



2015 Nutmeg State Games Competition and Basic Skills Announcement



Nutmeg State Games
Hosted by Connecticut Skating Academy
July 11-12, 2015



U.S. Figure Skating Qualifying Competitions

The Nutmeg State Games will be conducted in accordance with the rules and regulations of the U.S. Figure Skating, as set forth in the current Rulebook as well as any pertinent updates which have been posted on the U.S. Figure Skating web site.

This competition is open to all eligible, restricted, reinstated or a 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. Refer to the current rule book for non-U.S. Citizens.

The 2015 Nutmeg State Games Figure Skating Championship is a qualifying competition for the 2017 National State Games of America Championships (SGA). Skaters may choose to enter each event at SGA that they qualify for by virtue of placing first, second or third at the Nutmeg State Games competition.

ELIGIBILITY/TEST LEVEL:

Eligibility: Competitors whose primary residence **is not** in Connecticut may compete in the Nutmeg State Games Figure Skating competition, provided that they are a member in good standing of a Connecticut based skating club or live in state that does not offer a state games program. Also, any out-of-state figure skater competing in Connecticut's Nutmeg State Games understands and waives their right to compete in the State Games Figure Skating competition in their primary state of residence or any other State Games Figure Skating competition during the 2015 competitive season. See attached Out of State Competitor's Waiver.

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 final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

ENTRIES: Entries will only be available online at www.entryeeze.com. Entry deadline is June 6, 2015. Only fully completed applications will be accepted. Changes to entries after the deadline that were not the fault of Connecticut Skating Academy or Nutmeg State Games will require a \$30.00 fee. Payment of all fees will be required before skater is allowed to participate in practice ice or events.

The entry fee for Singles Short Program, Singles Well Balanced Program Free Skate, Test Track Free Skate, Introductory, Compulsory, Showcase, Interpretive, and Adult events is **\$90.00 for the first event and \$25.00 for each of the additional events**. All **Basic Skills** Events are **\$45.00 for the first event and \$25.00 for each additional events**. All entries will be charged a 3.0% convenience fee.

REFUND POLICY: Entry fees are NON-REFUNDABLE **after June 6, 2015**, the close of entry date, in accordance to 2013-2015 U.S. Figure Skating Rule 3047. Entry fees will only be refunded if the competition is not held. There will be no refunds for medical withdrawals. Checks returned for non-sufficient funds and contested credit card charges will be assessed a \$35.00 fee. An additional fee of \$30.00 will be charged for any changes due to incorrect entry choice of event levels after the close of entries. Payment of fees will be required before skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available on our website at www.entryeeze.com.

FACILITIES: The competition will be held at Newington Arena, 300 Alumni Rd. Both surfaces are 200' x 85' with slightly rounded corners.

MUSIC: Compact Disks (CDs) are the only acceptable forms of media. CDs must be clearly

marked with the skater's name, event entered and the music length. Each CD must have only one (1) track on it. Lead in time (time before the music begins) on CDs may not exceed two (2) seconds. Each CD must be in a paper CD sleeve with a see-through window (obtainable at any office supply store), also labeled with the skater's name and event. **Due to compatibility and reliability reasons, music may NOT be submitted on re-recordable CD-RW discs.** The official competition music must be turned in at the registration table at the time of check-in. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Connecticut Skating Academy cannot be responsible for CDs left at the end of the competition.

LIABILITY: U.S. Figure Skating, Connecticut Skating Academy, Nutmeg State Games and Newington 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: All events will be judged under the 6.0 Majority Judging System. There will not be final rounds for any events

REGISTRATION: Registration will begin January 19, 2015 and end on June 6, 2015 at 11:59pm. Registration desk will be open two hours before the first event and run through the last event of the day event. The registration table will be located in the lobby of the arena. **PLEASE REGISTER PROMPTLY UPON ARRIVAL.**

PRACTICE ICE: There will be a warm up immediately prior to your event. Practice ice may be available on the day of the competition based on the final schedule and will be available on a first come first served basis. Practice ice sessions are 20 minutes and the cost is \$15.00.

PHOTOGRAPHY/VIDEOGRAPHY: Will be provided by Snapshot Action Sports Photography. Please see www.snapshotssportsphotography.com for information about the company. We need to get in touch with the company

AWARDS: Medals will be presented for 1st, 2nd, and 3rd place in each group. Award ceremonies will be scheduled at various intervals throughout the competition and will be presented off-ice.

OFFICIAL NOTICES: An official bulletin board will be maintained by the Connecticut Skating Academy and located inside Newington Arena by the front entrance. It is the responsibility of each competitor, parent, and/or coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

INFORMATION REGARDING COACHES:

To coach at a U.S. Figure Skating qualifying level competition, a professional coach or choreographer must be:

- Declared by a skater in the registration process with the club
- Listed as Coaches Education Requirement (CER) Category A or B (Category C for Basic Skills events) compliant for the current season
- Current with Coach Registration (requires annual fee and background check)
- A current member in good standing with U.S. Figure Skating
- A current member in good standing with the PSA
- A coaches' requirements chart can be found here:
<http://www.usfigureskating.org/Content/Coaches%20Requirement%20Chart.pdf>.

