**Golden Blades Competition Series**



Rules and Information:

* There will be four competitions within the series, skaters must compete in 2 or more competitions to qualify for the series
* Events considered for points will be free skate, elements, two different showcase events, and dance. All levels up through preliminary, adult bronze, and bronze dances will qualify
* Two showcase events may be light entertainment, dramatic entertainment, interpretive, and any special individual showcase events. Duets and group numbers will not count towards points
* Point structure for each event:

First Place – 6 points

Second Place – 5 points

Third Place – 4 points

Fourth Place – 3 points

Fifth Place – 2 points

Sixth Place – 1 point

* If there is only one skater in the group, that skater will be awarded 3 points
* Highest scores from 2 competitions will be counted towards the final series total. Points will be totaled for Series place and medal. All ties will be awarded medals, there will not be a tie breaker
* Club trophy will also be given to the club with the highest point total

January 11, 2020 White Rose FSC York, PA

March 7, 2020 Sikumi FSC Palmyra, PA

April 25, 2020 Steel Ice Center Bethlehem, PA

May 2, 2020 Central Pennsylvania FSC Harrisburg, PA

Golden Blades

Competition Series



We are pleased to announce the Central PA Basic Skills Competition Series

Hosted by the White Rose FSC January 11, 2020

Sikumi FSC March 7, 2020

Bethlehem Steel Ice Center April 25, 2020

And Central Penn FSC May 2, 2020

Register for each competition and earn points for placement in each of your events. Points from all competitions will be totaled and awards given to clubs and skaters with the most points at the end of the series

Sanction # 28976

Golden Blades Series Competition

SATURDAY May 2, 2020

**~COMPETITION ANNOUNCEMENT~**

Part of the series Competition

Sponsored by the CPFSC

Central Pennsylvania Figure Skating Club and approved by U.S. Figure Skating

will be at Twin Ponds East

on **Saturday May 2, 2020 10-4pm?**

**LOCATION**: Twin Ponds East Family Recreation Center

3904 Corey Road

Harrisburg, PA 17112

(717) 558-7663

**RINK**: The competition will be held at Twin Ponds East. The ice rink measures 200 X 85 feet with round corners and barrier. Locker rooms will be available for all competitors.

**WEBSITE**: www.centralpennfsc.org and www.twinponds.com

**CHAIR PERSON**: Christine Dunham

 cdunham152@yahoo.com

 (717) 686-3272

**DEADLINE**: Entries must be submitted no later than midnight April 5, 2020.

**ENTRIES:** The competition is open to all eligible skaters who are members in good standing of U.S. Figure Skating or Learn to Skate USA. The competition will be conducted in accordance with United States Figure Skating rules governing non-qualifying competitions as set forth in the 2019 Official US Figure Skating Rulebook for the 2019-2020 competitive season including any new or amended provisions passed at the 2019 Governing Council meeting. The competition committee reserves the right to limit the number of competitors in each flight and in each category, to combine or divide groups, and in the events where fewer than three competitors apply, to eliminate the category. All events will be using the 6.0 judging system.

**ELIGBILITY:** Skaters may enter as many events as they choose and for which they meet the eligibility requirements. A skater may compete at their current level or one level higher, but not both in the same event. Age and test status as of April 5,2020 will determine the competitor’s eligibility.

**ENTRY FEES:**

 All registration will take place online at  <http://comp.entryeeze.com/Home.aspx?cid=169>. **The registration deadline is 11:59 p.m. on April 5, 2020.** Late entries will be accepted at the discretion of the organizers. **Entry fees are per person, U.S. dollars. The first Learn to Skate USA event is $45, additional Learn to Skate events are $25. All entries will be collected through our on line registration. There will be an additional fee of $30.00 for late entries.**

**SCHEDULE**: A tentative schedule will be available approximately one week before the

competition. Individual and group assignments with times and a tentative schedule of events will be posted on the Central Pennsylvania FSC website at www.centralpennfsc.org and www.twinponds.com. **Please arrive 1 hour before your event warm-up start.**

**\*NO REFUNDS**:

After April 5, 2020-no refunds will be granted except for events cancelled by the

referee.

**\*EVENT CHANGE**:

**Please review your application closely to ensure accurate events/levels. You must complete all requested information. USFS member number/Basic Skills member numbers are mandatory.** Any changes after the application has been received will be processed upon receipt of a $30.00 change fee. No changes will be made after the entries are sent to the chief referee.

