



**BLADES ON ICE
HIGHLAND SKATING CLUB
SEPTEMBER 6, 7, 8 2019
Competition information**

The Blades on Ice competition will be conducted in accordance with the rules and regulation of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is open to all persons as defined by the Eligibility Rules set forth in the rules and regulations of U.S. Figure Skating. Each participant must be a currently registered member of a U.S. Figure Skating club, a collegiate club, an individual member, or a Learn To Skate USA member in accordance with the current rulebook. (Non-US citizens, please refer to the rulebook)

**DEADLINE FOR ENTRY, MUSIC UPLOAD, AND PPC UPLOAD IS AUGUST 18, 2019, 11:59 PM.
THERE WILL BE NO LATE ENTRIES.**

EVENTS OFFERED:

Singles Well Balanced Free Skating (No Test – Senior)
Adult Singles Well Balanced Free Skating
Singles Short Program
All Showcase Events
Preliminary Solo Dance Event
Figures
Compete USA Basic Program Events (Snowplow Sam – Basic 6)
Compete USA Adult Program Events (Adult 1 – 6, Beginner – Bronze)
Compete USA Free Skate Events (Pre-Free Skate – Free Skate 6)
Compete USA Showcase Events
Compete USA Interpretive Events
Compete USA Synchro Events

The IJS Mini System will be utilized for all IJS events.

TEST LEVEL:

Competition level corresponds to the highest test level a skater has passed in their chosen discipline (as of entry deadline). Entrants may skate one level above their assigned level, but may not skate down.

AGE RESTRICTIONS/REQUIREMENTS:

Well Balanced Events

All entrants must be a USFS member.

Juvenile (**at entry deadline**): Girls – 12 years or younger; Boys – 13 years or older.

Open Juvenile (**at entry deadline**): Ladies – 13 years or older; Men – 14 years or older.

Intermediate (**at entry deadline**): 17 years or younger.

Open Intermediate (**at entry deadline**): 18 years or older.

Compete USA Events

All entrants must be a Learn to Skate USA member or a USFS member.

Synchro Skills 1: **8 – 16 skaters per team, majority under 9 years at entry deadline**

Synchro Skills 2: **8 – 16 skaters per team, majority under 12 years at entry deadline**

Synchro Skills 3: **8 – 16 skaters per team, majority at least 12 years at entry deadline**

Basic Program and Free Skate Program: no age requirement

Skaters will be divided as closely as possible by age should the number of entries in an event warrant more than one group. The Local Organizing Committee (LOC) and chief referee may combine or split levels as necessary. Please note that the LOC and Chief Referee reserve the right to combine ladies and men's events where permitted by the current U.S. Figure Skating Rulebook.

ENTRY INFORMATION:

All entries are online only. Entries will be processed through EntryEeze: www.entryeeze.com. Entries must be received by entry deadline, August 18, 2019.

You will be asked the following "survey" question during EntryEeze registration: "If you are the only skater in any of the events you entered, would you prefer to skate as a single entry, combine with another event if qualified by age and test, or withdraw from the single skater event with a refund?" Your response to this question will be final and will help us process the schedule quicker.

JUDGING SYSTEM:

Juvenile through Senior short program and free skate events and Pre-Juvenile and Open Juvenile free skate events will be judged using the International Judging System (IJS). All competitors in these categories must submit their planned program content (PPC) with their online entry via www.entryeeze.com. Skaters can revise their PPC online through August 31, 2019. If no PPC is submitted online, skaters must provide a paper PPC prior to registering at the event, and will be subject to a \$30 late fee.

Highland Skating club reserves the right to use the 6.0 judging system for any events when IJS qualified officials are unavailable.

THE MINI-SYSTEM WILL BE USED FOR ALL IJS EVENTS.

The 6.0 Majority Judging System will be used for: Well Balanced free skate events (no test through preliminary); all Compete USA events (Snowplow Sam, Basic Skills 1 – 6 and Pre Freeskate – FS6); all Showcase and Team events; solo dance event; and all adult events

6.0 and IJS are separate events.