The local organizing committee/club will have a list of 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. Coaches who are NOT on the list will need to show proof of membership in BOTH U.S. Figure Skating and the PSA, a Coaches Registration card, proof of Category A or B (C for Basic Skills) compliance in CER, and a photo I.D. at check in. **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.**

CONTACT INFO: If you have questions, please contact Connecticut Skating Academy at CTSkatingAcademy@gmail.com.

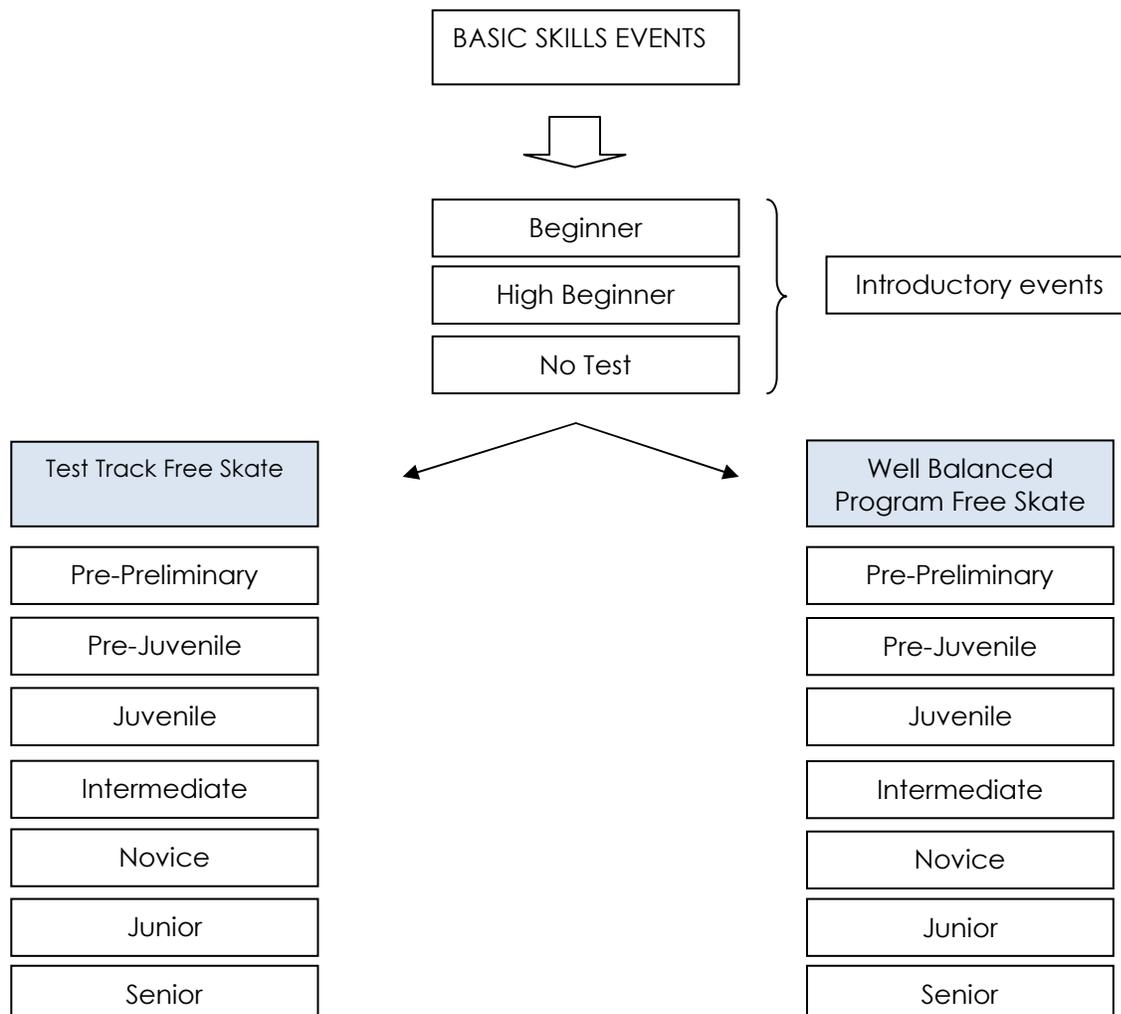
Accommodations: TBD

SECTION 2: Events Offered

SINGLES FREE SKATING EVENTS

See current rulebook/web site for current rules and requirements:
http://www.usfigureskating.org/New_Judging.asp?id=361

Illustration of Singles Free Skating Events:



EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 8

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

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

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

EVENT: Free Skate 1-6 Compulsory Event

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

- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

Level	Time	Skating rules / standards
Free Skate 1	1:15 max.	<ol style="list-style-type: none"> 1. Advanced forward stroking, 4-6 consecutive 2. Backward outside three-turns, right and left 3. One-foot upright scratch spin from backward crossovers - minimum three revolutions 4. Waltz jump from backward crossovers 5. Half flip jump
Free Skate 2	1:15 max.	<ol style="list-style-type: none"> 1. Forward outside or inside spiral, right or left 2. Waltz three's, right or left, 2-3 sets 3. Beginning back spin, entry optional – minimum two revolutions 4. Waltz jump, side toe hop, waltz jump sequence 5. Toe loop jump
Free Skate 3	1:15 max.	<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Backward inside three-turns, right and left 3. Back spin - minimum three revolutions 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive sets, right or left 2. Sit spin - minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump combination
Free Skate 5	1:15 max.	<ol style="list-style-type: none"> 1. Camel spin - minimum three revolutions 2. Forward upright spin to back upright spin - minimum three revolutions each foot 3. Loop/loop jump combination 4. Flip jump
Free Skate 6	1:15 max.	<ol style="list-style-type: none"> 1. Five step mohawk sequence - one set alternating pattern (refer to Basic Skills Curriculum Free skate 6) 2. Camel, sit spin combination - minimum of four revolutions total 3. Split jump or stag jump 4. Waltz jump, ½ loop, Salchow jump sequence 5. Lutz jump

EVENT: BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

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

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

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

EVENT: Free Skate 1-6 Program Event

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 moves and steps should be demonstrated throughout the program. Vocal music is allowed.

- 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
- Time 1:30+/-10sec

Level	Time	Skating rules / standards
Free Skate 1	1:30+/-10 sec	<ol style="list-style-type: none"> 1. Advanced forward stroking, 4-6 consecutive 2. One-foot upright scratch spin from backward crossovers, minimum three revolutions 3. Waltz jump from backward crossovers 4. Half flip jump
Free Skate 2	1:30+/-10 sec	<ol style="list-style-type: none"> 1. Forward outside spiral, right or left 2. Beginning back spin – entry optional, minimum two revolutions 3. Waltz jump, side toe hop, waltz jump sequence 4. Toe loop jump
Free Skate 3	1:30+/-10 sec	<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back spin, minimum three revolutions 3. Salchow jump 4. Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:30+/-10 sec	<ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive sets, right or left 2. Sit spin, minimum three revolutions 3. Loop jump 4. Waltz jump-loop jump combination
Free Skate 5	1:30+/-10 sec	<ol style="list-style-type: none"> 1. Camel spin, minimum three revolutions 2. Forward upright spin to back upright spin, minimum three revolutions each foot 3. Loop-loop jump combination 4. Flip jump
Free Skate 6	1:30+/-10 sec	<ol style="list-style-type: none"> 1. Camel, sit spin combination, minimum of four revolutions total 2. Split jump or stag jump 3. Waltz jump, ½ loop, Salchow jump sequence 4. Lutz jump

EVENT: Introductory Levels Compulsory Event

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

- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A 0.2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*

Level	Time	Skating rules/standards
Beginner	1:15 max.	1. Waltz jump 2. ½ jump of choice 3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional) 4. Forward or backward spiral
High Beginner	1:15 max.	1. Toe loop jump 2. Salchow jump 3. Forward scratch spin - minimum three revolutions 4. Forward or backward spiral
No-Test	1:15 max.	1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin - sit <u>or</u> camel spin - minimum three revolutions 4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.

EVENT: Introductory Levels Free Skate Program

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
2. Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
3. Minimum number of spin revolutions is in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:30 +/- 10 sec.	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner 1:30 +/- 10 sec.	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
No-Test 1:30 +/- 10 sec.	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Up to 2 may be jump combos or sequences • Jump combos are limited to 2 jumps • Jump sequences are limited to 3 single jumps (half-loop is not considered a single jump at this level) • No Axels or double jumps are permitted 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Spins must be of different character. • Each spin must have a Minimum of 3 revolutions. • Spins may change feet, position and start with a fly. 	One step sequence that utilizes ½ of the ice surface	

EVENT: COMPULSORY MOVES

General event parameters:

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

Level	Time	Skating rules/standards
Pre – Preliminary	1:00 max.	<ol style="list-style-type: none"> 1. Single flip 2. Jump combination: single/single (no Axel) 3. Sit spin or camel spin - minimum three revolutions 4. Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:00 max.	<ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single/single (may include Axel) 3. Back upright spin - minimum three revolutions 4. Forward inside spiral
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> 1. Single jump (may include Axel) 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> 1. Single Axel 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – circular
Intermediate	1:30 max.	<ol style="list-style-type: none"> 1. Double Salchow or double toe loop 2. Jump combination: single/single or double/single 3. Flying spin, minimum five revolutions 4. Step sequence – straight line
Novice	1:30 max.	<ol style="list-style-type: none"> 1. Double loop 2. Jump combination: double/single or double/double 3. Flying spin - minimum five revolutions 4. Step sequence – straight line
Junior	1:30 max.	<ol style="list-style-type: none"> 1. Double flip 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line
Senior	1:30 max.	<ol style="list-style-type: none"> 1. Double Lutz 2. Jump combination: double/double or triple/double 3. Combination spin - minimum 10 revolutions 4. Step sequence – straight line

