



U.S. Figure Skating Non-Qualifying Competitions
17th Annual South Florida Challenge
March 13-15, 2020

17th Annual South Florida Challenge March 13-15, 2020 Sanctioned by: USFS



★ FIGURE SKATING CLUB ★



Panthers IceDen
3299 Sportsplex Drive
Coral Springs, Florida 33065
(954) 341-9956
www.panthersiceden.com



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COMPETITION INFORMATION

Rules/Conduct/Eligibility (USFS events)

The South Florida Challenge is open to all qualified eligible skaters who are members in good standing of the USFS and their Home Club. Each skater may compete in as many events as qualified by their test level as of **March 1** or one level higher, *but not both*. For all age requirements, the age required is the age of the individual as of March 1st. Unless otherwise noted, age requirements are in accordance to the USFS rulebook. All efforts will be made to split competitors by age. The competition will be conducted in accordance with the rules set forth in the current edition of the USFS Rulebook.

Eligibility Rules For Participants (Learn to Skate /Compete USA)

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate /Compete USA program and those who 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 be registered with Learn to Skate/ Compete USA or a member club. There will be no more than six competitors maximum in an event and all six should receive an award.

Eligibility and Test Requirements:

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills 1-6 skaters 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 the Pre-free skate, Free skate 1-6, Excel Series and Well Balanced and Adult levels, eligibility will be based only upon highest free skate test level passed (Moves in the Field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee discovers that a skater has been placed in a category that is below his/her class level, the chairman and referee will have the option to move the skater into the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors. Please be sure to check for the director/instructor's signature confirming the level of the skater.

Entries

Entries must be submitted on-line through Entryeeze by **March 1, 2020**. Visit www.panthersfsc.com for registration link and additional competition information. Entry Fees must be paid online via Entryeeze.

Entry fees:

The IJS Event entry fee is \$125.00 for the first event, and \$60.00 for each additional IJS event. (These include the IJS Excel Series events)

The Non IJS event entry fee is \$ 75.00 for the first Non IJS event and \$45.00 for each additional Non IJS event. (These include the Excel Series non IJS events.)

THE LEARN TO SKATE/ COMPETE USA Events entry fees are \$ 60.00 for the first event entered, and \$ 30.00 for each additional LEARN TO SKATE/ COMPETE USA event.



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All entries submitted **after March 1st**, will be considered late entries. Late entries will be accepted at the discretion of the Competition Committee and will be charged a one-time late fee of **\$50.00 per application**.

EXCEL SERIES REGISTRATION: Skaters interested in participating in the 2020 Excel Competition Series Will need to complete the **online Excel Competition Series registration form and pay a \$ 45.00 fee to U.S. Figure Skating by March 1, 2020. THIS IS A SEPARATE REGISTRATION.**

All events and practices will be held at **Panthers IceDen, 3299 Sportsplex Dr., Coral Springs, Fl. 33065, (954) 341-9956**. **Panthers IceDen** is a state-of-the-art, Ice Skating and Entertainment Facility, featuring three official NHL (200 x 85) regulation size rinks. **Panthers IceDen** is the proud home of the NHL Florida Panthers.

Music

Only CD's will be accepted. The medium must be clearly labeled with the skater's name and event on the side that is to be played. All CDs must be prepared by the skater and contain only the skater's program. Commercial CDs with multiple programs will not be accepted. Every reasonable care will be taken, but the Panthers FSC will not be responsible for damaged, lost or broken CD's. Each competitor is responsible for delivery of their music to the Registration Desk at the time of registration and for pickup from the Registration Desk at the conclusion of each event. Once the music is registered, it will not be returned until after the event has been skated. **An extra copy of the competitor's music should be readily available rink side at all times.**

Awards

Medals will be awarded for first through fourth placements in each scheduled South Florida Challenge event category. Ribbons will be awarded for 4th thru 6th placements in Learn to Skate/ Compete USA events.

Judging System

The IJS system will be used for all Excel "Plus" levels as well as Pre-Juvenile through Senior levels.

The IJS system will be used for the Well-balanced program levels and Short Program events.

