

Snowplow Sam - Basic 6 Elements

THERE ARE TWO FORMAT OPTIONS FOR THE ELEMENTS EVENT:

- Each skater will perform each element when directed by a judge/referee OR
- Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)
 Judge/referee directed example: 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 (determined by the LOC)
 - No music
 - Divide Snowplow Sam skaters by level (1-4), if registrations warrant
 - All elements must be skated in the order listed.**
 - Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
SNOWPLOW SAM	1:00 max	<ul style="list-style-type: none"> March followed by a two-foot glide and dip Forward 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 swizzles, 6-8 in a row Beginning snowplow stop on one or two feet Backward wiggles, 6-8 in a row
BASIC 2	1:00 max	<ul style="list-style-type: none"> Forward one-foot glide (no variations), either foot Scooter pushes, 2-3 each foot Moving snowplow stop Two-foot turn in place, forward to backward Backward swizzles, 6-8 in a row
BASIC 3	1:00 max	<ul style="list-style-type: none"> Beginning forward stroking showing correct use of blade Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive Forward slalom Moving forward to backward two-foot turn on a circle Beginning backward one-foot glide, either foot
BASIC 4	1:00 max	<ul style="list-style-type: none"> Forward outside edge on a circle, clockwise or counterclockwise Forward crossovers, clockwise and counterclockwise, 4-6 consecutive Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive Backward one-foot glides (no variations), right and left Beginning two-foot spin, maximum 4 revolutions
BASIC 5	1:00 max	<ul style="list-style-type: none"> Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, clockwise and counterclockwise, 4-6 consecutive Forward outside three-turn, right and left Advanced two-foot spin, minimum 4 revolutions Hockey stop
BASIC 6	1:00 max	<ul style="list-style-type: none"> Forward inside three-turn, right and left Mohawk, right to left and left to right Bunny hop Basic forward spiral on a straight line (no variations), right or left Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position T-stop, right or left

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 half-ice
- No music
- The skater must demonstrate the required elements listed
- A deduction will be taken for each element performed from a higher level
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
Aspire 1	1:15 max	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • One-foot upright spin • Choreographic step sequence
Aspire 2	1:15 max	<ul style="list-style-type: none"> • Single Salchow • Single Toe Loop • Sit spin • Choreographic step sequence
Aspire 3	1:15 max	<ul style="list-style-type: none"> • Single Loop • Salchow/Toe loop jump combination • Forward upright spin to back upright spin • Choreographic step sequence
Aspire 4	1:15 max	<ul style="list-style-type: none"> • Single Flip • Waltz Jump-Euler-Salchow jump combination • Camel-Sit spin combination • Choreographic step sequence

Excel 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 half-ice
- No music
- The skater must demonstrate the required elements listed
- 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 free skate program*
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
EXCEL PRE- PRELIMINARY	1:15 max	<ul style="list-style-type: none"> • Flip jump • Loop-loop jump combination • Camel spin, minimum 3 revolutions • Choreographic step sequence
EXCEL PRELIMINARY	1:15 max	<ul style="list-style-type: none"> • Lutz jump • Flip-loop jump combination • Camel-sit combination spin, minimum 6 revolutions total • Choreographic step sequence

Well-Balanced Levels Compulsory

FORMAT: To be skated on half-ice

- No music
- The skater must demonstrate the required elements listed
- 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 free skate program*
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
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) • Upright spin with change of foot, minimum 3 revolutions on each foot • Choreographic step sequence
PRE- PRELIMINARY	1:15 max	<ul style="list-style-type: none"> • Lutz jump • Single jump-single jump (no Axel) combination • Spin with one change of position and no change of foot, minimum 6 revolutions total • Choreographic step sequence
PRELIMINARY	1:15 max	<ul style="list-style-type: none"> • Axel jump • Single jump-single jump (may not include Axel) combination • Spin combination with one change of foot, minimum 3 revolutions on each foot • Choreographic step sequence

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 with music
- 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
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
SNOWPLOW SAM	1:10 max	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward 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 swizzles, 6-8 in a row • Beginning snowplow stop on one or two feet • Backward wiggles, 6-8 in a row
BASIC 2	1:10 max	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward swizzles, 6-8 in a row
BASIC 3	1:10 max	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
BASIC 4	1:10 max	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, clockwise and counterclockwise, 4-6 consecutive • Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
BASIC 5	1:10 max	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, clockwise and counterclockwise, 4-6 consecutive • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
BASIC 6	1:10 max	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Mohawk, right to left and left to right • Bunny hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position • T-stop, right or left