**PRACTICE ICE**:

 Practice is available to purchase with your online registration and available to purchase at the competition. Practice ice is from **7:30-9:30 am** on Saturday May 2, 2020. Freestyle ice is **$11.00 for 20 minutes** at Twin Ponds East Skating rink.

**AWARDS**: Medals will be awarded to first, second, third place finishers in each group. Ribbons will be awarded to fourth, fifth and six place in each group.

**MUSIC**: All music will be uploaded via Entryeeze for this competition at the time of registration. Failure to upload music will result in a $25 music fee. **Competitors are reminded to have a back-up CD readily available at rinkside at the time of your event.**

**REGISTRATION**:

Please arrive 1 hour before your event. Upon arrival, make sure you turn in your music CD. Competitors who arrive after their warm up group begins will be allowed at the discretion of the referee. If they do not skate, they will forfeit all fees for that event.

**LIABILITY**: U.S. Figure Skating, Central Pennsylvania Figure Skating Club and Twin Ponds 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.

**QUESTIONS**:

 Please visit the club or rink websites for schedule and updates www.centralpennfsc.org and www.twinponds.com . Competition questions? Email cdunham152@yahoo.com.

Sanction #29510

Accountant: Joanne Nipple

Chief Referee:



**COACHES: Only coaches who are registered with U.S. Figure Skating and CER compliant will be allowed to be in the rinks.**

**IMPORTANT NOTICE FOR ALL COACHES:**

To be a credentialed coach at a sanctioned nonqualifying competition, coaches must meet the following requirements:

Coaching U.S. Figure Skating athletes:

•  Current member in good standing with U.S. Figure Skating

•           Completed background check (green light status)

•           Completed SafeSport Training\*

•           Continuing Education Requirements (CERs) for the 2018-19 Competition Season

•        Proof of current general liability insurance with limits of $1 million per occurrence/$5 million aggregate.

Coaching Compete USA athletes:

•     Learn to Skate USA Instructor membership OR U.S. Figure Skating full membership

•   Completed SafeSport Training\* (for coaches 18 years old and over)

•           Completed background check (green light status) (for coaches 18 years old and over)

•        Learn to Skate USA Instructor Certification completed (for coaches under 18 years old)

**Schedule:** The competition schedule will be available on our web site at www.as soon as it is available. It is also available at our online registration website. You can access it there by logging into your account. A schedule will **not** be emailed to competitors. **NO changes will be made once entries have been sent to the referee. No changes will be made due to change in family plans.**



**SNOWPLOW SAM – BASIC 6 ELEMENTS**

Two format options for the Elements Event:

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)

Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

* To be skated on 1/3 to 1/2 ice (determined by the LOC)

|  |  |  |
| --- | --- | --- |
| Level | Time  | Skating rules/standards |
| Snowplow Sam  | 1:00 max. | * March followed by a two-foot glide and dip
* Forward two-foot swizzles, 2-3 in a row
* Forward snowplow stop
* Backward wiggles, 2-6 in a row
 |
| Basic 1 | 1:00 max. | * Forward two-foot glide and dip
* Forward two-foot swizzles, 6-8 in a row
* Beginning snowplow stop on two-feet or one-foot
* Backward wiggles, 6-8 in a row
 |
| Basic 2 | 1:00 max. | * Forward one-foot glide (no variations), either foot
* Scooter pushes, right and left foot, 2-3 each foot
* Moving snowplow stop
* Two-foot turn in place, forward to backward
* Backward two-foot swizzles, 6-8 in a row
 |
| Basic 3 | 1:00 max. | * Beginning forward stroking showing correct use of blade
* Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive
* Forward slalom
* Moving forward to backward two-foot turn on a circle
* Beginning backward one-foot glide, either foot
 |
| Basic 4 | 1:00 max. | * 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 | 1:00 max. | * Backward outside edge on a circle, clockwise or counterclockwise
* Backward crossovers, 4-6 consecutive, clockwise and counterclockwise
* Forward outside three-turn, right and left
* Advanced two-foot spin, minimum 4 revolutions
* Hockey stop
 |
| Basic 6 | 1:00 max. | * Forward inside three-turn, right and left
* Bunny Hop
* Basic forward spiral on a straight line (no variations), right or left
* Beginning one-foot spin, maximum 3 revolutions, optional free leg held position and entry
* T-stop, right or left
 |

* No music
* Divide Snowplow Sam skaters by level (1-4), if registrations warrant
* **All elements must be skated in the order listed.**



