

**The 8th Annual
FARMINGTON SPRING FESTIVAL 2010**
Announcement and Entry Form Package
A Basic Skills & Test Track Competition
Saturday, March 27, 2010

**Schmitz-Maki Arena
114 West Spruce Street
Farmington, MN 55024**



DEADLINE FOR ENTRY: February 21, 2010

Basic Skills	Pre-Juvenile
Freestyle	Open Pre-Juvenile
Limited Beginner	Juvenile
Pre-Preliminary	Open Juvenile
Preliminary	Adult Events

E-mail: JWall@ci.farmington.mn.us

Visit: www.ci.farmington.mn.us
www.tri-countyfsc.org

Sanctioned by:
**US FIGURE
SKATING**
usfigureskating.org

8th Annual Farmington Spring Festival 2010
A USFS FIGURE SKATING COMPETITION
MARCH 27, 2010
HELD AT THE SCHMITZ-MAKI ARENA

GENERAL RULES

Whenever applicable, the rules of the USFS will apply. All other rules will be outlined in this announcement. The competition is open to all skaters that are registered members of the US Figure Skating Basic Skills Program and/or are current members of the US Figure Skating. Eligibility will be based on skill level as of **February 21, 2010**. Skaters must compete at the same level in compulsory and freestyle, if entering both events. All Snowplow Sam and Basic Skills skaters through Basic 8 must skate at the highest level passed. Skaters must compete at the same level in compulsory and freestyle, if entering both events. Entering a second event is optional.

Due to US Figure Skating sanction, the Pre-Juvenile and Juvenile restriction for Basic Skills does not apply.

ENTRIES AND FEES

The entry fees are \$45.00 for the first event and \$15.00 for the second event. Late entries will only be accepted only at the discretion of the Referee and the Competition Chair and must be accompanied by a \$25.00 late fee. Entries must be postmarked [metered postmarks are not valid] no later than **Saturday February 21, 2010**, the closing date. Please note: your coach is required to sign you application form. His or her signature finalizes your level of competition and the events you are competing in.

If a No.10 self-addressed return envelope is not included, the skater will be assessed a \$2 postage and handling fee for their confirmation letter, which must be paid at the time of registration. No refunds after the closing date unless the event is canceled. There will be a \$30.00 charge for returned checks and skater will not be allowed on the ice until covered.

ENTRY FORMS MUST BE FILLED OUT COMPLETELY

Mail check, application, and self-addressed, stamped No. 10 envelope to:

Farmington Park and Rec.
420 3rd Street
Farmington, MN 55024
Attn: Learn to Skate Program

Contact information: Janelle Wall

City of Farmington, Learn to Skate Coordinator
JWall@ci.farmington.mn.us
(651)775-7462

FACILITY

Schmitz-Maki Arena
114 Spruce Street
Farmington, MN 55024

Entries must be postmarked by February 21, 2010.

AWARDS

All events will be final rounds. The top 4 places of each group will receive a medal for Compulsories and trophy for Freestyle. All other places will receive medals. Awards will be presented to competitors off-ice immediately after the official results are posted for each event.

An official photographer, located near the awards area, will take pictures of event winners as well as individual skaters. Professional videotaping will be available for purchase.

GENERAL INFORMATION

See the following pages regarding age requirements, compulsory moves and freestyle requirements. Warm up ice will be provided for each group. Practice ice in not included in the registration fee. There is a practice ice sign up attached to this registration packet. The cost is \$8.00 per session when purchased and mailed in advance and \$10.00 when purchased at the registration desk. *Skaters and their parent/guardian must register the skater at the registration desk at least one hour prior to the skater's first event and 45 minutes before the event with the ice monitor.* Events can begin as early as 30 minutes ahead of schedule.

