



**A BASIC SKATING COMPETITION
LEDDY PARK ARENA | BURLINGTON, VT**



**BURLINGTON
PARKS
RECREATION
WATERFRONT**

*PRESENTED BY BURLINGTON PARKS, RECREATION & WATERFRONT
WITH SUPPORT FROM CHAMPLAIN VALLEY SKATING CLUB
APPROVED BY US FIGURE SKATING*

Sanction #: 34156

The 2024 Challenge Cup Entry Form
Saturday, March 9th 2024 | 10:45am (Registration DEADLINE: February 9)
Leddy Park Arena – Burlington, VT

Name _____	DOB _____
Parent Name _____	Phone _____
Mailing Address _____	
City, State, Zip _____	Email _____
USFSA # _____	Test Level (passed) _____
Coach _____	Coach Email _____
Club (or Arena/Program) _____	

BASIC ELEMENTS EVENT

Fee: \$25.00

- | | |
|---------------------------------------|----------------------------------|
| <input type="checkbox"/> Snowplow Sam | <input type="checkbox"/> Basic 4 |
| <input type="checkbox"/> Basic 1 | <input type="checkbox"/> Basic 5 |
| <input type="checkbox"/> Basic 2 | <input type="checkbox"/> Basic 6 |
| <input type="checkbox"/> Basic 3 | |

ADAPTIVE SKATING EVENT

Fee: \$25.00

- Adaptive Skating Level _____

COMPULSORY PROGRAM EVENT (1/2 Ice Program with no Music)

Fee: \$25.00

- | | | | |
|--|-----------------------------------|----------------------------------|--|
| <input type="checkbox"/> Pre Freeskate | <input type="checkbox"/> Aspire 1 | <input type="checkbox"/> Adult 1 | <input type="checkbox"/> Adult Beginner |
| <input type="checkbox"/> Freeskate 1 | <input type="checkbox"/> Aspire 2 | <input type="checkbox"/> Adult 2 | <input type="checkbox"/> Adult High Beginner |
| <input type="checkbox"/> Freeskate 2 | <input type="checkbox"/> Aspire 3 | <input type="checkbox"/> Adult 3 | <input type="checkbox"/> Adult Pre-Bronze |
| <input type="checkbox"/> No Test | <input type="checkbox"/> Aspire 4 | <input type="checkbox"/> Adult 4 | <input type="checkbox"/> Adult Bronze |
| <input type="checkbox"/> Pre-Preliminary | | <input type="checkbox"/> Adult 5 | |
| <input type="checkbox"/> Preliminary | | <input type="checkbox"/> Adult 6 | |

FREESKATE W/MUSIC EVENT

Fee: \$30.00

- | | |
|---|--|
| <input type="checkbox"/> Aspire 1 | <input type="checkbox"/> Well-Balanced No Test |
| <input type="checkbox"/> Aspire 2 | <input type="checkbox"/> Well-Balanced Pre-Preliminary |
| <input type="checkbox"/> Aspire 3 | <input type="checkbox"/> Well-Balanced Pre-Preliminary |
| <input type="checkbox"/> Aspire 4 | <input type="checkbox"/> Adult Beginner |
| <input type="checkbox"/> Excel Pre-Preliminary | <input type="checkbox"/> Adult High Beginner |
| <input type="checkbox"/> Excel Preliminary | <input type="checkbox"/> Adult Pre-Bronze |
| <input type="checkbox"/> Excel Preliminary Plus | <input type="checkbox"/> Adult Bronze |

DEADLINE: Completed entry form and fee postmarked no later than Friday, February 9th, 2024

MAIL TO: 2024 CHALLENGE CUP, 216 LEDDY PARK ROAD, BURLINGTON, VERMONT 05408

Apply online at www.enjoyburlington.com.

TOTAL ENCLOSED: \$_____ (payable to Leddy Park Arena)

2024 Challenge Cup Competition
Presented by
Burlington Parks, Recreation & Waterfront
& Champlain Valley Skating Club

March 9th, 2024
Leddy Park Arena, 216 Leddy Park Road, Burlington, VT 05408

ELIGIBILITY

The 2024 Challenge Cup Competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the [current rulebook](#), as well as any pertinent updates that have been posted on the U.S. Figure Skating [website](#). The competition is open to ALL skaters who are eligible members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. To be eligible skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must register with the host Basic Skills program/club or any other Basic Skills program/club.

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills skaters through Basic 6 must skate at highest level passed or one level higher, and no official U.S. Figure Skating tests may have been passed, including moves in the field or individual dances.