The 6.0 judging system will be used for the Excel Beginner, High Beginner, Pre- Preliminary and Preliminary levels.

The 6.0 judging system will be used for all the Learn to Skate/Compete USA events, The Compulsory Moves, Spins Challenge, Jump Challenge and Showcase Events.

Registration

A Registration Desk will be at **Panthers IceDen** during the scheduled practice times and events. Skaters are required to check the official bulletin board located at the rink for official practice times and the scheduled events. Posting of such notices or changes shall be considered sufficient notice to competitors. Skaters and coaches should arrive at least 1 hour before their scheduled competition time. All schedules will also be posted on the Entryeeze System.

Practice Ice

Practice ice registration will be announced on the Panthers Figure Skating Club website www.panthersfsc.com after the close of entries and will be available for purchase only through the Entryeeze system. **Each skater will be eligible to purchase two (2) practice ice sessions per event entered.** Additional practice ice may become available after the initial practice ice registration.



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Video

Individual videotaping will be permitted in designated areas ONLY. Professional video taping of each event will be available. Except for the official video producer, **only battery-operated cameras will be permitted with NO tripods. NO FLASH PHOTOGRAPHY, PLEASE!**

IMPORTANT NOTICE FOR ALL COACHES:

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the following requirements:
Coaching U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Background check successfully passed (green light status)
- Completed SafeSport Training*
- Continuing Education Requirements (CERs) for the current season
- Proof of current general liability insurance with limits of \$1 million per occurrence/\$5

million aggregate.

Coaching Compete USA athletes:

- Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership
- Completed SafeSport Training* (for coaches/instructors 18 years old and over)
- Background check successfully passed (for coaches/instructors 18 years old and over)
- Learn to Skate USA Instructor Certification completed OR U.S. Figure Skating compliant coach (for coaches under 18 years old)

*SafeSport training is available through www.usfsaonline.org for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training.

The LOC will have a list of compliant coaches who are approved to receive a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential. There can be no exceptions to this policy.

If a foreign coach has only foreign athletes at your competition, a background check and SafeSport Training is not required. Instead, the coach must submit a letter from their Federation stating they are a member in good standing.

Hotels

Marriott Resort, (Official Hotel) 1175 Heron Bay Blvd. Coral Springs, Fl. (954)753-5598

Courtyard by Marriott, 620 N. University Dr. Coral Springs, Fl. (954)227-1300

LaQuinta Inn 3701 University Dr. Coral Springs, Fl. (954)753-9000

Hampton Inn, 5740 State Rd. 7, Coconut Creek, Fl. 33073 (888)347-2319

Inquiries

If you have questions, please contact our Competition Chair, Lilly Rothbart at

RothbartL@Floridapanthers.com or Elizabeth Stark, Chief Referee at tstark7635@aol.com

Compulsory Moves

1. Age and test requirements are the same as listed under Free Skating. Skaters may skate one level higher than their current free skate test level.
2. Moves must be performed in a program without music and in any order with necessary connecting steps.
3. Spins must be held for at least 3 revolutions in each position except as noted.
4. Jump combinations may not have a change of foot or turn between jumps.
5. AN Axel is considered a single jump.
6. Mandatory deductions will be taken for unlisted or additional elements or unsuccessfully executed moves.
7. ONLY ONE ATTEMPT IS PERMITTED.
8. Unless indicated, connecting steps may be used but will not be judged.

