



The Skating Club of Boston® SKATING ACADEMY

The Skating Club of Boston Skating Academy 21st Annual Basic Skills Competition sponsored by The Skating Club of Boston will be held at their Boston campus at The Skating Club of Boston, Boston MA on February 8, 2020. The purpose of this competition is to promote a fun, introduction, competitive experience for the beginning skater.

ELIGIBILITY The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the Learn to Skate USA program/club or any other Learn to Skate USA program/club.

Eligibility will be based on skill level as of closing date of entries. **All SNOWPLOW SAM AND BASIC 1-6 SKATERS** must skate at highest level passed or one higher and NO official U.S. Figure Skating tests may have been passed including Moves in the Field or individual dances.

For the **Pre-Free Skate, Free Skate 1-6, Excel, and Well Balanced levels** eligibility will be based only upon highest free skate test level passed. Moves in the Field test level will not determine skater's competitive level. Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same type event at the same competition.

ENTRIES AND FEES -All entries must be **postmarked no later than January 22, 2020** and are limited to the first 250 applications received. Late entries will be accepted at the discretion of the organizers. Entry fees are per person, U.S. dollars. The first event is \$45 and each additional event is \$25. NO refunds after closing date unless event is canceled by The Skating Club of Boston Skating Academy. Easy online-registration www.skatingacademy.org/events/basic-skills-competitions

AWARDS – Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, third and fourth place. ALL awards will be given at appropriate times throughout the competition.

SCHEDULE OF EVENTS – Information on groups/ skating times will be emailed to competitors one week prior to competition. Skating order will be posted on the official bulletin board at the rink day of competitions.

MUSIC - The music for **all** programs with music must be provided on CDs by the skater. CDs should be clearly marked with the name of the skater, event entered and length of music (not skating time). Competition music is to be turned in at the time of registration. Time duration is always +/- 10 seconds unless a maximum time is listed. It is strongly recommended that the coach or skater bring more than one copy of music for a backup and please remember that program music on phones will not be accepted.

FACILITY INFORMATION-The facility at The Skating Club of Boston measures 85x193 feet with rounded corners. A snack bar will be open during the competition. For additional information please refer to The Skating Academy website. www.skatingacademy.org



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

| Level | Time | Skating rules/standards |
|--------------|-----------|---|
| Snowplow Sam | 1:00 max. | <ul style="list-style-type: none">• March followed by a two-foot glide and dip• Forward two-foot swizzles, 2-3 in a row• Forward snowplow stop• Backward wiggles, 2-6 in a row |
| Basic 1 | 1:00 max. | <ul style="list-style-type: none">• Forward two-foot glide and dip• Forward two-foot swizzles, 6-8 in a row• Beginning snowplow stop on two-feet or one-foot• Backward wiggles, 6-8 in a row |
| Basic 2 | 1:00 max. | <ul style="list-style-type: none">• Forward one-foot glide, either foot• Scooter pushes, right and left foot, 2-3 each foot• Moving snowplow stop• Two-foot turn in place, forward to backward• Backward two-foot swizzles, 6-8 in a row |
| Basic 3 | 1:00 max. | <ul style="list-style-type: none">• Beginning forward stroking showing correct use of blade• Forward ½ swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive• Forward slalom• Moving forward to backward two-foot turn on a circle• Beginning backward one-foot glide, either foot |
| Basic 4 | 1:00 max. | <ul style="list-style-type: none">• Forward outside edge on a circle, clockwise or counterclockwise• Forward crossovers, 4-6 consecutive, clockwise 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. | <ul style="list-style-type: none">• Backward outside edge on a circle, clockwise or counterclockwise• Backward crossovers, 4-6 consecutive, clockwise and counterclockwise• Forward outside three-turn, right and left• Advanced two-foot spin, minimum 4 revolutions• Hockey stop |
| Basic 6 | 1:00 max. | <ul style="list-style-type: none">• Forward inside three-turn, right and left• Bunny Hop• Forward spiral on a straight line, right or left• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry• T-stop, right or left |



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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, 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• Forward spiral on a straight line, right or left• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry• T-stop, right or left |



