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**2018 SUNSHINE INVITATIONAL**  
**HOSTED BY THE MENTOR FIGURE SKATING CLUB**  
**July 14<sup>th</sup>-15<sup>th</sup> 2018**

The Sunshine Invitational will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

The Sunshine Invitational is a part of the 2018-2019 Ohio Basic Skills Series and the Tri-State Council Championships Series. Awards for the Ohio Basic Skills Series will be handed out at a special awards ceremony at a later date. Details for the Ohio Basic Skills Series Awards will be posted on the GCC website at [www.clevelandskating.org](http://www.clevelandskating.org).

**ELIGIBILITY/TEST LEVEL:**

**Test level:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

**Age restrictions/requirements:** Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 14 years of age at the close of entries.

Skaters entering beginner–pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

**ENTRIES:** Secure Online Registration and credit card payment will be available at: [www.mentorfs.com](http://www.mentorfs.com) via Entryeeze. Deadline for entries: Midnight on June 1, 2018. Late Entries will be accepted until Midnight June 7, 2018 with the late entry fee of \$20. There is a \$5 processing fee per skater. There is no paper registration.

**REFUND POLICY:** Entry fees will not be refunded after June 1, 2018 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available by email through EntryEeze.

**FACILITIES:** The competition will be held at the **Mentor Civic Arena**, 8600 Munson Road, Mentor, Ohio 44060 Rink phone (440) 974-5730

There are two ice surface measuring 85' x 200'. Both rinks will be in use for the Sunshine Invitational Competition including all Basic Skills Events. All events will be at the Civic Center, which has dressing rooms, concession and parking.

**MUSIC:** Music will be reproduced through the arena sound system from CDs furnished by each competitor. The official competition music must be turned in at the registration table at the time of check-in. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Mentor Figure Skating Club cannot be responsible for CDs left at the end of the competition. **Please note only CDs will be accepted.**

**LIABILITY:** U.S. Figure Skating, Mentor Figure Skating Club and Mentor Civic Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

**JUDGING SYSTEM:**

The International Judging System (IJS) will be used for the following events:

- *Well Balanced Program free skate events, juvenile – senior*
- *Short program events, juvenile – senior*
- *Spins, juvenile-senior*

All competitors skating in these events need to submit the planned program content form online. This form is found in the Member's only section at [www.usfigureskating.org](http://www.usfigureskating.org). The deadline to submit the form is July 1, 2018.

The 6.0 Majority Judging System will be used for:

- *Well Balanced Program free skate events, pre-preliminary – pre-juvenile*
- *Open Juvenile*
- *Introductory free skate events (beginner, high beginner, no-test)*
- *All Test Track events*
- *Pairs free skate events, juvenile – senior*
- *Pairs short program events, intermediate – senior*
- *All specialty singles events (spins Beginner-Pre-Juv, compulsory moves, etc.) - All solo dance events*

**REGISTRATION:** Registration desk will be open on Saturday, July 14<sup>th</sup> at 7:00 a.m. and end Sunday, July 15<sup>th</sup> at the end of the competition. The registration table will be located in the lobby of the Civic Center. Please register promptly upon arrival and be checked in 1 hour prior to your event.

**PRACTICE ICE:** There will be practice ice available in ½ hour sessions at a cost of \$12.00/session pre-order or \$15/session day of the event. Practice ice may be pre-ordered or purchased upon the release of the competition schedule via Entryeeze. No music will be played.

**PHOTOGRAPHY/VIDEOGRAPHY:** Action Photos and Video will be available from ProEventPhoto. ProEventPhoto also plans to live stream this event at [ProEventPhoto.com](http://ProEventPhoto.com). Personal videotaping may only be done from the stands with hand-held cameras —no lights, tripods or taping permitted at rink side. Photographs may be taken of the skater while performing. **WITHOUT A FLASH ONLY.**

**AWARDS:** Participants will receive medals for 1<sup>st</sup> through 4<sup>th</sup> place. Basic Skills Events will receive medals for 1<sup>st</sup>6<sup>th</sup> place. Ladies Juvenile Free Skate 1<sup>st</sup> place will receive the Linda & Henry Brown Honorary Award. If numbers warrant the long program will be skated for final rounds for Juvenile, Intermediate, Novice, Junior and Senior levels.

