

2012



Spring Fest Invitational

Hosted by
Portland Ice Skating Club

Mt. View Ice Arena
14313 SE Mill Plain Blvd.,
Vancouver, WA

March 30, 31 & April 1, 2012

Sanctioned by:



Internet Deadline 11:59 PM, Feb 29, 2012

For more information, please visit www.pisc.org

Chief Referee: Phil Deaver

Chief Accountant: Kathy Bosworth





SpringFest Invitational 2012 is a non-qualifying competition sanctioned by US Figure Skating.

SpringFest 2012 will be conducted according to the rules set forth in the US Figure Skating 2012 Rulebook except as otherwise stated by this announcement. Please refer to the 2012 Rulebook errata for correction to the 2012 US Figure Skating Rulebook.

Please refer to the US Figure Skating website for Technical Notification updates.

This event is open to the public at no admission charge.

Competition Site

Mountain View Ice Arena, 14313 SE Mill Plain Blvd, Vancouver, Washington. (360) 896-8700

Rink Information

Indoor ice surface, 85'x200'; with slightly rounded corners. The main skating area is unheated with a seating area along one side of the rink surface. Warm clothing is advised. There is no charge for spectators.

Eligibility

Eligibility for entries is governed by tests passed as of February 29, 2012 and age as of March 30, 2012.

Adult event competitors must be age 18 or over. All skaters should be prepared to show proof of age. Skaters may compete at one level higher than the event for which he/she qualifies by test but may not enter more than one level in any one event.

Judging System

Special IJS events for Pre-Preliminary – Pre-Juvenile and Open Juvenile:

Special IJS events for Pre-Preliminary – Pre-Juvenile and Open Juvenile are also offered. IJS scoring for these levels shall consist of element scores and three Program Component marks: 1) Skating Skill & Transitions; 2) Performance & Execution; and 3) Choreography & Interpretation. Each component shall have equal weight. The highest level called will be level 1. For all other events including Basic Skills, the 6.0 System will be used. Skaters entering these special events are required to submit a Planned Program Content (PPC) sheet. PPC sheets must be submitted online via Entryeze no later than February 29, 2012. PPC sheets submitted after March 12, 2012 are subject to a \$30 late fee. P.I.S.C. reserves the right to use the 6.0 system for some events if IJS qualified officials are unavailable.

Juvenile - Senior IJS events

We will be using the IJS scoring. The short program and the long program will be judged separately.

Check In

Check in for all events are 60 minutes prior to event.

Updates to Announcement

Check the **Portland Ice Skating Club (PISC)** website www.pisc.org for any updates or addendums to the announcement.

Special Needs

The **Portland Ice Skating Club** deeply appreciates and supports skaters with special needs.

Please contact **Lisa Mizonick** in relation to a skater with special requirements who would like to enter any of the **SpringFest** events or who would like to perform a special exhibition.

Entries

The entry process will be by online entry only via Entryeze. Please see the official competition website at www.pisc.org to begin the entry process. Deadline for entries is midnight February 29, 2012. Late entries will be accepted at the discretion of the referee and the P.I.S.C. and will be subject to a \$30 late entry fee.



Fees

US Figure Skating Non Test through Senior Events

The entry fee for US Figure Skating Non-Test through Senior events are \$80 for the first event and \$50 for each additional event entered. The entry fee for Jumps, Spins, & Compulsory Moves are \$30.00 each. Duet entry fee is \$75 and Showcase Duet is \$70.

Basic Skill Events

The entry fee is \$55 for the first event and \$25 for each additional event entered.

If you need to join US Figure Skating Basic Skills Membership is \$14.00.

Refunds

After the entry deadline, refunds will be given only if an event is cancelled/not scheduled. This US Figure Skating rule 3047 shall be strictly enforced. Refunds will be given for withdrawing prior to entry deadline.

Registration

Skaters are required to check in at the registration desk at least one (1) hour prior to their first scheduled event.

Changes to Event

Changes or additions to event entries after skating orders are posted will be permitted at the discretion of the Chief Accountant and Chief Referee. If it is discovered that a Basic Skills skater is in the wrong level, the Chairman and the Referee will have the option to move the skater to the correct level, even if this has to be done the day of the competition.

Event Group / Sizes

There may be more than one group per event. Events may be divided into multiple groups by age at the lower levels and by draw at qualifying levels. Based on the number of entries boys and girls may be combined into **ONE** event.

NO final rounds will be skated.