 **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. | * 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. | * 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. | * 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. | * 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. | * 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. | * 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. | * 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 COMPULSORY**

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

* To be skated on ½ ice.
* No music
* The skater must demonstrate the required elements listed
* **Bonus skills from the same level or below are allowed but will not be judged elements.**
* A 0.2 deduction will be taken for each element performed from a higher level.

|  |  |  |
| --- | --- | --- |
| Level | Time  | Skating rules/standards |
| Pre-Free Skate | 1:15 max. | * Forward inside open Mohawk from a standstill position (R to L and L to R)
* Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise
* One-foot upright spin, optional entry and free-foot position - minimum 3 revolutions
* Mazurka – right or left
* Waltz jump
 |
| Free Skate 1 | 1:15 max. | * Forward stroking, 4-6 consecutive powerful strokes
* Backward outside three-turn, right and left
* One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions
* Toe loop
* Half flip jump
 |
| Free Skate 2 | 1:15 max. | * Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis
* Backward inside three-turn, right and left
* Beginning back spin, optional entry and free-foot position - maximum 3 revolutions
* Half Lutz
* Salchow jump
 |
| Free Skate 3 | 1:15 max. | * Alternating Mohawk/crossover sequence, right to left and left to right
* Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise
* Advanced back spin with free foot in crossed leg position- minimum 3 revolutions
* Loop jump
* Waltz jump/toe loop or Salchow/toe loop jump combination
 |
| Free Skate 4 | 1:15 max. | * Forward power 3's, 2-3 consecutive sets, right or left
* Sit spin - minimum 3 revolutions
* Euler (half loop jump)
* Flip jump
 |
| Free Skate 5 | 1:15 max. | * Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets both directions
* Camel spin - minimum 3 revolutions
* Waltz jump/loop jump combination
* Lutz jump
 |
| Free Skate 6 | 1:15 max. | * Forward power pulls, minimum 3 on each foot
* Camel, sit spin combination - minimum of 4 revolutions total
* Waltz jump/Euler (half loop)/ Salchow jump combination
* Axel jump; minimum requirement is a clear attempt either stationary or moving
 |

**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.

|  |  |  |
| --- | --- | --- |
| Level | Time  | Skating rules/standards |
| Pre-Free Skate | 1:40 max. | * Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise
* One-foot upright spin, optional entry and free-foot position- minimum 3 revolutions
* Mazurka - right or left
* Waltz jump
* *NOT ALLOWED -Waltz jump, side toe hop, waltz jump*
 |
| Free Skate 1 | 1:40 max. | * 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
* *NOT ALLOWED – Waltz jump/toe loop combination*
 |
| Free Skate 2 | 1:40 max. | * Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis
* Beginning back spin, optional entry and free-foot position, maximum 3 revolutions
* Half Lutz
* Salchow jump
* *NOT ALLOWED – Waltz jump/toe loop and Salchow/toe loop combination*
 |
| Free Skate 3 | 1:40 max. | * Alternating Mohawk/crossover sequence, right to left and left to right
* Advanced back spin with free foot in crossed leg position, minimum 3 revolutions
* Loop jump
* Waltz jump/toe loop or Salchow/toe loop jump combination
* *NOT ALLOWED – Waltz/loop combination*
 |
| Free Skate 4 | 1:40 max. | * Forward power 3's, 2-3 consecutive sets, right or left
* Sit spin – minimum 3 revolutions
* Euler (half loop jump)
* Flip jump
* *NOT ALLOWED – Waltz/loop and Waltz/Euler/Salchow combination*
 |
| Free Skate 5 | 1:40 max. | * Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets both directions
* Camel spin – minimum 3 revolutions
* Waltz/loop jump combination
* Lutz jump
 |
| Free Skate 6 | 1:40 max. | * Creative step sequence using a variety of three turns, Mohawks and toe steps, half-ice
* Camel, sit spin combination - minimum of 4 revolutions total
* Waltz jump/ Euler (half loop)/Salchow jump combination
* Axel jump; minimum requirement is a clear attempt either stationary or moving
 |