**OFFICIAL NOTICES:** An official bulletin board will be maintained in the lobby of the arena near Skater Registration. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 1 hour prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

**INFORMATION REGARDING COACHES:**

U.S. Figure Skating Rule MR 5.11 Coach Compliance

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

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

The Mentor Figure Skating Club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

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

**CONTACT INFO:** If you have questions, please contact the Competition Coordinator- Malia Harwood, [maliaharwood@yahoo.com](mailto:maliaharwood@yahoo.com), 440-231-3956

**COMPETITION FEES:**

IJS EVENTS:	\$90.00 Per Person (1ST EVENT)-IJS
	\$45.00 Per Person (2ND EVENT)-IJS
6.0 Events	\$65.00 Per Person (1ST EVENT)-6.0
	\$30.00 Per Person (2ND EVENT)-6.0
	\$20.00 Per Person (EACH ADDITIONAL EVENT)
LEARN TO SKATE	\$40.00 Per Person (1st EVENT)
	\$20.00 Per Person (2nd EVENT)

**ADDITIONAL INFORMATION:**

The schedule of events and practice ice schedule will be posted at our website at [www.MentorFSC.com](http://www.MentorFSC.com) when it becomes available. NO ADMISSION FEE WILL BE CHARGED FOR ANY EVENT

## SNOWPLOW SAM – BASIC 6 ELEMENTS

Format choice of the host: When directed by a judge or referee the skater will perform one element at a time in the order listed below (no excessive connecting steps) prior to the next skater performing the sequence of elements.

- To be skated on 1/3 to 1/2 ice.
- No music.
- **All elements must be skated in the order listed.**

Level	Time	Skating rules/standards
<b>Snowplow Sam</b>	1:00 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
<b>Basic 1</b>	1:00 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-feet or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
<b>Basic 2</b>	1:00 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
<b>Basic 3</b>	1:00 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
<b>Basic 4</b>	1:00 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, both directions</li> <li>• Beginning two-foot spin, maximum 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
<b>Basic 5</b>	1:00 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, both directions</li> <li>• Advanced two-foot spin, maximum 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
<b>Basic 6</b>	1:00 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>

## SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

- To be skated on full ice.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.

Level	Time	Skating rules/standards
<b>Snowplow Sam</b>	1:10 max.	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward two-foot swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
<b>Basic 1</b>	1:10 max.	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward two-foot swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on two-foot or one-foot</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
<b>Basic 2</b>	1:10 max.	<ul style="list-style-type: none"> <li>• Forward one-foot glide, either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward two-foot swizzles, 6-8 in a row</li> </ul>
<b>Basic 3</b>	1:10 max.	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Beginning backward one-foot glide, either foot</li> <li>• Moving forward to backward two-foot turn on a circle</li> </ul>
<b>Basic 4</b>	1:10 max.	<ul style="list-style-type: none"> <li>• Backward one-foot glides, right and left</li> <li>• Forward outside edge on a circle, clockwise or counter clockwise</li> <li>• Forward crossovers, 4-6 consecutive, both directions</li> <li>• Beginning two-foot spin, maximum 2-4 revolutions</li> <li>• Backward ½ swizzle pumps on a circle, one direction only</li> </ul>
<b>Basic 5</b>	1:10 max.	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, 4-6 consecutive, both directions</li> <li>• Advanced two-foot spin, maximum 4-6 revolutions</li> <li>• Forward outside three-turn, right and left</li> <li>• Hockey stop</li> </ul>
<b>Basic 6</b>	1:10 max.	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Bunny Hop</li> <li>• Forward spiral on a straight line, right or left</li> <li>• Beginning one-foot spin, 2-4 revolutions, optional free leg held position and entry</li> <li>• T-stop, right or left</li> </ul>