ENTRY FEES:

	First Event	Additional Events
Compete USA Event/Level <ul style="list-style-type: none"> • Snowplow Sam • Basic 1-6 • Adult 1-6 • Pre-Freeskate through Freeskate 6 • Showcase 	\$40 \$60 \$60 \$70 \$60	\$20 \$30 \$30 \$35 \$30
6.0 Test-Level events <ul style="list-style-type: none"> • No Test through Preliminary • Well balanced singles and Showcase and Interpretive • All Adult Events (Beginner Adult and above) • Solo Free Dance 	\$75	\$35
First IJS events <ul style="list-style-type: none"> • Pre-Juvenile Well Balanced • Juvenile/Open-Juvenile Well Balanced • Intermediate/Open Intermediate-Senior first program (<i>short or freeskate</i>) 	\$100	n/a
Second IJS events <ul style="list-style-type: none"> • Intermediate/Open Intermediate-Senior second program (<i>short or freeskate</i>) 	\$35	n/a
Ensembles <ul style="list-style-type: none"> • Duets • Mini Production • Production • Compete USA Synchro Skills 1-3 • Open SYS Exhibition 	\$85 (per duet) \$75 + \$10 per skater	n/a n/a
Figures	\$25 each figure	n/a

REFUNDS:

No refunds of entry fees after the entry deadline unless the event is cancelled. If an event has only one entry, skater can compete as an individual competitor OR withdraw from the event and receive a refund. Online processing fees are non-refundable. No refunds for medical withdrawals. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$30.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events.

LOCATION:

Blades On Ice is hosted by Highland Skating Club and will be held at:

Highland Ice Arena
18005 Aurora Ave North
Shoreline, WA 98133
(206) 546-2431
www.highlandice.com

The ice surface measures 175' x 85' with slightly rounded corners. The facility features separate dressing rooms for ladies and men, a pro shop, and skate repair and sharpening services.

REGISTRATION:

Skaters must register upon arrival to the competition at the registration table in the Highland Ice Arena Lobby. Registration opens one hour prior to the first event and runs through the end of competition.

COMPETITION SCHEDULE:

A tentative schedule of events will be posted at www.entryeeze.com (Blades on Ice website) approximately two weeks before the competition. **The official schedule listing event start times and skating order will be posted on the Highland Skating Club bulletin board in the Highland Ice Arena lobby.** Skaters should arrive 45 minutes prior to the scheduled time of their event. The Chief Referee determines the final day, time and skating order for each event. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes or additional information.

MUSIC UPLOAD/SUBMISSION:

Online music submission is the ONLY acceptable method to submit program music. After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can logout of your account and return later to upload your music by going to the "Competition" tab and then selecting "My Music." Please be sure you are uploading the correct music for the correct event segment. Be careful, for example, not to mix up your short program and your free skate! **All music must be uploaded by August 18, 2019 11:59PM PT. A \$30.00 fee will be charged for late music upload.**

The uploaded program music MUST conform to the following specifications:

Programs per file:	One (1) - Only one piece of competition program music (e.g. Well balanced, Showcase, Interpretive etc.) per file is allowed.
File Format:	mp3 - The uploaded file music must be an mp3 file (MPEG-1 or MPEG-2 Audio Layer III). Simply changing the file extension to "mp3" from another file format is not acceptable.
Bit Rate:	192 kbps is requested (bit rates between 128 and 320 kbps will be accepted).
Maximum file size:	10 MB
Maximum run time:	Five (5 minutes).
ID3 Metadata (tags):	None - The Chief Music Coordinator strongly requests that mp3 files DO NOT contain any ID3 metadata, commonly called tags. This is especially true of any embedded images such as album cover art, picture of the skater, etc. Please, NO EMBEDDED IMAGES!
Maximum leader:	The Chief Music Coordinator requests that there be NO leader. The leader is the silence between the start of the track and the actual start of the program music.
Maximum trailer:	The Chief Music Coordinator requests that there be NO trailer. The trailer is the silence between the end of the program music and the end of the actual track.