Level	Required Compulsory Moves	Time Ice
Beginner and Excel Beginner	1. Toe loop jump 2. Salchow jump 3. One-foot upright spin, minimum 3 revolutions 4. Choreographic step sequence	1:15 Max HALF ICE
High Beginner and Excel High Beginner	1. Loop jump 2. Salchow/toe loop combination 3. Sit spin – minimum 3 revolutions 4. Choreographic Step sequence	1:15 Max HALF ICE
No Test	1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or axel) 3. Upright spin with change of foot – minimum 3 revolutions one each foot 4. Choreographic step sequence	1:15 Max HALF ICE
Pre-Preliminary and Excel Pre-Preliminary	1. Flip jump 2. Loop/loop combination 3. Upright spin with change of foot- minimum 3 revolutions on each foot 4. Choreographic step sequence	1:15 Max HALF ICE
Preliminary and Excel Preliminary	1. Lutz jump 2. Flip/loop jump combination 3. Camel, sit combination spin – minimum 6 revolutions total 4. Choreographic step sequence	1:15 Max HALF ICE
Pre-Juvenile	1. Axel or double salchow 2. Jump combination: Single /single (may include Axel) 3. Layback spin or Camel spin – minimum three revolutions 4. Step sequence – must include rotating in both directions	1:15 Max HALF ICE
Adult Beginner	1. Mazurka 2. Waltz jump 3. Forward beginning one-foot spin from backward crossovers (min 2 revs) 4. Forward moving inside open mohawk (right and left) – heel to instep 5. Alternating right and left forward inside and outside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)	1:30 Max HALF ICE
Adult High Beginner	1. Waltz jump 2. ½ flip 3. Forward upright spin (minimum 2 revolutions) 4. Backward outside 3 turn right and left 5. Alternating right and left backward outside and inside edges across the width of the ice (one inside edge on each foot and one outside edge on each foot)	1:30 max HALF ICE
Adult Pre-Bronze	1. Single toe loop 2. Jump combination or sequence consisting of half revolution jumps (1/2 flip, ½ lutz, ½ loop, waltz), toe loop or salchow- maximum of 2 jumps In combination and 3 jumps in a sequence 3. Forward upright spin (minimum 3 revolutions) 4. Two forward crossovers into a forward mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge either direction. 5. Forward spiral (any edge)	1:30 Max HALF ICE



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Adult Bronze	<ol style="list-style-type: none"> 1. Single Salchow 2. Jump combination or sequence consisting of ½ revolution jumps and/or full revolution jumps (no lutz or Axel)- maximum 2 jumps in combination and 3 jumps in a sequence. 3. Solo spin with no change of foot (minimum 3 revolutions) 4. Backward inside 3 turn right and left 5. Spiral sequence (min 2 spirals) 	HALF ICE 1:30 max
Adult Silver	<ol style="list-style-type: none"> 1. Single Loop 2. Single/single jump combination 3. Solo spin with no change of foot (minimum 3 revolutions) 4. Straight-line <u>step</u> sequence 	1:30 Max HALF ICE
Adult Gold	<ol style="list-style-type: none"> 1. Single Lutz or Axel 2. Jump combination (single/single, single/double, double single) that may include any single jump, double salchow, or double toe loop 3. Solo spin with no change of foot (minimum 4 revolutions) 4. Straight line step sequence 	1:30 Max HALF ICE

Jump Challenge

1. Qualifications for Jump Events are the same as in the free Skate Section.
2. Jumps may be performed in any order and skated without music.
3. Combination jumps must be performed with no turn or change of foot between jumps.
4. Each jump may be attempted twice. The best attempt will be counted.

Level	Required Elements	Time Ice
Beginner	<ol style="list-style-type: none"> 1. Waltz Jump from backward crossovers 2. ½ Flip or ½ Lutz 3. Single Salchow 	1:15 Max HALF ICE
High Beginner	<ol style="list-style-type: none"> 1. Waltz jump from backward crossovers 2. Single Salchow 3. Jump combination: waltz – toe-loop 	1:15 Max HALF ICE
No Test	<ol style="list-style-type: none"> 1. Single toe jump 2. Single loop 3. Jump combination: Any two 1/2 or single revolution jumps (no Axel) 	1:15 Max HALF ICE
Pre-Preliminary	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination- any two ½ or single revolution jumps (no Axel) 	1:15 Max HALF ICE
Preliminary	<ol style="list-style-type: none"> 1. Single Flip 2. Single Lutz 3. Jump Combination –any single jump + single loop (may include Axel) 	1:15 Max HALF ICE
Pre-Juvenile	<ol style="list-style-type: none"> 1. Single Axel or Double Salchow 2. Single or double jump 3. Jump combination-single/single (may include Axel) 	1:15 Max HALF ICE
Adult Beginner	<ol style="list-style-type: none"> 1. Waltz jump 2. Mazurka or Ballet jump 	1:00 Max HALF ICE
Adult Pre-Bronze	<ol style="list-style-type: none"> 1. Toe loop jump 2. ½ flip, ½ lutz, or ½ loop 	1:00 Max HALF ICE
Adult Bronze	<ol style="list-style-type: none"> 1. Single Salchow 2. Single Toe loop 3. Any Single jump + single toe loop combination (NO Axels allowed) 	1:00 Max HALF ICE
Adult Silver	<ol style="list-style-type: none"> 1. Single Flip 2. Single Loop 3. Single/single combination (Axel is permitted) 	1:15 Max HALF ICE
Adult Gold	<ol style="list-style-type: none"> 1. Single Axel or Waltz jump 2. Single Lutz 3. Jump combination that may include any single jump, double toe-loop or double salchow. May include only one double jump. 	1:15 Max HALF ICE

