

Minnesota State



2019

Figure Skating Championships

"40th Annual Great Minnesota State Skate Together"
2019 Minnesota State Figure Skating Championships
Bloomington Ice Garden
3600 West 98th Street
Bloomington, MN 55431

THURSDAY, August 16th, FRIDAY, August 17th and SATURDAY, AUGUST 18th, 2018

This event is a standard U.S. Figure Skating Nonqualifying Competition
LG/10-1-14



The MN State Figure Skating Championships will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website. The competition is sponsored by the Twin City Figure Skating Association, hosted by the FSC of Bloomington and the IJS systems will be used for Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, Senior, Adult Gold & Adult Masters events. Lisa Anne Venne will be the Chief Referee and Kathy Anderson will be the Chief Accountant. **ALL EVENTS WILL TAKE PLACE THURSDAY through SATURDAY, August 16-18th, 2018.**

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

ELIGIBILITY/TEST LEVEL:

The Competition is open to all registered US Figure Skating members in good standing who are residents of the state of Minnesota **AND a home club** members of a Minnesota US Figure Skating club as of **July 8th, 2018**. For pair events, one member of the pair team must be a resident of Minnesota a **AND home club** member of a Minnesota US Figure Skating club.

- 1) Skaters must compete at the highest freestyle test level passed.
- 2) Skaters cannot skate UP a level at the Minnesota State Championships.
- 3) Elimination rounds will be conducted if necessary.

Age restrictions/requirements: Skaters entering pre-juvenile and juvenile free skate events (Well Balanced Program) must be under 13 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 13 years of age at the close of entries.

SKATERS WHO SKATE FOR A FOREIGN FEDERATION:

Any member of U.S. Figure Skating who represents a foreign federation must have documentation from their federation stating that they are in good standing with their federation and have permission to compete in U.S. Figure Skating sanctioned non-qualifying competition.

If you represent a foreign federation in international competition. To be eligible to compete at Minnesota State, you must provide the Competition Chair with the documentation required under USFS Rule 3060 A., paragraph 3 by July 8, 2018.

Please also note that under Rule 3060 B., such skaters must represent the foreign federation in the competition, not a USFS club.

ENTRIES: Fees are **\$160.00 for all events. Fees for pair events will be \$160.00 per team, and one member must register the team using both names for the team. Online Registration is required** and is available via secured credit card transaction at TCFSA.ORG and serviced by EntryEeze. Upon receiving your online registration, an email will be sent to the skater's coach to verify the accuracy of the entry and to the skater's home club to certify the skater's standing within the club. As part of the entry fee, skaters will receive one complementary video of their event.

ENTRY DEADLINE: There will be **NO LATE ENTRIES** accepted after **11:59PM on Sunday, July 8th, 2018**. There are no exceptions to this deadline.

REFUND POLICY: Entry fees will not be refunded after **July 8th, 2018** unless no competition exists or the

event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Contested credit card charges will be issued a \$25.00 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available by email.

FACILITIES: The competition will be held at:

Bloomington Ice Garden
3600 West 98th Street
Bloomington, MN 55431

The Bloomington Ice Garden has two ice surfaces each measuring 85 feet x 200 feet and one ice surface measuring 100x200 feet. A concession stand and will be available during the competition.

MUSIC:

For the *MN State Figure Skating Championships*, **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 1st, 2018. Please confirm the exact date on EntryEeze.**

The uploaded program music MUST conform to the following specifications:

Programs per file: One (1) - Only one piece of competition program music (e.g. short program, free skate, short dance, free dance, 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 or official practice**. 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 – Optional but requested), Event, Event Segment and Music Length (e.g. Jane Smith, Acme FSC, Novice Ladies, Free Skate, 3:10 or Synchro Team, Widget 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!!**

The Local Organizing Committee (“LOC”), competition officials, and volunteers exercise reasonable care when handling CDs. However, they are not responsible for damage to or loss of any CDs. The LOC is not responsible for CDs not picked up by the end of the competition. Those CDs will be destroyed.

Interruption in Music – U.S. Figure Skating Rule 1403

If, after the competitor/team’s name has been called to compete, there is an issue with the downloaded music or CD provided at the event, the competitor will have up to 3 minutes to rectify the situation with a backup copy of the music on CD. After 3 minutes, the competitor/team will be considered withdrawn.