Backup Music at Event (CDs)

In addition to submitting the music online, **all competitors/teams must also have at least one (1) backup copy of their competition music on CD, AT RINKSIDE, during the actual competition event segment.** CDs must meet the following requirements:

- In standard Audio CD format (Compact Disc Digital Audio). Other formats, including mp3 are NOT acceptable.

- Clearly marked with a permanent marker (e.g. Sharpie, do NOT use a label or tape) as follows: First Name, Last Name, Club, Event, Event Segment, and Music Length (e.g. Steve Jones, Icy FSC, Novice Ladies, Free Skate, 3:09 or Synchro Team, Town FSC, Preliminary, Free Skate, 1:59).
- Each CD may have only ONE (1) music track on it. In the case where a skater competes in both a short program/dance and a free skate/free dance, two (2) separate discs must be available. Any disc with more than one (1) track is NOT acceptable.
- Lead in time (time before the music begins) on CDs may not exceed two (2) seconds.
- Due to the compatibility and reliability reasons, music may NOT be submitted on re-recordable “CD-RW” discs. **PLEASE, no CD-RWs!!**

Highland Skating Club and Highland Ice Arena cannot be responsible for CDs left at the end of the competition.

LIABILITY:

U.S. Figure Skating, Highland Skating Club and Highland Ice Arena accept no responsibility for injury or damage sustained by any participant in this competition as per Rule 1600 of the official USFS Rulebook.

PRACTICE ICE:

Practice ice must be scheduled through www.entryeeze.com. Skaters may request up to four (4) 30 minute practice ice sessions at \$15.00 per session. Indicate the number of sessions you wish to purchase and pay for each session when registering. Additional practice ice may be available during the competition (space permitting) at \$20.00 per 30 minute session. Purchase may be made at the competition registration desk. **Practice ice fees are non-changeable and non-refundable, and you may not assign your practice ice to another skater.** Music will not be played during practice ice sessions. Practice Ice Schedules will not be given over the phone but will be available at the Entryeeze website when available.

PARENTS WILL NOT BE ALLOWED TO COACH SKATERS ON PRACTICE ICE SESSIONS.

Any parent seen doing so will be asked to leave the area.

PHOTOGRAPHY/VIDEOGRAPHY:

Award photography will be available in the main lobby after each event. Videography and action photography are available for purchase. Hand-held video/photo equipment usage is permitted during competition. Per USFS rules, you may only photograph your own skater/student.

FLASH PHOTOGRAPHY IS PROHIBITED ANYWHERE INSIDE THE ARENA.

USFS SAFESPORT LOCKER ROOM POLICY:

USFS policy adopted by the SafeSport Subcommittee of the Competitions Committee prohibits parents and coaches from being present in locker rooms used as changing rooms by the athletes. This is a “sex neutral” policy that is intended to insure the safety of the skaters and to insure that skaters who select a coach of the opposite gender do not suffer a perceived disadvantage at the competition. An area will be provided in which parents can assist younger skaters with costumes and equipment. That area will be open to public view. The LOC recommends that younger skaters dress before coming to the rink.

Restrooms are not to be used as changing rooms.

AWARDS:

Medals will be awarded for first through fourth places in all USFS events (no test - senior). All Compete USA entrants (Snowplow Sam-Basic 6, Pre Freeskate – FS 6) will receive a medal.

IJS TEST CREDIT:

Skaters who desire to receive an IJS Test Credit packet must make their request to the registration desk before two hours prior to the end of the competition. The test credit packet will be available at the registration desk shortly after the event results are posted or within an hour after the request is made (whichever is the latest) and must be picked up from the registration desk prior to the end of the competition. The fee to receive an IJS Test Credit packet is \$10.00.