Spin Challenge

1. Qualifications for Spin Events are the same as listed in the free skate section. Skaters will qualify according to
2. their free skating level or one level higher.
3. Spins must be skated in any order. Spins may not be repeated. (No music allowed).
4. Minimum number of revolutions are noted in parentheses.
5. **All spin events are on HALF ICE.**

LEVEL	REQUIRED SPINS	TIME
Beginner	1. Upright one-foot spin (3 revs) 2. Upright back spin (3 revs) 3. Sit spin (3 revs)	1:30 Max
High Beginner	1. Upright one-foot spin (4 revs) 2. Upright spin with change of foot (3 revs on each foot) 3. Sit spin (3 revs)	1:30 Max
No Test	1. Upright spin with change of foot (3 revs on each foot) 2. Sit spin (3 revs) 3. Camel spin (3 revs)	1:30 Max
Pre-Preliminary	1. Spin with one change of position and no change of foot (6 revs) 2. Backward sit spin (3 revs) 3. Camel spin (4 revs)	1:30 Max
Preliminary	1. Spin with one change of foot and one change of position (min 3 revs on each foot) 2. Combination sit spin with change of foot (min 3 revs each foot) 3. One position spin- skater's choice (upright, sit or camel), (4 revs)	1:30 Max
Pre-Juvenile	1. Backward entry Camel Spin (4 revs) 2. Combination spin- All 3 basic positions are required (camel, sit, upright) (2 revs in each position) 3. Forward to backward scratch spin (min 4 revs per foot)	1:30 Max
Adult Beginner	1. Pivot 2. Upright two-foot spin (2 revs) No flying entry.	1:30 Max
Adult Pre-Bronze	1. Upright one-foot spin (3 revs) 2. Upright two-foot spin (3 revs) No flying entry.	1:30 Max
Adult Bronze	1. Upright one-foot spin (3 revs) 2. Solo spin with no change of foot (3 revs). Must be different from the upright spin. No flying entry.	1:30 Max
Adult Silver	1. Solo spin with no change of foot (3 revs) 2. Second solo spin, different from the first, change of foot optional (3 revs per foot) 3. Combination spin with at least one change of position, and no change of foot) (2 revs in each position)	1:30 Max
Adult Gold	1. Solo spin, no change of foot (4 revs) 2. Second solo spin, different from the first, change of foot optional (4 revs) 3. Combination spin with one change of foot and at least one change of position (2 revs in each position and (4 revs per foot)	1:30 Max



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Well Balanced Free Skating Programs (Singles)			
Category	Qualifications	USFS rule #	Time
No Test	No USFS Free skate test passed.	6491	1:40 Max
Pre-Preliminary	Pre-Preliminary FS	6481	1:40 Max
Preliminary	Preliminary FS	6471	1:30 +/- 10 sec
Pre-Juvenile	Pre-Juvenile FS	6461	2:00 +/- 10 sec
Juvenile/ Open Juvenile	Juvenile FS	6452	2:30 +/- 10 sec
Intermediate	Intermediate FS	6442	3:00 +/- 10 sec
Adult Pre-Bronze	Adult Pre-Bronze FS (rule book # 6560)	6561	1:40 Max
Adult Bronze	Adult Bronze FS (rule book # 6550)	6551	1:50 Max
Adult Silver	Adult Silver FS (rule book # 6540)	6541	2:10 Max
Adult Gold	Adult Gold FS 4570 (rule book # 6530)	6531	2:40 Max

All **Well Balanced Programs** will be judged using the **IJS System**.