EVENT: Test Track Free Skate

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same Qualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
4. Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
5. The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

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

<p>2:15 +/- 10 sec.</p>	<ul style="list-style-type: none"> Any single jumps, including Axel, are permitted. Max. 2 jump combinations or sequences Max. 2 of any same type jump 	<ul style="list-style-type: none"> One solo spin in one position, no change of foot (Min. 4 revolutions). One combination spin with one change of foot and at least one change of position must include two of the basic spin positions. (Min. 4 revolutions per foot) <i>Only solo spin may fly</i> 	<p>One step sequence fully utilizing ice surface</p>	<p>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>Intermediate 2:30 +/- 10 sec.</p>	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow and double toe loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> One must be a flying spin (min 5 revolutions), One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p>
<p>Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) The other spins are the option of the skater (min 6 revolutions per foot) <i>All spins may fly</i> 	<p>One step sequence or spiral sequence fully utilizing ice surface (see rule 4104 & 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>
<p>Junior Ladies: 3:30 +/- 10 sec. 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"> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot) 	<p>One step sequence fully utilizing ice surface (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><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p>	<p><i>Maximum of 3 spins of a different nature:</i></p>	<p>Men:</p>	<p>Skaters must have</p>

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

EVENT: Singles Short Program

INTERMEDIATE LADIES/MEN 2:00 max.	Axel or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat Double Axel May not be a Triple if Triple is in Combo	Jump Combination Single/Double, Double/Double, Single/Triple, or Double/Triple May not repeat Axel jump performed or solo jump	Spin Only one position No change of foot May start with a fly Min. 5 revs.		Spin Combination With only 1 change of foot At least 1 change of position No flying entry Min. 5 revs. each foot Min. 2 revs in pos	Choreographic Step Sequence Fully utilizing the ice surface
NOVICE LADIES 2:30 max.	Axel or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat Double Axel	Jump Combination Double/Double or Double/Triple May not repeat Double Axel or solo jump	Layback or Sideways Leaning Spin No change of foot No flying entry Min. 6 revs.		Spin Combination With only 1 change of foot At least 1 change of position No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
NOVICE MEN 2:30 max.	Axel or Double Axel	Double or Triple Jump Immediately preceded by connecting steps May not repeat Double Axel	Jump Combination Double/Double or Double/Triple May not repeat Double Axel or solo jump	Camel or Sit Spin With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot		Spin Combination With only 1 change of foot At least 1 change of position No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	Leveled Step Sequence Fully utilizing the ice surface
JUNIOR LADIES 2:50 max.	Double Axel	Double or Triple Flip Immediately preceded by connecting steps or other free skating movements	Jump Combination Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump	Flying Sit Spin Sit position must be attained in the air, and changing foot on landing is permitted. Min. 8 revs..	Layback or Sideways Leaning Spin No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions No flying entry Min. 6 revs. each foot Min. 2 revs. in pos.	Leveled Step Sequence Fully utilizing the ice surface
JUNIOR MEN 2:50 max.	Double or Triple Axel	Double or Triple Flip Immediately preceded by connecting steps or other free skating movements	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump performed or solo jump	Flying Sit Spin Sit position must be attained in the air, and changing foot on landing is permitted. Min. 8 revs.	Camel Spin With only 1 change of foot No flying entry Min. 6 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions No flying entry Min. 6 revs. each foot Min. 2 revs. in pos.	Leveled Step Sequence Fully utilizing the ice surface
SENIOR LADIES 2:50 max.	Double or Triple Axel	Any Triple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel	Jump Combination Double/Triple or Triple/Triple May not repeat Axel jump performed or solo jump	Flying Spin Landing position different than layback/sideways leaning spin Min. 8 revs.	Layback or Sideways Leaning Spin No flying entry Min. 8 revs.	Spin Combination With only 1 change of foot Min. 2 different basic positions No flying entry Min. 6 revs. each foot Min. 2 revs. in pos.	Leveled Step Sequence Fully utilizing the ice surface
SENIOR MEN 2:50 max.	Double or Triple Axel	Any Triple or Quadruple Jump Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel	Jump Combination Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump performed or solo jump	Flying Spin Landing position different than spin in 1 position Min. 8 revs.	Camel or Sit Spin With only 1 change of foot No flying entry Min. 6 revs. each foot	Spin Combination With only 1 change of foot Min. 2 different basic positions No flying entry Min. 6 revs. each foot Min. 2 revs. in pos.	Leveled Step Sequence Fully utilizing the ice surface

EVENT: Well Balanced Program Free Skate

General event parameters:

1. Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same Qualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted for pre-preliminary – intermediate.
3. Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
4. Either IJS or the 6.0 judging system may be used for this event.
5. All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on www.usfigureskating.org, under “Technical Information,” then “Singles/Pairs”