IMPORTANT NOTICE FOR ALL COACHES:

In order to work within U.S. Figure Skating sanctioned activities (as per Rule MR 5.11), each coach must complete the following requirements by September 5, 2019:

Compliance requirements for coaching U.S. Figure Skating athletes:

- Current member in good standing with U.S. Figure Skating
- Completed background check (green light status)
- Completed SafeSport Training*
- Continuing Education Requirements (CERs) for the 2019-20 competition season
- Proof of current general liability insurance with limits of \$1 million per occurrence / \$5 million aggregate

Compliance requirements for coaching Compete USA athletes:

- Learn to Skate USA instructor membership OR U.S. Figure Skating full membership
- Completed background check (green light status) (for coaches 18 years of age or older)
- Completed SafeSport Training*(for coaches 18 years of age or older)
- Completed Learn to Skate USA Instructor Certificate (for coaches 18 years of age or older)

* SafeSport training is available through www.usfigureskating.org for full members of U.S. Figure Skating and through Learn to Skate USA portal for instructors. There is no cost to their training and certification is valid for 2 seasons.

The local organizing committee/club will have a list of compliant coaches. Coaches must check in at the registration desk and show a government issued photo I.D. to receive a credential. If a coach cannot provide a photo I.D. and is not on the list, or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. **Coaching at U.S. Figure Skating events without proper registration is an ethics violation and is reported to U.S. Figure Skating and PSA.** For more information regarding Coach Compliance, please refer to: <https://usfsa.org/content/Coaches%20Requirements%20Chart.pdf>.

LODGING:

Days Inn North Seattle is the official hotel of Blades on Ice. To reserve a room at the special 25% discounted rate, please call the hotel directly and indicate that you will be attending the event.

Days Inn North Seattle
19527 Aurora Ave N
Shoreline, WA 98133
206-542-6300

Additional hotels are within 5 miles of the arena:

Holiday Inn Express Hotel and Suites
14115 Aurora Ave N
Seattle WA 98133
206-365-7777

Comfort Inn and Suites

13700 Aurora Ave N
Seattle, WA
206-363-7707

CONTACT INFO:

If you have questions, please contact:

Sallie Crowell, Co-chair
salliecrowell782@msn.com

Rebecca Frampton, Highland Skating Club President
highlandiceskate@gmail.com

Caren Kirsch, Chief Referee
carenkirsch@gmail.com

Additional information may be found at:

www.highlandskatingclub.org

Please consult the listed rules for the 2019 – 2020 season:

- **Singles Events:** <http://www.usfigureskating.org/story?id=84109>
- **Adult Events:** <http://www.usfigureskating.org/story?id=84112>

SINGLES & ADULT WELL BALANCED SINGLES EVENTS (FS and SP events)

A. No Test (FS)	Rule 6490
B. Pre-Preliminary (FS)	Rule 6480
C. Preliminary (FS)	Rule 6470
D. Pre-Juvenile (FS)	Rule 6460
E. Juvenile (FS)	Rule 6450
F. Intermediate (SP, FS)	Rule 6440
G. Novice (SP, FS)	Rule 6430
H. Junior (SP, FS)	Rule 6420
I. Senior (SP, FS)	Rule 6410
J. Adult Pre-Bronze (FS)	Rule 6560
K. Adult Bronze (FS)	Rule 6550
L. Adult Silver (FS)	Rule 6540
M. Adult Gold (FS)	Rule 6530

The short program and Well Balanced free skating events will be separate events. Skaters may choose to enter the short program, the free skate program, or both events. All events are final round. There are no skate-offs.

SHOWCASE EVENTS

All showcase events will follow the Non-Qualifying Showcase Competition Guidelines as published by US Figure Skating, available here: <http://www.usfsa.org/programs?id=84078>

Exceptions may apply, as specified in this announcement.

Props are not required, but are allowed in accordance with the guidelines cited above. Please note restrictions on type, set-up, and removal. Props must be placed and removed by skaters. Set up and take down is limited to one minute for duets and 2 minutes for mini production and production ensembles.

Ladies and men compete against one another. Different levels may be combined at the discretion of the Referee (divided by number of entries and ages if possible). Jumps are not restricted (technical difficulty is not evaluated) however, unintended falls, poorly executed skating elements and obvious loss of control will be detrimental performance evaluation. Music may be instrumental or vocal. Note: the costume restrictions of Rule 4030 do not apply if competition guidelines are followed.

Judging is in accordance with guidelines. Each judge will award one mark to each skater for Program Components.