Single Entry

If there is only one skater at a level, every effort will be made to merge levels. With the Chief Referee's approval and if time permits in the schedule, single entrants that cannot be merged may be offered the opportunity to compete as a solo entrant. If the skater accepts the option to participate, no refund will be provided.

Music

All skaters except those in interpretive must provide their own music on CDs ONLY. The CD must be clearly marked with the skater's name and event. Music must start at the beginning of the CD with no more than a 10 second leader. Each CD must only have music for one program on it. For CDs, please only provide music burned on CD/Rs, some older CD players will not play music burned on CD/RWs. Please have a back-up CD available. PISC will not accept responsibility for breakage, loss or damage, but will take every reasonable precaution to protect each CD. **Music must be turned in one (1) hour prior to the event to be skated.**

CDs must be picked up by the end of the competition. CDs that are not picked up are not the responsibility of the PISC and may be discarded.

Official Notes

A bulletin board displaying official information will be located in the arena lobby. Posting on this board will be considered sufficient notice to all competitors.



Awards

Each group will receive awards immediately following the posting of results for the event. Trophies or medals will be given to first through fourth place. Trophies or medals will be given to all entrants in Basic Skills events.

Triple Crown Award

This event will require Pre-Preliminary through Senior level skaters to participate in the Spin event, Jump event, and Compulsory Moves event. At the completion of all three events, the Triple Crown Award will go to the skater in each level who accumulates the highest cumulative score. Boys and girls will compete against each other in all three events. If there is only one entry for the Triple Crown Award in a level, the Award will not be given for that level. Skaters must enter the same level for all three.

General Awards

The **Lauren Bernstein Memorial Spirit Award** will be given to the skater competing in the Juvenile through Novice level who best exemplifies the spirit and the heart of the skating experience.

Practice Ice

Official practice ice will be available at the Mountain View Ice Arena as time permits throughout the competition. Each thirty (30) minute practice session will cost \$15. Practice ice will be assigned in the order of receipt of reservations. See the Practice Ice Request Form for specifics. Other ice time may be available at Lloyd Center Ice Rink, Sherwood Ice Arena and Valley Ice Arena. Program music will not be permitted.

Useful Websites

Practice and competition schedules will be posted on the club website as soon as they are available (www.pisc.org). Schedule is tentative and subject to change.

Warm Up Music

General music may be played during warm up for all events except Compulsory Moves.

Photograph / Video

A photographer will be present to photograph all award events. The competition events will be videoed and available. The vendors will make a separate charge for these services. For details, see the vendors upon arrival at the rink. **All events will be photographed and videoed regardless of purchase. Flash photography is not allowed of any skaters on the ice.** Video recording any skater who is not your own is prohibited.

Accommodations

SpringHill Suites Vancouver Columbia Tech Center, 1421 SE Tech Center Drive, Vancouver, WA 98683. (360) 260-1000

www.springhillvancouver.com

King bed - \$79/night + taxes

2 Queen beds - \$89/night + taxes

Group Rate Codes: Mt. View Ice Arena / Portland Ice Skating Club / SpringFest

The group block of rooms is set up for arrival on Friday, March 30, 2012

thru Sunday, April 1 2012 If you would like to arrive outside of these dates, Reservations need to be made by February 29, 2012



Driving Directions to Mt. View Ice Arena

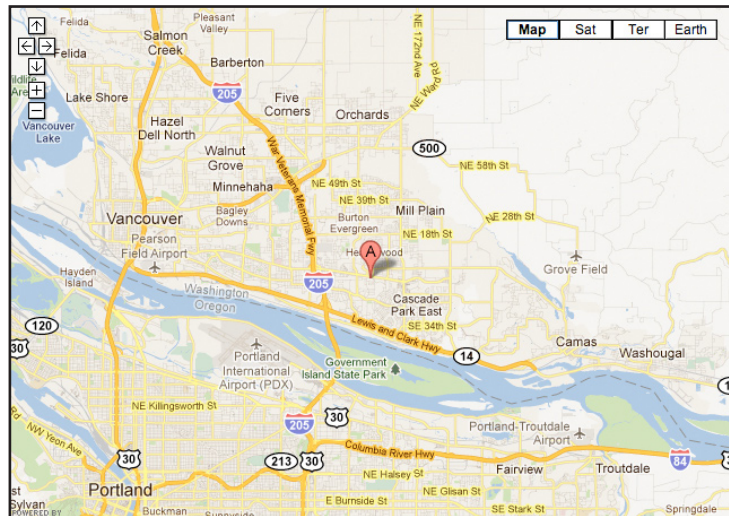
**Mt. View Ice Arena,
14313 SE Mill Plain Blvd, Vancouver, WA 98683:**

From the North:

Take I-205 south to Exit 28. Turn left back over freeway onto Mill Plain Blvd. Go 1.8 miles. Rink is on right.