MUSIC

CD's standard compact disk format only [without jewel case] will be accepted. Cassette tapes will not be accepted. CD-RW will not be accepted. Music must be clearly marked with the name of the skater, event entered and length of music. All music needs to be cut to requirement length and on a CD by itself. Music will be turned in at the time of the registration and picked up after the skater's event. All skaters should have a back up CD. Skaters should bring their back up with them to the ice level. Music WILL NOT be mailed to skaters after the competition.

CHECK OUR WEBSITES FOR ADDITIONAL INFORMATION:

www.ci.farmington.mn.us
www.tri-countyfsc.org

ENTRY FORM FOR THE FARMINGTON SPRING FESTIVAL

MARCH 27, 2010

Closing Date: Saturday February 21, 2010

Name _____ Age [as of 2/21/10] _____ Birth date ____/____/____ Gender ____ F ____ M

Address _____ City _____ State _____ Zip _____

Email _____

Area Code/Phone #Day [____] _____ Evening[____] _____

U S Figure Skating # _____ Highest Freeskate Level Passed {USFS or Skate School} _____

Home Club or Skate School _____

Check the event[s] that the skater wishes to enter. If entering two events, both must be skated at the same level.

ELEMENTS/COMPULSORY EVENTS:

- ____ Snowplow Sam
- ____ Basic 1
- ____ Basic 2
- ____ Basic 3
- ____ Basic 4
- ____ Basic 5
- ____ Basic 6
- ____ Basic 7
- ____ Basic 8
- ____ Freestyle 1
- ____ Freestyle 2
- ____ Freestyle 3
- ____ Freestyle 4
- ____ Freestyle 5
- ____ Freestyle 6
- ____ Limited Beginner
- ____ Beginner
- ____ Pre-Preliminary A
- ____ Pre-Preliminary B
- ____ Preliminary
- ____ Pre-Juvenile
- ____ Open Pre-Juvenile
- ____ Juvenile
- ____ Open Juvenile

FREESKATE EVENTS:

- ____ Snowplow Sam
- ____ Basic 1
- ____ Basic 2
- ____ Basic 3
- ____ Basic 4
- ____ Basic 5
- ____ Basic 6
- ____ Basic 7
- ____ Basic 8
- ____ Freestyle 1
- ____ Freestyle 2
- ____ Freestyle 3
- ____ Freestyle 4
- ____ Freestyle 5
- ____ Freestyle 6
- ____ Limited Beginner
- ____ Beginner
- ____ Pre-Preliminary
- ____ Preliminary
- ____ Pre Juvenile
- ____ Open Pre-Juvenile
- ____ Juvenile
- ____ Open Juvenile
- ____ Adult Pre Bronze
- ____ Adult Bronze

ENTRY FEE IS \$45.00 PER EVENT- \$15.00 PER ADDITIONAL EVENT

First Event: {\$45.00} \$ _____

Second Event: {\$15.00} \$ _____

Total: \$ _____

The completed entry form, with fees, must be postmarked no later than Saturday February 21, 2010.

Make check or money order payable to City of Farmington and mail to: **Include a self addressed Stamped # 10 Envelope{4 1/8X9 1/2}**.

City of Farmington
Attn. Learn to Skate
430 3rd Street
Farmington, MN 55024

CERTIFICATION OF PRIMARY COACH:

Skating School Director's or coach's consent: I have read this entry form and certify that it is complete and that the information on this form is true and correct.

Instructor/Coach _____ Date _____ Coach USFS Registration # _____

Telephone or e-mail address: _____

Program Director or Club Officer, Title _____ Date _____ Certification of Club Officer

Competitor _____ Date _____

Parent/Guardian consent: I understand that this entry form must be postmarked by February 21, 2010, and in accordance with US Figure Skating Rule Book CR 10.09. Entry fees are not refundable after the close of entries unless no competition exists in a particular event or division. Further, I will no hold the City of Farmington or the USFS liable for any injury or loss incurred by my child or myself during this competition.