## PRE-FREE SKATE – FREE SKATE 6 PROGRAM WITH MUSIC

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

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels. Bonus skills from the same level or below are allowed but will not be judged elements.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
<b>Pre-Free Skate</b>	1:40 max	<ul style="list-style-type: none"> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
<b>Free Skate 1</b>	1:40 max	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop jump</li> <li>• Half flip jump</li> </ul>
<b>Free Skate 2</b>	1:40 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
<b>Free Skate 3</b>	1:40 max	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>• Loop jump</li> <li>• Waltz jump-toe loop or Salchow-toe loop jump combination</li> </ul>
<b>Free Skate 4</b>	1:40 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum three revolutions</li> <li>• Half Loop jump</li> <li>• Flip jump</li> </ul>
<b>Free Skate 5</b>	1:40 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz-loop jump combination</li> <li>• Lutz jump</li> </ul>
<b>Free Skate 6</b>	1:40 max.	<ul style="list-style-type: none"> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Beginning Axel jump</li> </ul>

### PRE-FREE SKATE – FREE SKATE 6 COMPULSORY

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

- To be skated on ½ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels. Bonus skills from the same level or below are allowed but will not be judged elements.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 maximum

Level	Time	Skating rules/standards
<b>Pre-Free Skate</b>	1:15 max	<ul style="list-style-type: none"> <li>• Forward inside open Mohawk from a standstill position (R to L and L to R)</li> <li>• Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise</li> <li>• One-foot upright spin, optional entry and free-foot position (minimum three revolutions)</li> <li>• Mazurka</li> <li>• Waltz jump</li> </ul>
<b>Free Skate 1</b>	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power stroking, 4-6 consecutive strokes</li> <li>• Backward outside three-turns, right and left</li> <li>• Upright spin, entry from backward crossovers - minimum 4-6 revolutions</li> <li>• Toe loop</li> <li>• Half flip jump</li> </ul>
<b>Free Skate 2</b>	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating forward outside and inside spirals on a continuous axis (2 sets)</li> <li>• Backward inside three-turns, right and left</li> <li>• Beginning back spin, up to two revolutions</li> <li>• Half Lutz</li> <li>• Salchow jump</li> </ul>
<b>Free Skate 3</b>	1:15 max.	<ul style="list-style-type: none"> <li>• Alternating Mohawk/crossover sequence, right to left and left to right</li> <li>• Waltz three-turns, clockwise and counterclockwise</li> <li>• Advanced back spin with free foot in crossed leg position, min 3 revs</li> <li>• Loop jump</li> <li>• Waltz jump/toe loop or Salchow/toe loop jump combination</li> </ul>
<b>Free Skate 4</b>	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power 3's, 2-3 consecutive sets, right or left</li> <li>• Sit spin - minimum three revolutions</li> <li>• Half loop jump</li> <li>• Flip jump</li> </ul>
<b>Free Skate 5</b>	1:15 max.	<ul style="list-style-type: none"> <li>• Backward outside three-turn, Mohawk (backward power three-turn), both directions</li> <li>• Camel spin - minimum three revolutions</li> <li>• Waltz jump-loop jump combination</li> <li>• Lutz jump</li> </ul>
<b>Free Skate 6</b>	1:15 max.	<ul style="list-style-type: none"> <li>• Forward power pulls, right and left</li> <li>• Split jump or stag jump</li> <li>• Camel, sit spin combination - minimum of four revolutions total</li> <li>• Waltz jump, ½ loop, Salchow jump sequence</li> <li>• Beginning Axel jump</li> </ul>

## INTRODUCTORY FREE SKATE PROGRAM

General event parameters:

- Skaters will skate to the music of their choice.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
<b>Beginner</b>  1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Max. 2 jump sequences</li> <li>• Max. 2 of any same jump</li> </ul>	Max. 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests
<b>High Beginner</b>  1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max. 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA free skating badge tests



### EVENT: COMPULSORY MOVES

General event parameters:

- Elements skated on ½ ice
- Elements may be performed only once
- Music is not allowed

Level	Time	Skating rules/standards
No-Test	1:15 max.	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Solo spin - sit or camel spin - minimum three revolutions</li> <li>• Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.</li> </ul>
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Toe Loop jump</li> <li>• Jump combination: single/single (no Axel)</li> <li>• Sit spin or camel spin - minimum three revolutions</li> <li>• Spiral sequence with one forward spiral and one backward spiral (any edge)</li> </ul>
Preliminary	1:15 max.	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Jump combination: single/single (may include Axel)</li> <li>• Back upright spin - minimum three revolutions</li> <li>• Forward inside spiral</li> </ul>