For all other levels eligibility will be based on highest free skate test level passed. The moves-in-the-field test will not determine a skater's competitive level. Skaters may skate at the highest level passed OR one level higher but not both levels in the same event during the same competition. All adult age classes may be combined depending on the number of entries and at the discretion of the chief referee. Men & ladies will be combined in Adult 1 through Adult Bronze free skate events. The chief referee reserves the right to request proof of age.

The competition will follow the element and time requirements in effect as of January 1, 2024. These can be found in the current USFS Rulebook [HERE](#).

ENTRIES AND FEES

All entries must be received no later than Friday, February 9th, 2024 and will be processed on a first-come first served basis. Late entries will be accepted only if the limit has not been reached, at the discretion of the organizers. Entry fees are per person, U.S. dollars. NO refunds after closing date unless event is canceled by Burlington Parks and Recreation. ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fee, check made payable to Leddy Park Arena.

AWARDS

All events will be final rounds. Medals will be awarded to first, second, and third places. All awards will be made at appropriate times throughout the competition. All skaters will receive a medal.

ARENA

The Arena's ice surface is 85' x 200'.

SCHEDULE OF EVENTS

Information regarding groups and skating times will be emailed. **Please provide a clear email on your application.**

MUSIC

Music for all free skating programs must be provided on cd by the skater. CD should be clearly marked with the name of the skater, event entered and length of music (not skating time). Competition music is to be turned in at the time of registration. Time duration is always \pm 10 seconds.

JUDGES

Judges for the 2024 Challenge Cup will be USFS judges, USFS coaches and accomplished USFS skaters.

Snowplow Sam - Basic 6 Elements

THERE ARE TWO FORMAT OPTIONS FOR THE ELEMENTS EVENT:

- Each skater will perform each element when directed by a judge/referee OR
- Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)
 Judge/referee directed example: 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 (determined by the LOC)
 - No music
 - Divide Snowplow Sam skaters by level (1-4), if registrations warrant
 - All elements must be skated in the order listed.**
 - Skaters with physical disabilities may register for standard track or Skate United Track for events

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

Adaptive Skating

Competition hosts can use the skills listed below to create either an elements program event or program event for skaters choosing to compete under the Adaptive Skating umbrella. Skaters with intellectual and/or physical disabilities may register to compete in Adaptive events.

If doing a program, music can be used and will be 1:10 max.

ADAPTIVE 2

- Stand on ice
- Review falling and standing up
- March forward 4-5 steps
- Dip/moderate knee bend in place
- Forward two-foot glide from 3 marches

ADAPTIVE 3

- Forward two-foot glide from 5 marches
- Forward swizzles, 3 in a row
- Backward wiggle or walk, 3 in a row
- Beginning snowplow stop on one or two feet

ADAPTIVE 4

- Scooter pushes, 3-4 each foot (R and L)
- Forward one-foot glides (R and L)
- Backward wiggles into backward two-foot glide, 3 counts
- Rocking horse, repeat twice

ADAPTIVE 5

- Backward swizzles, 3 in a row
- Two-foot turn, forward to backward in place, clockwise and counterclockwise
- Curves
- Moving snowplow stop on one or two feet

ADAPTIVE 6

- Backward skating into backward two-foot glide, 5 counts
- Beginning forward stroking
- Forward half-swizzle pumps on a circle, 3-4 consecutive, clockwise and counterclockwise
- Moving two-foot turn, forward to backward on a circle, clockwise and counterclockwise

ADAPTIVE 7

- Forward slalom
- Beginning backward one-foot glide, 2 counts each (R and L)
- Backward half-swizzle pumps on a circle, 3-4 consecutive, clockwise and counterclockwise
- Forward pivot, clockwise or counterclockwise
- Backward snowplow stop (R or L)

ADAPTIVE 8

- Forward outside edge on a circle, 3 counts each (R and L)
- Forward inside edge on a circle, 3 counts each (R and L)
- Forward crossovers, clockwise and counterclockwise
- Backward one-foot glide, 4-5 counts each (R and L)
- Beginning two-foot spin, up to 2 revolutions

ADAPTIVE 9

- Backward outside edge on a circle, 3 counts each (R and L)
- Backward inside edge on a circle, 3 counts each (R and L)
- Introductory forward outside three-turn (R and L)
- Backward crossovers, clockwise and counterclockwise

ADAPTIVE 10

- Forward outside three-turn (R and L)
- Backward alternating half-swizzle pumps
- Side toe hop/side stepping (R and L)
- Two-foot spin, 2-3 revolutions
- Hockey stop, both directions