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PRE-FREE SKATE – FREE SKATE 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 | <ul style="list-style-type: none">• Forward inside open Mohawk from a standstill position (R to L and L to R)• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, 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. | <ul style="list-style-type: none">• Forward stroking, 4-6 consecutive powerful strokes• Backward outside three-turns, right and left• One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin) - minimum 4 revolutions• Toe loop• Half flip jump |
| Free Skate 2 | 1:15 max. | <ul style="list-style-type: none">• Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis• Backward inside three-turns, right and left• Beginning back spin, optional entry and forefoot position - maximum 3 revolutions• Half Lutz• Salchow jump |
| Free Skate 3 | 1:15 max. | <ul style="list-style-type: none">• Alternating Mohawk/crossover sequence, right to left and left to right• Waltz three-turns, 2 sets clockwise and 2 sets counterclockwise• Advanced back spin with free foot in crossed leg position- minimum 3 revolutions• Loop jump• Waltz jump/toe loop or Salchow/toe loop jump combination |
| Free Skate 4 | 1:15 max. | <ul style="list-style-type: none">• Forward power 3's, 2-3 consecutive sets, right or left• Sit spin - minimum 3 revolutions• Euler (half loop jump)• Flip jump |
| Free Skate 5 | 1:15 max. | <ul style="list-style-type: none">• Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets in both directions• Camel spin - minimum 3 revolutions• Waltz jump/loop jump combination• Lutz jump |
| Free Skate 6 | 1:15 max. | <ul style="list-style-type: none">• Forward power pulls, minimum 3 on each foot• Camel, sit spin combination - minimum of 4 revolutions total• Waltz jump/ Euler (half loop)/ Salchow jump combination• Axel jump: minimum requirement is a clear attempt either stationary or moving |



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PRE-FREE SKATE – FREE SKATE 6 PROGRAM WITH MUSIC

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

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

| Level | Time | Skating rules/standards |
|----------------|-----------|---|
| Pre-Free Skate | 1:40 max | <ul style="list-style-type: none">• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set in each direction clockwise and counterclockwise• One-foot upright spin, optional entry and free-foot position- minimum 3 revolutions• Mazurka – right or left• 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, optional entry and free-foot position, maximum 2 revolutions• Half Lutz• Salchow jump• <i>NOT ALLOWED – Waltz jump/toe loop and 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• Euler (half Loop jump)• Flip jump• <i>NOT ALLOWED – Waltz/loop and Waltz/Euler/Salchow combination</i> |
| Free Skate 5 | 1:40 max. | <ul style="list-style-type: none">• Backward outside three-turn, Mohawk (backward power three-turn), 2-3 sets both directions• Camel spin - minimum 3 revolutions• Waltz/loop jump combination• Lutz jump |
| Free Skate 6 | 1:40 max. | <ul style="list-style-type: none">• Creative step sequence using a variety of three turns, Mohawks and toe steps• Camel, sit spin combination - minimum of 4 revolutions total• Waltz jump/ Euler (half-loop)/Salchow jump combination• Axel jump: minimum requirement is a clear attempt either stationary or moving |



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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. | <ul style="list-style-type: none">• Toe loop jump• Salchow jump• One-foot upright spin - minimum 3 revolutions• Choreographic step sequence |
| Excel High Beginner | 1:15 max. | <ul style="list-style-type: none">• Loop jump• Salchow/toe loop combination• Sit spin - minimum 3 revolutions• Choreographic step sequence |
| Excel Pre-Preliminary | 1:15 max. | <ul style="list-style-type: none">• 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. | <ul style="list-style-type: none">• 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. | <ul style="list-style-type: none">• 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. | <ul style="list-style-type: none">• 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. | <ul style="list-style-type: none">• 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 |



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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.

| | | | |
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| 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 only Eulers (half loops) are not allowed. Maximum 2 jump combinations or sequences. One 3-jump combination is allowed <ul style="list-style-type: none"> • 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 foot No flying entry Minimum 3 revolutions Max Level: Base | Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must use one-half of 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 |
| 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), loop Flip, Lutz, & Axel NOT permitted Maximum 2 jump combinations or sequences. One 3-jump combination is allowed <ul style="list-style-type: none"> • 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 position <u>No change of foot</u> No flying entry Permitted forward spins: upright, sit, camel Permitted back spins: upright Minimum 3 revolutions Max Level: Base | Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must use one-half of 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 |
| Excel Pre-Preliminary 1:40 Max. <u>Must not</u> have passed higher than U.S. Figure Skating Pre-preliminary free skate test *means required element Learn to Skate USA membership OR full U.S. Figure Skating membership required | Maximum 5 jump elements: All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump | Maximum 2 spins: One spin must be in a single position <u>with no change of foot*</u> One spin may change feet or position, <u>but not both</u> No flying entry Minimum 3 revolutions Spins must be of a different character Max Level: 1 | Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must use one-half of 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 |
| Excel Preliminary 1:30 +/- 10 sec. <u>Must not</u> have passed higher than U.S. Figure Skating Preliminary free skate test *means required element Full U.S. Figure Skating membership required | Maximum 5 jump elements: All single jumps allowed, except for the Axel No single Axels, double, or higher jumps allowed Number of single jumps (except single Axel) is not limited provided the maximum number of jump elements allowed is not exceeded Maximum 2 jump combinations or jump sequences Jump combinations limited to 2 jumps. One 3-jump combination is allowed <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by a waltz jump | Maximum 2 spins: <u>One spin must be a camel or layback spin with no change of foot and no change of position*</u> One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character Max Level: 1 | Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must use one-half of 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 |