### EVENT: WELL BALANCED PROGRAM FREE SKATE

General event parameters:

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

Level	Time	Jumps	Spins	Step Sequences
No-Test	1:40 Maximum	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Single jumps, with the exception of the single Axel, are allowed</li> <li>• No single Axels, double jumps or triple jumps</li> <li>• Maximum of 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is permitted</li> <li>• Jump sequences limited to a maximum of 3 single jumps</li> </ul> <p>Half-loop is considered a listed jump with the value of a single loop when used in a sequence or combination</p>	<p>Max. 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position</li> <li>• Spins may start with a fly</li> <li>• Minimum 3 revs.</li> </ul> <p>Spins must be of a different character (For definition see rule 4103E)</p>	<p>Step sequence*</p> <p>Must use one-half the ice surface</p> <p>Moves in the field and spiral sequences are permitted but will not be counted as elements.</p> <p>Jumps may be included in the step sequence</p>
Pre-Preliminary	1:40 Maximum  Vocal	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed</li> <li>• No double, triple or quadruple jumps allowed</li> <li>• Axel may be repeated once as a solo jump, as part of a jump combination or jump sequence. (maximum of 2 single Axels)</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>• Spins may change feet and/or position.</li> <li>• Spins may start</li> </ul>	<p>One step sequenced that must use ½ of the ice surface.</p>

	music permitted	<ul style="list-style-type: none"> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>Max. 2 jump combinations or sequences</li> <li>Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 3 jumps is permitted.</li> <li>Jump sequences limited to a maximum of 3 single jumps</li> <li>½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	<ul style="list-style-type: none"> <li>with a fly.</li> <li>Minimum of 3 revolutions</li> </ul> <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>
<b>Preliminary</b>	1:40 Maximum  Vocal music permitted	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>One must be an Axel or Waltz-jump type jump</li> <li>All single jumps, including single Axel, allowed. Only 2 different jumps may be attempted (limited to double Salchow, double toe loop and double loop)</li> <li>Double flip, double Lutz, double Axel, triple or quadruple jumps are not allowed</li> <li>An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of jump combinations or jump sequences</li> <li>Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>Maximum 2 jump combinations or sequences</li> <li>Jump combinations are limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted.</li> <li>Jump sequences limited to a maximum of 3 single or double jumps</li> <li>½ loop is considered a listed jump with the value of a single loop when used in a sequence or combination</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>Spins may change feet and/or position.</li> <li>Spins may start with a fly.</li> <li>Minimum of 3 revolutions</li> </ul> <p>These spins must be of a different character (For definition see Rule 4103 (E))</p>	<p>One step sequenced that must use ½ of the ice surface.</p> <p>Moves in the field and spiral sequences are permitted, but will not count as elements</p> <p>Jumps may be included in the step sequence</p>

## EVENT: 2017-18 Test Track Free Skate – Pre-Juvenile through Senior levels

### General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
- Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
- Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
- The following deductions will be taken:
  - 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 element included.
  - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