Skaters may enter only one duet, one mini production ensemble and one production ensemble each.
Showcase Events Offered:

- A. **Dramatic Entertainment:** should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions
- B. **Light Entertainment:** should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- C. **Interpretive –** please review the online event requirements. See information on Interpretive Program below.
- D. **Duets:** theatrical performances by any 2 competitors.
- E. **Mini Productions:** theatrical performances by 3 - 7 competitors.
- F. **Production Ensembles:** theatrical performances by 8 - 30 competitors.

SOLO PRELIMINARY DANCE EVENT (NON SOLO DANCE SERIES EVENT)

This event is for all dancers who have not passed higher than the USFS preliminary dance test, either solo or partnered. It is open to dancers of both genders, all ages. The dances to be skated are the Dutch Waltz and the Swing Dance.

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.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

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

PRE-FREE SKATE – FREE SKATE 1-6 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.
- Time 1:40 max.

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, clockwise and counterclockwise • Basic one-foot upright spin, optional entry and free-foot position- minimum 3 revolutions • Mazurka • Waltz jump • <i>NOT ALLOWED -Waltz jump, side toe hop, waltz jump</i>
Free Skate 1	1:40 max.	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful 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 • <i>NOT ALLOWED – Waltz jump/toe loop combination</i>
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- maximum 2 revolutions • Half Lutz • Salchow jump • <i>NOT ALLOWED – Salchow/toe loop combination</i>
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 • <i>NOT ALLOWED – Waltz/loop combination</i>
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 • Half Loop jump (Euler) • Flip jump • <i>NOT ALLOWED – Waltz/half-loop/Salchow sequence</i>
Free Skate 5	1:40 max.	<ul style="list-style-type: none"> • Backward outside three-turn, Mohawk (backward power three-turn), 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 • Camel, sit spin combination - minimum of 4 revolutions total • Waltz jump/ half-loop (Euler)/Salchow jump combination • Beginning Axel jump



ADULT 1-6 FREE SKATE WITH MUSIC

General event parameters:

- The skating order of the required elements is optional.
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps 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 (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

Level	Time	Elements
Adult 1	1:40 Max	<ul style="list-style-type: none"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:40 Max	<ul style="list-style-type: none"> • 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	1:40 Max	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Backward skating to a long two-foot glide • Forward chasses on a circle, clockwise and counterclockwise • Backward snowplow stop, Right and Left
Adult 4	1:40 Max	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions
Adult 5	1:40 Max	<ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • 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
Adult 6	1:40 Max	<ul style="list-style-type: none"> • 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 – BRONZE FREE SKATE PROGRAM WITH MUSIC

General event parameters:

- Skaters will skate to the music of their choice and 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.

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	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 tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none"> • Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz • 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 Maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> • Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included • 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps. • Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) • Only single and half-revolution jumps are allowed • No single Lutz, single Axel or double jumps are allowed 	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) 	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 maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> • Max 2 combinations or sequences; • 1 combination/sequence may consist of three jumps, and the other may have only two jumps • Each jump may be repeated only once, and only as part of 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"> • Choreographic Step Sequence Must use at least ½ ice surface May include Moves in the Field and spirals	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

SHOWCASE EVENTS

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Show costumes are permitted, as long as they do not touch or drag on the ice. Costuming and make-up for showcase programs should enhance the feeling created by the performance, and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories, or anything else that may fall to the ice and be hazardous to the skaters are allowed. A 0.1 deduction will be taken. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for each ten seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

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

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

* For specific guidelines regarding the conduct of Showcase competitions, refer to the Nonqualifying Showcase Guidelines posted on www.usfigureskating.org.

Showcase categories may include:

- Levels can be subdivided, if necessary, depending on entry numbers and event set up
- Dramatic entertainment: 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.
- Light entertainment: Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters. Theater On Ice teams are eligible as production ensembles. NOTE: Skaters may enter only one each duet, mini production or production event.