2024 ASPIRE PROGRAM REQUIREMENTS

	JUMPS	SPINS	STEP SEQUENCE
Aspire 1 Free Skate 1:40 Max	Maximum 5 jump elements: <i>Permitted jumps:</i> <ul style="list-style-type: none"> Waltz jump ½ flip ½ lutz Max 1 jump sequence <i>Permitted sequence:</i> <ul style="list-style-type: none"> Waltz jump/waltz jump with no turns or hops in between 	Maximum 2 spins: <i>Permitted spins:</i> <ul style="list-style-type: none"> Two-foot spin Forward one foot spin (free foot optional) 	Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i> <ul style="list-style-type: none"> One ½ of the ice
Aspire 2 Free Skate 1:40 Max	Maximum 5 jump elements: <i>Permitted jumps:</i> <ul style="list-style-type: none"> Any jump from Aspire 1 Single Salchow Single Toe loop Max 2 jump combinations, or 1 jump combination and 1 jump sequence <i>Permitted combinations:</i> <ul style="list-style-type: none"> Waltz jump/toe loop Salchow/toe loop <i>Permitted jump sequence:</i> <ul style="list-style-type: none"> Waltz jump/waltz jump with no turns or hops in between 	Maximum 2 spins: <i>Permitted spins:</i> <ul style="list-style-type: none"> Any spin from Aspire 1 Back upright spin Sit Spin 	Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i> <ul style="list-style-type: none"> One ½ of the ice
Aspire 3 Free Skate 1:40 Max	Maximum 5 jump elements: <i>Permitted jumps:</i> <ul style="list-style-type: none"> Any jump from Aspire 1 and 2 Euler (half-loop) Single loop Max 2 jump combinations, or 1 jump combination and 1 jump sequence	Maximum 2 spins: <i>Required spin:</i> <ul style="list-style-type: none"> Forward upright spin to back upright spin <i>Permitted spins:</i> <ul style="list-style-type: none"> Any spin from Aspire 1 and 2 Camel Spin 	Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i> <ul style="list-style-type: none"> One ½ of the ice
Aspire 4 Free Skate 1:40 Max	Maximum 5 jump elements: <i>Permitted jumps:</i> <ul style="list-style-type: none"> Any jump from Aspire 1, 2 and 3 Single Flip Single Lutz Max 2 jump combinations, or 1 jump combination and 1 jump sequence	Maximum 2 spins: <i>Required spin:</i> <ul style="list-style-type: none"> Forward camel to sit spin combination <i>Permitted spins:</i> <ul style="list-style-type: none"> Any Spin from Aspire 1, 2 and 3 	Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i> <ul style="list-style-type: none"> One ½ of the ice

Clarifications:

Jumps:

All Levels

- Maximum 2 of any same jump

Aspire 1 and 2

- Euler is not permitted

Jump Sequence:

Aspire 3 and 4

- A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump

Jump Combinations:

Aspire 3 and 4

- Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps

Spins:

All Levels

- Minimum 3 revolutions
- No flying entry
- A Spin may not be repeated
- Basic positions only

Aspire 3 and 4

- One spin must be the required spin
- Second spin must be a spin in one position

Step Sequence:

All Levels

- Jumps may be included in the step sequence
- Moves in the field and spiral sequences are allowed but will not be counted as elements

2024 Excel Program Requirements

<p><u>Excel Beginner</u> <u>&</u> <u>Excel High Beginner</u></p>	<p><u>To reduce redundancy and to create a clearer pipeline, Excel Beginner and Excel High Beginner have been folded into the Aspire Program pipeline.</u></p> <p><u>Excel Beginner most closely matches Aspire 2.</u> <u>Excel High Beginner most closely matches Aspire 3.</u></p> <p><u>Please see the Aspire charts for specific program requirements and more information</u></p>		
<p>Excel Pre-Preliminary 1:40 Max</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, except for the Axel <ul style="list-style-type: none"> No single Axels, double, or higher jumps allowed Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be in a single position with no change of foot* <ul style="list-style-type: none"> No flying entry Minimum 3 revolutions <u>One spin may be either a single position spin with no change of foot or a combination spin with or without a change of foot</u> <ul style="list-style-type: none"> No flying entry Spins must be of a different character <p><u>Max Level: 1</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <u>One Choreographic Sequence (pChSq)</u> <ul style="list-style-type: none"> <u>Must be clearly visible</u>
<p>Excel Preliminary 2:00 +/- 10 sec</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> All single jumps allowed, except for the Axel <ul style="list-style-type: none"> No single Axels, double, or higher jumps allowed Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> One spin must be a camel or layback spin with no change of foot and no change of position* <ul style="list-style-type: none"> No flying entry Minimum 3 revolutions 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Minimum 6 revolutions No flying entry <p><u>Max Level: 1</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> <u>One Choreographic Sequence (pChSq)</u> <ul style="list-style-type: none"> <u>Must be clearly visible</u>