From the South:

Take I-205 North to Exit 28. Take right fork for Mill Plain Blvd E. Turn right onto Mill Plain Blvd. Go 1.6 miles. Rink is on right.



COACHES REGISTRATION / CREDENTIALS

In accordance with current rules, all coaches participating in this event must be registered with U.S. Figure Skating. For more information on the registration process, please visit www.usfigureskating.org. We will provide all registered coaches with a credential. Every coach in attendance will be required to check in at the registration table and must show a picture I.D. to receive their credential. We strongly recommend that you also bring any registration confirmation materials. Coaches must wear their badge at all times when coaching skaters at rinkside of a sanctioned competition. Monitors will be instructed to ensure that anyone standing rinkside has their credential.

Privacy Policy

Personal information provided to the host club on the entry form will not be sold or distributed for commercial use.

Contact Information

Competition Chair: Lisa Mizonick
Email: sk8director@yahoo.com

Registrar: Lori Peterman



Basic Skills Information

BASIC SKILLS ELIGIBILITY

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills 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 host Basic Skills Program/club or any other Basic Skills Program/club.

Eligibility will be based on skill level as of closing date of entries. **All Snowplow Sam and Basic Skills 1-8** skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For the **Free skate 1-8**, 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.



Basic Skills (continued)

BASIC SKILLS COMPULSORY EVENT: SNOWPLOW SAM – BASIC 8

- Each skater will have the option to perform one element at a time:
A. In the order listed below (no excessive connecting steps) **OR**
B. Will perform each element when directed by a judge or referee
- To be skated on 1/3 to 1/2 ice
- No music
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<p>Snowplow Sam - Tots:</p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3 in a row 3. Forward Snowplow Stop 4. Backward wiggles 2-6 in a row 	<p>Basic 5:</p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 4-6 consecutive - both directions 3. Basic One foot spin – free leg held to side of spinning leg- Min. Three Revolutions 4. Side Toe hop -either direction 5. Hockey Stop
<p>Basic 1:</p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles 6 -8 in a row 3. Forward Snowplow Stop 4. Backward wiggles 6-8 in a row 	<p>Basic 6:</p> <ol style="list-style-type: none"> 1. Standstill forward inside three turn - R & L 2. Bunny Hop 3. Forward spiral on a straight line - R or L 4. Lunge - R or L 5. T-stop - R or L
<p>Basic 2:</p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot 3. Moving snowplow stop 4. Two foot turn in place- forward to backward 5. Backward two foot swizzles 6 - 8 in a row 	<p>Basic 7:</p> <ol style="list-style-type: none"> 1. Standstill forward inside open Mohawk - R to L and L to R 2. Ballet Jump - either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
<p>Basic 3:</p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive 3. Backward one foot glide - either foot 4. Forward Slalom 5. Two foot spin, Min. Three Revolutions 	<p>Basic 8:</p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three-turns R & L 2. Waltz jump 3. Mazurka - either direction 4. 1 Combination move - clockwise or counter clockwise – two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position -minimum three 3 revolutions
<p>Basic 4:</p> <ol style="list-style-type: none"> 1. Standstill forward outside three turn – R & L 2. Forward outside edge on a circle clockwise or counter clockwise 3. Forward crossovers 4-6 consecutive both directions 4. Backward stroking- 4-6 strokes 5. Backward snowplow stop- R or L 	



Basic Skills (continued)

COMPULSORY EVENT: FREESKATE LEVELS 1 - 6

In 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 is allowed
- **The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels**
- A .2 deduction will be taken for **each** element performed from a higher level
- Time: 1:15 nor less

<p>Free skate 1 Compulsory:</p> <ol style="list-style-type: none"> 1. Advanced forward stroking - 4-6 consecutive 2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside 3. One-foot upright scratch spin from backward crossovers- minimum three revolutions 4. Waltz jump from backward crossovers 5. Half flip jump 	<p>Free skate 4 Compulsory:</p> <ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive sets-R or L 2. Sit spin- minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump
<p>Free skate 2 Compulsory:</p> <ol style="list-style-type: none"> 1. Forward outside or inside spiral - R or L 2. Waltz Three's - R or L, 2-3 sets 3. Beginning back spin - entry optional 4. Waltz jump, side toe hop, waltz jump series 5. Toe loop jump 	<p>Free skate 5 Compulsory:</p> <ol style="list-style-type: none"> 1. Camel spin- minimum three revolutions 2. Forward upright spin to back upright spin- minimum three revolutions, each foot 3. Loop/loop jump 4. Flip jump
<p>Free skate 3 Compulsory:</p> <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls 4 - 6 consecutive 3. Back spin- minimum three revolutions 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop 	<p>Free skate 6 Compulsory:</p> <ol style="list-style-type: none"> 1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6) 2. Camel, sit spin combination - minimum of four revolutions total 3. Split jump or stag jump 4. Waltz jump, ½ loop, Salchow combination 5. Lutz jump



Basic Skills (continued)

BASIC SKILLS FREESKATE

All Basic Skills events will be skated on full ice. Vocal music is allowed. The skating order of required elements is optional. 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
- Vocal music is allowed
- A .2 deduction will be taken for **each** element performed from a higher level
- Time: 1:00 +/- 10 seconds

<p>Snowplow Sam:</p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3-in a row 3. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	<p>Basic 5:</p> <ol style="list-style-type: none"> 1. Backward crossovers 4-6 consecutive in both directions 2. Basic one-foot spin – free leg held to side of spinning leg - minimum three revolutions 3. Side toe hop -either direction 4. Hockey stop
<p>Basic 1:</p> <ol style="list-style-type: none"> 1. Forward two foot glide and dip 2. Forward two foot swizzles 6 -8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	<p>Basic 6:</p> <ol style="list-style-type: none"> 1. Standstill forward inside three-turn - R & L 2. Bunny Hop 3. Forward arabesque spiral on a straight line R or L 4. Lunge - R or L 5. T-stop - R or L
<p>Basic 2:</p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Two foot turn in place- forward to backward 3. Backward two foot swizzles 6 - 8 in a row 4. Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot 5. Moving snowplow stop 	<p>Basic 7:</p> <ol style="list-style-type: none"> 1. Standstill forward inside open Mohawk - R to L and L to R 2. Ballet Jump- either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
<p>Basic 3:</p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive 3. Backward one foot glide – either foot 4. Forward slalom 5. Two foot spin – minimum three revolutions 	<p>Basic 8:</p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three-turns R & L 2. Waltz jump 3. Mazurka in either direction 4. 1 Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin - free foot held to side of spinning leg or crossed position -minimum three revolutions
<p>Basic 4:</p> <ol style="list-style-type: none"> 1. Forward crossovers 4-6 consecutive both directions 2. Standstill forward outside three- turn - R & L 3. Backward stroking - 4-6 strokes 4. Backward snowplow stop - R or L 	



Basic Skills (continued)

BASIC SKILLS FREESKATE 1 - 6

- The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Vocal music is allowed.
- **The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels.**
- A .2 deduction will be taken for **each** element performed at a higher level.
- Time: 1:30 +/- 10 seconds.

<p>Free skate 1:</p> <ol style="list-style-type: none"> 1. Advanced forward stroking 4-6 strokes 2. One-foot upright scratch spin from back crossovers- minimum three revolutions 3. Waltz jump from back crossovers 4. Half flip jump 	<p>Free skate 4:</p> <ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive R or L 2. Sit spin-minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump
<p>Free skate 2:</p> <ol style="list-style-type: none"> 1. Forward outside spiral R or L 2. Beginning back spin 3. Waltz jump, side toe hop, waltz jump 4. Toe loop 	<p>Free skate 5:</p> <ol style="list-style-type: none"> 1. Camel spin-minimum three revolutions 2. Forward upright spin to back upright spin- minimum three revolutions each foot 3. Loop/loop combination jump 4. Flip jump
<p>Free skate 3:</p> <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back spin-minimum three revolutions 3. Salchow 4. Waltz jump/Toe loop or Salchow/toe loop 	<p>Free skate 6:</p> <ol style="list-style-type: none"> 1. Camel/sit spin combination-minimum four revolutions total 2. Split or stag jump 3. Waltz jump/1/2 loop /Salchow combination 4. Lutz jump



Basic Skills (continued)

BASIC SKILLS SHOWCASE (BASIC 1 - FREESKATE LEVELS 8)

ARTISTIC/SHOWCASE EVENTS:

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

Skaters will be judged on musical interpretation and feeling, expression, and how the skating relates to the music. Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description. A .2 deduction will be assessed by the referee against each judges' mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Categories may include:

- Light entertainment
- Dramatic entertainment
- Duets
- Small Ensembles (3-7 skaters)
- Group Production (8-30 skaters)

Level	Qualifications	Elements To Be Skated	Time
Basic 1-8	May not have passed any higher than Basic 8 level.	Elements only from Basic 1-8 curriculum	1:00
Free skate 1-6/ Limited Beginner/ Beginner/ Adult 1-4	May not have passed any official U.S. Figure Skating free skate tests.	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop	1:30
No Test/ Pre-preliminary/ Adult Pre-Bronze	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	3 jump maximum. No axels or double jumps permitted	1:30
Preliminary/ Adult Bronze	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	3 jump maximum. Axels are permitted, but no double jumps allowed.	1:40



Basic Skills (continued)

BASIC SKILLS INTERPRETIVE

INTERPRETIVE PROGRAM:

COMPETITION RULES

Portland Figure Skating Club will pre-select and edit musical choices appropriate for these events.

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

- **LEVELS:**
Levels will be broken by ability with ages divided appropriately.
- **JUDGING RULES:**
Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.
Spins and jumps performed must be appropriate to competition level.
- **TIMING:**
Music Duration Basic 1 - Non-Test: 1:15 minute
Pre-preliminary- Preliminary: 1:30 minute
- **COACHING RULES:**
There is to be no instruction allowed during this event from coaches, parents, or fellow skaters.
Staging area must be kept clear except for ice monitor and listening competitor.

U.S. Figure Skating / ISI - Basic Skills Conversion Chart

U.S. Figure Skating Level	ISI Level	U.S. Figure Skating Level	ISI Level
Snowplow Sam	Tots 1 - 4	Basic 8	Freestyle 1
Basic 1	Pre-Alpha (New to Pre-Alpha)	Free Skate 1	Freestyle 2
Basic 2	Pre-Alpha (Skated in Group)	Free Skate 2	Freestyle 3
Basic 3	Alpha (New to Alpha)	Free Skate 3	Freestyle 4
Basic 4	Alpha (Been in Alpha)	Free Skate 4	Freestyle 5
Basic 5	Beta	Free Skate 5 or 6	Freestyle 6
Basic 6	Gamma		
Basic 7	Delta		



U.S. Figure Skating Information

WELL-BALANCED EVENT INFORMATION

FREE SKATE / SHORT PROGRAM:

If necessary, groups will be divided by age or random draw. Events are skated in accordance with rules as stated in the 2012 US Figure Skating Rule Book. **Music may include vocals for up through and including the Intermediate level all other levels must be Instrumental ONLY.** Program elements shall be as specified for the 2012-2013 season. Please consult the **US Figure Skating.org** website for 2013 short program group requirements. Short and Free Skate programs will be judged separately as independent events.

- Non-test:** Must not have passed any Free Skate test and must be age 17 or under. Deductions will be made for jumps and spins that are not allowed. Program duration: 1:30 +/- 10 sec. See Rule 4280
- Pre-Preliminary:** Must not have passed the Preliminary Free Skate test and must be age 17 or under. Deductions will be made for jumps and spins that are not allowed. Program duration: 1:30 +/- 10 sec. See Rule 4270
- Preliminary:** Must have passed the Pre-Preliminary Free Skate test but not the Pre-Juvenile Free Skate test and be age 17 or under. Deductions will be made for jumps that are not allowed. Program duration: 1:30 +/- 10 sec. See Rule 4260
- Pre-Juvenile:** Must have passed the Preliminary Free Skate test but not the Juvenile Free Skate test. Deductions will be made for jumps that are not allowed. Program duration: 2:00 +/- 10 sec. See Rule 4250
- Open Juvenile:** Shall have passed the Pre-Juvenile Free Skate test but not the Intermediate Free Skate test and be age 14 or over. Program duration: 2:15 +/- 10 sec. See Rule 4240
- Juvenile:** Must have passed the PreJuvenile Free Skate test but not the Intermediate Free Skate test and be under 14 years of age.. Program duration: 2:15 +/- 10 sec. See Rule 4240
- Intermediate:** Must have passed the Juvenile Free Skate test but not the Novice Free Skate test and be under 18 years of age. Short program duration: 2:00max with required elements. Long program duration: 2:30 +/- 10 sec. See Rule 4230
- Novice:** Must have passed the Intermediate Free Skate Test but not the Junior Free Skate test. Short program duration: 2:30max with required elements. Long program duration: 3:00 ladies / 3:30 men; each +/- 10 sec. See Rule 4220
- Junior:** Must have passed the Novice Free Skate test but not the Senior Free Skate test. Short program duration: 2:50max with required elements. Long program duration: 3:30 ladies / 4:00 men; +/- 10 sec. See Rule 4210
- Senior:** Must have passed the Junior Free Skate test. Short program: 2:50max with required elements. Long program duration: 4:00 ladies / 4:30 men; each +/- 10 sec. See Rule 4200
- Adult Non-Test:** Must not have passed any tests. Only half jumps, salchow, and toe-loop jumps are allowed. Program duration: 1:30 MAX
- Adult Pre-Bronze:** Must not have passed Adult Bronze or Preliminary Free Skate test. Program duration: 1:40 MAX See Rule 4600
- Adult Bronze:** Must have passed Adult Pre-Bronze or Pre-Preliminary Free Skate test but not Adult Silver or Pre-Juvenile Free Skate test. Program duration: 1:50 MAX See Rule 4590
- Adult Silver:** Must have passed Adult Bronze or Pre-Preliminary Free Skate test but not Adult Gold or Juvenile Free Skate test. Program duration: 2:10 MAX See Rule 4580
- Adult Gold:** Must have passed Adult Silver or Pre-Juvenile Free Skate test but not Intermediate Free Skate test. Program duration: 2:40 MAX See Rule 4570