SHOWCASE EVENTS

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-6	Elements only from Basic 1-6 curriculum	May not have passed any higher than Basic 6 level.	Time: 1:00 max.
Pre-Free Skate-Free Skate 6/ Beginner/High Beginner/ Adult 1-6/ Adult Beginner/Adult High Beginner	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate or free dance tests.	Time: 1:30 max.



INTERPRETIVE

Competition Format

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

Levels: Levels should be broken by ability with ages divided appropriately.

Judging Rules: Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

Time: Music Duration: Pre-Free Skate, Pre-Preliminary - Preliminary: 1:00 Max

Coaching: There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.



SYNCHRONIZED SKATING- SNOWPLOW SAM SYNCHRO, SYNCHRO SKILLS 1-3, PRELIMINARY

The emphasis of the Learn to Skate USA synchronized skating competition is on mastering the Synchro Skills of synchronized skating:

- Unison of body alignment, and learning to guide with the head.
- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Learning how to transition within elements with ease and clarity.
- Incorporating skills from Basic 1-6, Pre-Free Skate and Free Skate 1-2 to strengthen skating skills.
- Learning skills that will be the foundation for higher levels.
- Demonstrate ability to recognize and skate to the tempo of the music.

In order to safely practice and compete at the various levels, it is strongly recommended that skaters have mastered the elements of the Learn to Skate USA level at which they are skating (see program requirements).

Eligibility Rules: All skaters on the team must either be full U.S. Figure Skating members or members of the Learn to Skate USA program. All Learn to Skate USA Synchronized Skating teams must be registered with U.S. Figure Skating and have a team number.

In order for the team to be eligible for Snowplow Sam Synchro or Synchro Skills 1-3 events, no skaters on the team may have passed higher than a preliminary test (moves in the field, freestyle or dance). The skater's test level is as of the competition entry deadline.

No skater may compete on multiple Learn to Skate USA synchronized skating teams.

Age/Number of Skaters: Varies based on the level. The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1. If the majority of the team is younger than the listed age, consider skating "up" to the level that best meets the skaters' skill levels.

Each Synchro Skills team may have between 8-16 skaters. A Snowplow Sam Synchro team may have between 5-12 skaters. Teams may have a maximum of four alternates listed on their roster, in addition to the maximum number permitted on the ice for their respective level.

Costume Rules: Learn to Skate USA synchronized skating teams should follow **Rule 7022 Clothing and Equipment** (U.S. Figure Skating Rulebook) when selecting their clothing for competition.

SYNCHRONIZED SKATING SNOWPLOW SAM, SYNCHRO SKILLS 1-3 PRELIMINARY

Required elements – Each level has specific required elements that must be completed:

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
SNOWPLOW SAM SYNCHRO 5-12 skaters, majority under 7 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward inside or outside edge 1 foot glide and/or 2 foot glide. May have backwards skating.	One line, skated forward, which must cover half ice to full ice.	One block, skated forward, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, skated forward, in any shape.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
SYNCHRO SKILLS 1 8-16 skaters, majority under 9 years old Maximum 2 minutes 10 seconds	One circle, which must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and may include forward and/or backward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel of the team's choice with backward pumps.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
SYNCHRO SKILLS 2 8-16 skaters, majority under 12 years old Maximum 2 minutes 10 seconds	One circle, which must contain a forward 3-turn and must contain a backward inside and/or backward outside edge glide.	One line, which must cover full ice and may include forward and/or backward skating.	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the team's choice with backward pumps and/or chasses.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
SYNCHRO SKILLS 3 8-16 skaters, majority at least 12 years old Maximum 2 minutes 10 seconds Minimum of two different hand holds	One circle, which must contain a mohawk and must contain a backward inside and/or backward outside edge glide.	Line element, which includes a change of configuration (1 line to 2 lines or 2 lines to 1 line), and must cover full ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 different configurations.	Wheel element of the team's choice with backward pumps, chasses, and/or crossovers.	One intersection.
PRELIMINARY 8-16 skaters who are under age 12, majority under age 10 2:00 +/- 10 seconds Minimum of two different hand holds	One circle element	One line element	One block element	One wheel element	One intersection element (forward only)

Restrictions in Snowplow Sam Synchro and Synchro Skills 1:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Lines may not pivot.
- Snowplow Sam Synchro teams: backwards skating is allowed, but not required, in the circle and is not permitted in any other elements or transitions.
- Teams may not do steps higher than Basic 6.