SHORT PROGRAMS

Juvenile Ladies Short Program	USFS Rule # 6451	2:10 max
Juvenile Men Short Program	USFS Rule # 6451	2:10 max
Open Juvenile Ladies Short Program	USFS Rule # 6451	2:10 max
Open Juvenile Men Short Program	USFS Rule # 6451	2:10 max
Intermediate Ladies Short Program	USFS Rule # 6441	2:10 max
Intermediate Men Short Program	USFS Rule # 6441	2:10 max

All **Short Programs** will be judged using the **IJS System**.



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EVENT: Showcase Events – Dramatic Entertainment Events

Format:

- Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. The entire gamut of emotions may be expressed including intense joy and/or introspectiveness. Dramatic programs should not be depressing. Even if the emotion is sadness, there should be an enlivened feeling given to the audience.
- 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, as listed in the table below. Skaters may compete at the highest level they have passed, or skate up to one level higher.
2. The determination of level will be based upon test requirement at the entry deadline.
3. Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under “Programs” on the National Showcase page.

Dramatic Entertainment Levels:

Except for Adult events, skaters must compete at the highest level for which they qualify.

Event	Must meet requirements*	Must not have passed	Age	Time
No Test (does not qualify for National Showcase)	No Free Skate test passed	Pre-Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Pre-Preliminary (does not qualify for National Showcase)	Pre-Preliminary Free Skate	Preliminary Free Skate Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre-Juvenile	Pre-Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	14-17	2:10 max



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U.S. Figure Skating Nonqualifying Competitions

EVENT: Showcase Events – Light Entertainment Events

Format:

- Showcase program that should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Props and scenery are permitted.

General event parameters:

4. 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.
5. The determination of level will be based upon test requirement at the entry deadline.
6. Current guidelines and procedures for nonqualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the National Showcase page.

Light Entertainment Levels:

Except for Adult events, skaters must compete at the highest level for which they qualify.

Event	Must meet requirements* Must have passed Free Skating or Dance test (solo or partnered standard track)	Must not have passed Free Skate or Dance (solo or partnered) Test or higher	Age	Time
No Test (does not qualify for National Showcase)	No Free Skate test passed	Pre-Preliminary Free Skate OR Any Free Dance	No age restriction	1:30 max
Pre-Preliminary (does not qualify for National Showcase)	Pre-Preliminary Free Skate	Preliminary Free Skate OR Any Free Dance	No age restriction	1:30 max
Preliminary	Preliminary Free Skate	Pre Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Pre-Juvenile	Pre-Juvenile Free Skate	Juvenile Free Skate OR Juvenile Free Dance	No minimum age (max age 20)	1:40 max
Juvenile	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13 and under	2:10 max
Teen	Juvenile Free Skate OR Juvenile Free Dance	Intermediate Free Skate OR Intermediate Free Dance	13-17	2:10 max

SNOWPLOW SAM – BASIC 6 ELEMENTS

Each skater performs all of the required elements before moving on to the next skater.

No excessive connecting steps or choreography should be performed.

- 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	1:00 max.	<ul style="list-style-type: none">• March followed by a two-foot glide and dip• Forward two-foot 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 two-foot swizzles, 6-8 in a row• Beginning snowplow stop on two-feet or one-foot• 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, right and left foot, 2-3 each foot• Moving snowplow stop• Two-foot turn in place, forward to backward• Backward two-foot 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 ½ 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, 4-6 consecutive, clockwise or counterclockwise• Backward ½ 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, 4-6 consecutive, clockwise and counterclockwise• 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• Bunny Hop• Basic forward spiral on a straight line (no variations), right or left• Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry• T-stop, right or left

2019-2020 Compete USA Manual
Effective September 1, 2019 – August 31, 2020

SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

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



- To be skated on full ice with music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.