**EVENT: 2017-18 Test Track Free Skate continued**

Level	Jumps	Spins	Step Sequences	Qualifications
<p><b>Beginner</b></p> <p><b>1:40 maximum</b></p>	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front).</li> <li>• Max. 2 jump sequences</li> <li>• Max. 2 of any same jump</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	<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>High Beginner</b></p> <p><b>1:40 maximum</b></p>	<p>Max. 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Jumps with no more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump.</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	<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</b></p> <p><b>1:40 maximum</b></p>	<p>Maximum of 5 jump elements:</p> <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p>Maximum of 2 spins:</p> <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions)</li> </ul>	<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</b></p> <p><b>1:30 +/- 10 sec.</b></p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	<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>
<p><b>Pre-Juvenile</b></p> <p><b>2:00 +/- 10 sec.</b></p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position, no change of foot (Min. 3 revolutions)</li> <li>• One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly.</li> </ul>	<p>One step sequence 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</b></p> <p><b>2:20 +/- 10 sec.</b></p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Any single jumps, including Axel, are permitted.</li> </ul> <p>Max. 2 jump combinations or sequences □ Max. 2 of any same type jump</p>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <li>• One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot)</li> </ul> <p><i>Only solo spin may fly</i></p>	<p>One step sequence 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</b></p> <p><b>2:40+/- 10 sec.</b></p>	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> <li>□ Any single jumps.</li> <li>□ Double jumps permitted: double Salchow and double toe loop.</li> <li>□ Maximum of 3 jump combinations or sequences</li> <li>□ Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>□ One must be a flying spin (min 5 revolutions),</li> <li>□ One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot).</li> </ul>	<p>One step sequence 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</b></p> <p><b>Ladies: 3:00 +/- 10 sec.</b></p> <p><b>Men: 3:30 +/- 10 sec.</b></p>	<p>Maximum of 7 jump elements for men and 6 for ladies:</p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop and double loop.</li> <li>Maximum of 3 jump combinations or sequences</li> </ul> <p>Max. 2 of any same type jump</p>	<p>Maximum of 3 spins, of a different nature:</p> <ul style="list-style-type: none"> <li>One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot)</li> <li>The other spins are the option of the skater (min 6 revolutions per foot)</li> <li>All spins may fly</li> </ul>	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 &amp; 4105 for remarks)</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</b></p> <p><b>Ladies: 3:30 +/- 10 sec.</b></p> <p><b>Men: 4:00 +/- 10 sec.</b></p>	<p>Maximum of 8 jump elements for men and 7 for ladies:</p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Double jumps permitted: double Salchow, double toe loop, double loop and double flip</li> <li>Maximum of 3 jump combinations or sequences</li> </ul> <p>Max. 2 of any same type jump</p>	<p>Maximum of 3 spins of a different nature:</p> <ul style="list-style-type: none"> <li>One spin in one position (Min. 6 revolutions)</li> <li>One flying spin (Min. 6 revolutions)</li> <li>One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot)</li> </ul>	<p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</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>
<p><b>Senior</b></p> <p><b>Ladies: 4:00 +/- 10 sec.</b></p> <p><b>Men: 4:30 +/- 10sec.</b></p>	<p>Maximum of 8 jump elements for men and 7 for ladies:</p> <ul style="list-style-type: none"> <li>Any single jumps.</li> <li>Must include at least four different double jumps, one must be a double Lutz.</li> <li>Triple jumps are not permitted</li> <li>Maximum of 3 jump combinations or sequences</li> </ul> <p>Max. 2 of any same type jump</p>	<p>Maximum of 3 spins of a different nature:</p> <ul style="list-style-type: none"> <li>One spin in one position (Min. 6 revolutions)</li> <li>One flying spin (Min. 6 revolutions)</li> <li>One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot)</li> </ul>	<p>Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p>Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 &amp; 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

## Well Balanced Program Free Skate

General event parameters:

1. Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non-qualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted for pre-preliminary – intermediate.
3. Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
4. 6.0 will be used for Pre-Juvenile and Open Juvenile and that IJS will be used for all other events.
5. All relevant and appropriate IJS rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents on [www.usfigureskating.org](http://www.usfigureskating.org), under "Technical Information," then "Singles/Pairs".
6. Juvenile must be less than 13 years of age and the Open Juvenile must be 13 years of age or older.

