete may compete for only one team. Athletes may "skate up" one level, but they may not compete on a team at a lower level than the highest Freeskate and Moves in the Field test they have passed.
  4. Teams will have the option to use one retry, per category, per team. Retries must be signaled properly to the event head referee by raising one arm into the air for a retry.

Level	Jumps	Spins	Step or Moves in the Field Sequence
<p><b>TEAM LEVEL A</b> Junior &amp; Senior</p> <p>( no test restrictions)</p>	<p>a) Single Axel or double Axel</p> <p>b) Double jump – either double loop, double flip or double Lutz</p> <p>c) Combination Jump – consisting of two double jumps or a triple jump and a double jump</p> <p>d) Double or triple Lutz immediately preceded by footwork.</p>	<p>a) Solo spin of choice (min 8 revs in position; may include flying entry)</p> <p>b) Camel Spin (min 8 revs)</p> <p>c) Flying Spin – Any entry and may include change of position (minimum 8 revs in position)</p> <p>d) Combination spin – with only 1 change of foot, at least 1 change of position, a minimum 6 revolutions per foot AND 2 revolutions in position</p>	<p>a) Choreographic Sequence –See Rule 4105 for description</p> <p>b) Forward loops (novice MIF)</p> <p>c) Ina bauer or spread eagle</p> <p>d) Senior Moves in the Field element – Serpentine Step Sequence (both sides)</p>
<p><b>TEAM LEVEL B</b> Juvenile - Novice</p> <p>For jumps and spins, skaters may not have passed higher than novice free skate test)</p>	<p>a) Single Axel</p> <p>b) Single or double loop</p> <p>c) Combination jump - consisting of a double jump and a single jump or two double jumps</p> <p>d) Double loop, flip or Lutz immediately preceded by connecting steps or other free skating movements</p>	<p>a) Solo spin (sit, camel, layback or cross foot spin (min. 5 revs; flying entry NOT permitted)</p> <p>b) Forward scratch spin(min 5 revs)</p> <p>c) Back spin (min 5 revs)</p> <p>d) Combination spin – with only 1 change of foot, a min. of 1 change of position, a minimum of 5 revolutions per foot AND minimum of 2 revolutions in position</p>	<p>a) Choreographic Step Sequence – See Rule 4105 for description</p> <p>b) Ina bauer or spread eagle</p> <p>c) Juvenile Moves in the Field element – Forward Free Skate Cross Strokes</p> <p>d) Novice Moves in the Field element – Backward Rocker Choctaw sequence</p>
<p><b>TEAM LEVEL C</b> Beginner – Pre-Juvenile</p> <p>(For jumps and spins, skaters may not have passed higher than pre-juvenile free skate test)</p>	<p>a) Single Salchow jump</p> <p>b) Single toe loop jump</p> <p>c) Waltz jump-toe loop combination</p> <p>d) Single jump (Axel is NOT permitted)</p>	<p>a) Upright spin (optional free foot position, may change foot, min. 3 revs)</p> <p>b) Sit spin (min 3 revs)</p> <p>c) Back upright spin (min 3 revs)</p> <p>d) Combination spin – camel to sit spin (no change of foot, minimum of 6 revs total)</p>	<p>a) Step Sequence – See Rule 4105 for description</p> <p>b) Forward spiral</p> <p>c) Preliminary Moves in the Field element – Forward Circle 8</p> <p>d) Pre-Juv MIF Moves in the Field element – Backward Power Change of Edge Pulls</p>

Each level (A, B, C) listed above will be held as its own event. The order of events will be: Team Level C, Team Level B, Team Level A; each conducted separately of each other (i.e. team level C will be completed in its entirety before Team Level B begins, etc.). The event will be judged on a team basis. Athletes will have a general warm-up of STROKING ONLY for 2 minutes. There will also be individual warm-ups for each element for 1 minute. Teams will be assigned a place to line up along the barrier, and should remain on the ice for their entire event. Elements will be skated one-at-a-time, and the announcer will call the representative from each team when it is his or her turn to perform the prescribed element. Teams must attempt all the listed elements in each category. One retry per category, per team is allowed.