Administrative Fee for Incorrect Music or Failure to Upload Music

The LOC will assess each competitor/team an additional charge, up to \$25.00 per event segment, to manually handle a team’s music, if the competitor/team: 1) fails to submit their music prior to the close of online music submission, 2) submits files that do not follow the specifications above, or 3) uploads the incorrect music for a given event segment (e.g. uploads short program music instead of the free skate). In the event the LOC decides to assess an administrative fee, the competitor/teams will not receive their credentials at registration until they pay the fee and turn in their music on CD, conforming to the requirements above.

YOU WILL NOT BE ALLOWED ON PRACTICE ICE UNTIL YOU ARE OFFICIALLY REGISTERED.

PLANNED PROGRAM CONTENT: All competitors **entering IJS events** will be required to complete a Planned Program Content form for the competition. The Planned Program Content (PPC) should detail the elements in both short and long programs and will be entered via the EntryEeze website. Please note that you do not have to complete this at time of entry although it is strongly encouraged. An athlete may update their PPC at any time, however, athletes will not be allowed to make any edits to their PPC two weeks prior to the start of the competition. **The LOC will assess each competitor/team an additional charge, up to \$20.00 per event if the skater(s) fail to submit their PPC prior to August 1st, 2018.**

LIABILITY: U.S. Figure Skating, TCFSA and the Bloomington Ice Garden accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEM: The International Judging System (IJS) will be used for the following events: *Pre-Juvenile/Open Pre-Juvenile, Juvenile/Open Juvenile, Intermediate, Novice, Junior, Senior, Adult Gold& Adult Masters Events. Juvenile through Senior Pair Events*

All competitors skating in these events need to submit the planned program content form online via EntryEeze. The deadline to submit the form is **August 1st, 2018.**

The 6.0 Majority Judging System will be used for all other events.

REGISTRATION: The registration desk will be open one hour prior to the first scheduled practice time on Thursday, August 16th and will remain open during all scheduled events and practice sessions. All notices will be posted at the registration table in the lobby of the arena. Please register promptly upon arrival.

PRACTICE ICE: Official practice ice is **NOT** included in the entry fee, but practice ice for **THURSDAY, AUGUST 16th** may be purchased in advance through the EntryEeze system. **Thursday, August 16th, 2018 is the only day practice ice is available in the competition arena and the only day of ice available for pre-purchase. ONLINE purchases of practice ice are for THURSDAY, AUGUST 16th ONLY and will be \$15.00 pre-paid via credit card. Skaters will only be allowed TWO practice ice sessions on Thursday.** The practice ice sessions will be leveled, are 20 minutes in length and limited to 18 skaters per session and may begin as early as 6:00 AM on Thursday. After the closing of entries, skaters who have pre-purchased sessions will be able to pick their ice times via EntryEeze. You will not be able to pre-purchase any practice sessions for Friday and Saturday online, however, practice ice will be available via the registration desk. Once the registration desk is open on Thursday, August 16th, skaters may purchase Friday and/or Saturday sessions in person at a cost of \$20.00 per session. Music will not be played during practice ice.

PHOTOGRAPHY/VIDEOGRAPHY: The event will offer official photography and videotaping services. **VIDEO will be provided by Perkins Media and IS INCLUDED IN THE ENTRY FEE.** Registration fees for individual registrants include one FREE video of your choice compliments of the Twin City Figure Skating Association. Please bring a thumb drive for the videographer to download your video. Thumb drives will also be available for purchase from the videographer. A "free video" coupon will be provided in your registration package. Additional videos will be available for purchase for most events.

AWARDS:

Awards will be presented during the course of the competition. Please check with the registration desk for time and location.

INDIVIDUAL

- *Individual Awards will be presented to the top four (4) skaters in all final round events.
- *All champions (and one guest) will be invited to the 2017 Officials Appreciation dinner on September 24th, 2018. Details will be provided at the competition.
- *Event champions will also be invited to participate in the 2019 Celebration of Champions. This exhibition will take place on February 10th, 2019 at the Bloomington Ice Garden.

TEAM

- *A team trophy will be awarded to the club earning the most points.

OFFICIAL NOTICES: An official bulletin board will be maintained at the registration desk.

It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;

B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.

C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.