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p><b>PRE-JUVENILE</b></p> <p><b>2:00 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> <li>○ No triple or quadruple jumps allowed</li> <li>○ An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is permitted</li> <li>○ Jump sequences limited to a maximum of 3 single or double jumps</li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ May start with a flying entry</li> <li>○ Min 6 revs</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ May start with a flying entry</li> <li>○ Min 4 revs</li> </ul> </li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• Step Sequence <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> <li>○ Moves in the field and spiral sequences are permitted but will not be counted as elements</li> <li>○ Jumps may be included in the step sequence</li> </ul> </li> </ul> <p><b>If IJS is used, then: ChSt</b></p>
<p><b>JUVENILE and OPEN JUVENILE</b></p> <p><b>2:20 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 5 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> <li>○ No triple or quadruple jumps allowed</li> <li>○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> <li>▪ If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> <li>○ No double jump can be included more than twice</li> </ul> </li> <li>• Max 2 jump combinations or sequences <ul style="list-style-type: none"> <li>○ Jump combinations limited to 2 jumps except one may be a 3-jump combination with a max of 2 double jumps and 1 single jump</li> </ul> </li> </ul> <p>Number of jumps in jump sequence is not limited</p>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 8 revs</li> <li>○ Min 2 revs in each position</li> <li>○ Must have all 3 basic positions to receive full value.</li> </ul> </li> <li>• 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> <li>○ Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One choreographic step sequence* Must fully utilize the ice surface</li> </ul>
<p><b>INTERMEDIATE</b></p> <p><b>2:40 +/- 10 sec</b></p> <p>*means element is required</p>	<p><b>Max 6 Jump Elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single, double and triple jumps allowed <ul style="list-style-type: none"> <li>○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated</li> <li>○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> <li>▪ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value</li> </ul> </li> </ul> </li> </ul>	<p><b>Max 2 Spins</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> <li>○ Min 8 revs</li> <li>○ Min 2 revs in each position</li> <li>○ Must have all 3 basic positions to receive full value.</li> </ul> </li> <li>• 1 spin with only 1 position; no change of foot* <ul style="list-style-type: none"> <li>○ Min 5 revs</li> </ul> </li> </ul> <p>Both spins may start with a flying</p>	<p><b>Max 1 Sequence</b></p> <ul style="list-style-type: none"> <li>• One <u>leveled</u> step sequence* <ul style="list-style-type: none"> <li>○ <u>Maximum of Level 2. Only Simple Variety (seven turns) and rotation in each direction covering at least a 1/3 of the pattern in total for each rotational direction will be evaluated for the level.</u></li> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>

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

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



	combination/sequence <ul style="list-style-type: none"> <li>• Max 3 jump combinations or sequences             <ul style="list-style-type: none"> <li>○ Combinations limited to 2 jumps</li> <li>○ One 3-jump combination is permitted</li> <li>○ Number of jumps in a sequence is not limited</li> </ul> </li> </ul>	start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))	
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**Adult Pre-Bronze** 1:40 maximum Must be 21 years or older as of June 1, 2018. Skaters must have passed the Adult Pre-Bronze Free Skate Test. (Rule 4600)

**Adult Bronze** 1:50 maximum Must be 21 years or older as of June 1, 2018. Skaters must have passed the Adult Pre-Bronze or Bronze Free Skate Test. (Rule 4590)

**Adult Silver** 2:10 maximum Must be 21 years or older as of June 1, 2018. Skaters must have passed the Adult Bronze or Silver Free Skate Test. (Rule 4580)

**Adult Gold** 2:40 maximum Must be 21 years or older as of June 1, 2018. Skaters must have passed the Adult Silver or Gold Free Skate Test. (Rule 4570)

## Event: SINGLES SHORT PROGRAM

The short program events listed below will be skated according to the 2017-2018 season and these events marked with \* will be judged by IJS. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc. **Category Requirements**

Juvenile\* 2:10 max Please note: same rule number as Intermediate.

Open Juvenile 2:10 max Must be 13 years old or older as of June 1, 2017. Please note: same rule number as Intermediate. Will be judged by 6.0 judging system.

Intermediate\* 2:10 max As stated by the current U.S. Figure Skating Official Rulebook (4230).

**Please see change in step sequence requirements in rule book**

Novice\* 2:30 max As stated by the current U.S. Figure Skating Official Rulebook (4220).

Junior\* 2:50 max As stated by the current U.S. Figure Skating Official Rulebook (4210).

Senior\* 2:50 max As stated by the current U.S. Figure Skating Official Rulebook (4200).

## EVENT: COMPULSORY MOVES

General event parameters:

1. Basic Skills – Juvenile: Elements skated on ½ ice
2. Intermediate – Senior: Elements skated on full-ice
3. Elements may be performed only once
4. Music is not allowed
5. Juvenile must be less than 13 years of age and that Open Juvenile must be 13 years of age or older.

