



U.S. Figure Skating Basic Skills Competitions

EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 8

Format choice of the host: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.

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

Level	Time	Skating rules/standards
Snowplow Sam 1-3	1:00 max.	<ul style="list-style-type: none">• March followed by a two-foot glide and dip• Forward two-foot swizzles, 2-3 in a row• Forward snowplow stop• Backward wiggles, 2-6 in a row
Basic 1	1:00 max.	<ul style="list-style-type: none">• Forward two-foot glide and dip• Forward two-foot swizzles, 6-8 in a row• Forward snowplow stop• Backward wiggles, 6-8 in a row
Basic 2	1:00 max.	<ul style="list-style-type: none">• Forward one-foot glide, either foot• Forward alternating $\frac{1}{2}$ swizzle pumps in a straight line, 2-3 each foot• Moving snowplow stop• Two-foot turn in place, forward to backward• Backward two-foot swizzles, 6-8 in a row
Basic 3	1:00 max.	<ul style="list-style-type: none">• Forward stroking• Forward $\frac{1}{2}$ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive• Forward slalom• Backward one-foot glide, either foot• Two-foot spin - minimum three revolutions
Basic 4	1:00 max.	<ul style="list-style-type: none">• Standstill forward outside three-turn, right and left• Forward outside edge on a circle, clockwise or counter clockwise• Forward crossovers, 4-6 consecutive, both directions• Backward stroking, 4-6 strokes• Backward snowplow stop, right or left
Basic 5	1:00 max.	<ul style="list-style-type: none">• Backward outside edge on a circle, clockwise or counterclockwise• Backward crossovers, 4-6 consecutive, both directions• Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions• Side toe hop, either direction• Hockey stop
Basic 6	1:00 max.	<ul style="list-style-type: none">• Standstill forward inside three-turn, right and left• Bunny Hop• Forward spiral on a straight line, right or left• Lunge, right or left• T-stop, right or left
Basic 7	1:00 max.	<ul style="list-style-type: none">• Standstill forward inside open Mohawk, right to left and left to right• Ballet jump, either direction• Backward crossovers to a back outside edge landing position, clockwise and counter clockwise• Forward inside pivot
Basic 8	1:00 max.	<ul style="list-style-type: none">• Moving forward outside or forward inside three-turns, right and left• Waltz jump (from a standstill)• Mazurka, either direction• Combination move, clockwise <u>or</u> counter clockwise, two forward crossovers into forward inside Mohawk, step down, cross behind, step into one backward crossover and step to a forward inside edge• Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions



U.S. Figure Skating Basic Skills Competitions

EVENT: Basic Program Event: SNOWPLOW SAM – BASIC 8

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

- To be skated on full ice.
- 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 1:10 max

Level	Time	Skating rules/standards
Snowplow Sam 1-3	1:10 max.	<ul style="list-style-type: none">• March followed by a two-foot glide and dip• Forward two-foot swizzles, 2-3 in a row• Forward snowplow stop• Backward wiggles, 2-6 in a row
Basic 1	1:10 max	<ul style="list-style-type: none">• Forward two-foot glide and dip• Forward two-foot swizzles, 6-8 in a row• Forward snowplow stop• Backward wiggles, 6-8 in a row
Basic 2	1:10 max	<ul style="list-style-type: none">• Forward one-foot glide, either foot• Forward alternating $\frac{1}{2}$ swizzle pumps in a straight line, 2-3 each foot• Moving snowplow stop• Two-foot turn in place, forward to backward• Backward two-foot swizzles, 6-8 in a row
Basic 3	1:10 max.	<ul style="list-style-type: none">• Forward stroking• Forward $\frac{1}{2}$ swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive• Forward slalom• Backward one-foot glide, either foot• Two-foot spin - minimum three revolutions
Basic 4	1:10 max.	<ul style="list-style-type: none">• Standstill forward outside three-turn, right and left• Forward crossovers, 4-6 consecutive both directions• Backward stroking, 4-6 strokes• Backward snowplow stop, right or left
Basic 5	1:10 max.	<ul style="list-style-type: none">• Backward crossovers, 4-6 consecutive, both directions• Basic one-foot spin, free leg held to side of spinning leg - minimum three revolutions• Side toe hop, either direction• Hockey stop
Basic 6	1:10 max	<ul style="list-style-type: none">• Standstill forward inside three-turn, right and left• Bunny Hop• Forward spiral on a straight line, right or left• Lunge, right or left• T-stop, right or left
Basic 7	1:10 max	<ul style="list-style-type: none">• Standstill forward inside open Mohawk, right to left and left to right• Ballet Jump, either direction• Back crossovers to a back outside edge landing position, clockwise and counter clockwise• Forward inside pivot
Basic 8	1:10 max.	<ul style="list-style-type: none">• Moving forward outside or forward inside three-turns, right and left• Waltz jump (from a standstill)• Mazurka, either direction• Combination move, clockwise <u>or</u> counter clockwise – two forward crossovers into a forward inside Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge• Beginning one-foot upright spin, free foot held to side of spinning leg or crossed position - minimum three revolutions



U.S. Figure Skating Basic Skills Competitions

EVENT: Free Skate 1-6 Compulsory Event

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 $\frac{1}{2}$ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time: 1:15 max

Level	Time	Skating rules/standards
Free Skate 1	1:15 max.	<ul style="list-style-type: none">• Advanced forward stroking, 4-6 consecutive• Backward outside three-turns, right and left• One-foot upright scratch spin from backward crossovers - minimum three revolutions• Waltz jump from backward crossovers• Half flip jump
Free Skate 2	1:15 max.	<ul style="list-style-type: none">• Forward outside or inside spiral, right or left• Waltz three's, right or left, 2-3 sets• Beginning back spin, entry optional – minimum two revolutions• Waltz jump, side toe hop, Waltz jump sequence• Toe loop jump
Free Skate 3	1:15 max.	<ul style="list-style-type: none">• Forward crossovers in a figure 8• Backward inside three-turns, right and left• Back spin - minimum three revolutions• Salchow jump• Waltz jump/toe loop or Salchow/toe loop jump combination
Free Skate 4	1:15 max.	<ul style="list-style-type: none">• Forward power 3's, 2-3 consecutive sets, right or left• Sit spin - minimum three revolutions• Loop jump• Waltz jump/loop jump combination
Free Skate 5	1:15 max.	<ul style="list-style-type: none">• Camel spin - minimum three revolutions• Forward upright spin to back upright spin - minimum three revolutions each foot• Loop/loop jump combination• Flip jump
Free Skate 6	1:15 max.	<ul style="list-style-type: none">• Five step Mohawk sequence - one set alternating pattern (refer to Basic Skills Curriculum Free Skate 6)• Camel, sit spin combination - minimum of four revolutions total• Split jump or stag jump• Waltz jump, $\frac{1}{2}$ loop, Salchow jump sequence• Lutz jump



U.S. Figure Skating Basic Skills Competitions

EVENT: Free Skate 1-6 Program Event

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 moves and steps should be demonstrated throughout the program. Vocal music is allowed.

- 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.
- A 0.2 deduction will be taken for each element performed from a higher level.
- Time 1:40 max.

Level	Time	Skating rules/standards
Free Skate 1	1:40 max	<ul style="list-style-type: none">• Advanced forward stroking, 4-6 consecutive• One-foot upright scratch spin from backward crossovers - minimum three revolutions• Waltz jump from backward crossovers• Half flip jump
Free Skate 2	1:40 max.	<ul style="list-style-type: none">• Forward outside spiral, right or left• Beginning back spin, entry optional - minimum two revolutions• Waltz jump, side toe hop, Waltz jump sequence• Toe loop jump
Free Skate 3	1:40 max	<ul style="list-style-type: none">• Forward crossovers in a figure 8• Back spin - minimum three revolutions• Salchow jump• Waltz jump-toe loop or Salchow-toe loop jump combination
Free Skate 4	1:40 max.	<ul style="list-style-type: none">• Forward power 3's, 2-3 consecutive sets, right or left• Sit spin - minimum three revolutions• Loop jump• Waltz jump-loop jump combination
Free Skate 5	1:40 max.	<ul style="list-style-type: none">• Camel spin - minimum three revolutions• Forward upright spin to back upright spin - minimum three revolutions each foot• Loop-loop jump combination• Flip jump
Free Skate 6	1:40 max.	<ul style="list-style-type: none">• Camel, sit spin combination - minimum of four revolutions total• Split jump or stag jump• Waltz jump, $\frac{1}{2}$ loop, Salchow jump sequence• Lutz jump



U.S. Figure Skating Basic Skills Competitions

EVENT: Introductory Levels Compulsory Event

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 $\frac{1}{2}$ ice.
- No music is allowed.
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A 0.2 deduction will be taken for each element performed from a higher level.
- *Skaters may have the option to skate one level higher in compulsories than their free skate program.*

Level	Time	Skating rules/standards
Beginner	1:15 max.	<ul style="list-style-type: none">• Waltz jump• $\frac{1}{2}$ jump of choice• Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional)• Forward or backward spiral
High Beginner	1:15 max.	<ul style="list-style-type: none">• Toe loop jump• Salchow jump• Forward scratch spin - minimum three revolutions• Forward or backward spiral
No Test	1:15 max.	<ul style="list-style-type: none">• Loop jump• Jump combination to include a toe loop (may not use a loop or Axel)• Solo spin - sit <u>or</u> camel spin - minimum three revolutions• Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.



