



# Gliding into Competition



*By the Brazos Valley Figure Skating Club*



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[www.bvfsc.org](http://www.bvfsc.org)

Facebook users: Add “ArcticWolf FigureSkating” as a friend.

*The Brazos Valley Figure Skating Club, an affiliate of U.S. Figure Skating, is a non-profit, tax exempt organization which exists to promote figure skating for members of all ages. The BVFSC is a community of skaters, coaches, parents and other fans of figure skating, who support each other in various ways and have a good deal of fun along the way!*

# Table of Contents

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Introduction	Pg. 5
Why Compete?	Pg. 5
Where to Start	Pg. 6
Basic Skills vs Club Levels	Pg. 7
Choosing Event Levels	Pg. 8
Test Track vs. Well Balanced	Pg. 8
Adult Competition	Pg. 9
Artistic Competitions	Pg. 9
Planning With Your Coach	Pg. 10
Travel Logistics	Pg. 11
Preparing a Skater for Competition	Pg. 12
What to do When You Arrive at the Competition	Pg. 13
Competition Checklist	Pg. 14
From the Judges Perspective	Pg. 15
Score Sheets: Translating Ordinals to Placements	Pg. 16
IJS – What Skaters of All Levels Need to Know	Pg. 17
Appendix	Pg. 19



# Introduction

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For many figure skaters who have fallen in love with the sport, participating in competition is the next logical step. Unlike a team sport which is very straight-forward in how to proceed, however, figure skating offers options for many levels of involvement, and many types of skaters, which can make it very confusing. For members of the Brazos Valley Figure Skating Club who have already been competing, competition has provided a camaraderie with their fellow skaters, and a wealth of experiences that will last a lifetime. Whether your skater is ready to compete now, or thinks they may want to begin at a later time, we hope this manual will help you to navigate the waters, know what to discuss with your coach, and how to make every competitive experience rewarding for your skater.

## Why Compete?

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Competitions are an important part of a skater's growth, as they give skaters a goal to work toward, and allow them to see and match the progress of others at their level. Skaters who prepare for competition tend to become more well-rounded skaters, as they focus more evenly on the technical aspects of their skating, as well as artistry, choreography, musicality, performance, endurance, and consistency. Competitors must also master their powers of concentration the ability to maintain focus – skills that are valuable in all aspects of their lives. Furthermore, competitions provide unique opportunities for skaters and parents from the rink/club to bond with others, for parents to become part of the support network that has evolved at Arctic Wolf, and for skaters to truly feel like they are part of the group..

For skaters who think they would like to compete, but are unsure, it is always a great idea to attend a competition first, just to watch, so that both parent and skater can get a feel for what to expect. In the Brazos Valley Figure Skating Club, we always post the competition schedule for our skaters ahead of time, for those that would like to cheer on their rinkmates.

Exhibitions are also a good way for skaters to test the waters. Exhibitions and shows are great opportunities to perform and get the feel of skating in front of others, using a program that has been prepared in the same manner as a competition routine would be.

# Where to start

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## **Basic Skills Competitions**

Basic skills competitions were created to introduce skaters to competitive figure skating. These competitions include all levels from Snowplow Sam and Basic 1 through Freeskate 6. Skaters competing in a given level will perform a set of required skills, which correspond to the Basic Skills curriculum covered in our figure skating classes. Basic Skills competitions offer events in freeskate\*, compulsories\*, and artistic\* (*usually Freeskate 1-6 only*). Skaters who have passed any moves in the field test are still eligible to compete in Basic Skills competitions in the Freeskate 1-6 levels, as long as they have not passed any U.S. Figure Skating freeskate tests.

Basic skills competitions are designed to encourage skaters as they begin competing. As such, competition groups are kept small (maximum of 6 skaters), and all skaters will earn a medal or ribbon. In order to keep competition events as fair as possible, skaters are not allowed to perform moves from a higher level, and will be penalized in their scores if they do so. However, all skaters may choose skills from lower levels that they perform well in order to enhance their routine.

Basic Skills competitions typically take place in one day, and can either be a stand-alone competition, or take place in conjunction with a U.S. Figure Skating competition. Many stand-alone Basic Skills competitions will also offer U.S. Figure skating events for “no test,” pre-preliminary, and preliminary levels.

To participate in a Basic Skills competition the skaters must be either Basic Skills Members of U.S. Figure Skating or full members through a local club. All skaters participating in the Arctic Wolf Basic Skills classes should already have active Basic Skills memberships.

*To view the program requirements for basic skills levels, please see the appendix.*

*[\*Freeskate/Program events involve choreography to music of the skater’s choice, and skaters are judged on both technical skill, and skating skills such as flow and power, artistry, musical expression, etc.*

*Compulsories/Elements are competed without music, and skaters are judged strictly on the execution of the required skills.*

*Artistic events do not have a technical component, rather are judged by the theatrical aspect of the program.]*

# Basic Skills levels vs. Club levels

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## U.S. Figure Skating Competitions

As skaters near the end of the Basic Skills curriculum (i.e., Freeskate 4-6), they are ready to begin competing at non-qualifying U.S. Figure Skating competitions. Skaters compete at the level determined by their highest freeskate level passed (“no test” or beginner, pre-preliminary, preliminary, pre-juvenile, juvenile, intermediate, novice, junior, or senior). Rather than having a required set of skills, skaters work within a set of guidelines to create a routine showcasing their strengths by choosing from all of the skills they have learned so far. Competition groups are larger (often 10-12 skaters for no test – preliminary, and up to 16-20 in Pre-Juvenile and above). Medals are awarded to first, second, third and fourth place. U.S. Figure Skating competitions can offer events in freeskate, compulsories, spin or jump compulsories, artistic, ice dancing, pairs, synchronized team skating, and theatre on ice.

Non-qualifying U.S. Figure Skating competitions, also called “club” competitions, usually last several days. Once skaters reach the juvenile level (intermediate for skaters 13 and older), they are eligible to begin competing in “qualifying” competitions in which skaters placing first, through fourth place are able to advance to the next level of competition. In Texas, our regional competition is Southwesterns, followed by the Junior Nationals (Juvenile and Intermediate levels) or sectional competition, Midwesterns (Novice, Junior, and Senior levels). The top 4 finishers in each event in Midwesterns move on to the U.S. Nationals, in hopes of being crowned National Champions.

All skaters participating in U.S. Figure Skating competitions must be a member of a USFS Club, such as the Brazos Valley Figure Skating Club. All competition entries will be approved by a club officer, validating the skater’s correct test level and current USFS membership, as well as the skater’s coach, to verify that correct events have been entered.