U.S. Figure Skating Information (continued)

COMPULSORY MOVES, JUMPS & SPIN EVENTS:

Triple Crown Award: This event will require Pre-Preliminary – Senior level skaters to participate in the Spin event, Jump event, and Compulsory Moves event. At the completion of all three events, the Triple Crown Award will go to the skater in each level who accumulates the highest cumulative score. Boys and girls will compete against each other in all three events. If there is only one entry for the Triple Crown Award in a level, the Award will not be given for that level. Skaters must enter the same level for all three.

COMPULSORY MOVES

Skaters will be awarded one mark for technique. There is no music and the event is skated on half ice surface except for Juvenile which is skated on full ice surface. Adult events are open to skaters 21 years of age and older.

Non-test: Open to skaters who have passed no US Figure Skating test. Time: 1:00 maximum

1. Connecting steps
2. One-foot spin – minimum 2 revolutions
3. Loop jump
4. Forward spiral
5. Three consecutive half flips
6. Scratch spin – minimum 2 revolutions

Pre-Pre & Preliminary: Skaters who have passed Pre Juvenile Free Skate test are ineligible. Time: 1:00 maximum

1. Salchow/toe loop combination
2. Forward spiral
3. Jump combination–2 single jumps (no change of foot, or turn in between, axel permitted)
4. Single Flip Jump
5. Connecting steps
6. Sit Spin – minimum 3 revolutions

PreJuv & Juvenile: Skaters who have passed Intermediate Free Skate test are ineligible. Time: 1:00 maximum

1. Lutz jump
2. Forward spiral or Ina Bauer
3. Camel spin/one foot spin – minimum 3 revolutions
4. Straight line step sequence
5. Sit spin – minimum 3 revolutions
6. Jumps combination consisting of one single / double jump or two single jumps (no change of foot and no turn in between)

Intermediate & Novice: Skaters who have passed Junior Free Skate test are ineligible. Time: 1:15 maximum

1. Double Jump
2. Straight line step sequence
3. Jumps combination consisting of one single / double jump or two double jumps (no change of foot and no turn in between)
4. Combination spin with ONE change of foot and one change of position – minimum 3 revolutions in each position)
5. Flying Spin
6. Camel Spin



U.S. Figure Skating Information (continued)

COMPULSORY MOVES (continued)