## B. FREE SKATE EVENT



## High School Final Competition

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### EVENT: FREE SKATE

General event parameters:

1. High School competitions will follow the 2017-18 nonqualifying competition guidelines in the U.S. Figure Skating Rulebook for the Well-Balanced and Test Track Free Skate Events.
2. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
3. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
4. 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.
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.

### Well-Balanced Free Skate Program Requirements:

A chart of Well-Balanced Free Skate Requirements can be found on the next several pages. The well-balanced free skate program requirements can also be found here: <http://www.usfsa.org/content/2017-18%20Singles%20FS%20Chart.pdf>

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>NO TEST</b></p> <p><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 allowed</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 allowed 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><b>PRE-PRELIMINARY</b></p> <p><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 allowed</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 allowed 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><b>PRELIMINARY</b></p> <p><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-type jump 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 is allowed</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 allowed 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><b>PRE-JUVENILE</b></p> <p><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 double Axels, 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 allowed</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>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>Min 4 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry 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 allowed 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>

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>JUVENILE and OPEN JUVENILE</b></p> <p><b>2:20 +/- 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 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <p>1 spin combination; with or without change of foot*</p> <ul style="list-style-type: none"> <li>○ Min 8 revs</li> <li>○ Min 2 revs in each position</li> </ul> <p>• 1 spin with only 1 position; no change of foot*</p> <ul style="list-style-type: none"> <li>○ Min 5 revs</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>2:40 +/- 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. No quadruple 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>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</li> <li>○ Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <p>1 spin combination; with or without change of foot*</p> <ul style="list-style-type: none"> <li>○ Min 8 revs</li> <li>○ Min 2 revs in each position</li> </ul> <p>• 1 spin with only 1 position; no change of foot*</p> <ul style="list-style-type: none"> <li>○ Min 5 revs</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>• <u>One leveled step sequence*</u></li> <li>• <u>Max Level 2. Only Minimum Variety (5 turns) &amp; Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level.</u> <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. No quadruple jumps 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>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</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> </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. No quadruple jumps 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>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</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> </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>

2017-18	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>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</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>○ All 3 basic positions with min 2 revs in each position for highest base value</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>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</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>○ All 3 basic positions with min 2 revs in each position for highest base value</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>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</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>○ All 3 basic positions with min 2 revs in each position for highest base value</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>○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed</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>○ All 3 basic positions with min 2 revs in each position for highest base value</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>

## Test Track Free Skate Program Requirements:

These requirements may change after February 1, 2018.

Level	Jumps	Spins	Step Sequences	Qualifications
<p><b>Beginner</b> 1:40 maximum</p>	<p>Max. 5 jump elements:</p> <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>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>Two upright spins, 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 Basic Skills free skating badge tests</p>
<p><b>High Beginner</b> 1:40 maximum</p>	<p>Max. 5 jump elements:</p> <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>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>Two upright spins, change of foot optional, 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 Basic Skills free skating badge tests</p>
<p><b>Pre-Preliminary</b> 1:40 maximum</p>	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>Jumps with not more than one-half rotation (front to back or back to front including half-loop)</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>Maximum of 2 spins:</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><b>Preliminary</b> 1:30 +/- 10 sec.</p>	<p>Maximum of 5 jump elements:</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>Maximum of 2 spins:</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><b>Pre-Juvenile</b> 2:00 +/- 10 sec.</p>	<p>Maximum of 5 jump elements:</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>Maximum of 2 spins:</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</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>

		may not fly.		
<p><b>Juvenile</b></p> <p><b>2:20 +/- 10 sec.</b></p>	<p><i>Maximum of 5 jump elements:</i></p> <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>	<p><i>Maximum of 2 spins:</i></p> <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>• <i>Only solo spin may fly</i></li> </ul>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>
<p><b>Intermediate</b></p> <p><b>2:40 +/- 10 sec.</b></p>	<p><i>Maximum of 6 jump elements:</i></p> <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>	<p><i>Maximum of 2 spins:</i></p> <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>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p>