Level	Time	Skating rules/standards
<b>Pre – Juvenile</b>	1:15 max.	1. Single jump (may include Axel) 2. Jump combination: single/single (may include Axel) 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence - circular
<b>Juvenile &amp; Open Juv.</b>	1:15 max.	1. Single Axel 2. Jump combination: single/single or double/single 3. Layback spin or camel spin - minimum three revolutions 4. Step sequence – circular

## EVENT: Spins Challenge

General event parameters:

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

Level	Time	Skating rules / standards
<b>Beginner</b>	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
<b>High Beginner</b>	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
<b>No-Test</b>	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright two-foot spin (3)</li> <li>3. Sit spin (3)</li> </ol>
<b>Pre – Preliminary</b>	1:30 max.	<ol style="list-style-type: none"> <li>1. Upright one-foot spin (3)</li> <li>2. Upright back scratch spin (3)</li> <li>3. Sit spin (3)</li> </ol>
<b>Preliminary</b>	1:30 max.	<ol style="list-style-type: none"> <li>1. Forward scratch to back scratch spin (3)</li> <li>2. Combination spin with no of foot (4)</li> <li>3. Sit spin (3)</li> </ol>
<b>Pre – Juvenile</b>	1:30 max.	<ol style="list-style-type: none"> <li>5. Camel spin (3)</li> <li>6. Combination spin – camel to sit spin; no change of foot (6)</li> <li>7. Forward to backward scratch spin (3 per foot)</li> </ol>
<b>Juvenile &amp; Open Juv.</b>	1:30 max.	<ol style="list-style-type: none"> <li>5. Sit spin (4)</li> <li>6. Combination spin – change of foot; optional change of position (4 per foot)</li> <li>7. Girls – layback spin (4); Boys – camel spin (4)</li> </ol>
<b>Intermediate</b>	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying camel spin (5)</li> <li>2. Sit spin to backward sit spin (4 per foot)</li> <li>3. Combination spin – change of foot &amp; change of position (4 per foot)</li> </ol>
<b>Novice</b>	1:30 max.	<ol style="list-style-type: none"> <li>1. Choice of camel, sit or layback spin (6)</li> <li>2. Camel spin to backward camel spin (4 per foot in position)</li> <li>3. Combination spin – change of foot &amp; two changes of position (2 per position &amp; 5 per foot)</li> </ol>
<b>Junior</b>	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying sit spin or flying reverse sit spin (6)</li> <li>2. Ladies – layback spin (6); men – cross-foot spin (6)</li> <li>3. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>
<b>Senior</b>	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying spin of choice (6)</li> <li>2. Solo spin of choice (6) – may not fly</li> <li>3. Combination spin – with change of foot &amp; utilizing all three positions (2 per position &amp; 5 per foot)</li> </ol>

## EVENT: Adult Compulsory Moves

General event parameters:

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

Level	Time	Elements
<b>Adult Beginner</b>	1:15	<ol style="list-style-type: none"> <li>1. Forward crossovers (Min. 5 consecutive)</li> <li>2. Waltz jump</li> <li>3. Two-foot upright spin</li> <li>4. Forward spiral (any edge)</li> </ol>
<b>Adult Pre-Bronze</b>	1:15	<ol style="list-style-type: none"> <li>1. Backward crossovers (Min. 5 consecutive)</li> <li>2. Waltz jump</li> <li>3. Forward upright spin (Min. 3 revolutions)</li> <li>4. Forward outside spiral</li> </ol>
<b>Adult Bronze</b>	1:15	<ol style="list-style-type: none"> <li>1. Single Salchow</li> <li>2. Waltz jump – toe loop combination jump</li> <li>3. Sit spin (Min. 3 revolutions)</li> <li>4. Spiral sequence (Min. 2 spirals)</li> </ol>
<b>Adult Silver</b>	1:30	<ol style="list-style-type: none"> <li>1. Single loop</li> <li>2. Single/single jump combination</li> <li>3. Sit spin (Min. 3 revolutions)</li> <li>4. Straight line step sequence</li> </ol>
<b>Adult Gold</b>	1:30	<ol style="list-style-type: none"> <li>1. Single Lutz or Axel</li> <li>2. Single/single or single/double jump combination</li> <li>3. Camel spin (Min. 4 revolutions)</li> <li>4. Straight line step sequence</li> </ol>
<b>Masters Intermediate/Novice</b>	2:00	<ol style="list-style-type: none"> <li>1. Axel, double Salchow, double toe loop or double loop</li> <li>2. Jump combination (double/double, single/double or double/single) that may include double Salchow , double toe loop or double loop and any single jump including Axel</li> <li>3. Solo spin of skater's choice (Min. 6 revolutions)</li> <li>4. Straight line step sequence</li> </ol>
<b>Masters Junior/Senior</b>	2:00	<ol style="list-style-type: none"> <li>1. Choice of any double jump</li> <li>2. Jump combination that may include any double jump</li> <li>3. Solo spin of skater's choice (Min. 8 revolutions)</li> <li>4. Straight line step sequence</li> </ol>

## **EVENT: Showcase Events –Basic Skills-Senior**

Format: Showcase groups will be divided by number of entries and ages if possible. Vocal music is permitted and 6.0 judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Showcase categories include:

- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme. Or Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.