Parent/Guardian _____ Date _____

**FARMINGTON SPRING FESTIVAL 2010
PRACTICE ICE REQUEST FORM**

Official practice is not included in the entry. Practice ice is being offered to competitors for a cost of \$8.00 per 20 minute session if bought with the registration. Practice ice bought at the time of the competition will be \$10.00 a 20 minute session. No music will be played on practices. A maximum of 20 skaters will be scheduled on sessions.

SKATER'S NAME; _____

ADDRESS; _____

CITY/STATE/ZIP: _____

PHONE: [_____] _____

COACH/DIRECTOR: _____

Saturday March 27, 2010

_____ 7:30AM-7:50AM

_____ 7:50AM-8:10AM

_____ 8:10AM-8:30AM

_____ 8:30AM-8:50AM

_____ 9:00AM-9:20AM

_____ 9:20AM-9:40AM

**All fees may be combined in on check to:
City of Farmington**

**Please enclose practice ice request form with entry
form**

Number of sessions requested @ \$8.00 per session _____

Amount enclosed \$ _____

**Schmitz-Maki Arena
114 Spruce Street
Farmington, MN 55024
651-463-2510**

Directions to the Schmitz-Maki Arena:

From the West:

494 (South) to 35W (South), 35W (turns into I35) to Farmington exit (CR70)
CR-70 to Cedar Ave., Left onto Cedar to CR-50 (Lakeville Blvd.) At this intersection you are approx. 4 miles from the arena)
Right on CR-50 East to Denmark Ave/ Akin Rd., Right onto Denmark Ave. to Spruce Street, turn left

From the East

494 (South) to Pilot Knob Road (South)
Pilot Knob to CR-50. Left onto CR-50 (East) to Denmark Ave / Akin Rd.
Right onto Denmark Ave. to Spruce Street, turn left

From the North

Take 35W – South (turns into I35) to Farmington exit (CR70)
CR-70 to Cedar Ave., Left onto Cedar to CR-50 (Lakeville Blvd)
Right on CR-50 East to Denmark Ave/Akin Rd., Right onto Denmark Ave. to Spruce Street, turn left

From the South

US-52 (North) to St. Hwy 50 (West)
Hwy 50 to St. Hwy 3/Chippendale Ave.
Right onto Hwy 3 to Ash Street/220 St West
Left on Ash Street/220 St., Ash St. to Denmark Ave. Right onto Denmark to Spruce St, turn right

Area Restaurants

McDonalds, 4655 Knutsen Dr., Farmington, MN 55024 651-463-7400

Subway, 300 Elm St., Farmington, MN 55024 651-463-2487

Pilot Knob Pizzeria, 18500 Pilot Knob, Farmington, MN 55024 651-322-2163

Cancun Mexican Restaurant, 953 8th St, Farmington, MN 55024 651-463-7710

Eagle's Club, 200 3rd St., Farmington, MN 55024 651-460-8376

Area Hotel Accomodations

Holiday Inn Hotel and Suites, 20800 Kenrick Ave, Lakeville, MN 55044 1-877-270-6397

American Inn Lodge and Suites, 17145 Kenyon Ave, Lakeville, MN 55044 952-892-5422

American Inn, 15000 Glazier Ave. S., Apple Valley, MN 55124 952-431-3800

Grandstay Apple Valley, 7083 153rd St. W., Apple Valley, MN 55124, 952-236-1832

FARMINGTON SPRING FESTIVAL 2010

ELEMENT EVENT

ALL ELEMENTS MUST BE SKATED IN THE ORDER LISTED

No Music-Time Limitation as specified by Level

TO BE SKATED ON 1/2 ICE. ALL SKATERS IN EACH SNOWPLOW OR BASIC 1 EVENT WILL PERFORM ONE ELEMENT AT A TIME AS DIRECTED, TAKING TURNS UNTIL ALL ELEMENTS HAVE BEEN PERFORMED. THEY WILL NOT BE PERFORMED IN A PROGRAM.