Restrictions in Synchro Skills 2:

- Additional elements are not allowed (the team must do only their required elements).
- Wheels may not travel, change rotational direction or change configuration.
- Circles may not change rotational direction or change configuration. Traveling is allowed, but not required.
- Lines may not pivot.
- Synchro Skills 2 teams may not do steps higher than Free Skate 2, with the exception of split jumps, stag jumps and split falling leaf umps.

Restrictions in all levels: All of the synchronized skating “illegal elements” found in Rule 7160 of the U.S. Figure Skating Rulebook.

Please reference <http://usfsa.org/programs?id=84096&menu=synchronized> for most up-to-date Learn to Skate USA Synchronized Skating rules

FIGURES EVENTS

Except as otherwise stated herein, the competition will be conducted according to the rules of U.S. Figure Skating as set forth in the Special Regulations of Figure supplement to the U.S. Figure Skating Rule Book.

The 6.0 judging system will be used. One mark will be given for each figure except for the Creative Figure event, where two marks will be given.

A skater will perform only 1 figure per event. The Figure number listed on the entry form refers to the figure number in the USFSA figures supplement. In some events, the skaters have a choice of which figure they wish to perform; skaters may only perform 1 figure from those listed for that event.

Open Category: The events will be open to any skater regardless of age or test level.

Restricted Category: The skater may have passed no higher than the 1st Figure Test, Adult Bronze Figure Test, ISI Figure 2 or any non-US equivalent test. In this category, circles MAY be scribed on the ice by the skater taking the ice at the discretion of the skater.

In either category: skaters may create a center/axis mark prior to commencing and may place their figure using lines, circles and other marks in the ice within the area indicated by the referee for that skater, Skater may select the starting foot.

False Starts and Re-Skates: Are allowed at the sole discretion of the event referee who may consult the judge in charge of the panel or who may delegate the decision to the judge in charge. The decision of the referee or the judge in charge is not subject to protest. False starts or re-skates may be allowed for falls not the fault of the skater, foreign material on the ice or other ice conditions, or for interference with the skater or the judging panel (by collision on the ice, falls, interference from other skaters or spectators.)

Open Events:

1a RFO-LFO Circle Eight	15a RFI-LFI Loop
2a RFI-LFI Circle Eight	16a RBO-LBO Loop
3a RBO-LBO Circle Eight	17a RBI-LBI Loop
4a RBI-LBI Circle Eight	18a RFO-LBI Bracket
5a RFOI-LFIO Serpentine	18b LFO-RBI Bracket
5b LFIO-RFIO Serpentine	20a RFO-LBO Rocker
6a RBIO-LBIO Serpentine	20b LFO-RBO Rocker
6b LBIO-RBIO Serpentine	21a RFI-LBI Rocker
8a RFO-LBI Three	21b LFI-RBI Rocker
8b LFO-RBI Three	22a RFO-LBO Counter
9a RFI-LBO Three	22b LFO-RBO Counter
9b LFI-RBO Three	23a RFI-LBI Counter
10a RFO-LFO Double Three	23b LFI-RBI Counter
11a RFI-LFI Double Three	24a RFOI-LFOI One Foot Eight
12a RBO-LBO Double Three	24b LFOI-RFOI One Foot Eight
13a RBI-LBI Double Three	26a RFIO-LBIO Change Three
14a RFO-LFO Loop	26b LFOI-RBOI Change Three

Waltz Eight

Creative Figure

Restricted Events:

1a RFO-LFO Circle Eight	Creative Figure
2a RFI-LFI Circle Eight	
3a RBO-LBO Circle Eight	
4a RBI-LBI Circle Eight	
5a RFOI-LFIO Serpentine	

ADDENDUM:

July 25, 2019

A Juvenile SP event using the 2019-2020 elements has been added to the Blades on Ice 2019 competition.