## C. COMPULSORY EVENT:



## High School Final Competition

### EVENT: COMPULSORY MOVES

General event parameters:

1. In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.
2. Elements skated on ½ ice
3. Elements may be performed only once
4. Music is not allowed
5. The skater must demonstrate the required elements and may use any additional elements from previous levels.
6. A 0.2 deduction will be taken for each element performed from a higher level.
7. Skaters may have the option to skate one level higher in compulsories than their free skate program.

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Loop jump</li> <li>2. Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions</li> <li>4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ol>
Pre-Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Toe Loop jump</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>

#### **D. SHORT PROGRAM EVENTS:**



## **High School Final Competition**

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### **EVENT: SHORT PROGRAM**

General event parameters:

1. The short program consists of required elements with connecting steps, as prescribed by the 2017-18 Rulebook.
2. Time duration is maximum time allowed – no deduction will be given for being under the specified time.
3. As with free skates, athletes may skate up one level from their highest test passed.
4. The Rules will be in accordance to the current U.S. Figure Skating rulebook, except for where noted below.
5. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.
6. Juvenile short program will follow the intermediate short program requirements.

#### **Short Program Requirements:**

Short Program requirements are outlined in the chart on the next page. The short program requirements can also be found here:

<http://usfsa.org/content/2017-18%20Singles%20SP%20Chart.pdf>



<p><b>INTERMEDIATE LADIES/MEN</b> 2:10 max.</p>	<p><b>Single or Double Axel</b></p>	<p><b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel or the triple jump used in the combination</p>	<p><b>Jump Combination</b> Single/Double, Double/Double, Single/Triple, or Double/Triple or <u>Triple/triple</u> May not repeat Axel jump or solo jump performed</p>	<p><b>Spin</b> Only one position No change of foot May start with a fly Min. 5 revs.</p>		<p><b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b> Max Level 2. Only Simple Variety (5 turns) or Minimum Variety (7 turns) &amp; rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level. Fully utilizing the ice surface</p>
<p><b>NOVICE LADIES</b> 2:30 max.</p>	<p><b>Single or Double Axel</b></p>	<p><b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel or either jump in combo</p>	<p><b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed</p>	<p><b>Layback, Sideways Leaning, Sit or Camel Spin</b> No change of foot No flying entry Min. 6 revs.</p>		<p><b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b> Fully utilizing the ice surface</p>
<p><b>NOVICE MEN</b> 2:30 max.</p>	<p><b>Single or Double Axel</b></p>	<p><b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel or either jump in combo</p>	<p><b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed</p>	<p><b>Camel or Sit Spin</b> With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot</p>		<p><b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 5 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b> Fully utilizing the ice surface</p>
<p><b>JUNIOR LADIES</b> 2:40 +/- 10 sec</p>	<p><b>Double Axel</b></p>	<p><b>Double or Triple Lutz</b> Immediately preceded by connecting steps or other free skating movements</p>	<p><b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed</p>	<p><b>Flying Sit Spin</b> Flying pos. may be different than landing pos. Min. 8 revs.</p>	<p><b>Layback, Sideways Leaning or Camel Spin without change of foot</b> No flying entry Min. 8 revs.</p>	<p><b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b> Fully utilizing the ice surface</p>
<p><b>JUNIOR MEN</b> 2:40 +/- 10 sec</p>	<p><b>Double or Triple Axel</b></p>	<p><b>Double or Triple Lutz</b> Immediately preceded by connecting steps or other free skating movements</p>	<p><b>Jump Combination</b> Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed</p>	<p><b>Flying Sit Spin</b> Flying pos. may be different than landing pos. Min. 8 revs.</p>	<p><b>Camel Spin</b> With only 1 change of foot No flying entry Min. 6 revs. each foot</p>	<p><b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b> Fully utilizing the ice surface</p>
<p><b>SENIOR LADIES</b> 2:40 +/- 10 sec</p>	<p><b>Double or Triple Axel</b></p>	<p><b>Any Triple Jump</b> Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo</p>	<p><b>Jump Combination</b> Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed</p>	<p><b>Flying Spin</b> Landing position different than spin in 1 position Min. 8 revs.</p>	<p><b>Layback, Sideways Leaning, Sit or Camel Spin without change of foot</b> No flying entry Min. 8 revs.</p>	<p><b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b> Fully utilizing the ice surface</p>
<p><b>SENIOR MEN</b> 2:40 +/- 10 sec</p>	<p><b>Double or Triple Axel</b></p>	<p><b>Any Triple or Quadruple Jump</b> Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo</p>	<p><b>Jump Combination</b> Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed</p>	<p><b>Flying Spin</b> Landing position different than spin in 1 position Min. 8 revs.</p>	<p><b>Camel or Sit Spin</b> With only 1 change of foot No flying entry Min. 6 revs. each foot</p>	<p><b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. Must have all 3 basic positions to receive full value. No flying entry Min. 6 revs. each foot Min. 2 revs in pos.</p>	<p><b>Leveled Step Sequence</b> Fully utilizing the ice surface</p>