SNOWPLOW SAM-TOTS Age under 6

- 1 March followed by a two-foot glide and dip
- 2 Forward two-foot swizzles 2-3 in a row
- 3 Backward wiggles 2-6 in a row
- 4 Forward snowplow stop

BASIC 1 Age 5-13

- 1 Forward two-foot glide
- 2 Forward two-foot swizzles 6-8 in a row
- 3 Backward wiggles 6-8 in a row
- 4 Forward snowplow stop

TO BE SKATED ON 1/2 ICE. EACH SKATER PERFORMS ONE ELEMENT AT A TIME AND WILL PERFORM ALL THE ELEMENTS BEFORE GOING ONTO THE NEXT SKATER. THEY WILL BE PERFORMED IN A PROGRAM.

BASIC 2 Age 5-13 45 seconds Maximum

- 1 Forward one-foot glide- *either* foot
- 2 Two foot turn in place-forward to backward
- 3 Backward two-foot swizzles 6-8 in a row
- 4 Forward alternating 1/2 swizzle pumps in a straight line-across width of ice
- 5 Moving snowplow stop

BASIC 3 Age 5-13 1:00 minute Maximum

- 1 Forward stroking
- 2 Forward 1/2 swizzle pumps on a circle, *either* clockwise or counter clockwise-6-8 consecutive
- 3 Moving forward to backward two foot turn, *either* direction
- 4 Backward one-foot glide, *either* foot
- 5 Two foot spin

BASIC 4 Age 5-13 1:00 minute Maximum

- 1 Forward outside edge on a circle-clockwise or counter clockwise
- 2 Forward crossovers 6-8 consecutive -both directions
- 3 Forward outside 3-turn-right and left
- 4 Backward stroking
- 5 Backward snowplow stop- right *or* left

BASIC 5 Age 5-13 1:00 minute Maximum

- 1 Backward outside edge on a circle-clockwise *or* counter clockwise
- 2 Backward crossovers- 6-8 consecutive-both directions
- 3 One foot upright spin-minimum 3 revelations
- 4 Side Toe Hop-*either* direction
- 5 Hockey stop

BASIC 6 Age 5-13 1:00 minute Maximum

- 1 Forward inside 3-turn-right and left
- 2 Bunny Hop
- 3 Forward arabesque spiral on a straight line, right or left
- 4 Lunge, right or left
- 5 T-stop -right or left

BASIC 7 Age 5-13 1:00 minute Maximum

- 1 Forward inside open Mohawk-right to left and left to right
- 2 Ballet jump-*either* direction
- 3 Backward crossovers to a backward outside edge landing position, clockwise and counterclockwise
- 4 Forward inside pivot

BASIC 8 Age 5-13 1:00 minute Maximum

- 1 Moving forward outside *or* inside three-turns, right and left
- 2 Waltz jump
- 3 Mazurka, *either* direction
- 4 Combination move-clockwise *or* counter clockwise [2 forward crossovers into FI Mohawk, step behind, step into 1 back crossover and step to a forward inside edge]
- 5 Beginning one-foot upright spin, optional free foot position

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FREESTYLE EVENTS

BASIC SKILLS FREESTYLE EVENTS:

Skating order of the required elements is optional. Minimum number of connecting steps allowed. Elements are not restricted as to number of times elements are executed, length of edge or number of turns in spins. Program to be skated on full ice with music-music with words is allowed. Program length-1:00 minute. May use elements from a previous level. Age level for Basic skills is 5-13 years.