Level	Time	Skating rules/standards
Snowplow Sam	1:10 max.	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward two-foot swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
Basic 1	1:10 max.	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward two-foot swizzles, 6-8 in a row • Beginning snowplow stop on two-feet or one-foot • Backward wiggles, 6-8 in a row
Basic 2	1:10 max.	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward ½ 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	1:10 max.	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, 4-6 consecutive, clockwise and counterclockwise • Backward ½ 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	1:10 max.	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, 4-6 consecutive, clockwise and counterclockwise • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
Basic 6	1:10 max.	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Bunny Hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional entry and free leg position • T-stop, right or left

2019-2020 Compete USA Manual
Effective September 1, 2019- August 31, 2020

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 ½ ice.
- No music.
- The skater must demonstrate the required elements listed.

<ul style="list-style-type: none"> • Bonus skills from the same level or below are allowed but will not be judged elements. • A 0.2 deduction will be taken for each element performed from a higher level. 		
Level	Time	Skating rules/standards
Pre-Free Skate	1:15 max	<ul style="list-style-type: none"> • Forward inside open Mohawk from a standstill position (R to L and L to R) • Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise • 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 power stroking, 4-6 consecutive strokes • Backward outside three-turns, 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-turns, 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, min 3 revs • 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 3's, 2-3 consecutive sets, right or left • Sit spin - minimum 3 revolutions (Euler (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

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PRE-FREE SKATE – FREE SKATE 6 PROGRAM WITH MUSIC

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

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



Level	Time	Skating rules/standards
Pre-Free Skate	1:40 max	<ul style="list-style-type: none"> 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 NOT ALLOWED- Waltz jump, side toe hop, waltz jump
Free Skate 1	1:40 max	<ul style="list-style-type: none"> Forward stroking, 4-6 consecutive power strokes One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin)- minimum 4 revolutions Toe loop jump Half flip jump NOT ALLOWED – Waltz jump/ toe loop combination
Free Skate 2	1:40 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 Beginning back spin, optional entry and free-foot position, maximum 3 revolutions Half Lutz Salchow jump NOT ALLOWED- Waltz jump/toe loop and Salchow/toe loop combination
Free Skate 3	1:40 max	<ul style="list-style-type: none"> Alternating Mohawk/crossover sequence, right to left and left to right 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 NOT ALLOWED -Waltz/loop combination
Free Skate 4	1:40 max.	<ul style="list-style-type: none"> Forward power 3's, 2-3 consecutive sets, right or left Sit spin - minimum 3 revolutions Euler (half Loop jump) Flip jump NOT ALLOWED – Waltz/loop and Waltz/Euler/Salchow combination
Free Skate 5	1:40 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/loop jump combination Lutz jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none"> Creative step sequence using a variety of three turns, Mohawks and toe steps, half-ice 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

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INTRODUCTORY LEVELS FREE SKATE PROGRAM

General event parameters:

- 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 to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.



Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> • 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 	Max. 2 spins: <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 Learn to Skate USA free skating badge tests
High Beginner 1:40 Maximum	Max. 5 jump elements: <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. 	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 tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests



U.S. Figure Skating Nonqualifying Competitions

EVENT: 2019-2020 Excel Free Skate

General event parameters:

- Skaters may **not** enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
- IJS Excel Free Skate events are not eligible for IJS protocol for test credit; program components are not compatible.



The 2020 Excel Series levels and requirements for each level are posted on the **USFS website**.

Reminder: Skaters wishing to participate in the 2020 Excel Competition Series will need to complete the **online Excel registration form and pay a \$ 45.00 fee to USFS by March 1, 2020. This is a separate registration.**

The **IJS judging system** will be used to judge all the Excel Plus events, and the Pre- Juvenile through Senior events.

The **6.0 judging system** will be used to judge the Beginner, High Beginner, Pre-Preliminary, and Preliminary events.

COMPETITION APPLICATION (DEADLINE MARCH 1, 2020)
COMPLETE ONLY AS REFERENCE.

ALL REGISTRATIONS will be ACCEPTED through EntryEeze.
Please visit www.panthersfsc.com for Registration Link and Competition Information.