## E. SHOWCASE EVENTS



### High School Final Competition

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**This event will be updated with 2017-18 Requirements as soon as they become available.**

#### **EVENT:** SHOWCASE – Light Entertainment Event

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. Skaters must register to compete at their level or one level up as of the competition entry deadline. Level will be determined by the highest free skate or dance (solo or partnered) test passed.
2. 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:** SHOWCASE – Dramatic Entertainment Events

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions.
- Props and scenery ARE permitted

General event parameters:

1. Skaters must register to compete at their level or one level up as of the competition entry deadline. Level will be determined by the highest free skate or dance (solo or partnered) test passed.
2. 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:** SHOWCASE – Duet Events

Format:

- Duets are theatrical or artistic performances.
- Props and scenery ARE permitted.

General event parameters:

1. Skaters must register to compete at their level or one level up as of the competition entry deadline. Level will be determined by the highest free skate or dance (solo or partnered) test passed.
2. 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.

**Showcase - Light Entertainment, Dramatic Entertainment & Duet Levels:**

	<b>Event</b>	<b>Must meet requirements*</b> Must have passed Free Skating or Dance test (solo or partnered standard track)	<b>Must not have passed</b> Free Skate or Dance (solo or partnered) Test	<b>Age</b>	<b>Time</b>
Singles or Duets (Duets must compete at the highest test level of the two skaters and both members of a duet must meet at least the minimum test pre-requisite.)	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		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

## **EVENT: 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 during a 30-minute off-ice session and twice during an on-ice warm-up prior to the performance.
  - The room will be attended by the two or more adult monitors assigned to play the music and the skaters competing 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.
- Skaters may compete at the highest level they have passed as of the entry deadline, or they may skate up one level.

### General event parameters:

1. Skaters must register to compete at their level or one level up as of the competition entry deadline. Level will be determined by the highest free skate or dance (solo or partnered) test passed.
2. 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.

### **Interpretative Events and Levels:**

<b>Level</b>	<b>Program Duration</b>
Pre-juvenile and below	1:00 maximum
Juvenile – novice	1:30 maximum
Junior and senior	1:30 maximum

## F. SOLO PATTERN DANCE



## High School Final Competition

**This event will be updated with 2017-18 Requirements as soon as they become available.**

### EVENT: SOLO PATTERN DANCE

General event parameters:

1. Levels are based upon the skaters' highest pattern dance test passed.
2. The dances performed will be chosen at the discretion of the LOC and Chief Referee for the high school competition from the chart below. Dances not listed in this chart are not allowed to be assigned/skated.
3. Each event will have a required dance and an optional dance for each level.
  - a. The optional dance may be cancelled if there is insufficient ice time available at the discretion of the LOC. If two dances are skated, the results of the event will be a combination of the results of BOTH dances. Each dance will NOT be considered a separate event.