 **EXCEL COMPULSORY**

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

* To be skated on ½ ice.
* No music
* The skater must demonstrate the required elements listed
* A 0.2 deduction will be taken for each element performed from a higher level.
* *Skaters may have the option to skate one level higher in compulsories than free skate program.*

|  |  |  |
| --- | --- | --- |
|  Level | Time  | Skating rules/standards |
| Excel Beginner | 1:15 max. | * Toe loop jump
* Salchow jump
* One-foot upright spin - minimum 3 revolutions
* Choreographic step sequence
 |
| Excel High Beginner | 1:15 max. | * Loop jump
* Salchow/toe loop combination
* Sit spin - minimum 3 revolutions
* Choreographic step sequence
 |
| Excel Pre-Preliminary | 1:15 max. | * Flip jump
* Loop/loop jump combination
* Upright spin with change of foot – minimum 3 revolutions on each foot
* Choreographic step sequence
 |
| Excel Preliminary | 1:15 max. | * Lutz jump
* Flip/loop jump combination
* Camel, sit combination spin – minimum 6 revolutions total
* Choreographic step sequence
 |

**WELL BALANCED LEVELS** **COMPULSORY**

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

* To be skated on ½ ice.
* No music
* The skater must demonstrate the required elements listed
* A 0.2 deduction will be taken for each element performed from a higher level.
* *Skaters may have the option to skate one level higher in compulsories than free skate program.*

|  |  |  |
| --- | --- | --- |
| Level | Time  | Skating rules/standards |
| No Test | 1:15 max. | * Loop jump
* Jump combination to include a toe loop (may not use a loop or Axel)
* Upright spin with change of foot – minimum 3 revolutions on each foot
* Choreographic step sequence
 |
| Pre-Preliminary | 1:15 max. | * Lutz jump
* Jump combination: single/single (no Axel)
* Spin with one change of position and no change of foot – minimum 6 revolutions total
* Choreographic step sequence
 |
| Preliminary | 1:15 max. | * Axel jump
* Jump combination: single/single (may include Axel)
* Spin with one change of foot and one change of position – minimum 3 revolutions on each foot
* Choreographic step sequence
 |

**EXCEL FREE SKATE**

General event parameters:

* Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same competition.
* Skaters will skate to the music of their choice.
* Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.

|  |  |  |  |
| --- | --- | --- | --- |
| **Excel Beginner** 1:40 Max.Learn to Skate USA membership OR full U.S. Figure Skating membership required | **Maximum 4 jump elements:**Jumps with no more than one-half rotation (front to back or back to front)Single rotation jumps: Salchow, toe loop onlyEulers (half loops) are not allowed. Maximum 2 jump combinations or sequences. One 3-jump combination is allowed* Jump sequence is any listed jump immediately followed by a waltz jump

Maximum 2 of any same jump | **Maximum 2 spins:**Two upright spins No change of footNo flying entryMinimum 3 revolutionsMax Level: Base | **Maximum 1 Sequence:**Choreographic Step Sequence\* (ChSt)Must use one-half of the ice surfaceMoves in the field and spiral sequences are allowed but will not be counted as elementsJumps may be included in the step sequence |
| **Excel High Beginner** 1:40 Max.Learn to Skate USA membership OR full U.S. Figure Skating membership required | **Maximum 5 jump elements:**Jumps with no more than one-half rotation (front to back or back to front)Single rotation jumps: toe loop, Salchow, Euler (half loop), loopFlip, Lutz, & Axel NOT permittedMaximum 2 jump combinations or sequences. One 3-jump combination is allowed* Jump sequence is any listed jump immediately followed by a waltz jump

Maximum 2 of any same jump | **Maximum 2 spins:**Both spins must be in a single positionNo change of footNo flying entryPermitted forward spins: upright, sit, camelPermitted back spins: uprightMinimum 3 revolutionsMax Level: Base | **Maximum 1 Sequence:**Choreographic Step Sequence\* (ChSt)Must use one-half of the ice surfaceMoves in the field and spiral sequences are allowed but will not be counted as elementsJumps may be included in the step sequence |
| **Excel Pre-Preliminary**1:40 Max.Must not have passed higher than U.S. Figure Skating Pre- preliminary free skate test \*means required elementLearn to Skate USA membership OR full U.S. Figure Skating membership required | **Maximum 5 jump elements:**All single jumps allowed, except for the AxelNo single Axels, double, or higher jumps allowedNumber of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceededMaximum 2 jump combinations or jump sequencesJump combinations limited to 2 jumps. One 3-jump combination is allowed* Jump sequence is any listed jump immediately followed by a waltz jump
 | **Maximum 2 spins:**One spin must be in a single position with no change of foot\*One spin may change feet or position, but not bothNo flying entryMinimum 3 revolutionsSpins must be of a different characterMax Level: 1 | **Maximum 1 Sequence:**Choreographic Step Sequence\* (ChSt)Must use one-half of the ice surfaceMoves in the field and spiral sequences are allowed but will not be counted as elementsJumps may be included in the step sequence |
| **Excel Preliminary** 1:30 +/- 10 sec.Must not have passed higher than U.S. Figure Skating Preliminary free skate test \*means required elementFull U.S. Figure Skating membership required | **Maximum 5 jump elements:**All single jumps allowed, except for the AxelNo single Axels, double, or higher jumps allowedNumber of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceededMaximum 2 jump combinations or jump sequencesJump combinations limited to 2 jumps. One 3-jump combination is allowed* Jump sequence is any listed jump immediately followed by a waltz jump
 | **Maximum 2 spins:**One spin must be a camel or layback spin with no change of foot and no change of position\*One spin may change feet and/or positionNo flying entryMinimum 3 revolutionsSpins must be of a different characterMax Level: 1 | **Maximum 1 Sequence:**Choreographic Step Sequence\* (ChSt)Must use one-half of the ice surfaceMoves in the field and spiral sequences are allowed but will not be counted as elementsJumps may be included in the step sequence |