D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

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 which is reported to U.S. Figure Skating and PSA. For more information regarding Coach Compliance, please refer to:

<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

CONTACT INFO: If you have questions, please contact Nancy Kaufmann at nancy@icesnice.com.

AREA HOSPITALITY:

A block of hotel rooms has been reserved at

Renaissance Minneapolis Bloomington

5500 American Boulevard West,

Bloomington, MN 55437

952-345-1244

Rooms will be \$99.00 per night and should be reserved by July 27th, 2018. Please mention the Minnesota State Figure Skating Championships when making reservations.

EVENTS OFFERED

WELL BALANCED FREESKATE: Pre-Preliminary through Senior

*Skaters must compete at the highest freestyle test level passed.

***For Intermediate, Novice, Junior and Senior events:** These events are **combined with the short program** and will be conducted and judged exactly the same as in a qualifying competition according to the 2018 USFS Rulebook, with changes and clarifications as posted on the USFS website. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

A. Intermediate short program – Rule 4230

B. Novice short program – Rule 4220

C. Junior short program – Rule 4210

D. Senior short program – Rule 4200

*All events are skated with music on a full ice surface. The events are dependent on 2 or more competitors in each event.

*Men's and Ladies' adult events may be combined at the discretion of the referee.

2018-19 Singles Free Skating Requirements – This chart will be updated with changes from the U.S. Figure Skating Governing Council and ISU Congress that will go into effect July 1, 2018.

General event parameters:

- Skaters may not enter both the Minnesota State Championships (Well Balanced Free Skate) event and the TCFA Open (Test Track Free Skate) event.
- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters MAY NOT skate up a level.

2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>PRE- PRELIMINARY</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • All single jumps, including the single Axel, allowed; No double, triple or quadruple jumps allowed; Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels); Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences; Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted; Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>PRELIMINARY</p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel or a waltz jump* • All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop); Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed; An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination; Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences; Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump permitted Jump sequences limited to a maximum of 3 single or double jumps. 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a flying entry • Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must use one-half the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE-JUVENILE and OPEN PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination ○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted ○ Jump sequences limited to a maximum of 3 single or double jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ No change of foot ○ Min 4 revs <p>Both spins may start with a flying entry These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • Step Sequence <ul style="list-style-type: none"> ○ Must fully utilize the ice surface ○ Moves in the field and spiral sequences are permitted but will not be counted as elements ○ Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p align="center">JUVENILE and OPEN JUVENILE</p> <p align="center">2:20 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> ▪ If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump can be included more than twice • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p align="center">INTERMEDIATE</p> <p align="center">2:40 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> ○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated ○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> ▪ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations are limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position • 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <p>Maximum of Level 2. Only Minimum Variety (five turns) and Simple Variety (seven turns) and rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level.</p> <p>Must fully utilize the ice surface.</p>

2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>NOVICE LADIES</p> <p>3:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps except one 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry</p> <p>Spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>NOVICE MEN</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps except one 3-jump combination is permitted ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry</p> <p>Spins must be of a different character</p> <p>(For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

2018-19	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>JUNIOR LADIES</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p> <p>JUNIOR MEN</p> <p>3:30 +/- 10 sec</p> <p>MAX 8 Jump elements</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps except one 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>SENIOR LADIES</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p> <p>SENIOR MEN</p> <p>4:00 +/- 10 sec</p> <p>MAX 8 Jump elements</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Combinations limited to 2 jumps ○ One 3-jump combination is permitted ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position ○ <u>Must have all 3 basic positions to receive full value.</u> • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible

WELL BALANCED CHAMPIONSHIP PAIRS: Juvenile through Senior

*Teams must compete at the highest freestyle test level passed.

2017-18 Pairs Short Program Requirements – This chart has been updated with changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2017.