ADAPTIVE 11

- Introductory forward inside three-turn (R and L)
- Moving two-foot turn, backward to forward, on a circle, clockwise and counterclockwise
- Forward power stroking
- Two-foot to one-foot spin

ADAPTIVE 12

- Forward inside three-turn (R and L)
- Bunny hop, lunge or shoot the duck – skater's choice (R or L)
- Forward spiral or forward extension on a straight line (R or L)
- One-foot spin, 2 or more revolutions
- T-stop (R or L)

Pre-Free Skate - Free Skate 1-6 Compulsory

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

- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- **Bonus skills from the same level or below are allowed but will not be judged elements**
- A 0.2 deduction will be taken for each element performed from a higher level.
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
PRE-FREE SKATE	1:15 max	<ul style="list-style-type: none"> • Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise • One-foot upright spin, optional entry and free foot position, minimum 3 revolutions • Mazurka - right or left • Waltz jump
FREE SKATE 1	1:15 max	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • Backward outside three-turn, right and left • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions • Toe loop • Half flip jump
FREE SKATE 2	1:15 max	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Backward inside three-turn, right and left • Beginning back spin, optional entry and free-foot position, maximum 3 revolutions • Half Lutz • Salchow jump
FREE SKATE 3	1:15 max	<ul style="list-style-type: none"> • Alternating mohawk/crossover sequence, right to left and left to right • Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise • Advanced back spin with free foot in crossed leg position, minimum 3 revolutions • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination
FREE SKATE 4	1:15 max	<ul style="list-style-type: none"> • Forward power 3s, 2-3 consecutive sets, right or left • Sit spin, minimum 3 revolutions • Half loop jump • Flip jump
FREE SKATE 5	1:15 max	<ul style="list-style-type: none"> • Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions • Camel spin, minimum 3 revolutions • Waltz jump-loop jump combination • Lutz jump
FREE SKATE 6	1:15 max	<ul style="list-style-type: none"> • Forward power pulls, minimum 3 on each foot • Camel, sit spin combination, minimum of 4 revolutions total • Waltz jump-Euler (half loop)-Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving

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 half-ice
- No music
- The skater must demonstrate the required elements listed
- A deduction will be taken for each element performed from a higher level
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
Aspire 1	1:15 max	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • One-foot upright spin • Choreographic step sequence
Aspire 2	1:15 max	<ul style="list-style-type: none"> • Single Salchow • Single Toe Loop • Sit spin • Choreographic step sequence
Aspire 3	1:15 max	<ul style="list-style-type: none"> • Single Loop • Salchow/Toe loop jump combination • Forward upright spin to back upright spin • Choreographic step sequence
Aspire 4	1:15 max	<ul style="list-style-type: none"> • Single Flip • Waltz Jump-Euler-Salchow jump combination • Camel-Sit spin combination • Choreographic step sequence

Adult 1-6, Beginner-Bronze Compulsory

- The skating order of the elements is optional; elements may only be attempted once
- To be skated on half ice in simple program format with limited connecting steps
- A 0.2 deduction will be taken for each element missing, repeated or from a higher level

ADULT 1 — 1:30 MAX

ELEMENTS

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop on one or two feet

ADULT 2 — 1:30 MAX

ELEMENTS

- Forward skating across the width of the ice
- Forward one-foot glides
- Forward slalom
- Backward skating
- Backward swizzles, 4-6 in a row

ADULT 3 — 1:30 MAX

ELEMENTS

- Forward stroking using the blade properly
- Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise
- Forward chasses on a circle, clockwise and counterclockwise
- Backward skating to a long two-foot glide
- Backward snowplow stop, right and left

ADULT 4 — 1:30 MAX

ELEMENTS

- Forward outside edge on a circle, right and left
- Forward inside edge on a circle, right and left
- Forward crossovers, clockwise and counterclockwise
- Hockey stop, both directions
- Backward one-foot glides, right and left

ADULT 5 — 1:30 MAX

ELEMENTS

- Backward outside edge and backward inside edge on a circle, right and left
- Backward crossovers, clockwise and counterclockwise
- Forward outside three-turn, right and left
- Beginning two-foot spin (min 2 revs)

ADULT 6 — 1:30 MAX

ELEMENTS

- Forward stroking with crossover end patterns
- Backward stroking with crossover end patterns
- Forward inside three-turn, right and left
- T-stop
- Lunge
- Two-foot spin into one-foot spin (min 2 revs on 1 foot)