|  |  |  |  |
| --- | --- | --- | --- |
| **Excel Preliminary Plus**1:30 +/- 10 sec.Must not have passed higher than U.S. Figure Skating preliminary free skate test \*means required elementFull U.S. Figure Skating membership required | **Maximum 5 jump elements:**All single jumps allowed, including single AxelNo double, or higher jumps allowedSingle Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceededMaximum 2 jump combinations or jump sequencesAll single jumps, including the single Axel are allowed as part of a jump combination or sequence (no double jumps)Jump combinations limited to 2 jumps. One 3-jump combination is allowed* Jump sequence is any listed jump immediately followed by an axel type jump.
 | **Maximum 2 spins:**One spin must be in a single position\*No change of footNo flying entryOne spin may change feet and/or positionNo flying entryMinimum 3 revolutionsSpins must be of a different characterMax Level: 1 | **Maximum 1 Sequence:**Choreographic Step Sequence\* (ChSt)Must use one-half of the ice surfaceMoves in the field and spiral sequences are allowed but will not be counted as elementsJumps may be included in the step sequence |

**WELL BALANCED FREE SKATE PROGRAM**

 General event parameters:

* Skaters may not enter both a Well Balanced Free Skate event and an Excel Free Skate event at the same competition.
* Skaters will skate to the music of their choice.
* Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up one level higher.

|  |  |  |  |
| --- | --- | --- | --- |
| Level/Time | Jumps | Spins | Step Sequences |
| No Test1:40 Max. | **Max 5 Jump Elements*** All single jumps allowed except for the single Axel
	+ No single Axels, double, triple or quadruple jumps allowed
	+ Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded
* Max 2 jump combinations or jump sequences
	+ Jump combinations limited to 2 jumps except that one3-jump combination with a maximum of 3 single jumps is allowed
	+ Jump sequence is any listed jump immediately followed by an Axel-type jump (waltz jump)
 | **Max 2 Spins*** Spins may change feet and/or position
* Spins may start with a flying entry
* Min 3 revs.

These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E)) | **Max 1 Sequence*** Step Sequence
	+ Must use one-half the ice surface
	+ Moves in the field and spiral sequences are allowed but will not be counted as elements
	+ Jumps may be included in the step sequence
 |
| Pre-Preliminary1:40 Max. | **Max 5 Jump Elements*** 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 one3-jump combination with a maximum of 3 single jumps is allowed
	+ Jump sequence is any listed jump immediately followed by an Axel-type jump
 | **Max 2 Spins*** Spins may change feet and/or position
* Spins may start with a flying entry
* Min 3 revs.

These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E)) | **Max 1 Sequence*** Step Sequence
	+ Must use one-half the ice surface
	+ Moves in the field and spiral sequences are allowed but will not be counted as elements
	+ Jumps may be included in the step sequence
 |
| Preliminary1:30 +/- 10 sec. Max. | **Max 5 Jump Elements*** 1 must be an Axel-type jump 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 is allowed
	+ Jump sequence is any listed jump immediately followed by an Axel-type jump
 | **Max 2 Spins*** Spins may change feet and/or position
* Spins may start with a flying entry
* Min 3 revs.

These spins must be of a different character (For definition see U.S. Figure Skating rule 6103 (E))  | **Max 1 Sequence*** Step Sequence
	+ Must use one-half the ice surface
	+ Moves in the field and spiral sequences are allowed but will not be counted as elements
	+ Jumps may be included in the step sequence
 |