2017-18	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
INTERMEDIATE PAIRS SHORT PROGRAM 2:30 Max	One lift selected from Groups 1-4. Variations of the lady's position, no-handed and one-handed lifts, combination lifts, lifts	Single Take off must be flip or Lutz	Not allowed in the Intermediate Pairs Short Program	Single or Double (any take off)	Pair Spin No change of foot and optional change of position	One Death Spiral or Pivot Figure Regular hand-to-hand hold required	Choreographic Step Sequence Must fully utilize the ice surface

	<p>that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted; however, if a pair executes a platter lift, the release of the lady's hands after the lift extension has been achieved is not a violation of this rule.</p> <p>Min 1 and max 3 ½ revs. by man</p>				<p>Min. 5 revs. total</p> <p>May NOT be commenced with a jump</p> <p>The rotation must be continuous, and no stop is permitted</p>	<p>In the final position when the lady is performing the actual death spiral or pivot figure, both the man and the lady must execute a minimum of one-half rev. with the knees of the man clearly bent and in full pivot position</p>	
<p>NOVICE PAIRS SHORT PROGRAM</p> <p>2:50 Max</p>	<p>One lift selected from Group 3</p> <p>Min 1 and max 3 ½ revs. by man</p> <p>One-handed variations and changes of hold or of the lady's position during the lift are permitted</p> <p>The lift may not include a carry feature or be a carry lift</p>	<p>Single or Double</p> <p>Take off must be flip or Lutz</p>	<p>Single, Double or Triple <u>Loop</u></p>	<p>Double <u>Lutz</u></p>	<p><u>Pair Spin</u></p> <p>No change of foot and optional change of position</p> <p>Min. 5 revs. total</p> <p>May NOT be commenced with a jump</p> <p>The rotation must be continuous, and no stop is permitted</p>	<p><u>Forward Inside</u></p> <p>When death spiral position is attained, both partners must execute one revolution with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p>Leveled Step Sequence</p> <p>Must fully utilize the ice surface</p>

2017-18	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	SPIN	DEATH SPIRAL	STEP SEQUENCE
JUNIOR PAIRS SHORT PROGRAM 2:40 +/- 10 sec	Any <u>hip</u> lift take off (Group 3) Full extension of the lifting arm(s) is required Min 1 and max 3 ½ revs. by man	Double or Triple Take off must be flip or Lutz	Double or Triple <u>Loop</u>	Double <u>Lutz</u>	<u>Pair Spin Combination</u> Only one change of foot (made at the same time by both partners) <u>Min. 8 revs. total, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each</u> May <u>NOT</u> be commenced with a jump The rotation must be continuous, and no stop is permitted	<u>Forward Inside</u> When death spiral position is attained, both partners must execute one revolution with man in full pivot position Lady's head must reach the level of her skating knee	Leveled Step Sequence Must fully utilize the ice surface
SENIOR PAIRS SHORT PROGRAM 2:40 +/- 10 sec	Any <u>hip</u> lift take off (Group 3) Full extension of the lifting arm(s) is required Min 1 and max 3 ½ revs. by man	Double or Triple Take off must be flip or Lutz	Double or Triple (any take off)	Double or Triple (any take off)	<u>Pair Spin Combination</u> Only one change of foot (made at the same time by both partners) <u>Min. 8 revs. total, and at least 2 different basic positions or their variations by each partner with at least 2 revs. each</u> May <u>NOT</u> be commenced with a jump The rotation must be continuous, and no stop is permitted	<u>Forward Inside</u> When death spiral position is attained, both partners must execute one revolution with man in full pivot position Lady's head must reach the level of her skating knee	Leveled Step Sequence Must fully utilize the ice surface

2017-18 Pairs Free Skate Requirements – This chart has been updated with changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2017.



2017-18	LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL/ PIVOT FIGURE	STEP SEQUENCE
<p>JUVENILE PAIRS</p> <p>2:30 +/- 10 sec</p>	<p>Max 1 Lift</p> <p>Lift may be chosen from Group 1 or Group 2</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted</p> <p>Min 1 rev and max 3 ½ revs by man</p>	N/A	<p>Max 1 Throw Jump</p> <p>Single only</p>	<p>Max 1 Solo Jump</p> <p>Single or double</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Max 2 jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> <p>Single or double jumps only</p>	<p>Max 1 Solo Spin or Solo Spin Combination</p> <p>Min 5 revs</p> <p>Change of foot, change of position, and flying entry are optional</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p>Max 1 Pair Spin</p> <p>Min 3 revs</p> <p>Change of position optional</p> <p>No change of foot</p>	<p>Max 1 Pivot Figure</p> <p>Regular 1-hand-to-1-hand hold required</p> <p>Pivot figure not eligible for features</p> <p>When the position is attained, both partners must execute min ½ rev with the man clearly in pivot position</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>