U.S. Figure Skating Basic Skills Competitions

EVENT: Introductory Levels Free Skate Program

General event parameters:

- 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 parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none">• Jumps with no more than one-half rotation (front to back or back to front).• Max. 2 jump sequences• Max. 2 of any same jump	Max. 2 spins: <ul style="list-style-type: none">• Two upright spins, no change of foot, no flying entry (Min. 3 revolutions)	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
High Beginner 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none">• Jumps with no more than one-half rotation (front to back or back to front including half-loop)• Single rotation jumps: Salchow and toe loop only.• Max. 2 jump combinations or sequences• Max. 2 of any same type jump.	Max. 2 spins: <ul style="list-style-type: none">• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)	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
No-Test 1:40 Maximum	Max. 5 jump elements: <ul style="list-style-type: none">• Single jumps, with the exception of the single Axel, are allowed• Maximum of 2 jump combinations or sequences• Jump combinations limited to 2 jumps• Jump sequences limited to a maximum of 3 single jumps (half-loop is not considered a single jump at this level and may be performed without counting toward jump limit)• No single Axels, double jumps or triple jumps	Max. 2 spins: <ul style="list-style-type: none">• Spins may change feet and/or position• Spins may start with a fly• Minimum 3 revs.• Spins must be of a different character (For definition see rule 4103E)	<ul style="list-style-type: none">• Step sequence*• Must use one-half the ice surface• Moves in the field and spiral sequences are permitted but will not be counted as elements.• Jumps may be included in the step sequence	



U.S. Figure Skating Basic Skills Competitions

EVENT: COMPULSORY MOVES

General event parameters:

- Elements skated on $\frac{1}{2}$ ice
- Elements may be performed only once
- Music is not allowed

Level	Time	Skating rules/standards
Pre-Preliminary	1:15 max.	<ul style="list-style-type: none"> • Toe Loop jump • Jump combination: single/single (no Axel) • Sit spin or camel spin - minimum three revolutions • Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ul style="list-style-type: none"> • Lutz jump • Jump combination: single/single (may include Axel) • Back upright spin - minimum three revolutions • Forward inside spiral

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 nonqualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted for pre-preliminary – intermediate.
- 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.
- Either IJS or the 6.0 judging system may be used for this event.
- 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, under "Technical Information," then "Singles/Pairs".

Level	Time	Jumps	Spins	Step Sequences
Pre-Preliminary	1:40 Maximum Vocal music permitted	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps, including Axel, allowed. • Max. 2 jump combinations or sequences • Jump combinations are limited to 2 jumps. • Number of jumps in a jump sequence is limited to a maximum of 3 single jumps ($\frac{1}{2}$ loop is not considered a single jump.) • Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Maximum of 2 Axels • Double or triple jumps are not allowed. 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Spins must be of a different nature. • Spins may change feet and/or position. • Spins may start with a fly. • Minimum of 3 revolutions 	One step sequenced that must use $\frac{1}{2}$ of the ice surface.
Preliminary	1:40 Maximum Vocal music permitted	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • One must be an Axel or Waltz-jump. • Maximum 2 jump combinations or sequences • Jump combinations limited to 2 jumps • Number of jumps in a jump sequence is limited to a maximum of 3 single jumps ($\frac{1}{2}$ loop is not considered a single jump.) • Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop • Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences. • Maximum of 2 Axels or any double jump • Double flips, double Lutes, double Axels or triple jumps are not allowed. 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Spins must be of a different nature. • Spins may change feet and/or position. • Spins may start with a fly. • Minimum of 3 revolutions 	One step sequenced that must use $\frac{1}{2}$ of the ice surface.



U.S. Figure Skating Basic Skills Competitions

EVENT: Test Track 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 nonqualifying 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.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:40 max.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none">• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)• Single rotation jumps: Salchow, toe loop and loop only• Maximum 2 jump combinations or sequences• Maximum 2 of any same type jump	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none">• Two spins of a different nature, one position only. No change of foot, no flying entry (Minimum 3 revolutions)	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.
Preliminary 1:40 max..	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none">• Jumps with not more than one rotation (no Axels)• Maximum 2 jump combinations or sequences• Maximum 2 of any same type jump	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none">• One spin in one position; no change of foot, no flying entry. (Minimum 3 revolutions)• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)	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.

INTERPRETIVE SHOWCASE EVENT

Each site will offer Basic Elements/Compulsory Events and Basic Program Free Skating Events (with music) in which series points will be accumulated throughout the season. In addition, each site will be offering an Interpretive Showcase event that is not eligible for series points but will be recognized with medals at each individual competition.

The Interpretive Showcase rules are as follows:



1. Skaters will hear the music twice on ice; once during warm-up; and once more prior to their individual skating time.
2. Skaters will skate their program demonstrating their ability to interpret the character of the music by combining footwork, jumps, and spins. Skating movements should interpret the feeling of the music.
3. Judging will emphasize composition and style rather than technical ability. The full sheet of ice will be used, and music selections will be 1:00 minute in length.
4. Divisions will be made according to the number of entrants, ages, and test levels.
5. No Coaching is allowed during the Interpretive Showcase Events.
6. AT LEVELS WHERE JUMPS ARE AN ELEMENT, NO MORE THAN THREE JUMPS WILL BE ALLOWED!

BEGINNER SYNCHRONIZED SKATING EXHIBITION

Each competition will be offering a Beginner Synchronized Skating Exhibition. This event will not be judged, but each participant will receive a participatory medal at each skating competition. The cost for participating is \$50.00 per team at each competition.

The emphasis of your performance should be on mastering the “basic skills” of synchronized skating:

- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Unison and use of skills such as guiding and shadowing.
- Incorporating skills from the Basic 1-8 levels to strengthen skating skills.
- Learning how to do transitions and skate to music.
- Learning skills that will be the foundation for higher levels.



Exhibition length is recommended to be between 1 ½ - 2 ½ minutes.

There are no required or restricted elements for your exhibition. Please use USFS Beginning Synchronized Skating Competition requirements as a guide for appropriate skating elements based on age and skating level.

LEVEL	CIRCLE	LINE	BLOCK	WHEEL	INTERSECTION
LEVEL 1 8-16 skaters, majority under 9 years old 1 ½ - 2 minutes +/- 10 seconds	One circle, which must contain a two foot turn. Must contain a forward inside and/or forward outside edge glide. Stroking from backward to forward is permitted.	One line, which must cover half ice to full ice and must have only forward skating.	One block, which must cover half ice to full ice, and must have only 1 configuration.	One wheel, choice of 4-spoke or 3-spoke with backward pumps.	One intersection: Two lines facing each other, 2-foot glide at point of intersection.
LEVEL 2 8-16 skaters, majority under 12 years old 1 ½ - 2 minutes +/- 10 seconds	One circle, which must include the choreographed step sequence: 2 forward crossovers, FO 3 turn, back pump, BO 1 foot glide (held for at least 2 counts), back pump, 1 backward crossover, Fl stroke (1 direction only, don't need to repeat)	One line, which must cover the ice and may include forward and backward skating.	One block, which must cover the ice and must have 1 or 2 configurations.	One wheel of the team's choice with backward pumps.	One intersection: Two lines facing each other, 2-foot or 1-foot glide at point of intersection.
LEVEL 3 8-16 skaters, majority at least 12 years old 2 – 2 ½ minutes +/- 10 seconds	Circle element, which must include the combination move from Basic 8. (1 direction only, don't need to repeat)	Line element, which must cover the ice and must include forward and backward skating.	One block, which must cover the ice and must have 2 or 3 configurations.	Wheel element of the team's choice with backward pumps, chasses, or crossovers.	One intersection: Two lines facing each other, 1-foot glide or forward lunge at point of intersection.

Required elements – Each level has specific required elements that must be completed:

The emphasis of the Basic Skills synchronized skating competition is on mastering the “basic skills” of synchronized skating:

- Control of rotation in wheels and circles.
- Straight lines in lines, blocks and intersections.
- Unison and use of skills such as guiding and shadowing.
- Incorporating skills from the Basic 1-8 levels to strengthen skating skills.
- Learning how to do transitions and skate to music.
- Learning skills that will be the foundation for higher levels.

Restrictions in Level 1 & 2:

- Additional elements are not allowed (the team must do only their required elements).
- Teams may only use hand-to-hand, shoulder-to-shoulder and choo-choo holds.
- Wheels and circles may not travel, change rotational direction or change configuration.
- Level 1 teams may not do steps higher than Basic 5, with the exception of forward chasses.
- Level 2 teams may not do steps higher than Free Skate 1, with the exception of forward chasses.

Restrictions in Level 3:

- No traveling within elements (change of configuration and rotational direction are allowed).

Restrictions in all levels: All of the synchronized skating “illegal elements” found in Rule #7160 of the U.S. Figure Skating Rulebook