General event parameters:

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. A 0.2 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.

Performances will be judged from an entertainment standpoint for theatrical and artistic qualities. Technical skating skills and difficulty will not be rewarded; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

**These events may be combined based on skater registration.**

Current guidelines and procedures for nonqualifying showcase competitions can be found at [www.usfigureskating.org](http://www.usfigureskating.org), under "Programs" on the National Showcase page.

## **PRACTICE ICE APPLICATION**

Secure Online purchase of practice ice registration and credit card payment will be available at: [www.mentorfs.com](http://www.mentorfs.com). *Practice ice sessions will run at 30 minute intervals on a first-come, first-pay, first-serve basis with a fee of \$12.00 per session. Additional practice ice may be added if necessary. No music will be played.*

Skaters will be able to pick their own practice ice sessions online but you **MUST** indicate number of sessions you want online when you register, you **MUST** pay for them with your entry form or when you register online. You will receive an email with a PIN number in order to access your practice ice records and select your sessions. Practice ice will be \$12.00 if you pre-order the sessions. Please indicate the number of sessions you would like online (Limit of 3 preordered sessions). We will allow additional practice ice sales online for \$12.00 per session after the schedule has been posted and those that pre-register for sessions have had time to select their sessions. Additional practice ice will be available for purchase during the competition and will cost \$15.00 at the Registration Desk

*The club holds the right to cancel any practice ice if there is not enough participation or if the schedule warrants. Please check at the registration desk upon arrival to sign up for available ice or if a practice ice time has been cancelled.*

# 2018 Sunshine Invitational

## PROGRAM ADVERTISEMENT FORM

The Mentor Figure Skating Club invites you to submit an acknowledgement for the 2017 Mentor Sunshine Invitational. In order for an acknowledgement to be included in this year's program, all camera-ready art should be submitted by **June 13, 2018**. If you have any questions please contact

**Malia Harwood #440-231-3956, [maliaharwood@yahoo.com](mailto:maliaharwood@yahoo.com)**

**Don't forget, personal acknowledgements are a great way to thank your coach and wish your favorite skater "Good Luck"!**

Organization, Business or Individual: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Telephone (\_\_\_\_) \_\_\_\_\_ Evening Telephone (\_\_\_\_) \_\_\_\_\_

### PLEASE INDICATE DESIRED SIZE OF ADVERTISEMENT

**Make checks payable to: Mentor Figure Skating Club (MFSC)**

**FORMS WILL NOT BE ACCEPTED WITHOUT PAYMENT**

Back Cover * .....	(7.5" wide x 10" deep).....	\$200.00
Inside Back Cover * .....	(7.5" wide x 10" deep).....	\$150.00
Full Inside Page* .....	(7.5" wide x 10" deep).....	\$125.00
Half Page * .....	(7.5" wide x 5" deep).....	\$100.00
Quarter Page * .....	(3 5/8" wide x 5" deep).....	\$50.00 Standard
Business Card * .....		\$35.00
Deluxe Personal Gram – two lines (up to 60 characters) .....		\$10.00
Standard Personal Gram – one line (up to 30 characters).....		\$5.00

**\* Prices quoted are for camera ready art**

**Personal Grams** are an inexpensive way for parents, grandparents and friends to wish their individual skater or skating club Good Luck!

Line 1: \_\_\_\_\_

**(30 characters)**

Line 2: \_\_\_\_\_ **(Additional 30 characters)**

All forms, artwork, and checks should be mailed to the following address before June 13, 2018. Malia Harwood

7531 Hermitage Rd.  
Concord Twp, OH 44077

**Attention: Mentor Sunshine 2018 Program Advertisement**