<p style="text-align: center;">INTERMEDIATE PAIRS</p> <p style="text-align: center;">3:00 +/- 10 sec</p>	<p style="text-align: center;">Max 2 Overhead Lifts</p> <p>Lifts can be selected from Groups 1-4 and must be different</p> <p>Variations of the lady's position, no-handed and one-handed lifts, combo lifts, lifts that include a carry feature, carry lifts and lifts that turn in both directions are NOT permitted; however, if a pair executes a platter lift, the release of the lady's hands after the lift extension has been achieved is not a violation of this rule.</p> <p>Min 1 rev and max 3 ½ revs by man</p>	<p style="text-align: center;">Max 1 Twist Lift</p> <p>Single</p> <p>Take off must be flip or Lutz</p>	<p style="text-align: center;">Max 2 Throw Jumps</p> <p>Single or double</p> <p>Must be different</p>	<p style="text-align: center;">Max 1 Solo Jump</p> <p>Single or double</p>	<p style="text-align: center;">Max 1 Jump Sequence or Jump Combination</p> <p>Max 2 jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> <p>Single or double jumps only</p>	<p style="text-align: center;">Max 1 Solo Spin or Solo Spin Combination</p> <p>Min 5 revs</p> <p>Change of foot, change of position and flying entry are optional</p> <p>Both partners must achieve a basic position (sit/camel/upright) for at least 2 revs</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p style="text-align: center;">N/A</p>	<p style="text-align: center;">Max 1 Death Spiral or Pivot Figure</p> <p>Regular 1-hand-to-1-hand hold required</p> <p>Pivot figure not eligible for features</p> <p>When the position is attained, both partners must execute min ½ rev with the knees of the man clearly bent and in full pivot position</p>	<p style="text-align: center;">Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>
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<p style="text-align: center;">NOVICE PAIRS</p> <p>3:30 +/- 10 sec</p>	<p>Max 2 Overhead Lifts</p> <p>Lifts must be from different groups, and 1 must be from Group 3 or Group 4</p> <p>Variations of lady's position, no-handed, 1-handed, combo lifts and lifts that turn in both directions ARE permitted</p> <p>Carry lifts and carry features are NOT permitted</p> <p>Min 1 rev and max 3 ½ revs by man</p>	<p>Max 1 Twist Lift</p> <p>Single or double</p> <p>Take off must be flip or Lutz</p>	<p>Max 2 Throw Jumps</p> <p>Single, double or triple</p> <p>Must be different</p>	<p>Max 1 Solo Jump</p> <p>Single, double or triple</p> <p>If double Axel or triple, must be different from jumps executed in the jump sequence / combination</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Max 2 jumps in jump combination</p> <p>No limit to number of jumps in jump sequence</p> <p>Both may include jumps with same name</p> <p>Single, double or triple jumps permitted</p>	<p>Max 1 Solo Spin or Solo Spin Combination</p> <p>Min 5 revs</p> <p>Change of foot, change of position and flying entry are optional</p> <p>Both partners must achieve a basic position (sit/camel/upright) for at least 2 revs</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p>Max 1 Pair Spin or Pair Spin Combination</p> <p>Min 5 revs</p> <p>If pair spin combination, must have at least 1 change of foot and 1 change of position by each partner</p> <p>If combination, must have all 3 basic positions to receive full value.</p>	<p>Max 1 Death Spiral</p> <p>Regular 1-hand-to-1-hand hold required</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>

JUNIOR PAIRS 4:00 +/- 10 sec	Max 2 Overhead Lifts	Max 1 Twist Lift	Max 2 Throw Jumps	Max 1 Solo Jump	Max 1 Jump Sequence or Jump Combination	Max 1 Solo Spin Combination	Max 1 Pair Spin Combination	Max 1 Death Spiral	Max 1 Choreographic Sequence
	Not all from Group 5 Full extension of the lifting arms required Only 1 lift may include a carry feature Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only) Min 1 rev and max 3 ½ revs by man	No limit to the number of revs Take off may be toe loop, loop, flip, Lutz or Axel	Must be different	No limit to the number of revs If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination	No limit to the number of revs Jump combination may consist of 2 or 3 jumps No limit to number of jumps in jump sequence Both may include jumps with same name No limit to the number of revs	Must be combination Min 10 revs Optional change of foot (min 3 revs before and after change of foot, if performed) Optional flying entry At least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.	Must be combination Min 8 revs With a least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot) At least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.	When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position Lady's head must reach the level of her skating knee Variations of arm holds and pivot positions are allowed	Must be clearly visible