Level	Time	Jumps	Spins	Step Sequences
Pre-Preliminary	1:30 +/- 10 sec. Vocal music permitted	Maximum of 5 jump elements: a) Any single jumps, including Axel, allowed. b) Max. 2 jump combinations or sequences c) Jump combinations are limited to 2 jumps. d) Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.) e) Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Max of 2 Axels. f) Double or triple jumps are not allowed.	Maximum of 2 spins: a) Spins must be of a different nature b) Spins may change feet and/or position. c) Spins may start with a fly. d) Min. of 3 revolutions	One step sequenced that must use ½ of the ice surface.
Preliminary	1:30 +/- 10 sec. Vocal music permitted	Maximum of 5 jump elements: a) One must be an Axel or waltz-jump. b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in a jump sequence is limited to a max. of 3 single jumps (½ loop is not considered a single jump.) e) Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop) f) Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences. g) Max. of 2 Axels or any double jump. h) Double flips, double Lutzes, double Axels or triple jumps are not allowed.	Maximum of 2 spins: a) Spins must be of a different nature b) Spins may change feet and/or position. c) Spins may start with a fly. d) Min. of 3 revolutions	One step sequenced that must use ½ of the ice surface.
Pre-Juvenile	2:00 +/- 10 sec. Vocal music permitted	Maximum of 5 jump elements: a) One must be an Axel or waltz –jump. b) Max. 2 jump combinations or sequences c) Jump combinations limited to 2 jumps d) Number of jumps in jump sequence is limited to a max. of 3 single or double jumps. (½ loop is not considered a single jump at this level.) e) Number of different double jumps is not limited. f) Axel and no more than 3 different double jumps may be repeated as individual jumps, as part of jump combination or jump sequence. g) Maximum of 2 Axels or any double jump h) No double Axels or triple jumps	Maximum of 2 spins: a) 1 spin combination; with or without change of foot*, may fly. b) 1 spin with only 1 position*, may fly, no change of foot c) Min. 4 revolutions.; 6 revolutions for combo d) Spins must be of a different nature	One step sequence fully utilizing ice surface.
Juvenile (under 14)	2:15 +/- 10 sec.	Maximum of 5 jump elements: a) One must be an Axel-type jump* b) Max. 2 jump combinations or sequences	Maximum of 2 spins: a) 1 spin combination; with/without change of	One choreographic



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years) & Open Juvenile (14 years or older)		<ul style="list-style-type: none"> c) Jump combinations limited to 2 jumps d) Number of jumps in jump sequence is not limited e) No more than 3 double jumps may be repeated (1 each), but only as part of combination or sequence. Max 2 of same double jump. f) No triple jumps 	<ul style="list-style-type: none"> foot* b) 1 spin with only 1 position; no change of foot* c) Both spins may start with a fly d) Min. 5 revolutions; 8 revolutions. for combination e) Min. 2 revolutions in position f) Spins must be of a different nature 	step sequence fully utilizing ice surface.
Intermediate	2:30 +/- 10 sec.	<p>Maximum of 6 jump elements:</p> <ul style="list-style-type: none"> a) 1 must be an Axel-type jump* b) Max 3 jump combinations (combos) or sequences c) Jump combinations limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) No more than 3 double/triple jumps may be repeated; only 1 repeat may be a triple. Double or triple jump repeated only in combo or sequence. Max. 2 of the same double or triple. 	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> a) 1 spin combination; w/without change of foot* b) 1 spin with only 1 position; no change of foot* c) Both spins may start with a fly d) Min. 5 revolutions; 8 revolutions. for combo e) Min. 2 revolutions. in position f) Spins must be of a different nature 	One choreographic step sequence fully utilizing ice surface.
Novice Ladies	3:00 +/- 10 sec.	<p>Maximum of 6 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump* b) Max. 3 jump combinations (combos) or sequences c) Jump combinations limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) No more than 3 double/triple jumps may be repeated; only 1 repeat may be a triple. Double or triple jump repeated only in combo or seq. Max. 2 same double or triple. 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) Spins must be of a different nature b) 1 flying entry with no change of foot or position* c) 1 spin combination; w/without change of foot* d) 3rd spin is option of skater e) Min. 6 revolutions; 10 revolutions. for combo f) Min. 2 revolutions. in position g) Spins may change feet and start with a fly, except h) For the flying spin with no change of foot or position 	One leveled step sequence Fully utilizing the ice surface
Novice Men	3:30 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump* b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) One double Axel and two different triple jumps may be repeated. f) If double Axel or triple jumps repeated, must be in combo or sequence. g) No more than two of the same type of double or triple may be attempted. 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) Spins must be of a different nature b) 1 flying entry with no change of foot or position* c) 1 spin combination; with or without change of foot* d) 3rd spin is option of skater e) Min. 6 revolutions; 10 revolutions for combo f) Min. 2 revolutions in position g) Spins may change feet and start with a fly, except for the flying spin with no change of foot or position 	One leveled step sequence Fully utilizing the ice surface.
Junior Ladies	3:30 +/- 10 sec.	<p>Maximum of 7 jump elements:</p> <ul style="list-style-type: none"> a) One must be an Axel-type jump * b) Max. 3 jump combinations (combos) or sequences c) Combos limited to 2 jumps, but one 3-jump combo is permitted d) Number of jumps in jump sequence is not limited e) 2 triples or quads may be repeated, but 	<p>Maximum of 3 spins:</p> <ul style="list-style-type: none"> a) 1 flying entry* b) 1 spin combination; with or without change of foot* c) 1 spin with only 1 position * d) Min. 6 revolutions; 10 revs. for combo e) Min. 2 revolutions in position 	One leveled step sequence Fully utilizing the ice surface.