ADULT BEGINNER — 1:30 MAX

ELEMENTS

- Mazurka
- Waltz jump
- Forward beginning one-foot spin from backward crossovers (min 2 revs)
- Forward moving inside open mohawk (right and left) – heel to instep
- Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)

ADULT HIGH BEGINNER — 1:30 MAX

ELEMENTS

- Waltz jump
- ½ flip
- Forward upright spin – minimum 2 revolutions
- Forward outside three-turn, right and left
- Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)

ADULT PRE-BRONZE — 1:30 MAX

ELEMENTS

- Single toe loop
- Jump combination or sequence consisting of half revolution jumps (½ flip, ½ Lutz, ½ loop, waltz), toe loop, or Salchow – maximum of 2 jumps in combination or 3 jumps in a sequence
- Forward upright spin – minimum 3 revolutions
- Two forward crossovers into a forward inside mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise
- Forward spiral (any edge)

ADULT BRONZE — 1:30 MAX

ELEMENTS

- Single Salchow
- Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no Lutz or Axel) – maximum 2 jumps in combination or 3 jumps in a sequence
- Solo spin in one position with no change of foot (min. 3 revolutions)
- Forward inside three-turn, right and left
- Spiral sequence (Minimum 2 spirals)

2024 ASPIRE PROGRAM REQUIREMENTS

	JUMPS	SPINS	STEP SEQUENCE
Aspire 1 Free Skate 1:40 Max	Maximum 5 jump elements: <i>Permitted jumps:</i> <ul style="list-style-type: none"> Waltz jump ½ flip ½ lutz Max 1 jump sequence <i>Permitted sequence:</i> <ul style="list-style-type: none"> Waltz jump/waltz jump with no turns or hops in between 	Maximum 2 spins: <i>Permitted spins:</i> <ul style="list-style-type: none"> Two-foot spin Forward one foot spin (free foot optional) 	Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i> <ul style="list-style-type: none"> One ½ of the ice
Aspire 2 Free Skate 1:40 Max	Maximum 5 jump elements: <i>Permitted jumps:</i> <ul style="list-style-type: none"> Any jump from Aspire 1 Single Salchow Single Toe loop Max 2 jump combinations, or 1 jump combination and 1 jump sequence <i>Permitted combinations:</i> <ul style="list-style-type: none"> Waltz jump/toe loop Salchow/toe loop <i>Permitted jump sequence:</i> <ul style="list-style-type: none"> Waltz jump/waltz jump with no turns or hops in between 	Maximum 2 spins: <i>Permitted spins:</i> <ul style="list-style-type: none"> Any spin from Aspire 1 Back upright spin Sit Spin 	Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i> <ul style="list-style-type: none"> One ½ of the ice
Aspire 3 Free Skate 1:40 Max	Maximum 5 jump elements: <i>Permitted jumps:</i> <ul style="list-style-type: none"> Any jump from Aspire 1 and 2 Euler (half-loop) Single loop Max 2 jump combinations, or 1 jump combination and 1 jump sequence	Maximum 2 spins: <i>Required spin:</i> <ul style="list-style-type: none"> Forward upright spin to back upright spin <i>Permitted spins:</i> <ul style="list-style-type: none"> Any spin from Aspire 1 and 2 Camel Spin 	Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i> <ul style="list-style-type: none"> One ½ of the ice
Aspire 4 Free Skate 1:40 Max	Maximum 5 jump elements: <i>Permitted jumps:</i> <ul style="list-style-type: none"> Any jump from Aspire 1, 2 and 3 Single Flip Single Lutz Max 2 jump combinations, or 1 jump combination and 1 jump sequence	Maximum 2 spins: <i>Required spin:</i> <ul style="list-style-type: none"> Forward camel to sit spin combination <i>Permitted spins:</i> <ul style="list-style-type: none"> Any Spin from Aspire 1, 2 and 3 	Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i> <ul style="list-style-type: none"> One ½ of the ice

Clarifications:

Jumps:

All Levels

- Maximum 2 of any same jump

Aspire 1 and 2

- Euler is not permitted _____

Jump Sequence:

Aspire 3 and 4

- A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump

Jump Combinations:

Aspire 3 and 4

- Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps

Spins:

All Levels

- Minimum 3 revolutions
- No flying entry
- A Spin may not be repeated
- Basic positions only

Aspire 3 and 4

- One spin must be the required spin
- Second spin must be a spin in one position

Step Sequence:

All Levels

- Jumps may be included in the step sequence
- Moves in the field and spiral sequences are allowed but will not be counted as elements