<p style="text-align: center;">SENIOR PAIRS</p> <p>4:30 +/- 10 sec</p>	<p>Max 3 Overhead Lifts</p> <p>Not all from Group 5</p> <p>Full extension of the lifting arms required</p> <p>If 2 Group 5 lifts are executed, each must have a different take off (toe, step, reverse, backward or Axel)</p> <p>Only 1 lift may include a carry feature</p> <p>Carry lifts (1/2 rotation entry/exit) are permitted, but are not included in the allowed number of lifts (transitions only)</p> <p>Min 1 rev and max 3 1/2 revs by man</p>	<p>Max 1 Twist Lift</p> <p>No limit to the number of revs</p> <p>Take off may be toe loop, flip, Lutz or Axel</p>	<p>Max 2 Throw Jumps</p> <p>Must be different</p>	<p>Max 1 Solo Jump</p> <p>No limit to the number of revs</p> <p>If double Axel, triple or quad, must be different from jumps executed in the jump sequence / combination</p>	<p>Max 1 Jump Sequence or Jump Combination</p> <p>Jump combination may consist of 2 or 3 jumps</p> <p>No limit to number of jumps in jump sequence</p> <p>Both may include jumps with same name</p> <p>No limit to the number of revs</p>	<p>Max 1 Solo Spin Combination</p> <p>Must be combination</p> <p>Min 10 revs</p> <p>Optional change of foot (min 3 revs before and after change of foot, if performed)</p> <p>Optional flying entry</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</p>	<p>Max 1 Pair Spin Combination</p> <p>Must be combination</p> <p>Min 8 revs</p> <p>With at least one change of foot by each partner, not necessarily at the same time (min 3 revs before and after change of foot)</p> <p>At least 2 different basic positions or their variations by each partner with at least 2 revs. each. Must have all 3 basic positions to receive full value.</p>	<p>Max 1 Death Spiral</p> <p>Must be different from the death spiral in the short program</p> <p>When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position</p> <p>Lady's head must reach the level of her skating knee</p> <p>Variations of arm holds and pivot positions are allowed</p>	<p>Max 1 Choreographic Sequence</p> <p>Must be clearly visible</p>

ADULT FREESKATE: Pre-Bronze, Bronze, Silver, Gold and Masters Singles

Masters Singles will be leveled as Intermediate/Novice and Junior/Senior.

All events will be conducted according to the 2018 USFS Rulebook with changes posted at the USFS website.

Adult Gold & Adult Masters Freeskiate will be judged using the IJS system. All other events will use the 6.0 majority system.

2019 MN STATE SAMPLE Entry Form
All registrations MUST be completed online at www.entryeeze.com.
The registration deadline is 11:59 PM on July 8th, 2018

Skater's Name:		U.S. Figure Skating #	
Date of Birth:		Sex:	
Address:			
Email:			
Cell phone:			
Name of parent or guardian:			
Highest MITF test:		Highest free skate test:	
Home figure skating club:			
Coach name:		Coach U.S. Figure Skating#	
Coach email:		Coach cell phone:	

EVENTS: *Registration fees for individual entrants include one FREE video of your choice compliments of Twin City Figure Skating Association.

Well Balanced Program Events	Fee	X		Adult Events	X	X
Pre-Preliminary	\$160.00			Bronze	\$160.00	
Preliminary	\$160.00			Silver	\$160.00	
Pre-Juvenile/Open	\$160.00			Gold	\$160.00	
Juvenile/Open	\$160.00			Masters Intermediate/Novice	\$160.00	
Intermediate	\$160.00			Masters Junior/Senior	\$160.00	
Novice	\$160.00					
Junior	\$160.00					
Senior	\$160.00					
Pair Events	Fee per Team	X				
Juvenile	\$160.00					
Intermediate	\$160.00					
Novice	\$160.00					
Junior	\$160.00					
Senior	\$160.00					

ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the TCFA and the Bloomington Ice Garden harmless from any and all liability either during practice or the competition and from any and all liability for damages to or loss of property.

Instructor/coach has verified that the skater/team is entered in the correct level.

The Program Director/Club Officer has verified that the skater/team is in good standing.