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



U.S. Figure Skating Qualifying Competitions

EVENT: Step Sequences

General event parameters:

1. Levels are based on the skaters' highest Moves in the Field test passed.
2. Music of skater's choice, including vocal music, not to exceed the maximum (less time is fine).
3. Skates perform two different step sequences of their choice; any shape or pattern is permitted; however, skaters must make it clear when their first step sequence ends, and their second begins.
4. Each of the step sequences must include the required steps and/or turns listed for each level.
5. Each step sequence may, and is encouraged to, include additional steps or turns.
6. Each step sequence must utilize the full ice surface.
7. Skaters are encouraged to focus on edge quality, clarity of turns, multi-directional and one-foot skating.

Level	Time	Required elements
Pre-Preliminary	1:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. Forward outside 3-turn 2. Inside mohawk 3. Demonstration of forward outside & forward inside edges
Preliminary	1:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. At least two consecutive forward outside power 3-turns 2. Forward inside 3-turn 3. At least one set of alternating 3-turns (outside or inside)
Pre-Juvenile	1:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. Backward inside 3-turns on each foot 2. Backward outside 3-turns on each foot 3. At least 2 consecutive power pulls (backward or forward)
Juvenile & Open Juv.	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. Forward outside double 3 (either foot) 2. Forward inside double 3 (either foot) 3. At least 2 consecutive cross strokes (backward or forward)
Intermediate	1:30 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. Choice of backward double 3 2. At least 2 different brackets with clear entry & exit edges 3. Forward inside 1 ½ twizzle 4. Forward outside 1 ½ twizzle
Novice	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. At least 2 different counters with clear entry & exit edges 2. Forward outside & forward inside loop (either foot) 3. Backward outside double twizzle 4. Backward inside double twizzle
Junior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. At least 2 different rockers with clear entry & exit edges 2. At least 2 different choctaws 3. Backward outside & backward inside loop (either foot) 4. A combination of at least 3 different turns done on one foot
Senior	2:00 max.	Each of the two step sequences must include: <ol style="list-style-type: none"> 1. At least 1 of each of the following turns: 3-turn, bracket, rocker, counter, choctaw, loop, and twizzle. 2. A combination of at least 3 different turns, to be selected from counter, rocker, bracket, twizzle and loop, done on one foot. 3. An upper body movement. <i>(Any movements of the arms, head and torso that have an effect on the balance of the main body core.)</i> <p><i>Note: If necessary, skaters may combine items 1 & 2. For example, performing 3 different consecutive turns on one foot may also count towards the requirement of demonstrating all seven of the listed turns/steps.</i></p>



U.S. Figure Skating Qualifying Competitions

EVENT: Showcase 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. 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 Qualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Showcase Levels:

	Event	Must have passed(dance tests refer to solo or partnered standard track)	Must not have passed(dance tests refer to solo or partnered standard track)	Age	Time
Singles	Limited Beginner, 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	No minimum age (max age 20)	1:40 max
	Pre Juvenile	Pre Juvenile Free Skate 2 Preliminary Dances	Juvenile Free Skate or Complete Pre-Bronze Dance	No minimum age (max age 20)	1:40 max
	Juvenile	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	13 and under	2:10 max
	Teen	Juvenile Free Skate Complete Preliminary Dance	Intermediate Free Skate Any Silver Dance	14-17	2:10 max
	Intermediate	Intermediate Free Skate Complete Bronze Dance	Novice Free Skate Any Gold Dance	17 and under	2:10 max



U.S. Figure Skating Qualifying Competitions

Young Adult	Juvenile Free Skate Complete Preliminary Dance	Novice Free Skate Any Gold Dance	18-20	2:10 max
Novice	Novice Free Skate One Silver Dance	Junior Free Skate Any Gold Dance	No age restriction	2:10 max
Junior	Junior Free Skate Two Pre-Gold Dances	Senior Free Skate Completed Gold Dance		2:40 max
Senior	Senior Free Skate Complete Gold Dance			2:40 max
Event	Must meet requirements for*	Must not have passed	Age	Time
Adult Bronze	Adult Bronze Free Skate or Pairs Events or have passed the complete Pre-Bronze Dance Test	Any Pre-Silver Dance Test	21 and older	1:40 max
Adult Silver	Adult Silver Free Skater Pairs Events or have passed one Pre- Silver Dance Test	Any Pre-Gold Dance Test	21 and older	1:40 max
Adult Gold	Adult Gold Free Skate or any Masters Pairs event or have passed one Pre-Gold Dance Test	Complete Pre- Gold Dance Test	21 and older	1:40 max
Masters	At least the Masters Intermediate or any Masters Pairs Event or have passed the complete Pre-Gold Dance Test		21 and older	1:40 max

