



**42<sup>nd</sup> Annual Ladybug Competition**  
**Glenwood Figure Skating Club**  
**April 20, 21, 22, & 23, 2017**  
**Homewood Flossmoor Ice Arena – Flossmoor, Illinois**

---

The Ladybug competition 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.

**SERIES INFORMATION:** Glenwood Figure Skating Club is proud to be a part of the National Solo Dance Series as well as a member of the Illinois Skating Council, Grand Prix Series. Additional information on both series can be found later in this announcement.

**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 through pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

**FEES:** Glenwood FSC reserves the right to cancel any event with three (3) or fewer skaters. There will be a \$25 fee assessed for returned checks. Please note new this year: All competitors will receive a video for up to two (2) events included in this entrance fee.

Introductory , Well balanced & Test Track	
First event – Introductory Level, Well balanced FS Preliminary thru Pre-Juvenile, Open Juvenile, Adult, Test Track, and Solo Dance Event	\$120
Each additional event – compulsory moves, Jumps, moves-in-the-field, and/or spins	\$25

IJS Event	
First IJS event – Juvenile thru Senior	\$150
Additional IJS event	\$35

*This event is a standard U.S. Figure Skating Nonqualifying Competition*



**ENTRIES:** Online registration is preferred and is available via a secured credit card transaction at [www.gfsc.org](http://www.gfsc.org), serviced by Entryeeze. Registration must be completed by midnight, March 15, 2017. Upon receiving your application online an email will be sent to the skater's coach to verify accuracy of entry. An official at the skater's home club will also be notified to certify the skater's standing within the club. Late entries will be accepted at the discretion of the referee.

**PAPER REGISTRATION:** Paper registration and payment by check will be accepted. Mail in entries must be post-marked no later than March 15, 2017. Mail registration form with check payable to the Glenwood FSC to: Glenwood Figure Skating Club, % May Wiza, 3134 Monterey, Flossmoor, IL 60422. Please note that your coach/instructor is required to sign your application form verifying your level of competition and the events you are competing in. Entry fees are per person. Late entries will be accepted at the discretion of the referee. For paper registration please add an additional \$3.00 to your entry fee.

**REFUND POLICY:** Entry fees will not be refunded after March 15, 2017 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 at [www.gfsc.org](http://www.gfsc.org).

**FACILITIES:** The competition will be held at the H-F Ice Arena, 777 Kedzie Avenue, Flossmoor, Illinois. The H-F Ice Arena has seating for spectators and a concession stand will be open during the competition. The ice surface measures 200 X 85 feet with rounded corners.

**MUSIC:** Music will be played from CD's and must be turned over to the registration desk when arriving. CD's must contain only one track, and be in a standard format. The skater's name and event should be clearly labeled. The Glenwood Figure Skating Club cannot accept responsibility for CD's. All skaters should have two (2) additional copies of their music. Music may be picked up at the registration table following each event.

**LIABILITY:** U.S. Figure Skating, Glenwood FSC, and the Homewood-Flossmoor Ice 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*

All competitors skating in these events must 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 April 1, 2015.

The 6.0 Majority Judging System will be used for:

- *Well Balanced Program free skate events, pre-preliminary – pre-juvenile*
- *Introductory free skate events (beginner, high beginner, no-test)*
- *All Test Track events*
- *All specialty singles events (spins, jumps, compulsory moves, etc.)*
- *All solo dance events*

**REGISTRATION:** Registration will be open thirty minutes before the first practice and run through the last event of the day. The registration table will be located in the rink lobby. Please register promptly upon arrival.

**PRACTICE ICE:** A request for practice ice is included with this announcement. Practice Ice may be purchased when on the Entryeeze site when competitors register for the competition.. Availability will depend upon the final schedule of the competition. The cost of practice ice is \$12 per session. "Walk-on" practice ice will be \$15 per session. A tentative schedule will be available approximately 10 days prior to the competition on our website at [www.gfsc.org](http://www.gfsc.org). This schedule will also include the names of the individual skaters for each event.