6.0 Judging will be used. **NOTE: A .2 deduction will be made for each element performed from a higher level.**

Event	Basic Skills Test Level Requirements	Time
Snowplow Sam-TOTS	<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. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	1:00 +/- 10 seconds
Basic 1	<ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles 6-8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	1:00 +/- 10 seconds
Basic 2	<ol style="list-style-type: none"> 1. Forward one foot glide-either foot 2. Two foot turn in place-forward to backward 3. Backward two foot swizzles 6-8 in a row 4. Forward alternating ½ swizzle pumps, in a straight line across width of ice 5. Moving snowplow stop 	1:00 +/- 10 seconds
Basic 3	<ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6-8 Consecutive 3. Moving forward to backward two foot turn in either direction 4. Backward one foot glide-either foot 5. Two foot spin 	1:00 +/- 10 seconds
Basic 4	<ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counter clockwise 2. Forward crossovers 6-8 consecutive, both directions 3. Forward outside three turn-R & L 4. Backward stroking 5. Backward snowplow stop-R or L 	1:00 +/- 10 seconds
Basic 5	<ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counter clockwise 2. Backward crossovers 6-8 consecutive in both directions 3. One foot spin-min of three revolutions 4. Side Toe hop-either direction 5. Hockey stop 	1:00 +/- 10 seconds
Basic 6	<ol style="list-style-type: none"> 1. Forward inside 3 turn-R & L 2. Bunny Hop 3. Forward arabesque spiral on a straight line R or L 4. Lunge-R or L 5. T-stop-R or L 	1:00 +/- 10 seconds
Basic 7	<ol style="list-style-type: none"> 1. Forward inside open Mohawk- R to L and L to R 2. Ballet Jump either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot 	1:00 +/- 10 seconds
Basic 8	<ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka in either direction 4. Combination move-clockwise or counter clockwise-two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin-optional free foot position 	1:00 +/- 10 seconds

Farmington Spring Festival 2010
FREESTYLE EVENTS

FREESKATE LEVELS 1,2,3,4,5,6 FREESTYLE EVENTS

Skated on full ice music with no words. Program length 1:30 minutes. Skate elements from designated free skate levels may be used and also elements from a previous level. Refer to USFS Skate with US curriculum.

6.0 Judging will be used. NOTE: A .2 deduction will be made for each element performed from a higher level.

Event	Freestyle Test	Requirements	Time
Freestyle 1	Freestyle 1	<ol style="list-style-type: none"> 1. Advanced forward stroking 4-6 strokes 2. Forward outside or inside consecutive edges, 2-4 3. Scratch spin from back crossovers 4. Waltz jump from back crossovers 5. Half flip jump 	1:30+/- 10 sec
Freestyle 2	Freestyle 2	<ol style="list-style-type: none"> 1. Forward Outside spiral R and L 2. Waltz three's R and L 3. Beginning back spin 4. Waltz jump, side toe hop, waltz jump 5. Toe loop 	1:30+/-10 sec
Freestyle 3	Freestyle 3	<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls 4-6 3. Back spin 4. Salchow 5. Waltz jump/toe loop or Salchow/ toe loop 	1:30+/- 10 sec
Freestyle 4	Freestyle 4	<ol style="list-style-type: none"> 1. Spiral sequence: FI spiral, FI Mohawk, BO spiral R or L 2. Forward power 3's, 2-3 consecutive R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump 	1:30+/- 10 sec
Freestyle 5	Freestyle 5	<ol style="list-style-type: none"> 1. Spiral sequence: FO spiral, FO 30turn, 1 back crossover, backward inside spiral, R or L 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/ loop combination jump 5. Flip jump 	1:30+/- 10 sec
Freestyle 6	Freestyle 6	<ol style="list-style-type: none"> 1. 5 step Mohawk sequence, 1 set alternating patterns 2. Camel/sit spin combination, min of 4 revolutions total 3. Split or stag jump 4. Waltz jump/ ½ loop/ Salchow combination 5. Lutz jump 	1:30+/- sec

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COMPETITIVE TEST TRACK FREESTYLE

Skaters may enter EITHER the test track free skate program or the well-balanced track free skate program but NOT both during the same non-qualifying competition. Competitors will skate to music of their choice. 6.0 Judging will be used.

Deductions WILL be made for skaters including technical elements not permitted in the event description.