Basic Skills	Club Competition
• Small groups (6 or less)	• Larger groups (10 or more)
• All skaters receive medals or ribbons	• Top 4 – 6 places get awards
• Usually 1 day (Sunday)	• Usually 2 days (Friday – Saturday)
• Competition entries less expensive	• Entry cost is higher than basic skills
• Skaters have set routine requirements	• Skaters have a broader set of guidelines
• Skater’s events are often close together	• Skaters have more time between events

# Choosing Event Levels

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Once skaters reach club-level competition, they will have a variety of options for choosing event levels. At non-qualifying competitions, skaters are allowed to compete at their current test level (highest freeskate level passed) or one level higher. This allows coaches to make strategic decisions for their skaters as the competition year progresses, for example, placing a skater in a higher level of compulsories as they think a skater may be ready to move up. This also allows skaters to compete at a higher level even if they have not had the opportunity to test. (At qualifying competitions, skaters can only enter in their test level.)

## Test Track vs. Well Balanced

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Over the years, as skaters have continually raised the bar in their technical ability at each level, the skills often performed in competition have become much more difficult than the skills required to test for that level. In order to give skaters who are more focused on test progression a positive competition experience, a new competition path was introduced a few years ago, called “Test Track”. Test Track is much more limited in what is allowed at each level, in order to give skaters a more even playing field, and more closely aligns with testing requirements for each level. The introduction of Test Track has also allowed skaters to move into club-level competition sooner. Skaters following the traditional competitive path will enter “Well Balanced” events. The grid below gives an idea of the different directions a skater can choose, depending on their skill level. Requirements for each level are included in the appendix.

Basic Skills	Test Track	Well Balanced
Freeskate 3	Beginner	
Freeskate 4	Pre-Preliminary	
Freeskate 5-6	Preliminary	No test, Beginner, or Limited Pre-Preliminary
	Pre-Juvenile	Limited Pre-Preliminary
	Juvenile	Pre-Preliminary or Preliminary
	Intermediate	Preliminary (under age 12) or Open Pre-Juvenile (over 13)

*(comparisons are based strictly on the jumps and spins allowed at each level.)*

Test track is an excellent option for skaters whose spin and footwork levels are ahead of their jump levels.

It is important that skaters let their coaches know what their competitive and testing goals are, so that the coach can determine the most advantageous path for the skater.

# Adult Competition

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The number of adults wishing to skate competitively has continued to grow. Adults are invited to compete at any Non-qualifying or Basic Skills competition, and they also have their own dedicated competitions. Locally, Houston offers the Star of Texas International Adult Open every January. Adult sectional championships, an annual qualifying event for the U.S. Adult Figure Skating Championships, are held in each section of the country (Pacific Coast, Midwestern and Eastern) and include open/nonqualifying events. Adult sectionals take place approximately six to eight weeks before the U.S. Adult Championships - the highlight of the adult competitive season.

Adult skating competitions divide competitors by age and test level, and most offer free skate events, as well as interpretive, dance, pairs, compulsory moves, jump/spin contests and dance events.

Age groups are as follows:

Group I: 21-30 years	Group IV: 51-60 years
Group II: 31-40 years	Group V: 61 and older
Group III: 41-50 years	

*Adult well-balanced program requirements are included in the appendix*

# Artistic Competitions

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Almost all competitions offer an artistic event, however, for the skater that truly loves to entertain, Showskate competitions offer a unique and fun way to compete. At Showskate competitions, skaters can compete in light entertainment, dramatic, extemporaneous improvisation, duets, or ensembles (groups of 3-40 skaters). Solo events are performed under spotlights. Performances are judged from an entertainment standpoint, for theatrical and artistic qualities. Technical skating skills and difficulty are not rewarded as such; instead, judges evaluate theatrical elements including energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

Locally, skaters can attend the Dallas Showskate at the end of January. Skaters of all levels, basic skills through senior, are welcome to compete.

Any skaters Preliminary and above (adults Bronze and above) who place 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, or 4<sup>th</sup> in any contested artistic event throughout the year also qualify to compete in the National Showcase, which is held in a different state each year in early August.

# Planning with your Coach

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Skaters are usually more successful at competing when they plan on a few competitions each year. This allows them to build on each performance, set goals, and push themselves to do better at each competition. We are fortunate in Texas that we have a circuit of well-established competitions that are typically the same weekend each year. This allows families to look at the calendar at the beginning of the year, along with their coach, and choose the competitions that they want to attend. By knowing each skater's competition plans for the entire year, the coach can better determine the flow of their lessons, to maximize opportunities to plan for testing, learning new skills, or routine choreography. The 2011 competition calendar is as follows:

➤ Star of Texas International Adult Open; Houston, TX	January 15	(Adult-only)
➤ Dallas Showskate; Plano, TX	January 29	(Artistic competition)
➤ Alamo Skate; San Antonio, TX	February 26-27	
➤ Skate Houston; Sugarland, TX	March 25-27	
➤ Skate Dallas; Grapevine, TX	April 14-17	
➤ Skate Austin; Austin, TX	June 3-5	<i>(tentative)</i>
➤ Cannon Open; Dallas area	July 8-10	
➤ National Showcase; Cleveland, OH	August	[Qualifying skaters only]
➤ Houston Fall Invitational; Sugarland, TX	September 3-5	
➤ Arctic Wolf Open	October 9	<i>(tentative)</i> (Basic Skills)
➤ Southwesterns Regional; Grapevine, TX	October 21-25	(Qualifying competition)
➤ Southwesterns Non-Qualifying	Before or after Regionals	

Skaters also tend to be more successful and feel more confident in their performances when they have an understanding of what they want to achieve within each level, and when they have a game plan on what they want to work on for future levels or performances. While at the competition, watching other skaters both at their level and the level above them helps skaters understand what they need to be practicing in order to move up to the next level.

One of the most basic things for a skater to learn through competition is that the ultimate goal is to feel like they did everything they could to prepare, and that they achieved the goals they agreed upon with their coach. This could include conquering nervousness, better preparation and warm-up, skating a clean routine, improving on their artistry, skating with better flow and speed, etc.

It is also important to understand that like skaters, some coaches have their own schedule constraints, or may have different ideas on the best way to proceed with competition. As such, the importance of a yearly planning session with your coach goes both ways. While coaches need to know what your skater hopes to achieve, they also need to let you know what they are able to facilitate. For example, a coach may not be able to travel to some competitions, but can to others. Many coaches in this situation have another coach that they may team with to help put skaters on the ice. It is advantageous to know about this well in advance, so that you can determine if that will work for your skater.

Also, before beginning to compete, be sure to have a conversation with your coach regarding any competition fees they may charge. Most coaches will split the cost of their travel and lodging between their skaters, so it is worth it to find out which competitions your coach takes more students to, or which competitions they may have lower expenses. Most coaches will have some sort of set fee for their time at a competition as well.

## Travel Logistics

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One of the most fun aspects of a competition for skaters is traveling to other rinks. While this certainly lengthens the “to do” list for parents, it often makes the competition experience more exciting to the skater, than only participating in our home competitions. Often, once details about a competition are known, several parents will look for a reasonable hotel rate, and so far have been excellent about sharing that information with other competitors from our rink. Also, many competitions will arrange a “competition special rate” with a hotel, and give that information in the competition announcement or on their website. It is a good idea to go ahead and book a room for the maximum number of nights you anticipate, as you can always cancel unneeded nights once the schedule is available. If you wait, it is often more difficult to get the lower rates.

Most hotels offer microwaves and refrigerators, so it is easy to bring snacks or simple meals, and not have to rely on eating out for every meal. We also always look for a hotel that offers breakfast, which helps to keep that expense down as well.

Out of town competitions offer plenty of opportunity for parents and skaters to get to know each other away from the rink. Often a group dinner will be scheduled, and skaters make an extra effort to stay and watch fellow competitors from our rink, and help to cheer them on.

# Preparing a Skater for Competition

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When a skater decides to participate in a given competition, the first step is to read through the competition announcement, which will outline all of the rules for each event offered. It is important that both the coach and parent (or older skater) reads through the announcement, to be sure nothing is missed. Many events and levels are mandated by U.S. Figure Skating, and will be consistent across competitions. Other levels, however, such as beginner/no test and limited Pre-Preliminary, are up to the Local Operating Committee (LOC) - in other words, the club hosting the competition - and rules can vary from competition to competition.

Discuss which events you wish to enter with your coach. Coaches will often ask skaters to enter events for different reasons, which fit into the overall goals for the skater's continued improvement. If a skater is entering a few competitions each year, they will be much more successful if a tentative plan has been established between the skater, coach, and parent, with goals for level advancement, or skill progression within a level, using each competition as a stepping stone in the yearly plan.

Also, talk to your coach about practice ice. Every competition offers practice ice for skaters, to allow them to get used to the different ice, and orient themselves with their surroundings. Many skaters find practice ice to be helpful, as it makes them feel more warmed-up for their later events, and gives them a chance to relax, or calm their nerves. You will reserve practice ice sessions at the same time as you submit the competition entry. The competition announcement will let you know whether music will be played at the practice ice. If you opt to not reserve practice ice in order to arrive at the competition closer to your skater's event time, be sure to allow some extra time for your skater to be able to work out any stiffness from travel, and get into "competitive mode".

More and more competitions are now using the EntryEeze online registration system in which skaters can sign up and pay the registration online. Once the entries for a competition have been submitted, skaters can expect to receive a tentative schedule approximately two weeks before the competition, and will receive an e-mail regarding instructions for practice ice selection at this time. EntryEeze allows skaters who have reserved practice ice to choose times that will work the most successfully with their overall competition schedule.

In the weeks leading up to the competition, the coach will of course be working with your skaters on his/her routines, but should also be letting your skater know what to expect regarding off-ice warm-up and stretching (for younger competitors, this may be as simple as walking through their routine several times to be sure they remember it), on-ice warm-up, and entering and exiting the ice. Covering warm-up expectations is important for new competitors, as well as any competitor moving up in level, as strategies may change. It is a good idea for skaters to actually practice their 5-minute warm-up before going to the competition, so that they can maximize their time, and not have to skate back to the coach as often.

An often overlooked part of competition preparation is the "dress rehearsal". A skater should never wear a costume at a competition or exhibition that they have not practiced in. That includes any accessories, unusual hairdo's, etc.

# What to do when you arrive at the competition:

*(Adapted from "Preparing a Young Skater for Competition" by Suzi Wehrli, as found on [www.usfigureskating.org](http://www.usfigureskating.org).)*

Plan to arrive at least one hour before the scheduled event. If you haven't already, check-in at the registration table, turn in your music with the proper label - containing name, skating club/program, event name and group #. Always have a back-up copy available (either with a coach or chaperon). Find your coach/instructor to let them know you have arrived and where you will be. You should also find your events posted on a wall at the rink, which will list your skating order (which is different than what is posted in the competition program). Be sure to check this posting for event start times, in case there have been any changes. Your coach will give you instructions as to when they want you to warm-up off-ice, and when to get your skates on. Sometimes rinks will have assigned locker rooms for skaters to get ready and leave their belongings. Never leave your skates unattended. Be fully dressed and ready to begin your off-ice warm-up routine (jump rope, jumping jacks, jogging in place, stretching routine) at least 30 minutes before your scheduled event. At this point, the parents will find their seats in the audience, and allow you time to work with your coach. Put your skates on, walk through your routine rink side or in the lobby if you can find a quiet spot and start mentally preparing for your performance. It is important to stay warm at this point in time so wear a sweater and gloves or bring a blanket with you.

Now it time for your event. Walk over to the monitor and check in. They will tell you where you need to wait and how long before it is your warm-up time. If you are in a compulsory program event then go to the side of the rink that your event is being held on and check in with that monitor. Figure out your on-ice warm-up routine (stroke around, how many of each jump, which spins to practice and if you want to do a run through of all or part of your program) and discuss this with your coach. There is normally not enough time for coaching during your 3-5 minute warm-up period so unless there is a serious problem, use your time wisely and keep going. You can refresh your thoughts and reminders with your coach after your warm-up. When it is your turn to compete, step out onto the ice, have confidence in yourself, try your best, take each element one at a time (one element is not your entire routine) and most importantly have fun and smile to the judges and audience at least once.

After you skate, your coach should give you some brief feedback about your performance. Be proud of yourself and stay to cheer on the others in your group. You can learn a lot by watching the other competitors. After the conclusion of the event, the accountant will tally the scores from the judges and the final standings will be posted over the starting order sheet in the lobby. Keep your skates on since the award ceremony should follow shortly after the posting of the results. No matter what the final outcome is, you should always be a good sport. Congratulate the winner and congratulate the others for good efforts. There is only one winner per event and everyone will have their good days and could be better days. This is the nature of figure skating so always be proud of your performance and learn from each experience.

# Competition Checklist:

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- Skates (Please check that screws are tight **before** leaving for competition)
- Competition Outfit(s) & all outfit accessories (including undergarments).
  - Helpful hint: Have a list of every item needed with each costume, and/or put all accessories into a marked Ziploc bag to keep everything together.
- Back-up outfit
- Tights/Hose with no holes for girls (Bring an extra pair)
- Music (labeled with name and event number) –
  - both coaches and parents should have copies of the music
  - most competitions require a separate copy of music for practice ice
- Hair Accessories/ hair spray /Makeup
- Guards
- Club jacket or jacket that zips to avoid messing up hair/makeup – Expect to wear your jacket during warm-up.
- Gloves, practice clothes, club outfit, blanket
- Soakers, extra laces, and a screwdriver
- Sewing Kit, safety pins, band-aids
- Healthy snacks
- Water
- Your coach's cell phone number
- Competition information – maps, hotel reservations, event times, practice ice
- Membership card – if needed at the registration desk
- Video recorder and camera
- Good luck charms

**Suggestions** – *All coaches have their own competition expectations for their skaters, so be sure to find out your coach's preferences. Below are some common guidelines you can expect:*

- Be at the rink an hour before your event. Be sure to let your coach know where you are in the rink, in case he/she needs to find you. Wait until 20-25 minutes before your event to use the restroom and put on your skates.
- Plan your eating schedule. Eat light meals throughout the day.
- Plan on a snack about an hour before your event. Choose something that will provide sustained energy, such as a cereal bar, peanut butter, oranges, nuts, etc. **NO** sugary snacks or sodas on the day of your events.
- Drink plenty of water throughout the day. Have water available with you before you skate.
- Warm-up & stretch off-ice, before your event.
- If staying in the hotel, please check with your coach before swimming. Many coaches will not allow their skaters to use the pool before their event unless they are used to swimming regularly. Swimming relaxes your muscles, and can make skaters appear sluggish.

# From the Judges Perspective: Tips from the Judge

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*By: Carolyn Clausius, National Freeskating and Pair Skating Judge*

Most judges are former skaters who still enjoy being actively involved in the sport. They want everyone to skate well and have fun in spite of their serious expressions of concentration! Judges don't always agree, but there are a few things that they would all like to see included in your program. Your goal should be to demonstrate a well-balanced program that includes a variety of jumps, several spins, footwork, spirals and strong edges. Jumps only count for a portion of your total score and only cleanly landed jumps will qualify. It's best to include only jumps that you have consistently mastered, as you will not be given credit for falls or jumps that were not complete. You and your coach may agree to include one risky jump that you have recently learned, but that should be the limit.

Judges look for spins that are well centered and have good speed. Advanced skaters need to include three spins, one of which should be a flying spin and another should be a combination of positions. Strong edges spirals and footwork, not just forward or backward crossovers, should connect your elements.

When you are judged, you'll be given two marks. The first is the technical merit mark that includes all the elements you successfully completed as well as your speed and sureness throughout your program. The second mark is for your presentation. This mark is equally important and counts for half of your total score. For this mark, the judges will consider how well you skated your program with the music. They will pay attention to your choreography and how well you demonstrate good timing and expression. Very often when the technical difficulty of the skaters is similar, the skaters with the best interpretation will place higher.

If you find, when the results are posted, that you received a variety of ordinals, it means the skaters in the group were equally matched and the event was difficult to judge. Your goal should be to skate your best performance and not worry about what the other skaters are doing. Don't be discouraged if you make mistakes, a strong finish can make a positive impression. Be confident and proud of yourself and it will show in your skating.

Good luck and have a great time on the ice!

# Score Sheets – Translating Ordinals to Placements

Skaters competing in Basic Skills and the “no test” through Pre-Juvenile level are placed based on an ordinal system. First, judges will give skaters scores based on their technical merit and presentation. Then, these scores are ranked highest to lowest and each skater given an ordinal from each judge. In the example to the right, the skater who earned first place was given a 1<sup>st</sup> place ordinal from judge 1, a 2<sup>nd</sup> place ordinal from judge 2, and a 1<sup>st</sup> place ordinal from judge 3.

	-1-	-2-	-3-	Maj.
1.	1	2	1	2/1
2.	3	1	5	2/3
	TOM 4			
3.	2	4	3	2/3
	TO 9			
4.	5	3	2	2/3
	TO 10			
5.	4	6	4	2/4
6.	6	5	6	3/6

The right hand column shows the ordinal majority, which is the first method to rank the skaters. In an ordinal majority system, the top two ordinals are used to calculate the skater’s place. In the above example, the first skater placed 1<sup>st</sup>, with two 1<sup>st</sup> places. (2/1). The skaters in 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> place actually all tied for 3<sup>rd</sup>, each having two 3<sup>rd</sup> place ordinals or higher (2/3).

For the first tie breaker is “Total Ordinal Majority” (TOM). For this tie-breaker, the two highest ordinals are added together. Our 2<sup>nd</sup> place skater, with ordinals of 1 and 3 had a TOM of 4, which moves her into 2<sup>nd</sup> place, but the 3<sup>rd</sup> and 4<sup>th</sup> place skaters both have a TOM of 5, so remain tied.

The final tie-breaker, “Total Ordinal” (TO), adds all of the ordinals together. TO 9 beats TO 10, so the tie is broken. In the event skaters have matching ordinals, they will remain tied.

	-1-	-2-	-3-	-4-	-5-	Maj.
1.	1	2	5	1	2	4/2
2.	3	1	2	8	3	4/3
3.	9	3	1	5	1	3/3
4.	2	8	3	4	5	3/4
	TOM 9					
5.	6	4	4	2	8	3/4
	TOM 10					
6.	5	5	7	3	4	4/5
7.	7	6	6	9	7	4/7
8.	8	10	8	6	6	4/8
9.	4	7	9	10	8	3/8
10.	10	11	10	7	10	4/10
11.	11	8	11	11	11	5/11

For many freeski and artistic events, there will be five judges instead of three. In this case, the above rules apply, using the top three ordinals as the majority. If there are more than three of the majority ordinals, that will be taken into account on the stack ranking. In the example to the right, our skater in 2<sup>nd</sup> place received four 3<sup>rd</sup> place or higher ordinals (4/3), which moved her into 2<sup>nd</sup> place over a skater who only had three third place or higher ordinals (3/3).

Sometimes ordinals seem to be all over the place, as the example on the right shows. This is often a good indication that skaters in the event were very evenly matched.

	-1-	-2-	-3-	Maj.
1.	2	2	5	2/2
2.	1	4	3	2/3
	TO 8			
3.	8	3	1	2/3
	TO 12			
4.	4	7	2	2/4
	TOM 6			
5.	3	6	4	2/4
	TOM 7			
6.	6	1	7	2/6
	TOM 7			
7.	7	5	6	2/6
	TOM 11			
8.	5	8	8	3/8

## IJS – What Skaters of All Levels Need to Know

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As skaters move into the club competitions, they will begin to hear about the IJS (International Judging System). Under IJS, judging moves from an ordinal-based system, in which all placement is based on how judges rank the skaters within the group, to a system in which each skill earns a specified point value. All moves start with a base value, and then points are added or subtracted, based on the skater’s execution of the move. Most skaters in the well-balanced track will begin to skate under the IJS system at the Juvenile level.

While skaters at the lower levels do not need to memorize the numerous rules that come along with IJS, it is worth it to understand what types of skills are rewarded, as the same things are rewarded at lower levels. For example in spins, solid spin positions, held for 6-8 revolutions, or well-done spin variations begin to show up in competition as early as No-test and pre-preliminary levels. Transitional elements that make up the “component scores” under IJS, are the same skills judges look for when determining the performance score in the lower levels.

When skaters reach the level that they begin to be judged under IJS, they can truly begin to compete against their past performances, and challenge themselves to improve on each individual component of their routine, as they can see exactly how judges scored each element. Regardless of final standings, skaters can always be excited about achieving a personal best score at each competition, or can develop a concrete game plan on what they need to focus on from competition to competition.



# Appendix

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## Table of Contents

U.S. Figure Skating Articles for Parents	Pg. 21
Basic Skills Levels	Pg. 24
Test Track Requirements	Pg. 26
Well-Balanced Requirements	Pg. 29
Adult Well-Balanced Requirements	Pg. 30



# From usfigureskating.org – “Parent” Tab

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## Health and Fitness

If you have a child looking to engage in or who is already engaged in competitive figure skating, the following provides information on some basic health considerations for parents. Some of these articles are written for skaters and coaches, but they also provide information that can be helpful for parents as your child engages as an athlete in competitive figure skating. (All files are PDFs.)

### *A Healthy Perspective on Skating*

- [Making Your Skater a Champion for Life](#), by Pam Dawson, SKATING, January 2007
- [Building Good Character Should Be Top Priority](#), by Pam Dawson, SKATING, November 2007
- [What I Want My Daughter to Get Out of Sports](#), by Michael Josephson, SKATING, November 2007
- [Staying Healthy](#), by Ellen Geminiani, SKATING, December 1999
- [Keeping Score: Rest and Recovery Vital to Enhance Training](#), by Wm A. Sands, SKATING, Dec. 2006
- [High Marks: Collegiate Skating Options Worth the Investment](#), by Pam Dawson and Kelly Hodge, SKATING, October 2006

### *Nutrition*

- [When Diets Become Disordered: Recognizing and Understanding Eating Disorders in Sports](#), by Renee M. Parker, SKATING, August 1995
- [Reducing Body Fat Without Jeopardizing Health](#), by Amy Schaefer Fisher, SKATING, December 1995
- [Eating Quickly: Eating On the Go Doesn't Mean Eating Unhealthily](#), by Amy Schaefer Fisher, SKATING, June/July 1998

### *Injuries*

- [A Lot Still to be Learned about Skating Injuries](#), by Christine Lawless, SKATING, June/July 2006
- [Providing Effective First Aid Response to Skating Injuries](#), by Claire McCarthy, SKATING, April 1995
- [No Time to Warm Up? Think Again, by Lisa Ralston-Mizer, SKATING, February 2000](#)
- [Boot Problems and Boot Solutions](#), by Linda Tremain, SKATING, May 2004
- [Ankle Sprains Prevention and Treatment](#), by Lisa Ralston-Mizer, SKATING, May 2000
- [Don't Let Skating Become a Pain in the Back](#), by Clay Sniteman, SKATING, April 2005
- [Warm-Up Strategies](#), by Carl Poe, Skating, January 2005
- [Protect Your Knees, Please!](#), by Dan McGovern and Stephanie Van Ness, SKATING, December 2004

### *Balance*

- [Skating and Education Go Hand in Hand](#), by Edna Chang-Grant, SKATING, October 2003
- [Power Sleep and Peak Performance](#), by James Maas, Oriel Feldman Hall and Kate Boyles, SKATING, March 2003
- [Relaxation & Stress Management for Success](#), by Sandra Stroope Dupcak, SKATING, May 2002

## ***Strength and Conditioning***

- [Functional Strength: How Much Strength is Enough?](#), By Donna Flowers, SKATING, April 2007
- [Crossing Over: Cycling, Yoga, Kung Fu, Great Ways to Enhance Training](#), by Rhian Jenks, SKATING, October 2006
- [Core Exercises: Strengthening and Stretching Routine](#), by Kat Arbour, SKATING, January 2003
- [Periodization Concepts for the "In-Season": Interval Training Drills for Improving Stamina](#), by Kat Arbour, SKATING, October 2002
- [Special Off-Ice Exercises Can Be Difference-Makers](#), by Kat Arbour, SKATING, February 2006
- [Pilates: How to Get the Most Out of This Core Strength Workout](#), by Linda Tremain, SKATING, November 2003
- [The Athlete Warrior: 10 Principles for Becoming a Champion](#), by Alison Arnold, SKATING, Jan. 2004
- [Cardiovascular Fitness and Conditioning](#), by Michelle Provost-Craig, SKATING, April 1997
- [Strength Training Vital for Optimal Performance](#) by Kat Arbour, SKATING, November 2006

## **Competition Considerations**

If you have a child looking to engage in or who is already engaged in competitive figure skating, the following provide information on some basic considerations about your child's athletic participation in the sport of figure skating. Some of these articles are written for skaters and coaches, but they also provide information that can be helpful for parents as your child engages as an athlete in competitive figure skating:

### ***Preparing Your Child for Competition***

- [Preparing Young Skaters for Competition](#) by Susi Wehrli
- [Preparation and Successful Goal-Setting](#), by Pam Dawson, SKATING, May 2009
- [The Five Rings of Mental Toughness: Creating an Unshakable Mind](#), by Alison Arnold, SKATING, November 2008
- [Nervousness - How Can You Help](#), by Elaine Theisen, SKATING, June/July 2004
- [Planning for Success](#), by Grayce Balian Lombard, SKATING, March 1995
- [Get Psyched](#) by Alison Arnold, SKATING, Vol. 80, 8
- [Using Focus Points for Peak Performance](#), by Mary Jenness Raine, SKATING, April 2003
- [The Mental Making of a Champion](#), by Edward Klein, SKATING, October 2004
- [The Psychology of Skating: A Look at Sport Psychology](#), by Ellen Radin, SKATING, February 1996
- [The Focus of a Champion](#), by Choeleen Loundagin, SKATING, August/September 2005
- [Making the Connection: Ballet Classes Enhance Skating Technique in Many Ways](#), by Jacqueline Boucard, Anne Marini, Debbie Pitsos and Jerod Swallow, SKATING, March 2005
- [A Sports Psychology-Performance Enhancement Program](#), by Martin Friedman, SKATING, May 2005

### ***Travel***

- [Plan Before You Travel](#), by Rina Bloch, SKATING, August/September 2003

### ***Competition Clothing***

- [Designing Woman](#), SKATING, November 1999

### ***Competition Etiquette and Sportsmanship***

- [Why Sportsmanship?](#), by Craig Clifford and Susan Ward, SKATING, January 2005

### ***Selecting Competitions***

- [What Does It Cost to Skate Competitively?](#), by Doris Bodmer, SKATING, October 2004
- [Summer's Here: Use Coming Months to Optimize Your Child's Fall Performance](#), by Ann Morton Neale, SKATING, May 1997

### ***Music***

- [Music Matters](#), by Elizabeth Leamy, SKATING, February 1998

### ***General Resources***

- [Understanding the IJS](#)
- [The Competitive Pipeline](#)

## **Choosing and Working with a Coach**

Finding the right coach for your child and working with that coach is an important consideration for parents. The following provide helpful information about engaging and working with a coach:

### ***Finding the Right Coach***

- [Finding the Right Coach: What Every Parent Should Know](#), by Juliet Newcomer
- [Criteria for Coaching](#) by Heidi Thibert, SKATING, June/July 2009
- [Coaches Education Requirements Information; Coaching Requirements for Qualifying Competitions](#)
- [Coaches Registration Process](#)
- [Coaching Requirements Checklist](#)

### ***Changing Coaches***

- [Changing Coaches](#) by Kathy Casey
- [Before Changing Coaches, Think Things Out](#), by Kathy Casey, SKATING, September 2007

## BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

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. Vocal music is allowed.

- To be skated on full ice
- Time: 1:00 minute +/- 10 seconds
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element from a higher level performed

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

## FREESKATE 1 – 6 COMPULSORY EVENT

Format: In simple program form, using a limited number of connecting steps, and 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 any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

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

## Test Track 2010-11 (effective September 1, 2010)

Skaters may enter EITHER the new test track free skate program or the well-balanced track free skate program but **NOT** both during the same nonqualifying competition. Competitors will skate to music of their choice, vocal music permitted. The 6.0 judging system will be used for all Test Track events.

Deductions **WILL** be made for skaters including technical elements not permitted in the event description.

- 0.1 from EACH mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra or lacking element.
- 0.1 for any spin with less than required revolutions.

LEVEL	Jumps	Spins	Steps	QUALIFICATIONS
<p><b>Limited Beginner</b></p> <p>Time: 1:30 +/- 10</p>	<p>Jumps with not more than one-half rotation (front to back or back to front).</p> <p>Jump sequences are allowed.</p> <p>Maximum 5 jump elements.</p>	<p>Two upright spins, no change of foot (Min 3 revolutions)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p><b>Beginner</b></p> <p>Time: 1:30 +/- 10</p> <p>***</p>	<p>Jumps with not more than one-half rotation (front to back or back to front including half-loop)</p> <p>Single rotation jumps: Salchow and toe loop only.</p> <p>Jump combinations and sequences are allowed.</p> <p>Maximum 5 jump elements.</p>	<p>Two upright spins, change of foot optional (Min 3 revolutions)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p><b>Pre-Preliminary Test</b></p> <p>Time: 1:30 +/- 10</p> <p>***</p>	<p>Jumps with not more than one-half rotation (front to back or back to front including half-loop)</p> <p>Single rotation jumps: Salchow, toe loop and loop only.</p> <p>Jump combinations and sequences with the above jumps are allowed.</p> <p>Maximum 5 jump elements.</p>	<p>Two spins held in one position only of a different nature, no change of foot (Min 3 revolutions and no flying spins)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test</p>
<p><b>Preliminary Test</b></p> <p>Time: 1:30 +/- 10</p>	<p>Jumps with not more than one rotation (no Axels).</p> <p>Jump combinations and sequences are allowed.</p> <p>Maximum 5 jump elements.</p>	<p>Two spins of a different nature, combination spins allowed (Min 3 revolutions each and no flying spins)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test</p>

**Test Track 2010-11 (effective September 1, 2010)**

<b>LEVEL</b>	<b>Jumps</b>	<b>Spins</b>	<b>Steps</b>	<b>QUALIFICATIONS</b>
<p><b>Pre-Juvenile Test</b></p> <p>Time: 2:00 +/-10</p>	<p>Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jumping elements.</p>	<p>Three spins in any position (Min 3 revolutions), One must be a combination spin with change of foot optional (Min 3 revolutions on each foot or 6 total revolutions and no flying spins).</p>	<p>One step sequence straight line, circular, or serpentine fully utilizing ice surface.</p>	<p>Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test</p>
<p><b>Juvenile Test</b></p> <p>Time: 2:15 +/-10</p> <p>***</p>	<p>Any single jumps and jump combinations with not more than 1 ½ rotations. (Axel permitted). Maximum 5 jumping elements.</p>	<p>Three spins in any position (Min 4 revolutions) One must be a combination spin with one change of foot (Min 4 revolutions on each foot). May include flying spins.</p>	<p>One step sequence straight line, circular, or serpentine fully utilizing ice surface.</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>
<p><b>Intermediate Test</b></p> <p>Time: 2:30 +/-10</p>	<p>Any single jumps. Double jumps may only be the double Salchow and double toe loop. Jump combinations and sequences allowed. Maximum 6 jumping elements.</p>	<p>Three spins in any position (Min 4 revolutions) One must be a combination spin with at least one change of foot (Min 4 revolutions on each foot). May include flying spins.</p>	<p>One step sequence straight line, circular, or serpentine fully utilizing ice surface.</p>	<p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p>
<p><b>Novice Test</b></p> <p>Time: Ladies 3:00 +/-10 Men 3:30 +/-10</p>	<p>Any single jumps. Double jumps may only be the double Salchow, double toe loop and double loop. Jump combinations and sequences allowed. Maximum 7 jumping elements for men and 6 for ladies.</p>	<p>Three spins in any position (Min 6 revolutions) One must be a combination spin with at least one change of foot (Min 5 revolutions on each foot). May include flying spins.</p>	<p>One step or spiral sequence  (see rule 3660 for description).</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>
<p><b>Junior Test</b></p> <p>Time: Ladies 3:30 +/-10 Men 4:00 +/-10</p>	<p>Any single jumps. Double jumps may only be the double Salchow, double toe loop, double loop and double flip Jump combinations and sequences allowed. Maximum 8 jumping elements for men And 7 for ladies.</p>	<p>Three spins: One must be a spin in one position, one a flying spin, (6 revolutions each) one combination spin consisting of all three basic spin positions and one change of foot (Minimum 2 in each position and Minimum 5 revolutions on each foot).</p>	<p>One step sequence of advanced difficulty, covering the full ice surface.  (See rule 3650 for description)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>

**Test Track 2010-11 (effective September 1, 2010)**

<b>LEVEL</b>	<b>Jumps</b>	<b>Spins</b>	<b>Steps</b>	<b>QUALIFICATIONS</b>
<p align="center"><b>Senior Test</b></p> <p>Time: Ladies 4:00 +/-10 Men 4:30+/-10</p>	<p>At least four different double jumps One must be a double Lutz. Jump combinations and sequences allowed. Maximum 8 jumping elements for men and 7 for ladies.</p>	<p>Three spins: One must be a spin in one position, one a flying spin, (6 revolutions each) one spin combination consisting of all three basic spin positions and one change of foot (Minimum 2 in each position and Minimum 5 revolutions on each foot).</p>	<p>Men: Two different step sequences.</p> <p>Ladies: One step sequence and one spiral sequence (see rule 3640 for description).</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

2010 – 2011 Free Skating Requirements - No Test to Pre-Juvenile



2010-2011	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>NO TEST</b></p> <p>Times Vary 1:00 to 1:30</p> <p>Refer to competition announcement</p> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>• Single Jumps (Axel not allowed) <b>Max 5</b></li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3 jump combo is permitted.</li> <li>• Number of jumps in jump sequence is not limited.</li> <li>• No single Axels, double jumps, or triple jumps</li> </ul>	<ul style="list-style-type: none"> <li>• Spins must be of a different nature <b>Max 2</b></li> <li>• Min 3 revs</li> <li>• Spins may change feet, position, and start with a fly</li> </ul>	<ul style="list-style-type: none"> <li>• Straight line, circular, or serpentine* <b>Max 1</b></li> <li>• Must use one half the ice surface</li> </ul>
<p><b>PRE- PRELIMINARY</b></p> <p>Times Vary 1:00 to 1:30</p> <p>Refer to competition announcement</p> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>• Single Jumps (Axel may be included) <b>Max 5</b></li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3-jump combo is permitted.</li> <li>• Number of jumps in jump sequence is not limited.</li> <li>• Axel may be repeated as individual jump, as part of jump combination, or jump sequence. Maximum of 2 Axels</li> <li>• No double or triple jumps</li> </ul>	<ul style="list-style-type: none"> <li>• Spins must be of a different nature <b>Max 2</b></li> <li>• Min 3 revs</li> <li>• Spins may change feet, position, and start with a fly</li> </ul>	<ul style="list-style-type: none"> <li>• Straight line, circular, or serpentine* <b>Max 1</b></li> <li>• Must use one half the ice surface</li> </ul>
<p><b>PRELIMINARY</b></p> <p>1:30</p> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>• 1 must be an Axel/waltz jump-type jump* <b>Max 5</b></li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3-jump combo is permitted.</li> <li>• Number of jumps in jump sequence is not limited.</li> <li>• Only two different double jumps may be attempted (limited to double Salchow, double toe loop, and double loop only)</li> <li>• Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combination, or jump sequence. Maximum of 2 Axels or any double jump</li> <li>• No double flips, double lutztes, double Axels or triple jumps</li> </ul>	<ul style="list-style-type: none"> <li>• Spins must be of a different nature <b>Max 2</b></li> <li>• Min 3 revs</li> <li>• Spins may change feet, position, and start with a fly</li> </ul>	<ul style="list-style-type: none"> <li>• Straight line, circular, or serpentine* <b>Max 1</b></li> <li>• Must use one half the ice surface</li> </ul>
<p><b>PRE-JUVENILE</b></p> <p>2:00</p> <p>*means element is required</p>	<ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump* <b>Max 5</b></li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3-jump combo is permitted.</li> <li>• Number of jumps in jump sequence is not limited.</li> <li>• Number of different double jumps is not limited.</li> <li>• Axel and no more than 3 different double jumps may be repeated as individual jumps, as part of jump combination, or jump sequence. Maximum of 2 Axels or any double jump</li> <li>• No double Axels or triple jumps</li> </ul>	<ul style="list-style-type: none"> <li>• Spins must be of a different nature <b>Max 3</b></li> <li>• Min 3 revs</li> <li>• Spins may change feet, position, and start with a fly</li> </ul>	<ul style="list-style-type: none"> <li>• Straight line, circular, or serpentine* <b>Max 1</b></li> <li>• Must use entire ice surface</li> </ul>