**PHOTOGRAPHY/VIDEOGRAPHY:** Chicago Star Productions, <http://www.chicagostarproductions.com> is the official videographer for Ladybug. **Each competitor will receive a video for up to 2 events included with their application fee. Video must be picked up immediately following the event. No videos will be mailed.**

**AWARDS:** Medals will be given to the first four places in each group, except for events where a final round is held. Where a final round exists, skaters will not get awards for the initial round, and awards will be given to the first four places in the final round only. Each skater is responsible for picking up his/her own award.

**OFFICIAL NOTICES:** An official bulletin board will be maintained at the HF Ice Arena, and updates will be made frequently to our WEB site, [www.gfsc.org](http://www.gfsc.org). It is the responsibility of each competitor, parent and coach to check the bulletin board/WEB page frequently for any schedule changes and/or additional information. Please note: At the referee's discretion events may run up to 30 minutes earlier than posted. Skaters are requested to arrive 60 minutes prior to the scheduled time of their event.

**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.

Glenwood FSC will have a list of compliant coaches who are cleared for a credential at the registration desk. 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 May Wiza, [mayfsc@aol.com](mailto:mayfsc@aol.com).



**ILLUSTRATION OF THE PROGRESSION THROUGH U.S. FIGURE SKATING EVENTS IN SINGLES FREE SKATING, AFTER COMPLETING BASIC SKILLS. THESE ARE THE MOST COMMON EVENTS AT NON-QUALIFYING COMPETITIONS.**