2024 Excel Program Requirements

<p>Excel Beginner & Excel High Beginner</p>	<p>To reduce redundancy and to create a clearer pipeline, Excel Beginner and Excel High Beginner have been folded into the Aspire Program pipeline.</p> <p>Excel Beginner most closely matches Aspire 2. Excel High Beginner most closely matches Aspire 3.</p> <p>Please see the Aspire charts for specific program requirements and more information</p>		
<p>Excel Pre-Preliminary 1:40 Max</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, except for the Axel <ul style="list-style-type: none"> No single Axels, double, or higher jumps allowed Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be in a single position with no change of foot* <ul style="list-style-type: none"> No flying entry Minimum 3 revolutions One spin may be either a single position spin with no change of foot or a combination spin with or without a change of foot <ul style="list-style-type: none"> No flying entry Spins must be of a different character 	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> One Choreographic Sequence (pChSq) <ul style="list-style-type: none"> Must be clearly visible
<p>Excel Preliminary 2:00 +/- 10 sec</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, except for the Axel <ul style="list-style-type: none"> No single Axels, double, or higher jumps allowed Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be a camel or layback spin with no change of foot and no change of position* <ul style="list-style-type: none"> No flying entry Minimum 3 revolutions 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 6 revolutions No flying entry <p>Max Level: 1</p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> One Choreographic Sequence (pChSq) <ul style="list-style-type: none"> Must be clearly visible

*Denotes required element

Last updated 09/29/23 - MW



Effective: January 1, 2024 – December 31, 2024

Well-Balanced Free Skate Program

GENERAL EVENT PARAMETERS:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up one level higher.
- Skaters with physical disabilities may register for standard track or Skate United Track for events
- Step sequence clarification: Implementation date December 1, 2023: pChSq (confirmed or no value)

NO TEST — 1:40 MAX		
JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> • Only single jumps allowed except single Axel <ul style="list-style-type: none"> ◦ No single Axels ◦ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ◦ Jump sequence is any listed jump immediately followed by a waltz jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs. 	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> ◦ Must use one-half the ice surface ◦ Moves in the field and spiral sequences are allowed but will not be counted as elements ◦ Jumps may be included in the step sequence If IJS is used, then pChSq

PRE-PRELIMINARY — 1:40 MAX		
JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps, including single Axel, allowed <ul style="list-style-type: none"> ◦ No double, triple or quadruple jumps allowed ◦ Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels) ◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs. 	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> ◦ Must use one-half the ice surface ◦ Moves in the field and spiral sequences are allowed but will not be counted as elements ◦ Jumps may be included in the step sequence If IJS is used, then pChSq

PRELIMINARY — 2:00 +/- 10 SECONDS		
JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including 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"> ◦ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed ◦ An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination ◦ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ◦ 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 ◦ Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs. 	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> ◦ Choreographic step sequence full ice ◦ Moves in the field and spiral sequences are allowed but will not be counted as elements ◦ Jumps may be included in the step sequence If IJS is used, then pChSq

Adult Beginner - Bronze Free Skate Program with Music

GENERAL EVENT PARAMETERS:

- Skaters will skate to the music of their choice; vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description; revolutions must be in position.

ADULT BEGINNER — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet and waltz jump • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same jump 	Max 2 Spins <ul style="list-style-type: none"> • Two forward 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 any U.S. Figure Skating Free Skate tests

ADULT HIGH BEGINNER — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow • Max 1 combination or sequence consisting of only the allowed listed jumps • Max. 2 of any same type jump. 	Max 2 Spins: <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 any U.S. Figure Skating Free Skate tests

ADULT PRE-BRONZE — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ◦ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps ◦ Jump sequence is any listed jump immediately followed by a waltz jump • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are permitted (<u>half flip and half lutz are permitted</u>) • No single Lutz, single Axel, double or triple jumps are permitted 	Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E) • Min 3 revs • Spins with a flying entry are not permitted • A two-foot spin is permitted as one of the spins at this level and is of a different character than a one-foot spin 	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate

ADULT BRONZE — 1:50 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> • Max 2 combinations or sequences <ul style="list-style-type: none"> ◦ 1 combination may contain 3 jumps, and the other may contain only 2 jumps ◦ Jump sequence is any listed jump immediately followed by a waltz jump • Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) • All single jumps are permitted (except single Axel) • No single Axel, double or triple jumps are permitted 	Max 2 Spins: <ul style="list-style-type: none"> • Max Level 1 • Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) • Min 3 revs total if no change of foot • Min 3 revs each foot if change of foot • Min 2 revs in each position • No flying spins are permitted 	Max 1 Sequence: <ul style="list-style-type: none"> • 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals) • 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. 	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate