



**The Skating Club of Wilmington, Inc.
45th Annual Summer Competition**

Skate Wilmington 2010



THURSDAY, JULY 29 through SUNDAY, AUGUST 1, 2010

- LOCATION:** The Skating Club of Wilmington
1301 Carruthers Lane
Wilmington, DE 19803
(302) 656-5005
www.wilmicesk8.com
- RINK:** Single-surface facility, 85' by 197' with plastic dasher. Located on Carruthers Lane off East Park Drive near the intersection of I-95 and Route 202 (Concord Pike). Snack bar on premises will be open throughout the competition.
- DIRECTIONS:** Please check the club website for up-to-date directions. Please do not get directions from any other source, as they may be incorrect.
- CHAIRPERSON:** Luci N. Betzler
CHIEF REFEREE: Diana Wisner
- CONTACTS:** Any questions regarding registration and/or applications can be e-mailed to lnbetzler@comcast.net
Questions about competition rules should be directed to the chief referee at dianask8r@mac.com
- DEADLINE:** Entry deadline is **JUNE 29, 2010**. **Secure Online Registration and credit card payment at www.wilmicesk8.com**
- RULES:** Skate Wilmington 2010 will be conducted according to the 2010 US Figure Skating rulebook, incorporating changes for the 2010-2011 competition season adopted by the Governing Council in May 2010. The International Judging System (IJS) will be used for Juvenile, Intermediate, Novice, Junior, Senior, Adult Gold and Masters Free Skating and Short Programs. Juvenile through Senior Free Dance will also be judged under IJS. The 6.0 judging system will be used for all other events. **All skaters in events to be judged using IJS are required to submit a planned program content form online (see instructions below).**
- ELIGIBILITY:** All entrants must be eligible members in good standing of clubs having membership in the US Figure Skating or be Individual members of the US Figure Skating or registered with a US Figure Skating Basic Skills Program. Age and test levels determined as of entry deadline.
- Singles and Pairs events:** Skaters may enter any event for which they qualify **or** one level higher, but **not both** levels in the same event. Skaters may enter either a standard track free skating event **or** competitive test track, but **not both**. A skater deciding to skate up a level in one event is not required to skate up a level in all events.
- Couples and Solo Dance:** Skaters may enter any event for which they qualify **and also** one level higher.
- Basic Skills:** All Snowplow Sam and Basic Skills Skaters must skate at their highest level passed and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances. Skaters in Freeskate Levels 1 through 3 may skate at highest level passed **OR** one level higher **BUT** not both.
- FINAL ROUNDS:** For Intermediate through Senior Events, final rounds will be held if entries are divided into multiple groups (e.g. Junior Ladies FS Group A and Group B). The top three skaters in each group will advance to the final round. There will be no alternates; if any qualified skater chooses not to skate in the final round, the fourth or lower placed skaters may not advance. Each segment (i.e. short program, free skating, compulsory dance, free dance) will be treated as a separate event and each will have final rounds.
- CRITIQUES:** Critiques will be held for the final rounds, only, of all Intermediate and higher singles short program and free skating events. Critiques will be held for all pairs and free dance events. The **Technical Controller and one Judge** from the panel will conduct the critiques. If there is only one group, that is considered the final round. Skaters and coaches are invited to gather in the Mitchell Lounge (upstairs) for their critique approximately 30 minutes after the conclusion of the event.
- EXHIBITIONS:** There will be no planned exhibitions. If there is only one skater entered in an event when the competition schedule is ready to be published, the event will be cancelled. If withdrawals subsequent to the posting of the schedule reduce the number of entries in an event to one, the remaining skater will be contacted as soon as possible and offered the option of skating an exhibition or receiving a refund of the entry fee for that event. If an exhibition is chosen, a judges' critique will be offered only if the event was originally scheduled for a critique per the previous paragraph. Exhibitions judged under IJS will receive a copy of the official's marks.
- PRACTICE ICE:** Practice Ice sign up sheets will be posted at www.wilmicesk8.com approximately three weeks before the competition.
- SCHEDULE:** **Skater and Coaches schedules will be posted at www.wilmicesk8.com.**
- ENTRIES:** **Secure Online Registration and credit card payment will be available at www.wilmicesk8.com. Online entry must be completed by midnight on June 29, 2010.**

PLANNED PROGRAM

CONTENT FORMS: If you are registering for an IJS event, you are required to complete the Planned Program Element form online at <http://www.usfigureskating.org> by July 22, 2010. This form can be found in the Members Only section of the US Figure Skating website. Go to **online event registration > event manager > program content > 7/29/10 45th Annual Skate Wilmington > add new form.**

ENTRY FEES:	Singles and Solo Dance events*:	First IJS Event \$110; each additional IJS event \$75 First non-IJS Event \$85; each additional event \$55
	Pairs and Free Dance	First IJS Event \$110 per team, each additional IJS event \$75per team Pre-Juvenile Pairs \$85 per team, counts as first non-IJS event for each skater
	Couples Compulsory Dance:	All have been structured as one-dance events. First compulsory dance for each team \$65; each additional dance \$25 If same skater has two different partners, must be considered entered as separate teams.
	Basic Skills Events:	First Basic Skills event - \$35.00, additional Basic Skills event – \$15.00

*** If a Single skater is skating both a IJS and a regular event, the first event is IJS (\$110), the second event is a regular additional event (\$55).**

REFUNDS: Refunds, *minus the online processing fee*, are available if withdrawal is prior to midnight on June 29, 2010. On or after June 30, 2010 refunds will only be made in accordance with USFS Rule #3235. *The online processing fee is not refundable for any reason.*

LATE ENTRIES: At the discretion of the Committee late entries may be accepted, subject to a \$40.00 fee.

EVENT CHANGE FEE: Please review your application closely with your coach to ensure you have entered the correct events and levels. After a tentative schedule has been posted, any change in registration because of an error on your application will result in a \$25.00 fee per change.

REGISTRATION: A registration desk will open approximately one hour before the first event of each day. All competitors should register one hour before their event and turn in their music at that time. When ready to skate, competitors should check in with the ice monitor. Competitors who have not checked in with the ice monitor before their event warm-up begins shall be considered withdrawn.

ADMISSION: No admission fee will be charged for spectators.

MUSIC: CDs only will be accepted. Due to compatibility and reliability issues, no music may be submitted on re-recordable CD-RW discs. Each CD must be CLEARLY labeled with the skater's name and event. Each CD must contain only one track. **Competitors must have a duplicate CD with them AT RINKSIDE.** Competition music must be turned in at least one hour before the event and will be available for pick-up at the Registration Desk after the conclusion of the event. CDs will not be returned by mail. SCW assumes no responsibility or liability from damage, loss, or deficient quality of music media.

AWARDS: Awards Ceremonies will take place in the Mitchell Lounge per schedule. The award schedule will be posted at the entrance to the Mitchell Lounge. Medals will be awarded to First, Second, Third, and Fourth place winners in every event. Also, the following trophies will be awarded. Winners' names will be engraved on the perpetual trophies displayed at the Skating Club of Wilmington, and keepsakes are awarded for the skater to take home.

Special trophies:

- The FREDERICK A. KEIDEL MEMORIAL TROPHY will be awarded to a couple in adult dance. The dance judges will choose the recipients from among all adult dance couples.
- The DOROTHY DODSON TROPHY will be awarded to a skater whose free skating performance is deemed particularly outstanding. Skaters from every level will be considered for this award.

Event trophies:

- The President's Trophy for Senior Ladies Free Skating, donated by Mr. & Mrs. Thomas A. Ford
- The Joseph A. Wheelock Trophy for Senior Compulsory Dance.
- The Moyer Trophy for Junior Ladies Free Skating, donated by Mr. & Mrs. George Moyer
- The Mersereau Trophy for Junior Compulsory Dance, donated by Mr. & Mrs. Emory P. Mersereau
- The Rule Trophy for Novice Ladies Free Skating, donated by Mr. & Mrs. Joseph M. Rule
- The Michael M. Cohen Memorial Trophy for Novice Men Free Skating
- The Martin Cohen Trophy for Intermediate Ladies Free Skating
- The Frank Trainer Trophy for Intermediate Men Free Skating
- The Gerald Renault Memorial Trophy for Intermediate/Novice Spins

VIDEOTAPING/ PHOTOGRAPHY:

Except for the official video photographers, only hand-held battery-operated cameras will be permitted.
FLASH PHOTOGRAPHY IS NOT PERMITTED AT ANY TIME.

COMPOSITION OF EVENTS

Singles Free Skate – Separate events for male and female at all levels. These are the standard well-balanced program events. For Competitive Test Track events, see next page. Skaters may enter a standard FS event or competitive test track event, but not both.

Level	Test/Age Requirements	Program Requirements	Duration	
			Men	Ladies
Senior (IJS) *	See Rule 3640	See Rule 3643	4:30 +/- 10 sec	4:00 +/- 10 sec
Junior (IJS) *	See Rule 3650	See Rule 3653	4:00 +/- 10 sec	3:30 +/- 10 sec
Novice (IJS) *	See Rule 3660	See Rule 3663	3:30 +/- 10 sec	3:00 +/- 10 sec
Intermediate (IJS) *	See Rule 3670	See Rule 3672	2:30 +/- 10 sec	
Juvenile (IJS)	See Rule 3680	See Rule 3681	2:15 +/- 10 sec	
Open Juvenile	See Rule 3680, age 13+	See Rule 3681	2:15 +/- 10 sec	
Pre-Juvenile	No higher than Pre-Juvenile Free Skating test	See Rule 3691	2:00 +/- 10 sec	
Preliminary	No higher than Preliminary Free Skating test	See Rule 3701	1:30 +/- 10 sec	
Pre-Preliminary	No higher than Pre-Prelim Free Skating test	See Rule 3711	1:00 – 1:30 +/- 10 sec	
No Test	No US Figure Skating FS test passed	See Rule 3721	1:00 – 1:30 +/- 10 sec	
Adult Gold (IJS) *	See Rules 3730 & 3780, age 21+	See Rule 3781	Maximum 2:40	
Adult Silver	See Rules 3730 & 3790, age 21+	See Rule 3791	Maximum 2:10	
Adult Bronze	See Rules 3730 & 3800, age 21+	See Rule 3801	Maximum 1:50	
Adult Pre-Bronze	See Rules 3730 & 3805, age 21+	See Rule 3806	Maximum 1:40	
Masters Junior/Senior (IJS) *	See Rules 3730 & 3740, age 21 +	See Rule 3741	Maximum 3:40	
Masters Interm/Novice (IJS) *	See Rules 3730 & 3745, age 21 +	See Rule 3746	Maximum 3:10	

*critique for final round

Singles Short Program – Separate events for male and female at all levels

Level	Test/Age Requirements	Program Requirements	Duration
Senior (IJS) *	See Rule 3640	See Rules 3641 and 3642	Maximum 2:50
Junior (IJS) *	See Rule 3650	See Rules 3651 and 3652	Maximum 2:50
Novice (IJS) *	See Rule 3660	See Rules 3661 and 3662	Maximum 2:30
Intermediate (IJS) *	See Rule 3670	See Rule 3671	Maximum 2:00
Juvenile (IJS)	See Rule 4430	<ol style="list-style-type: none"> 1) Axel; 2) Double jump immediately preceded by connecting steps and/or other free skating movements 3) Jump combination consisting of 2 single jumps, a single and a double jump, or 2 double jumps (jumps attempted in (1) and (2) may not be repeated in this combination; 4) Spin with only one position and no change of foot. May not commence with a flying entry. Five revolutions in position minimum; 5) Spin combination with only one change of foot and at least one change of position. Minimum of 5 revolutions on each foot; 6) One step sequence or one spiral sequence (of at least 2 position, each being held for three seconds). 	Maximum 2:00

*critique for final round

Pairs Free Skate

Level	Test/Age requirements	Program Requirements	Duration
Senior (IJS) *	See Rule 4040	See Rule 4042	4:30 +/- 10 sec
Junior (IJS) *	See Rule 4050	See Rule 4052	4:00 +/- 10 sec
Novice (IJS) **	See Rule 4060	See Rule 4062	3:30 +/- 10 sec
Intermediate (IJS) *	See Rule 4070	See Rule 4071	3:00 +/- 10 sec
Juvenile (IJS) *	See Rule 4080	See Rule 4081	2:30 +/- 10 sec
Pre-Juvenile *	See Rule 4090, under age 14	See Rule 4091	2:00 +/- 10 sec
Adult Bronze *	See Rule 4124	See Rule 4125	Maximum 2:10
Adult Silver *	See Rule 4122	See Rule 4123	Maximum 2:40
Adult Gold (IJS) *	See Rule 4120	See Rule 4121	Maximum 3:40
Adult Masters (IJS) *	See Rule 4115	See Rule 4116	Maximum 3:40

*critique for final round

Pairs Short Program

Level	Test/Age Requirements	Program Requirements	Duration
Senior (IJS) *	See Rule 4040	See Rule 4041	Maximum 2:50
Junior (IJS) *	See Rule 4050	See Rule 4051	Maximum 2:50
Novice (IJS) *	See Rule 4060	See Rule 4061	Maximum 2:50

* critique for final round

Competitive Test Track Singles Free Skate -- Skaters may enter EITHER the new test track (below) OR the standard well-balanced free skate track (above) but NOT both. Competitors will skate to music of their choice. Deductions WILL be made for skaters including technical elements not permitted in the event description.

LEVEL	ELEMENTS	QUALIFICATIONS	DURATION
Limited Beginner	Solo spins in an upright position (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front). No combination jumps or jump sequences. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests	Up to 1:30 +/- 10
Beginner	Solo spins in an upright position (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front), single rotation jumps: Salchow and toe loop only. No combination jumps or jump sequences. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests	1:30 +/- 10
Pre-Preliminary Test	At least two solo spins of a different nature (min 3 revolutions and no flying spins), all single solo jumps allowed (no Axels), jump combinations or sequences using only a waltz jump, toe loop, and Salchow. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	1:30 +/-10
Preliminary Test	At least two spins of a different nature, combination spins allowed (min 3 revolutions each and no flying spins), jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jumping elements. Connecting moves and steps should be demonstrated throughout the program.	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	1:30 +/-10
Pre-Juvenile Test	Three spins in any position (min 4 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). Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 6 jumping elements. One step sequence straight line, circular, or serpentine fully utilizing ice surface.	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	2:00+/-10
Juvenile Test	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. Any single jumps and jump combinations with not more than 1½ rotations. (Axel permitted). Maximum 6 jumping elements. One step sequence straight line, circular, or serpentine fully utilizing ice surface.(No age restriction.)	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	2:15+/-10
Intermediate Test	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. Any single jumps. Double jumps may only be the double Salchow and the double toe loop. Jump combinations and sequences allowed. Maximum 6 jumping elements. One step sequence straight line, circular, or serpentine fully utilizing ice surface.	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	2:30+/-10
Novice Test	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. Any single jumps. Double jumps may only be the double Salchow, double toe loop and the double loop. Jump combinations and sequences allowed. Maximum 7 jumping elements. One step or spiral sequence (see Rule 3640 for description).	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	Ladies 3:00+/-10 Men 3:30+/-10
Junior Test	Three spins—one must be a flying spin, a solo spin (6 revolutions each) and a combination spin consisting of all three positions and one change of foot (minimum 2 in each position and minimum 5 revolutions on each foot). Any single jumps and double jumps may only be the double Salchow, double toe loop, double loop and the double flip. Jump combinations and sequences allowed. Maximum 8 jumping elements for men and 7 for ladies. Men: Two different step sequences Ladies: One step sequence and one spiral sequence (see Rule 3640 for description).	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	Ladies 3:30+/-10 Men 4:00 +/-10
Senior Test	Four spins (min 6 revolutions on all solo spins)- one must be a flying spin, one solo spin, one spin combination consisting of all three positions and one change of foot (minimum 2 in each position and minimum 5 revolutions on each foot). 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. Men: Two different step sequences. Ladies: One step sequence and one spiral sequence (see Rule 3640 for description).	Skaters must have passed at least the U.S. Figure Skating junior free skate test	Ladies 4:00+/-10 Men 4:30+/-10

Compulsory Moves – Test and age requirements are the same as free skating levels. No music will be played. Elements may be skated in any order. Failed elements may not be re-tried. Additional jumps or spins are not permitted and will result in a deduction. No Test, Pre-Preliminary, Pre-Juvenile, and Adult levels will be skated on half ice. Juvenile will use the full ice surface. Male skaters may be combined with female skaters for this event.

Level	Elements					Duration
No Test (half ice)	Bunny hops (3 in a row)	Forward outside edges (2 each foot)	Salchow	Forward outside spiral (either foot)	One-foot spin (min 3 revs)	Max 1:00
Pre-Preliminary (half ice)	Single/single jump combo (no axel)	Salchow	Loop Jump	Forward inside spiral (either foot)	One-foot spin (min 3 revs)	Max 1:00
Preliminary (half ice)	Single/single jump combo (axels permitted)	Flip Jump	Front or back scratch spin	Loop Jump	Sit-Spin (min 3 revs in position)	Max 1:00
Pre-Juvenile (half ice)	Flip Jump	Loop combo (any single jump with a loop)	Layback or cross foot spin	Lutz Jump	Sit/Back Sit spin (min 6 revs)	Max 1:00
Juvenile (full ice)	Axel	Serpentine footwork sequence	Double/single or single/single jump comb	Lutz Jump	Combo spin with only one change of foot	Max 1:30
Adult Pre-Brz/Brz (half ice)	Half-flip jump	Salchow	Alternating outside 3-turns	Lunge or Spiral	One foot spin (min 3 revs)	Max 1:00
Adult Silver/Gold (half ice)	Back spiral	Loop Jump	Single/Single Jump combination	8-step Mohawk seq., either dir.	Sit Spin (minimum 4 revolutions)	Max 1:00

Spins – Test and age requirements same as free skating levels. No music will be played. Spins may be skated in any order. Failed spins may not be re-tried. Additional jumps or spins are not permitted and will result in a deduction. All levels will be skated on half ice. Male and female skaters may be combined for this event.

Level	Elements – all spins minimum three revolutions on each foot and/or in each position to be considered complete			Duration
No Test	One foot spin	Two foot spin		Max 0:45
Pre-Pre/Preliminary	One foot spin	Sit Spin	Camel Spin	Max 1:00
Pre-Juvenile/Juvenile	Layback or Camel	Camel/sit, no ch of ft	Front scratch to back scratch	Max 1:00
Intermediate/Novice	Camel, Sit or Layback	Flying Camel	Comb. w/ 1 change of foot & 1 change of pos	Max 1:15
Junior/Senior	Flying sit or flying change sit	Layback or cross-foot spin	Combination with at least one change of foot and at least two changes of position	Max 1:30
Adult Pre-Bronze/Bronze	One foot spin	Sit spin	Two-foot spin	Max 1:00
Adult Silver/Gold	Sit spin	Camel Spin	Any combination spin	Max 1:00

Artistic or Interpretive Skating – No Props allowed to touch the ice (hand-held okay). Use of skating skills to develop a theme and interpret music, and effectiveness of the costumes will be reflected in the marking (two marks awarded). Male skaters may be combined with female skaters for this event.

Level	Test/Age Requirements	Program Requirements	Duration
PrePre/Preliminary	PrePre through Pre Free and/or Prelim Dance	No axel, no doubles	Max 1:40
Pre-Juvenile/Juvenile	Pre-Juv through Juv Free and/or Bronze Dance	No doubles	Max 2:10
Intermediate/Novice	Intern through Nov Free and/or Silver Dance	Axel & 1 double allowed, no triples	Max 2:10
Junior/Senior	Junior through Senior and/or Gold Dance	Axel plus two doubles, no triples	Max 3:10
Adult Interpretive	Qualified for Adult Pre-Bronze through Adult Silver FS or passed Pre-Bronze Dance, but no higher.	No axel, no multirevolution jumps.	Max 1:40
Masters Interpretive	Qualified for Adult Gold or any Masters FS or Pair event, or passed one adult or standard Silver dance	No axel, no multirevolution jumps	Max 1:40

Dramatic Entertainment – Serious emotional artistic interpretation. Props are allowed. For safety's sake no feathers, helium, or fire, are allowed. No hanging from Plexiglas or walls. Please note the width of the skaters entrance door onto the ice is 3 feet. The props cannot exceed the 3 feet in width. (No other entrance can be used.) We reserve the right to combine Dramatic and Light Entertainment if there are too few competitors to hold separate events. Male skaters may be combined with female skaters for this event.

Level	Test/Age Requirements	Program Requirements	Duration
No-Test/Pre-Preliminary	No higher than Pre-Preliminary Free Skating Test	Performances will be judged from an entertainment standpoint, for theatrical and artistic qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements (energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of ice, props and costumes). One mark will be given by each judge for each performance. No technical skating mark will be used.	Max 1:30
Preliminary/Pre-Juvenile	No higher than Pre-Juvenile Free Skating Test		Max 1:40
Juvenile/Teen/Young Adult	No higher than Juvenile Free Skating Test, under 24		Max 2:10
Intermediate/Novice	No higher than Novice Free Skating Test		Max 2:10
Junior/Senior	Junior or Senior Free Skating Test		Max 2:40
Adult/Masters	See Rules 3810 & 3820		Max 1:40

Light Entertainment – Any performance not serious enough to be considered dramatic. Props are allowed. For safety's sake no feathers, helium, or fire are allowed. No hanging from Plexiglas or walls. Please note the width of the entrance door onto the ice is 3 feet. The Props cannot exceed the 3 feet width. (No other entrance can be used.) We reserve the right to combine Dramatic and Light Entertainment if there are too few competitors to hold separate events. Male skaters may be combined with female skaters for this event.

Level	Test/Age Requirements	Program Requirements	Duration
No-Test/Pre-Preliminary	No higher than Pre-Preliminary Free Skating Test	Performances will be judged from an entertainment standpoint, for theatrical and artistic qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements (energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of ice, props and costumes). One mark will be given by each judge for each performance. No technical skating mark will be used.	Max 1:30
Preliminary/Pre-Juvenile	No higher than Pre-Juvenile Free Skating Test		Max 1:40
Juvenile/Teen/Young Adult	No higher than Juvenile Free Skating Test, under 24		Max 2:10
Intermediate/Novice	No higher than Novice Free Skating Test		Max 2:10
Junior/Senior	Junior or Senior Free Skating Test		Max 2:40
Adult/Masters	See Rules 3730, 3810 & 3820		Max 1:40

Extemporaneous Improvisation – A performance choreographed by the competitor, unassisted, to music supplied by the organizers. The music will be played twice during a warm-up on ice prior to skating, but will NOT be heard by the skaters prior to the warm-up. All competitors in the group will interpret the same music. Male and female skaters may be combined for this event.

Level	Test/Age Requirements	Program Requirements	Duration
PrePre/Preliminary	PrePre through Pre Free and/or Prelim Dance	No axel, no doubles	1:00
Pre-Juvenile/Juvenile	Pre-Juv through Juv Free and/or Bronze Dance	No doubles	1:00
Intermediate/Novice	Interm through Nov Free and/or Silver Dance	Axel & 1 double allowed, no triples	1:00
Junior/Senior	Junior through Senior and/or Gold Dance	Axel plus two doubles, no triples	1:00
Adult	Open to all adults age 21 and over	No axel, no double jumps	1:00

Compulsory Dance – To be judge by 6.0 system for all levels. Teams may enter multiple events, individuals may enter different events with different partners.

Level	Test/Age Req.	Dance
Novice Dance #1	See Rule 4410	American Waltz – two patterns
Novice Dance #2	See Rule 4410	Paso Doble - three patterns
Novice Dance #3	See Rule 4410	Blues – four patterns
Intermediate Dance #1	See Rule 4420	Fourteenstep – four patterns
Intermediate Dance #2	See Rule 4420	European Waltz – two patterns
Intermediate Dance #3	See Rule 4420	Rocker Foxtrot - four patterns
Juvenile Dance #1	See Rule 4430	Willow Waltz – three patterns
Juvenile Dance #2	See Rule 4430	Ten Fox – three patterns
Juvenile Dance #3	See Rule 4430	Fiesta Tango – three patterns
Pre-Juvenile Dance #1	See Rule 4440	Rhythm Blues – three patterns
Pre-Juvenile Dance #2	See Rule 4440	Canasta Tango – three patterns
Pre-Juvenile Dance #3	See Rule 4440	Cha Cha – three patterns
Pre-Juvenile Dance #4	See Rule 4440	Swing Dance – two patterns
Open Finnstep	No restrictions – coaches allowed	Finnstep – two patterns
Open Ravensburger Waltz	No restrictions – coaches allowed	Ravensburger Waltz – two patterns
Open Tango Romantica	No restrictions – coaches allowed	Tango Romantica – two patterns
Open Quickstep	No restrictions – coaches allowed	Quickstep – three patterns
Open Argentine Tango	No restrictions – coaches allowed	Argentine Tango – two patterns
Open Blues	No restrictions – coaches allowed	Blues – three patterns
Open Starlight Waltz	No restrictions – coaches allowed	Starlight Waltz – two patterns
Open Paso Doble	No restrictions – coaches allowed	Paso Doble – two patterns
Open Rocker Foxtrot	No restrictions – coaches allowed	Rocker Foxtrot – three patterns
Open American Waltz	No restrictions – coaches allowed	American Waltz – two patterns
Open Tango	No restrictions – coaches allowed	Tango – two patterns
Open European Waltz	No restrictions – coaches allowed	European Waltz – two patterns
Open Fourteenstep	No restrictions – coaches allowed	Fourteenstep – three patterns
Open Foxtrot	No restrictions – coaches allowed	Foxtrot – three patterns
Open Ten-Fox	No restrictions – coaches allowed	Ten-Fox – two patterns
Open Willow Waltz	No restrictions – coaches allowed	Willow Waltz – two patterns
Open Swing Dance	No restrictions – coaches allowed	Swing Dance – two patterns
Open Fiesta Tango	No restrictions – coaches allowed	Fiesta Tango – two patterns
Open Canasta Tango	No restrictions – coaches allowed	Canasta Tango – two patterns

Free Dance

Juvenile through Senior (IJS) -levels will not be combined. See Rules 4270 through 4272, the 2010 Governing Council Combined Report of Action and ISU Communications. Critiques will follow the events.

Adult – Programs to be presented in accordance with requirements in USFS rulebook. Max duration 3:10. A judge's critique will follow the event.

Solo Dance – Skaters May Enter Multiple Levels if qualified. Two patterns to be skated of each dance. All ages combined.		
Level	Test/Age Requirements	Dances
Preliminary/Pre-Bronze	Skaters must not have passed all Bronze dances.	Rhythm Blues, Cha Cha
Bronze/Pre-Silver	Skaters must not have passed all Silver dances	Willow Waltz, Ten-Fox
Silver/Pre-Gold	Skaters must not have passed all Gold dances.	Fourteenstep, Rocker Foxtrot
Gold	Skaters must have passed all Pre-Gold dances .	Blues, Quickstep

BASIC SKILLS

Basic Elements Event: SNOWPLOW SAM – FREESKATE 3

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

Snowplow Sam – Tots Compulsory: <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3 in a row 3. Forward snowplow stop 4. Backward wiggles 2-6 in a row 	Basic 6 Compulsory: <ol style="list-style-type: none"> 1. Forward inside three turn - R & L from a standstill 2. Bunny Hop 3. Forward spiral on a straight line - R or L 4. Lunge - R or L 5. T-stop - R or L
Basic 1 Compulsory: <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles 6 -8 in a row 3. Forward snowplow stop 4. Backward wiggles 6-8 in a row 	Basic 7 Compulsory: <ol style="list-style-type: none"> 1. Forward inside open Mohawk - R to L and L to R 2. Ballet Jump - either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
Basic 2 Compulsory: <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Forward alternating half-swizzle pumps, in a straight line -across width of ice 3. Two foot turn in place forward to backward 4. Backward two foot swizzles 6 - 8 in a row 5. Moving snowplow stop 	Basic 8 Compulsory: <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka - either direction 4. 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 5. Beginning one-foot upright spin - optional free foot position
Basic 3 Compulsory: <ol style="list-style-type: none"> 1. Forward stroking 2. Forward half-swizzle pumps on a circle, either clockwise or counter clockwise 6 – 8 consecutive 3. Moving forward to backward two foot turn - either direction 4. Backward one foot glide - either foot 5. Two foot spin 	Free skate level 1 Compulsory: <ol style="list-style-type: none"> 1. Advanced forward stroking - 4-6 consecutive 2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside 3. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump
Basic 4 Compulsory: <ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counter clockwise 2. Forward crossovers 6-8 consecutive both directions 3. Forward outside three turn - R & L 4. Backward stroking 5. Backward snowplow stop - R or L 	Free skate level 2 Compulsory: <ol style="list-style-type: none"> 1. Forward outside spiral - R or L and a forward inside spiral - R or L 2. Waltz Three's - R or L 3. Beginning back spin - entry optional 4. Waltz jump, side toe hop, waltz jump series 5. Toe loop jump
Basic 5 Compulsory: <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive - both directions 3. One foot spin - minimum of three revolutions 4. Hockey stop 5. Side Toe hop -either direction 	Free skate level 3 Compulsory: <ol style="list-style-type: none"> 1. Forward crossovers in a figure eight 2. Advanced forward outside swing rolls 4-6 3. Back spin 4. Salchow 5. Waltz jump/Toe loop or Salchow/Toe loop

BASIC SKILLS

BASIC Program Event: SNOWPLOW SAM – FREE SKATE 3

- The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc. unless otherwise specified.
- To be skated on full ice
- Vocal music is allowed
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level
- Time: 1:00 +/- 10 seconds for Snowplow Sam through Basic 8; 1:30 +/- 10 seconds for Free Skate 1-3

<p>Snowplow Sam - Tots:</p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3-in a row 3. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	<p>Basic 6:</p> <ol style="list-style-type: none"> 1. Forward inside 3-turn - R & L 2. Bunny Hop 3. Forward arabesque spiral on a straight line R or L 4. Lunge - R or L 5. T-stop - R or L
<p>Basic 1:</p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles 6 -8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	<p>Basic 7:</p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk - R to L and L to R 2. Ballet Jump either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
<p>Basic 2:</p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Two foot turn in place - forward to backward 3. Backward two foot swizzles 6 - 8 in a row 4. Forward alternating half-swizzle pumps, in a straight line across width of ice 5. Moving snowplow stop 	<p>Basic 8:</p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka in either direction 4. 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 5. Beginning one-foot upright spin - optional free foot position
<p>Basic 3:</p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward half-swizzle pumps on a circle, either 3. clockwise or counter clockwise 6 -8 consecutive 4. Moving forward to backward two foot turn in either direction 5. Backward one foot glide - either foot 6. Two foot spin 	<p>Free skate level 1:</p> <ol style="list-style-type: none"> 1. Advanced Forward stroking. 4-6 strokes 2. Forward outside edges and forward inside consecutive edges, 2-4 outside and 2-4 inside 3. Scratch spin from back crossovers 4. Waltz jump from back crossovers 5. Half flip jump
<p>Basic 4:</p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counter clockwise 2. Forward crossovers 6-8 consecutive both directions 3. Forward outside three turn - R & L 4. Backward stroking 5. Backward snowplow stop - R or L 	<p>Free skate level 2:</p> <ol style="list-style-type: none"> 1. Forward outside spiral R or L and a forward inside spiral – R or L 2. Waltz three's R or L 3. Beginning back spin 4. Waltz jump, side toe hop, waltz jump 5. Toe loop jump
<p>Basic 5:</p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive in both directions 3. One foot spin - min of three revolutions 4. Side Toe hop -either direction 5. Hockey stop 	<p>Free skate level 3:</p> <ol style="list-style-type: none"> 1. Forward crossovers in a figure eight 2. Advanced forward outside swing rolls 4-6 3. Back spin 4. Salchow 5. Waltz jump/Toe loop or Salchow/Toe loop