## ADULT SINGLES

2010-2011	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>ADULT SILVER</b></p> <p style="text-align: center;">2:10 max</p> <p>* means element is required</p>	<p style="text-align: right;"><b>Max 5</b></p> <ul style="list-style-type: none"> <li>All single jumps are permitted, including an Axel-type jump.</li> <li>Min 1*, max 3 combinations or sequences</li> <li>3 Combinations/sequences are permitted: two are limited to 2 jumps, and one 3 jump combination/sequence is permitted</li> <li>Each jump may be repeated once, but only as part of combination or sequence.</li> <li>No double or triple jumps are permitted</li> </ul> <p style="text-align: center;"><b>** 6.0 at Adult Nationals &amp; Adult Sectionals</b></p>	<p style="text-align: right;"><b>Max 3</b></p> <ul style="list-style-type: none"> <li>Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.)</li> <li>Min 3 revs; 3 revs each foot if change of foot</li> <li>Min 2 revs in position</li> </ul>	<p style="text-align: right;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>Straight line, circular, serpentine or spiral.</li> <li>Must use at least ½ ice surface</li> <li>Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such</li> </ul>
<p><b>ADULT BRONZE</b></p> <p style="text-align: center;">1:50 max</p> <p>* means element is required</p>	<p style="text-align: right;"><b>Max 4</b></p> <ul style="list-style-type: none"> <li>All single jumps are permitted</li> <li>Min 1*, max 3 combinations or sequences</li> <li>3 Combinations/sequences are permitted: two are limited to 2 jumps, and one 3 jump combination/sequence is permitted</li> <li>Each jump may be repeated once, but only as part of combination or sequence. (Maximum of 2 of any jump.)</li> <li>No Axel-type jumps or double or triple jumps are permitted</li> </ul> <p style="text-align: center;"><b>** 6.0 at Adult Nationals &amp; Adult Sectionals</b></p>	<p style="text-align: right;"><b>Max 3</b></p> <ul style="list-style-type: none"> <li>Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, etc.).</li> <li>Min 3 revs; 3 revs each foot if change of foot</li> <li>Min 2 revs in position</li> <li>No flying spins are permitted</li> </ul>	<p style="text-align: right;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>Straight line, circular, serpentine or spiral.</li> <li>Must use at least ½ ice surface</li> <li>Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such</li> </ul>
<p><b>ADULT PRE BRONZE</b></p> <p style="text-align: center;">1:40 max</p> <p>* means element is required</p>	<ul style="list-style-type: none"> <li>All half jumps are permitted</li> <li>Single revolution jumps are permitted with the exception of Lutz, and not limited</li> <li>No Axel-type jumps, or double or triple jumps are permitted</li> <li>Max 3 combos or sequences, no min (combos/sequences optional)</li> <li>3 Combos/sequences are permitted: two are limited to 2 jumps, and one 3 jump combo/sequence is permitted</li> <li>Each jump may be repeated as individual jumps and in jump combos or sequences.</li> </ul> <p style="text-align: center;"><b>** 6.0 at all competitions – Not offered at Adult Nationals</b></p>	<p style="text-align: right;"><b>Max 3</b></p> <ul style="list-style-type: none"> <li>Min 2 Spins that must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, etc.).</li> <li>Min 3 revs; 3 revs each foot if change of foot</li> <li>No flying spins are permitted</li> </ul>	<p style="text-align: right;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>Connecting steps throughout the program are required</li> </ul>

- Penalties:**
- 0.1 in each mark for each illegal element
  - 0.1 in 1<sup>st</sup> mark for insufficient revs.
  - 0.2 in 1<sup>st</sup> mark should be deducted for each jump and/or spin element exceeding the max.
- 6.0 System**
- 0.1 in each mark for time violation
  - 0.1 in 1<sup>st</sup> mark for step seq. not fully utilizing the ice
  - 0.2 in 1<sup>st</sup> mark should be deducted if an element indicated by an \* is omitted

**Adult Singles 2010-11 Version 1.0 – 5/30/10 LR**

## ADULT SINGLES

2010-2011	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>CHAMPIONSHIP MASTERS JUNIOR/SENIOR &amp; MASTERS JUNIOR &amp; MASTERS SENIOR</b></p> <p>3:40 max * means element is required</p>	<p style="text-align: right;"><b>Max 7</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Min 1*, max 3 combinations or sequences</li> <li>• Combinations limited to 2 jumps, but one 3 jump combination is permitted</li> <li>• Number of jumps in sequence is free, but only the two highest-value jumps in a jump sequence will be counted</li> <li>• No Axels and multi-rotation jumps may be repeated more than once, and if repeated, those jumps must be in combination or sequence</li> </ul> <p style="text-align: center;"><b>** IJS at Adult Nationals only</b></p>	<p style="text-align: right;"><b>Max 4</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.)</li> <li>• Min 5 revs; 4 revs each foot if change of foot</li> <li>• Min 2 revs in position</li> </ul>	<p style="text-align: right;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>• Straight line, circular, serpentine or spiral</li> <li>• Must use entire ice surface</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such</li> </ul>
<p><b>CHAMPIONSHIP MASTERS INTERMEDIATE/NOVICE &amp; MASTERS INTERMEDIATE &amp; MASTERS NOVICE</b></p> <p>3:10 max * means element is required</p>	<p style="text-align: right;"><b>Max 7</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Min 1*, max 3 combinations or sequences</li> <li>• 3 Combinations/sequences are permitted: two are limited to 2 jumps, and one 3 jump combination/sequence is permitted</li> <li>• Only one double-double jump combination or sequence is permitted.</li> <li>• Each jump may be repeated once, but only as part of combination or sequence</li> <li>• Single and double jumps are permitted. No triple jumps are permitted</li> <li>• Only the following double jumps are permitted: double toe loop, double Salchow, double loop</li> <li>• Double flips, double Lutzes, and double Axels are not permitted</li> </ul> <p style="text-align: center;"><b>** IJS at Adult Nationals only</b></p>	<p style="text-align: right;"><b>Max 3</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.)</li> <li>• Min 5 revs; 4 revs each foot if change of foot</li> <li>• Min 2 revs in position</li> </ul>	<p style="text-align: right;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>• Straight line, circular, serpentine or spiral.</li> <li>• Must use entire ice surface</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such</li> </ul>
<p><b>CHAMPIONSHIP GOLD &amp; ADULT GOLD</b></p> <p>2:40 max * means element is required</p>	<p style="text-align: right;"><b>Max 6</b></p> <ul style="list-style-type: none"> <li>• All single jumps are permitted, including an Axel-type jump, plus the following double jumps: double toe loop, double Salchow.</li> <li>• Min 1*, max 3 combinations or sequences</li> <li>• 3 combinations/sequences are permitted: two are limited to 2 jumps, and one 3 jump combination/sequence is permitted.</li> <li>• No double-double jump combinations or sequences are permitted</li> <li>• Each jump may be repeated once, but only as part of combination or sequence</li> <li>• Double flips, double loops, double Lutzes, double Axels and triple jumps are not permitted</li> </ul> <p style="text-align: center;"><b>** IJS at Adult Nationals only</b></p>	<p style="text-align: right;"><b>Max 3</b></p> <ul style="list-style-type: none"> <li>• Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.)</li> <li>• Min 4 revs; 4 revs each foot if change of foot</li> <li>• Min 2 revs in position</li> </ul>	<p style="text-align: right;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>• Straight line, circular, serpentine or spiral</li> <li>• Must use entire ice surface</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such</li> </ul>

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  - 0.1 in 1<sup>st</sup> mark for insufficient revs.
  - 0.2 in 1<sup>st</sup> mark should be deducted for each jump and/or spin element exceeding the max.
- 6.0 System**
- 0.1 in each mark for time violation
  - 0.1 in 1<sup>st</sup> mark for step seq. not fully utilizing the ice
  - 0.2 in 1<sup>st</sup> mark should be deducted if an element indicated by an \* is omitted