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| <p>Excel Preliminary Plus 1:30 +/- 10 sec.</p> <p><u>Must not</u> have passed higher than U.S. Figure Skating preliminary free skate test</p> <p>*means required element</p> <p>Full U.S. Figure Skating membership required</p> | <p>Maximum 5 jump elements: All single jumps allowed, including single Axel No double, or higher jumps allowed Single 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 exceeded Maximum 2 jump combinations or jump sequences All 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</p> <ul style="list-style-type: none"> • Jump sequence is any listed jump immediately followed by an axel type jump. | <p>Maximum 2 spins: One spin must be in a single position* <u>No change of foot</u> <u>No flying entry</u> One spin may change feet and/or position No flying entry Minimum 3 revolutions Spins must be of a different character</p> <p>Max Level: 1</p> | <p>Maximum 1 Sequence: Choreographic Step Sequence* (ChSt) Must use one-half of 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</p> |
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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 Test 1:40 Max. | Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps allowed except for the single Axel <ul style="list-style-type: none"> ◦ 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 <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps except that one 3-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 <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> | Max 1 Sequence <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 allowed but will not be counted as elements ◦ Jumps may be included in the step sequence |
| Pre-Preliminary 1:40 Max. | Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> ◦ 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 <ul style="list-style-type: none"> ◦ Jump combinations limited to 2 jumps except that one 3-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 <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> | Max 1 Sequence <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 allowed but will not be counted as elements ◦ Jumps may be included in the step sequence |
| Preliminary 1:30 +/- 10 sec. Max. | Max 5 Jump Elements <ul style="list-style-type: none"> • 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) <ul style="list-style-type: none"> ◦ 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 <ul style="list-style-type: none"> ◦ 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 <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> | Max 1 Sequence <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 allowed but will not be counted as elements ◦ Jumps may be included in the step sequence |



The Skating Club of Boston® SKATING ACADEMY

SHOWCASE EVENTS:

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary. 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.



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| 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 | 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 tests. | Time: 1:30 max. |
| No Test | No prescribed or restricted elements | Must not have passed Pre-Preliminary Free Skate or any Free Dance tests | Time: 1:30 max. |
| Pre-Preliminary | No prescribed or restricted elements. | Must have passed no higher than U.S. Figure Skating Pre-Preliminary May not have passed any free dance test. | Time: 1:30 max |
| Preliminary | No prescribed or restricted elements. | Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test. | Time: 1:40 max. |



The Skating Club of Boston®

SKATING ACADEMY

SPINS CHALLENGE

General event parameters:

- Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.

| Level | Time | Skating rules / standards |
|-------------------|-----------|---|
| Beginner | 1:30 max. | Upright one-foot spin (3) Upright back spin (3) Sit spin (3) |
| High Beginner | 1:30 max. | Upright one-foot spin (4) Upright spin with change of foot (3 each foot) Sit spin (3) |
| No Test | 1:30 max. | Upright spin with change of foot (3 each foot) Sit spin (3) Camel spin (3) |
| Pre – Preliminary | 1:30 max. | Spin with one change of position and no change of foot (6) Backward sit spin (3) Camel spin (4) |
| Preliminary | 1:30 max. | Spin with one change of foot and one change of position (min. 3 each foot) Change sit spin (min 3. each foot) One position spin – skater's choice (upright, sit or camel) (4) |