- 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 or lacking element.
- 0.1 for any spin with less than required revolutions.

Event	Freestyle Test	Requirements	Time
Limited Beginner Test Track	Skaters may not have passed tests higher than US Figure Skating Basic Skills free skating badge tests	Two upright spins, no change of foot (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements. Connecting moves and steps should be demonstrated throughout the program.	1:40 max
Beginner Test Track	Skaters may not have passed tests higher than US Figure Skating Basic Skills free skating badge tests	Two upright spins, change of foot optional (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front), single rotation jumps: Salchow and toe loop only. Jump combinations and sequences are allowed. Maximum 5 jump elements. Connecting moves and steps should be demonstrated throughout the program.	1:40 max
Pre-Preliminary Test Test Track	Skaters may not have passed tests higher than US Figure Skating pre-preliminary free skate test	Two solo spins of a different nature, no change of foot (min 3 revolutions and no flying spins), all single solo jumps allowed (no Axels), jump combinations or sequences using only a waltz jump, toe loop, and Salchow. Maximum 5 jump elements. Connecting moves and steps should be demonstrated throughout the program	1:40 max
Preliminary Test Test Track	Skaters must have passed at least the US Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test.	Two spins of a different nature, combination spins allowed (min 3 revolutions each and no flying spins), jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements. Connecting moves and steps should be demonstrated throughout the program.	1:30 +/- 10 sec
Pre-Juvenile/ Open Pre-Juvenile Test Track	Skaters must have passed at least the US Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test	Three spins in any position (min 4 revolutions), one must be a combination spin with change of foot optional (min 3 revolutions on each foot or 6 total revolutions and no flying spins). Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 6 jumping elements. One step sequence straight line, circular, or serpentine fully utilizing ice surface.	2:00 +/- 10 sec
Juvenile/Open Juvenile Test Track	Skaters must have passed at least the US Figure Skating pre-juvenile free skating test but not have passed tests higher than juvenile free skate test	Three spins in any position (min 4 revolutions), one must be a combination spin with one change of foot (min 4 revolutions on each foot). May include flying spins. Any single jumps and jump combinations with not more than 1½ rotations. (Axel permitted). Maximum 6 jump elements. One step sequence straight line, circular, or serpentine fully utilizing ice surface	2:15 +/- 10 sec
<u>Adult Pre-Bronze Program</u>	Adult Pre-Bronze Freestyle Test	Well balanced program consisting of half jumps only. Salchow and toe loop OK. Only upright 1 & 2 foot spins. One step sequence and/ or spiral sequence <u>Refer to rule #3806</u>	1:40 max
<u>Adult Bronze</u>	Adult Bronze Freestyle Test	Well balanced program consisting of single jumps. No Axel or doubles. Single jumps in combination or sequence. Spins in any position. A minimum of two spins of a different nature. 1 step sequence and/ or spiral sequence. <u>Refer to rule #3801</u>	1:50 Max

FARMINGTON SPRING FESTIVAL 2010
Competitive Test Track Compulsories

LIMITED BEGINNER COMPULSORY

Time Limit-1:00 ½ sheet ice

Qualifications

- 1 ½ flip or ½ lutz jump
- 2 Forward two foot or one foot spin
- 3 Waltz jump
- 4 Forward Spiral

Skaters may not have passed tests higher
US Figure Skating Basic Skills free skate
badge tests

BEGINNER COMPULSORY

Time Limit-1:00 ½ sheet ice

Skaters may not have passed tests higher than
US Figure Skating Basic Skills free skate badge
tests

- 1 Toe loop jump
- 2 Salchow jump
- 3 Forward scratch spin
- 4 Forward or backward spiral

PRE-PRELIMINARY A COMPULSORY

Time Limit-1:00 ½ sheet ice

Skaters may not have passed tests higher than
US Figure Skating free skate badge tests,
may have passed pre-preliminary MIF

- 1 Loop jump
- 2 Jump combination to include a toe loop [may not use a loop or Axel]
- 3 Solo spin-sit or camel spin
- 4 Spiral sequence-must include a forward and backward spiral.
- 5 Additional spirals and balance moves such as Ina Bauer,
spread eagles, lunges and shoot the ducks may be included.