Compulsory Moves	Jump Challenge	Spin Challenge	Well Balanced Free Skating Programs (Singles)	Showcase Events	Excel Series	Introductory Levels	Basic Elements: Snowplow Sam – Basic 6	Basic Program: Snowplow Sam – Basic 6	Pre-Free Skate – Free Skate 6 Compulsory	Pre-Free Skate – Free Skate 6 Program
Beginner	Beginner	Beginner	No Test		Beginner	Beginner	Snowplow Sam	Snowplow Sam	Pre-Free Skate	Pre-Free Skate
High Beginner	High Beginner	High Beginner	Pre-Preliminary	Light Entertainment	High Beginner	High Beginner	Basic 1	Basic 1	Free Skate 1	Free Skate 1
No Test	No Test	No Test	Preliminary	Dramatic Entertainment	Pre- Preliminary	No-Test	Basic 2	Basic 2	Free Skate 2	Free Skate 2
Pre-Preliminary	Pre-Preliminary	Pre-Preliminary	Pre- Juvenile		Preliminary Preliminary Plus		Basic 3	Basic 3	Free Skate 3	Free Skate 3
Preliminary	Preliminary	Preliminary	Juvenile/Open Juvenile		Pre-Juvenile Pre- Juvenile Plus		Basic 4	Basic 4	Free Skate 4	Free Skate 4
Pre-Juvenile	Pre-Juvenile	Pre-Juvenile	Intermediate		Juvenile Juvenile Plus		Basic 5	Basic 5	Free Skate 5	Free Skate 5
Adult Beginner	Adult Beginner	Adult Beginner	Adult Pre-Bronze	SHORT PROGRAM	Intermediate		Basic 6	Basic 6	Free Skate 6	Free Skate 6
Adult Pre-Bronze	Adult Pre-Bronze	Adult Pre-Bronze	Adult Bronze	Juvenile Open Juvenile	Intermediate Plus					
Adult Bronze	Adult Bronze	Adult Bronze	Adult Silver	Intermediate	Novice					
Adult Silver	Adult Silver	Adult Silver	Adult Gold		Junior					
Adult Gold	Adult Gold	Adult Gold			Senior					

Name: Last: _____ First: _____ MI: _____
 Address: _____ City: _____
 State: _____ Zip: _____ Email: _____
 Age: _____ Birthday: _____ Sex: (M/F) Phone: _____

USFSA# _____ Home Club _____

Highest Tests Passed: Free _____ Moves_Dance_Pairs _____

ISI# _____ Home Rink/Club _____

Highest Tests Passed: _____

Coaches Name: _____

South Florida Challenge

March 20-22,2020.

Authorization for Emergency Medical Treatment:

In the event I am unavailable, I hereby give permission for any emergency medical diagnosis, treatment or procedure for: _____

(Print Skater's Name)

Emergency medical information (allergies, preexisting conditions, medications, etc.):

Name of Physician: _____ Phone _____

Name of Insurance Co. _____

Policy Number _____ Group Number _____

Name of Insured _____

Signature **(REQUIRED)** _____ Date _____

Relationship to Skater _____ Phone _____

Certification by Athlete and Parent/Guardian

ATHLETE: I agree to conduct myself both on and off the ice, in a manner that will reflect favorably upon this Competition and upon the sport of figure skating, and that is consistent with the high standards of the sport I agree to respect the person and property of others.

ATHLETE PARENT/GUARDIAN ICR 33.061: The USFSA and the club or organizers undertake no responsibility for damages or injuries suffered by skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person or property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, the USFSA, the club holding the competition, and against its Officers, and their entries shall be accepted only on such condition.

Athlete's Signature **(REQUIRED)** _____ Date _____

Parent/Guardian's Signature _____ Date _____

(Required if athlete is under 18 yrs. old)

Certification of Competitor by Home Club Official

I hereby approve the entry of the skater named on this application and certify that he/she is eligible to compete in accordance with the rules of the USFSA, and that the entrant is a member in good standing of the Home Club.

Signed **(REQUIRED)** _____

Title _____ Date _____

Home Club Name _____