High School Competition:	High School Final Competition:
Required dance: Dance #1, #2 or #3 Optional dance: Dance #1, #2 or #3	Dance #2

### Solo dance levels, test requirements and dances to be skated:

Passing a dance test refers to having passed all of the dances at a particular level. Athletes may compete at their highest test passed, or one level higher. Athletes must have passed a minimum of their gold test to compete at the international level. Athletes who have not passed any dance tests may compete in preliminary.

Level	Test Requirement	Pattern Dances (# patterns to be skated per 2017-18 U.S. Figure Skating Rulebook)
Preliminary	No test or passed	1. Rhythm Blues – 3 patterns 2. Canasta Tango – 3 patterns 3. Dutch Waltz – 3 patterns
Pre-bronze	Passed preliminary or pre-bronze	1. Cha Cha – 3 patterns 2. Swing Dance – 2 patterns 3. Fiesta Tango – 3 patterns
Bronze	Passed pre-bronze or bronze	1. Ten Fox – 3 patterns 2. Hickory Hoedown – 3 patterns 3. Willow Waltz – 3 patterns
Pre-silver	Passed bronze or pre-silver	1. European Waltz – 2 patterns 2. Fourteen Step – 4 patterns 3. Foxtrot – 4 patterns
Silver	Passed pre-silver or silver	1. Tango – 2 patterns 2. American Waltz – 2 patterns 3. Rocker Foxtrot – 4 patterns
Pre-gold	Passed silver or pre-gold	1. Killian – 6 patterns 2. Blues – 3 patterns 3. Paso Doble – 3 patterns
Gold	Passed pre-gold or gold	1. Viennese Waltz – 3 patterns 2. Quickstep – 4 patterns 3. Argentine Tango – 2 patterns
International	Passed gold or international	1. Tango Romantica – 2 patterns 2. Silver Samba – 2 patterns 3. Rhumba – 4 patterns

Notes on the conduct of the solo dance events at the competition:

All dance events may be double-paneled at the discretion of the referee. When there are more than 14 athletes in a solo dance event, the event will be split so no flight has more than 14 skaters. At the referee's discretion, entries of 10-14 athletes may be divided into two groups, but it is not required. Ladies will skate the ladies' steps and men will skate the men's steps, no exceptions. All pattern dances should start on the judges' side unless directed otherwise by the referee.

Number of Patterns:

Competitors will perform the specified number of patterns for each dance in accordance to the rules as described in the 2016 U.S. Figure Skating Rulebook. The number of sequences skated for Pattern Dance events in the initial or final round of all competitions will be based on Rule 6075.

## G. MOVES IN THE FIELD TO MUSIC EVENT



### High School Final Competition

#### EVENT: MOVES IN THE FIELD TO MUSIC

General event parameters:

- Each level will skate a program consisting of specified moves in the field elements skated to music of the skater's choice.
- Each program must contain the specified moves within the required time duration.
  - Note: The time duration is maximum time – no deduction will be given for being under the specified time.
- The moves may be skated in any order.
- Music may be vocal or instrumental.
- Skaters must wear all black skating attire or costume
- This will be judged on the 6.0 system.
- Skaters receive two marks.
  - The technical mark will be based on the focuses of the specified moves. Difficulty of transitional elements will not be rewarded in the technical mark.
  - The presentation mark will be based on carriage, projection, style, ice coverage, phrasing of movements to music and creativity of transitional elements.