PRE-PRELIMINARY B COMPULSORY

Time Limit-1:00 ½ sheet ice

Skaters may not have passed tests higher than
US Figure Skating pre-preliminary free
skate test

- 1 Flip jump
- 2 Jump combination waltz jump/toe loop jump *or* Salchow/
toe loop jump
- 3 Solo spin-sit spin or camel spin
- 4 Spiral sequence-must include a forward and backward spiral.
Additional spirals and balance moves such as Ina Bauer, spread eagles,
lunges and shoot the ducks may be included.

PRELIMINARY COMPULSORY

Time Limit-1:15 ½ sheet ice

Skaters may have passed tests higher
than US Figure Skating pre-preliminary free
skate test but may not have passed tests
higher than the preliminary free skate test

- 1 Lutz jump
- 2 Jump combination [may not use Lutz jump or axel]
- 3 Camel spin
- 4 Spiral sequence-must include a forward and backward spiral.
Additional spirals and balance moves such as Ina Bauer, spread eagles,
lunges and shoot the ducks may be included.

PRE-JUVENILE /

OPEN PRE-JUVENILE COMPULSORY

Time Limit-1:15 ½ Sheet ice

- 1 Single jump [may not use Axel]
- 2 Combination jump, single/single [two single jumps with no turn in between, must be two different
jumps].
- 3 Combination spin-1 foot change, minimum 6 total revolutions
- 4 Forward spiral
- 5 Power pulls [front or back, one foot only]

JUVENILE/

OPEN JUVENILE COMPULSORY

Time Limit-1:30 Full ice

- 1 Axel
- 2 Jump combination single/single
- 3 Single jump
- 4 Combination spin with 1 change of foot, no change of position
- 5 Forward spiral; Back power 3's one circle only.

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Free skate Compulsories

Free skate Levels 1-6 Compulsory Moves: will be skated on ½ ice. No music will be used for this event. Required elements may be skated in any order, skated in a program using limited connecting steps. 6.0 Judging will be used. NOTE: A .2 deduction will be taken for each element performed from a higher level. Program length must be 1:00 or less.

FREE SKATE 1 Compulsory

- Advanced forward stroking 4-6 consecutive
- Basic forward outside and inside edges 2-4 consecutive of each
- Scratch spin from backward crossovers
- Waltz jump from backward crossovers
- ½ flip

FREE SKATE 2 Compulsory

- Forward outside spiral-right or left, and a forward inside spiral-right or left
- Waltz three's right or left
- Beginning backspin, entry optional
- Waltz jump, side toe hop, waltz jump series
- Toe loop jump

FREE SKATE 3 Compulsory

- Forward crossovers in a figure 8
- Advanced forward outside swing rolls 4-6 consecutive
- Backspin
- Salchow jump
- Waltz jump/toe loop- or Salchow/toe loop

FREE SKATE 4 Compulsory

- Spiral sequence, FI spiral, FI Mohawk, BO spiral, clockwise or counter clockwise
- Forward power three's, 2-3 consecutive sets right or left
- Sit spin
- Loop jump
- Waltz jump/loop jump

FREE SKATE 5 Compulsory

- Spiral sequence FO spiral, FO three turn, one backward crossover, BI spiral
- Camel spin
- Forward upright spin to back upright spin
- Loop/loop jump combination
- Flip jump

FREE SKATE 6 Compulsory

- Five step Mohawk sequence-1 set alternating pattern [refer to Basic Skills Curriculum Free skate 6]
- Camel, sit spin combination-minimum of 4 revolutions total
- Split jump or stag jump
- Waltz jump, ½ loop, Salchow combination
- Lutz jump