JUMPS CHALLENGE

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- To be skated on ½ ice

| Level | Time | Skating rules / standards |
|-------------------|-----------|---|
| Beginner | 1:15 max. | Waltz jump (from backward crossovers) ½ flip or ½ Lutz Single Salchow |
| High Beginner | 1:15 max. | Waltz jump (from backward crossovers) Single Salchow Jump combination – Waltz jump-toe loop |
| No Test | 1:15 max. | Single toe loop Single loop Jump combination – Any two ½ or single revolution jumps (no Axel) |
| Pre – Preliminary | 1:15 max. | Single toe loop Single flip Jump combination - Any two ½ or single revolution jumps (no Axel) |
| Preliminary | 1:15 max. | Single flip Single Lutz Jump combination – Any single jump + single loop (may be Axel) |



The Skating Club of Boston® SKATING ACADEMY

SYNCHRONIZED SKATING SNOWPLOW SAM, 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 9022 Clothing and Equipment** (U.S. Figure Skating Rulebook) when selecting their clothing for competition.



The Skating Club of Boston® SKATING ACADEMY

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 intersection element | One traveling element – Circle OR one traveling element – Wheel Teams may not repeat the same shape used in the rotating element Any recognizable travel is required | One pivoting element – Block Any recognizable pivoting is required | One linear element- Line | One rotating element- Wheel OR one rotating element – Circle Teams may not repeat the same shape used in the Traveling Element Features are optional |



The Skating Club of Boston® **SKATING ACADEMY**

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 jumps.

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



The Skating Club of Boston® SKATING ACADEMY

THERAPEUTIC SKATING 2-12 ELEMENTS EVENT

Competition hosts can use the skills listed below to create either an elements event for Therapeutic competitors.

| | |
|--|--|
| <u>Therapeutic 2</u> A) Stand on ice B) Review falling and standing up C) March forward 4-5 steps D) Dip/moderate knee bend in place E) Forward two-foot glide from 3 marches | <u>Therapeutic 8</u> A) Forward outside edge on a circle – R & L (3 counts each) B) Forward inside edge on a circle – R & L (3 counts each) C) Forward crossovers – clockwise and counterclockwise D) Backward one-foot glide – R & L (4-5 counts each) E) Beginning two-foot spin – up to 2 revolutions |
| <u>Therapeutic 3</u> A) Forward two-foot glide from 5 marches B) Forward swizzles – 3 in a row C) Backward wiggle or walk – 3 in a row D) Beginning snowplow stop – one or two feet | <u>Therapeutic 9</u> A) Backward outside edge on a circle – R & L (3 counts each) B) Backward inside edge on a circle – R & L (3 counts each) C) Introductory forward outside 3-turn – R & L D) Backward crossovers – clockwise and counterclockwise |
| <u>Therapeutic 4</u> A) Scooter pushes – R & L, 3-4 each foot B) Forward one-foot glides – R & L C) Backward wiggles into backward two-foot glide – 3 counts D) Rocking horse – repeat twice | <u>Therapeutic 10</u> A) Forward outside 3-turn – R & L B) Backward alternating ½ swizzle pumps C) Side toe hop/Side stepping – R & L D) Two-foot spin – 2-3 revolutions E) Hockey stop – both directions |
| <u>Therapeutic 5</u> A) Backward swizzles – 3 in a row B) Two-foot turn, forward to backwards in place – clockwise and counterclockwise C) Curves D) Moving snowplow stop – one or two feet | <u>Therapeutic 11</u> A) Introductory forward inside 3-turn – R & L B) Moving two-foot turn, backward to forward, on a circle clockwise and counterclockwise C) Forward power stroking D) Two-foot to one-foot spin |
| <u>Therapeutic 6</u> A) Backward skating into backward two-foot glide – 5 counts B) Beginning forward stroking C) Forward ½ swizzle pumps on a circle – 3-4 consecutive, clockwise and counterclockwise D) Moving two-foot turn, forward to backward on a circle – clockwise and counterclockwise | <u>Therapeutic 12</u> A) Forward inside 3-turn – R & L B) Bunny hop, lunge, or shoot the duck – skater's choice, R or L C) Forward spiral or forward extension on a straight line – R or L D) One-foot spin – 2 or more revolutions E) T-stop – R or L |
| <u>Therapeutic 7</u> A) Forward slalom B) Beginning backward one-foot glide, R&L (2 counts each) C) Backward ½ swizzle pumps on a circle – 3-4 consecutive, clockwise and counterclockwise D) Forward pivot – clockwise or counterclockwise E) Backward snowplow stop – R or L | |