Level	Time	Required Elements
Pre – Preliminary	2:10 max.	1. Forward perimeter stroking – Clockwise direction only 2. Backward inside consecutive edges 3. Forward left foot spiral 4. Waltz Eight
Preliminary	2:20 max.	1. Forward and Backward Crossovers 2. Consecutive inside spirals 3. Forward power three-turns – Right foot only 4. Forward circle eight
Pre – Juvenile	2:20 max.	1. Forward perimeter power stroking 2. RFO – LBI three-turns in the field 3. Backward power change of edge pulls 4. Five-step mohawk sequence
Juvenile	2:30 max.	5. Forward power circle – Clockwise only 6. Backward power three-turns 7. Forward free skate cross strokes 8. Forward double three-turns – Outside only
Intermediate	2:50 max.	5. Spiral sequence – First side only 6. RFO – LBI Brackets in the field sequence 7. Forward twizzles – Outside only 8. Inside slide chasse
Novice	3:00 max.	5. Inside three-turns/rocker choctaws sequence 6. Forward and backward outside counters – Right only 7. Forward outside loops 8. Backward twizzles – Inside only
Junior	3:15 max.	5. Outside rocker – Right only 6. Power pulls – Left foot only 7. Choctaw sequence – R – L – R 8. Backward loop sequence – Outside only 9. Straight line step sequence – Right foot start only
Senior	3:30 max.	5. Sustained edge step – Clockwise only 6. Spiral step – Right foot start and side only 7. BO power double three-turns to double inside rockers – Left foot only 8. BI power double three-turns to power double outside rockers – Right foot only 9. Serpentine step sequence – Counterclockwise only

## SECTION 5: AWARDING OF THE INDIVIDUAL/TEAM POINTS:

Points will be earned for the first five places in each category as follows:

First place	5 Points
Second place	4 Points
Third place	3 Points
Fourth place	2 Points
Fifth place	1 Point

If only **one skater/team** enters a category and that skater skates a demonstration/exhibition, one (1) point will be awarded.

If only **two skaters/teams** enter a category, points will be awarded as follows:

First place	2 Points
Second place	1 Point

If **three skaters/teams** enter a category, points awarded will be as follows:

First place	3 Points
Second place	2 Points
Third place	1 Point

If **four skaters/teams** enter a category, points awarded will be as follows:

First place	4 Points
Second place	3 Points
Third place	2 Points
Fourth place	1 Point

### Team Scoring:

Teams will receive points for each event based on the number of teams competing with the first place team receiving the highest number of points and the last place team receiving one point.

### Ties:

In the case of a tie, skaters will share the available points. For example, competitors tied for first place will share the 5 points for first plus the four points for second, so that each athlete would earn four-and-one-half (4 ½) points.

### Adjustments in available points due to withdraws:

The number of athletes in an event will be based on entries as of **seven days prior to the start of the event**. Withdraws after this date will not affect the number of available points to the athletes who actually complete the competition.

### Substitutions, additions and changes to the team:

With the exception of documented medical reasons or documented lost luggage there will be no substitutions to a team's roster and/or competitive events within the six days prior to the start of the competition. Substitutions may only be made into the level originally entered, and only by a replacement skater who is qualified for that level. Additions to the roster are not permitted after the close of entries. Points will only be awarded to athletes who complete the competition. No points will be awarded to an athlete who withdraws for any reason, under any circumstances.

## SECTION 6: QUALIFICATION FOR THE 2018 HIGH SCHOOL NATIONAL FINAL COMPETITION

Any registered High School team with current U.S. Figure Skating School-Affiliated Club membership is eligible to enter the 2018 High School Final Competition.



## **Event information for the 2018 High School Final competition:**

Chicago, IL  
March 24-25, 2018

Hosted by the [Skating Council of Illinois](#)

### **SECTION 7: CONTACT INFORMATION**

#### ***National Vice Chair, School Programs, U.S. Figure Skating Program Development Committee:***

**Dorothy Tank:**

E-mail: [datank7@gmail.com](mailto:datank7@gmail.com)

Phone: (313) 386-7936

#### ***Chair, Program Development Committee:***

**Elise Preston**

E-mail: [epreston@trumporg.com](mailto:epreston@trumporg.com)

#### ***Manager, Figure Skating Programs - U.S. Figure Skating:***

**Karissa Woienski**

E-mail: [kwoienski@usfigureskating.org](mailto:kwoienski@usfigureskating.org)