- Junior & Senior:** Time: 1:15 maximum; full ice surface
1. Combination of any two double jumps or a triple jump with a double jump
 2. Straight line step sequence
 3. Double Flip
 4. Ladies-layback spin. Men-forward camel.
 5. Combination spin with only one change of foot and at least two changes of position
 6. Double Loop
- Open Juvenile:** Same as Juvenile except open to skaters 14 years and older as of February 29, 2012.
- Adult Non-Test:** Open to skaters who have passed no US Figure Skating tests. Time: 1:00 maximum
1. Two-foot spin – minimum 3 revolutions
 2. Forward edges – minimum 2 outside and 2 inside, skated consecutively
 3. Bunny hop
 4. Lunge
 5. Forward inside pivot
- Adult Pre-Bronze:** Skaters who have passed Adult Bronze FS test are ineligible. Time: 1:00 maximum
1. Waltz jump
 2. Toe-loop
 3. Two consecutive Half-flips
 4. One foot spin – minimum 3 revolutions
 5. Spiral
- Adult Bronze:** Skaters who have passed Adult Silver FS test are ineligible. Time: 1:00 maximum
1. Salchow
 2. Toe loop
 3. Waltz-toe loop combination
 4. Sit spin – minimum 3 revolutions
 5. Circular footwork sequence
- Adult Silver:** Skaters who have passed Adult Gold FS test are ineligible. Time: 1:30 maximum
1. Flip
 2. Loop
 3. Waltz-Half loop-salchow combination jump
 4. Camel-Sit spin – no change of foot, minimum 6 revolutions
 5. Any spin with a back entry
 6. Circular footwork sequence
- Adult Gold/Masters:** Skaters must have passed at least the Adult Silver or Juvenile Free Skate test. Time: 1:30 maximum
1. Axel
 2. Lutz-loop combination
 3. Forward Camel to a back sit spin – minimum 4 revolutions each
 4. Circular footwork sequence
 5. Ladies – layback / Men – cross foot spin



U.S. Figure Skating Information (continued)

JUMPS

Skaters will perform each jump in the order, as stated. Pre-Preliminary through Pre-Juvenile levels will skate on half ice. All other levels will skate on full ice. Skaters will be given two opportunities to perform each jump and will be judged on the best one. Each level will compete as follows: the first skater will take the ice and attempt the first jump twice, pause and then attempt the second jump twice. This will be repeated until all the required jumps have been attempted and the next skater will then take the ice.

Level	Test Requirements as of 2/29/12	Elements To Be Skated
Pre-Pre & Preliminary:	No higher than Preliminary FS test	Loop Jump; combination of any two single jumps (no axels)
PreJuvenile, Juvenile & Open Juvenile:	No higher than Juvenile FS test	Axel; combination of any double with a single loop jump
Intermediate & Novice:	No higher than Novice FS test and under 18 years of age	Double Loop; Double Flip; combination of any two double jumps
Junior & Senior:	Any FS test level qualifies	Double Flip; Double Lutz; combination of any two double jumps or a triple jump with a double jump

SPINS

Three spins (except two spins for Adult Pre-Bronze level, as indicated below) to be skated in program format, no music. The required spins may be skated in any order with minimal connecting steps which will not be judged. Only the required spins in each level, as described below, may be performed. Emphasis is on the overall performance of each spin. Skaters will receive one mark from each judge for technical merit. Men and ladies may compete in the same event. All levels will skate on half ice. Adult events are open to skaters 21 years of age and older. Times listed will be +/- 10 seconds.

Level	Test Requirements as of 2/29/12	Elements To Be Skated	Time
Pre-Pre & Preliminary:	No higher than Preliminary FS test	One foot forward Scratch spin, sit, spin, forward camel spin forward sit spin	1:00
PreJuvenile, Juvenile & Open Juvenile:	No higher than Juvenile FS test	Backward Sit Spin, One combination spin consisting of a forward camel and forward sit spin with no change of foot, forward scratch to back scratch spin. Ladies: attitude or layback spin; Men: sit spin	1:30
Intermediate & Novice:	No higher than Novice FS test and under 18 years of age	Camel spin, flying spin, spin combination with only one change of foot and at least one change of position (spin combination must include at least 2 of 3 basic positions)	2:00

Continued on next page



U.S. Figure Skating Information (continued)

SPINS (continued)

Level	Requirements	Elements To Be Skated	Time
Junior and Senior:	Any FS test level qualifies	Flying camel or flying sit spin, Ladies: layback or sideways leaning spin; Men: death drop, combination spin with only one change of foot and at least two changes of position	2:00
Adult Pre-Bronze:	No higher than Adult Pre-Bronze FS test	One foot forward upright spin, (optional free foot), two foot upright spin	1:00
Adult Bronze:	No higher than Adult Bronze FS test	One foot upright spin, one foot back spin, sit spin	1:00
Adult Silver:	No higher than Adult Silver FS or Juvenile FS test	Camel Spin, attitude or sit spin, combination spin with no change of foot and one change of position	1:30
Adult Gold:	Any Adult FS test level qualifies; no higher than the Intermediate FS test	Layback spin, back scratch spin, combination spin with only one change of foot and at least one change of position	2:00



U.S. Figure Skating Information (continued)

SHOWCASE EVENTS

DRAMATIC ENTERTAINMENT

Showcase program utilizing intense emotional skating quality to depict choreographic theme. Music used for a dramatic showcase program might be: *Schindlers List*, *Man of LaMancia*, *Andre Bocelli*, *Phantom of the Opera* and *Tosca*. Music may be from several musical genres as: Baroque, Broadway, 20th Century Contemporary, Classical, Film and Pop (these are only examples).