**Denotes required element*

2024 Excel Program Requirements

<p><u>Excel Beginner</u> & <u>Excel High Beginner</u></p>	<p><u>To reduce redundancy and to create a clearer pipeline, Excel Beginner and Excel High Beginner have been folded into the Aspire Program pipeline.</u></p> <p><u>Excel Beginner most closely matches Aspire 2.</u> <u>Excel High Beginner most closely matches Aspire 3.</u></p> <p><u>Please see the Aspire charts for specific program requirements and more information</u></p>		
<p>Excel Pre-Preliminary 1:40 Max</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> ◦ No single Axels, double, or higher jumps allowed ◦ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ◦ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps ◦ A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position with no change of foot* <ul style="list-style-type: none"> ◦ No flying entry ◦ Minimum 3 revolutions • <u>One spin may be either a single position spin with no change of foot or a combination spin with or without a change of foot</u> <ul style="list-style-type: none"> ◦ No flying entry • Spins must be of a different character <p><u>Max Level: 1</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • <u>One Choreographic Sequence (pChSq)</u> <ul style="list-style-type: none"> ◦ <u>Must be clearly visible</u>
<p>Excel Preliminary 2:00 +/- 10 sec</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> ◦ No single Axels, double, or higher jumps allowed ◦ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ◦ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps ◦ A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be a camel or layback spin with no change of foot and no change of position* <ul style="list-style-type: none"> ◦ No flying entry ◦ Minimum 3 revolutions • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ◦ Minimum 6 revolutions ◦ No flying entry <p><u>Max Level: 1</u></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • <u>One Choreographic Sequence (pChSq)</u> <ul style="list-style-type: none"> ◦ <u>Must be clearly visible</u>

*Denotes required element

Well-Balanced Free Skate Program

GENERAL EVENT PARAMETERS:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same 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 one level higher.
- Skaters with physical disabilities may register for standard track or Skate United Track for events
- Step sequence clarification: Implementation date December 1, 2023: pChSq (confirmed or no value)

NO TEST — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> • Only single jumps allowed except single Axel <ul style="list-style-type: none"> o No single Axels o Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed o Jump sequence is any listed jump immediately followed by a waltz jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs. 	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> o Must use one-half the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence If IJS is used, then pChSq

PRE-PRELIMINARY — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps, including single Axel, allowed <ul style="list-style-type: none"> o No double, triple or quadruple jumps allowed o Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels) o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed o Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs. 	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> o Must use one-half the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence If IJS is used, then pChSq

PRELIMINARY — 2:00 +/- 10 SECONDS

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> o Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed o An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded • Max 2 jump combinations or sequences <ul style="list-style-type: none"> o Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed o Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs. 	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> o Choreographic step sequence full ice o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence If IJS is used, then pChSq

Spin Challenge

GENERAL EVENT PARAMETERS:

- Spins may be skated in any order
- Connecting steps are allowed but will not be taken into consideration when scoring
- Spins may not be repeated; only required elements may be included
- All events are skated on half-ice
- Minimum number of revolutions are noted in parentheses
- **Unless stated, spins may not change feet**
- Max spin level:
Aspire low/Aspire high: Base
No test/Pre-Preliminary: Level 1
Preliminary: Level 2
- Spins may not fly
- Skaters with physical disabilities may register for standard track or Skate United Track for events

ASPIRE LOW — 1:30 MAX

ELEMENTS

- Upright one-foot spin (3)
- Upright back spin (3)
- Sit spin (3)

PRELIMINARY — 1:30 MAX

ELEMENTS

- Spin combo with change of foot - all 3 basic positions required (3 revs)
- Sit spin with change of foot (min 3. each foot)
- Spin in one position, skater's choice (upright, sit or camel) (4)

ASPIRE HIGH — 1:30 MAX

ELEMENTS

- Upright one-foot spin (4)
- Upright spin with change of foot (3 each foot)
- Sit spin (3)

ADULT BEGINNER — 1:30 MAX

ELEMENTS

- Pivot, forward or backward
- Upright two-foot spin (2)

NO TEST — 1:30 MAX

ELEMENTS

- Upright spin with change of foot (3 each foot)
- Sit spin (3)
- Camel spin (3)

ADULT PRE-BRONZE — 1:30 MAX

ELEMENTS

- Upright one-foot spin (3)
- Upright two-foot spin (3)

PRE-PRELIMINARY — 1:30 MAX

ELEMENTS

- Spin combo - all 3 basic positions required (3 revs)
- Backward sit spin (3)
- Camel spin (4)

ADULT BRONZE — 1:30 MAX

ELEMENTS

- Upright one-foot spin (3 revs.)
- Solo spin (3 revs.), must be different from the upright spin (sit, camel or layback)

INTERPRETIVE PROGRAM:

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.

Competition Format

The host competition will pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

Judging Rules: Skaters are judged on originality, pattern, technical (the ability to include jumps and spins), and music interpretation/expression. Spins and jumps performed must be appropriate to competition level. The maximum number of jumps is three.

Time: Music Duration: Snowplow Sam – Basic 3: 1:00 Max

Basic 4-Basic 6: 1:00 Max

Aspire 1 - 4: 1:00 Max

No Test - Preliminary: 1:30 Max

Coaching: There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. The staging area must be kept clear except for the ice monitor and listening competitor.