**The determination of level will be based upon test requirements at the entry deadline. For the U.S. Adult Championships and adult sectional championships, skaters must meet the test requirements for the level at which they want to compete, and rules 2540-2552 apply. For all other competitions, skaters must compete at their test level or one level higher, per the above chart.*



U.S. Figure Skating Qualifying Competitions

EVENT: Basic Skills Showcase Events

Format: Showcase groups will be divided by number of entries and ages if possible. Vocal music is permitted and 6.0 judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

General event parameters:

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judges' mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint for theatrical and artistic qualities. Technical skating skills and difficulty will not be rewarded; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

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

Interpretative Events and Levels

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00 Max
Free skate 1-6/ Limited beginner/ Beginner/Adult 1-4	3 jump maximum, ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30 Max
No-test/ Pre-preliminary/ Adult pre-bronze	3 jump maximum. No Axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating pre-preliminary or adult pre-bronze free skate test.	Time: 1:30 Max
Preliminary/ Adult bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating preliminary free skate or adult bronze test.	Time: 1:40 Max



U.S. Figure Skating Qualifying Competitions

EVENT: Showcase Events – Interpretative 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 only by the adult monitor assigned to play the music and the competing skaters in that group.
- **Skaters after the warm up 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 Qualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Interpretative Events and Levels

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



U.S. Figure Skating Qualifying Competitions

EVENT: Adult Compulsory Moves

General event parameters:

1. Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. On required elements may be included.
2. All events are skated on ½ ice.
3. Minimum number of revolutions is noted in parentheses.

Level	Time	Elements
Adult Beginner	1:15	<ol style="list-style-type: none"> 1. Forward crossovers (Min. 5 consecutive) 2. Waltz jump 3. Two foot upright spin 4. Forward spiral (any edge)
Adult Pre-Bronze	1:15	<ol style="list-style-type: none"> 1. Backward crossovers (Min. 5 consecutive) 2. Waltz jump 3. Forward upright spin (Min. 3 revolutions) 4. Forward outside spiral
Adult Bronze	1:15	<ol style="list-style-type: none"> 1. Single Salchow 2. Waltz jump – toe loop combination jump 3. Sit spin (Min. 3 revolutions) 4. Spiral sequence (Min. 2 spirals)
Adult Silver	1:30	<ol style="list-style-type: none"> 1. Single loop 2. Single/single jump combination 3. Sit spin (Min. 3 revolutions) 4. Straight line step sequence
Adult Gold	1:30	<ol style="list-style-type: none"> 1. Single Lutz or Axel 2. Single/single or single/double jump combination 3. Camel spin (Min. 4 revolutions) 4. Straight line step sequence
Masters Intermediate/Novice	2:00	<ol style="list-style-type: none"> 1. Axel, double Salchow , double toe loop or double loop 2. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel 3. Solo spin of skater's choice (Min. 6 revolutions) 4. Straight line step sequence
Masters Junior/Senior	2:00	<ol style="list-style-type: none"> 1. Choice of any double jump 2. Jump combination that may include any double jump 3. Solo spin of skater's choice (Min. 8 revolutions) 4. Straight line step sequence

EVENT: Adult Free Skate

General event parameters:

1. Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same Qualifying 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 is in parentheses following the spin description. Revolutions must be in position.
5. The following deductions will be taken:
 - -0.1 from each mark for each technical element included that is not permitted in the event description.
 - -0.2 from the technical mark for each extra element included.
 - -0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences
CHAMPIONSHIP MASTERS JUNIOR/SENIOR & MASTERS JUNIOR & MASTERS SENIOR 3:40 max * means element is required	Max. 7 <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Min. 1*, max. 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted • Number of jumps in sequence is unlimited, but only the two highest-value jumps in a jump sequence will be counted • No Axels and multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence 	Max. 3 <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 5 revolutions total if no change of foot • Min. 4 revolutions each foot if change of foot • Min. 2 revolutions in position 	Max. 1 To be chosen from: <ul style="list-style-type: none"> • Choreographic step sequence or • Choreographic sequence Must fully utilize the ice surface 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.
CHAMPIONSHIP MASTERS INTERMEDIATE/NOVICE & MASTERS INTERMEDIATE & MASTERS NOVICE 3:10 max * means element is required	Max. 6 <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Min. 1*, max. 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted • Each jump may be repeated only once, and only as part of combination or sequence • All single jumps and the following double jumps are permitted: double toe loop, double Salchow, double loop • Only one double-double jump combination or sequence is permitted • Double flip, double Lutz, double Axel and triple jumps are not permitted 	Max. 3 <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) • Min. 5 revolutions total if no change of foot • Min. 4 revolutions each foot if change of foot • Min. 2 revolutions in position 	Max. 1 To be chosen from: <ul style="list-style-type: none"> • Choreographic step sequence or • Choreographic sequence Must fully utilize the ice surface 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.
CHAMPIONSHIP GOLD & ADULT GOLD	Max. 5 <ul style="list-style-type: none"> • Min. 1*, max. 3 combinations or sequences • Two combinations/sequences are limited to two jumps, and one three-jump combination/sequence is permitted 	Max. 3 <ul style="list-style-type: none"> • Spins must be of different character (for definition, see U.S. Figure Skating rule 	Max. 1 To be chosen from: <ul style="list-style-type: none"> • Choreographic step sequence or