Props and Scenery ARE permitted.

Program duration: Preliminary and Pre-Juvenile 1:40 max; Juvenile through Novice 2:10 max; Junior and Senior 2:40 max; Teen and Young Adult 2:10 max; All Adult events 1:40 max.

LIGHT ENTERTAINMENT

Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills. Music selected for light entertainment might be: *Circ Du Solei*, *Annie Get your Gun*, *Sound of Music*, *Grease* and *Frank Sinatra*. Music may be from several musical genres as: Contemporary Classical, Broadway, Pop and /or New Age (these are only examples). **Props and Scenery ARE permitted.**

Program duration: As above.

INTERPRETIVE/EXTEMPORANEOUS IMPROVISATION:

A performance choreographed by the competitor, unaccompanied and unassisted, to music supplied by the Theatrical Skating Committee. The music will be played during a 30-minute off-ice session and twice during a warm-up on ice prior to performance. **Skaters after the warm up will go back to a room, with no music being played.** All competitors will interpret the same music.

Program duration: Preliminary and Pre-Juvenile 1:00 max; Juvenile through Novice 1:30 max; Junior and Senior 1:30 max; Teen and Young Adult 1:30 max; All Adult events 1:30 max.

ARTISTIC

Showcase program utilizing emotional qualities from either dramatic or light entertainment specifically or a combination of both. Skater will use their skating skills to express their musical interpretation. Music selected for an artistic program might be: *Phantom of the Opera*, *Grease*, *Adele Michael Jackson* or *Priscilla Queen of the Desert*. Music may be from several musical genres such as: 20th Century Classical Music, Pop, Broadway, Ethnic, Baroque, Romantic, New Age and Films (these are only examples).

NO Props of any kind are allowed in Artistic events.

Program duration: Preliminary and Pre-Juvenile 1:00 max; Juvenile through Novice 1:30 max; Junior and Senior 1:30 max; Teen and Young Adult 1:30 max; All Adult events 1:30 max.

DUETS

Theatrical/artistic performances by any competitors. **Props and Scenery ARE permitted.**

Program duration: Preliminary and Pre-Juvenile 1:40 max; Juvenile through Novice 2:10 max; Junior and Senior 2:40 max; Teen and Young Adult 2:10 max; All Adult events 1:40 max.

TIMING

Timing will begin with the first purposeful movement of any competitor or member of a team. For performances that are over or under the time allotment, standard time deductions will apply as per U.S. Figure Skating's current rulebook. Timing will cease when the last skater comes to a complete stop.

Upon taking their position on the ice, a member of the team should raise and lower either their right or left arm to signify that the team is ready to begin their performance. This movement does not count as the "purposeful movement" as noted above.



PRACTICE ICE REQUEST FORM

Practice ice will tentatively be available March 26, 2012. We will try to provide additional practice ice during the competition to meet all needs, but **NO GUARANTEE IS MADE THAT ENOUGH PRACTICE ICE WILL BE AVAILABLE TO MEET ALL EVENT NEEDS.** In the event we are unable to provide you with all the practice ice you request, a refund will be made of paid-for but unavailable practice ice. Practice ice money is non-refundable, and you may not assign your practice ice to another skater. Practice ice sessions are 30 minutes and will be limited to fifteen skaters. Music will be played on a first-come first-serve basis.

Name: E-mail:

Address:
Street City State Zip

Parent Name: Phone: ()

Level and Events in which Skater will be competing:	
Event Level	# of Sessions
Basic Skill Events
Free Skate
Short Program
Artistic /Showcase
Total number of 30 minute sessions requested:	
@ \$15.00 each session for a total of:	

* Please note Practice Ice Sessions limited to TWO per skater. No music will be played.

* For skaters planning to arrive before the event starts there are Freestyles and Public Sessions available at Mountain View Ice Arena. Please call Mountain View for times. 360-896-8700