U.S. Figure Skating Qualifying Competitions

<p>2:40 max</p> <p>* means element is required</p>	<ul style="list-style-type: none"> Each jump may be repeated only once, and only as part of combination or sequence All single jumps, including an Axel-type jump, are permitted, as are the following double jumps: double toe loop, double Salchow. No double-double jump combinations or sequences are permitted Double loop, double flip, double Lutz, double Axel and triple jumps are not permitted 	<p>4103E)</p> <ul style="list-style-type: none"> Min. 4 revolutions total if no change of foot Min. 4 revolutions each foot if change of foot Min. 2 revolutions in position 	<ul style="list-style-type: none"> Choreographic sequence <p>Must fully utilize the ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
<p>ADULT SILVER</p> <p>2:10 max</p> <p>* means element is required</p>	<p>Max. 5</p> <ul style="list-style-type: none"> Min. 1*, max. 2 combinations or sequences One combination/sequence may consist of three jumps, and <u>the other</u> may have only two jumps Additional jump sequences which contain non-listed jumps of not more than one revolution (i.e. mazurkas, half-loops, etc.) performed as part of connecting footwork preceding single jumps are permitted Each jump may be repeated only once, and only as part of combination or sequence All single jumps are permitted, including an Axel-type jump. No double or triple jumps are permitted 	<p>Max. 2</p> <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) Min. 3 revolutions total if no change of foot Min. 3 revolutions each foot if change of foot Min. 2 revolutions in position 	<p>Max. 1</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> Step sequence or Spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
<p>ADULT BRONZE</p> <p>1:50 max</p> <p>* means element is required</p>	<p>Max. 4</p> <ul style="list-style-type: none"> Min. 1*, max. 2 combinations or sequences; One combination/sequence may consist of three jumps, and the other may have only two jumps Each jump may be repeated only once, and only as part of combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except Axel) No Axel, double or triple jumps are permitted 	<p>Max. 2</p> <ul style="list-style-type: none"> Spins must be of different character (for definition, see U.S. Figure Skating rule 4103E) Min. 3 revolutions total if no change of foot Min. 3 revolutions each foot if change of foot Min. 2 revolutions in position No flying spins are permitted 	<p>Max. 1</p> <p>To be chosen from:</p> <ul style="list-style-type: none"> Step sequence or Spiral sequence (any pattern) <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p>
<p>ADULT PRE BRONZE</p> <p>1:40 max</p> <p>* means element is required</p>	<p>Max. 4</p> <ul style="list-style-type: none"> Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included One jump combination/sequence may consist of three jumps, and the other may have only two jumps. Each jump may be repeated only once and only as part of combination or sequence (maximum of 2 of any jump) Only single and half-revolution jumps are allowed No Lutz, Axel or double jumps are allowed 	<p>Max. 2</p> <ul style="list-style-type: none"> Min. 3 revolutions No flying spins are permitted 	<p>Max. 1</p> <ul style="list-style-type: none"> Connecting steps throughout the program are required



NUTMEG STATE GAMES
OUT OF STATE COMPETITOR'S WAIVER



Figure skating competitors whose primary residence **is not** in Connecticut may compete in the Nutmeg State Games Figure Skating competition, provided that they are a member in good standing of a Connecticut based skating club or live in state that does not offer a state games program.

As figure skaters compete for the opportunity to advance to the State Games of America, they may compete in **only one** State Games figure skating competition. Therefore, any out-of-state figure skater competing in Connecticut's Nutmeg State Games understands and waives their right to compete in the State Games Figure Skating competition in their primary state of residence or any other State Games Figure Skating competition during the 2015 competitive season.

I am a member in good standing of a Connecticut based skating club and am therefore eligible to skate in the Nutmeg State Games Figure Skating Competition. Furthermore, I understand and agree that by doing so, I waive my right to compete during the 2015 competitive season in any other State Games Figure Skating competition.

Competitor's Name

USFSA Number

Skating Club

Parent's Signature

Date

This waiver must be signed and returned before competition. Out-of-state competitors will not be permitted to compete without signed waiver on file.

Please remit to:
CT Sports Management Group, Inc.
Nutmeg State Games
975 Middle Street, Unit G
Middletown, CT 06457