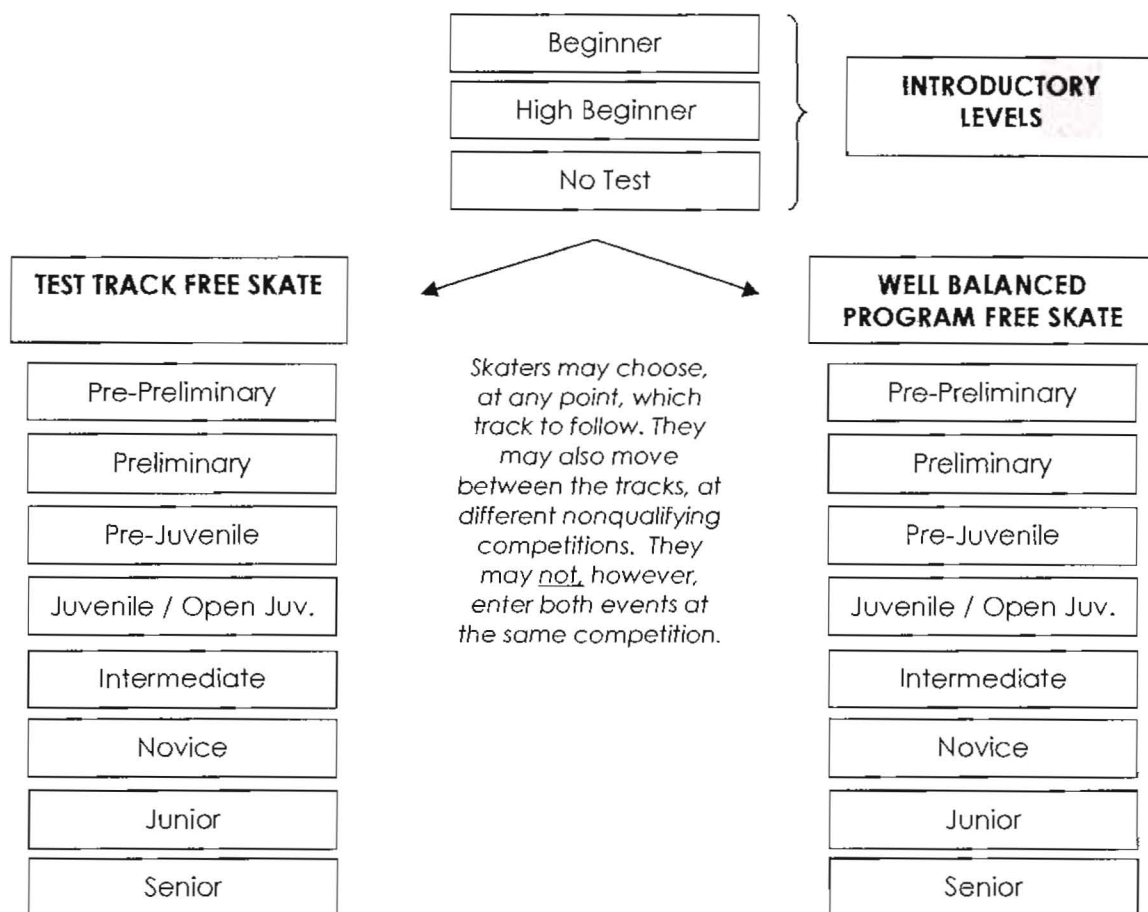
**FOR DETAILED RULES:**

See current rulebook/web site for current rules and requirements.

[http://www.usfigureskating.org/New\\_Judging.asp?id=361](http://www.usfigureskating.org/New_Judging.asp?id=361))

Also see the standard event charts for Singles Free Skate & Short Programs:

<http://www.usfsa.org/shell.asp?sid=49337>



### EVENT: Introductory Levels 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
Beginner 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
High Beginner 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

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<b>NO TEST</b>  <b>1:40 maximum</b>  *means element is required	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>All single jumps allowed except for the single Axel                             <ul style="list-style-type: none"> <li>No single Axels, double, triple or quadruple jumps allowed</li> <li>Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations or jump sequences                             <ul style="list-style-type: none"> <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> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must use one-half 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>If IJS is used, then: ChSt</p>
<b>PRE-PRELIMINARY</b>  <b>1:40 maximum</b>  *means element is required	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>All single jumps, including the single Axel, allowed                             <ul style="list-style-type: none"> <li>No double, triple or quadruple jumps allowed</li> <li>Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels)</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 jump sequences                             <ul style="list-style-type: none"> <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> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must use one-half 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>If IJS is used, then: ChSt</p>
<b>PRELIMINARY</b>  <b>1:30 +/- 10 sec</b>  *means element is required	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>1 must be an Axel or a waltz jump*</li> <li>All single jumps, including the 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"> <li>Double flip, double Lutz, double Axel, triple and quadruple jumps 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 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 three jump combination with a maximum of 2 double jumps and 1 single jump permitted</li> <li>Jump sequences limited to a maximum of 3 single or double jumps.</li> </ul> </li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>Spins may change feet and/or position</li> <li>Spins may start with a flying entry</li> <li>Min 3 revs.</li> </ul> <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>Step Sequence                             <ul style="list-style-type: none"> <li>Must use one-half 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>If IJS is used, then: ChSt</p>
<b>PRE-JUVENILE</b>  <b>2:00 +/- 10 sec</b>  *means element is required	<b>Max 5 Jump Elements</b> <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>	<b>Max 2 Spins</b> <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>	<b>Max 1 Sequence</b> <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>If IJS is used, then: ChSt</p>

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<b>JUVENILE and OPEN JUVENILE</b>  <b>2:15 +/- 10 sec</b>  *means element is required	<b>Max 5 Jump Elements</b> <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> <li>Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<b>Max 2 Spins</b> <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><u>Must have all 3 basic positions to receive full value.</u></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> 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))	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>One choreographic step sequence*                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<b>INTERMEDIATE</b>  <b>2:30 +/- 10 sec</b>  *means element is required	<b>Max 6 Jump Elements</b> <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> <li>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>Combinations are limited to 2 jumps</li> <li>One 3-jump combination is permitted</li> <li>Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<b>Max 2 Spins</b> <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><u>Must have all 3 basic positions to receive full value.</u></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> 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))	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>One choreographic step sequence*                             <ul style="list-style-type: none"> <li>Must fully utilize the ice surface</li> </ul> </li> </ul>
<b>NOVICE LADIES</b>  <b>3:00 +/- 10 sec</b>  *means element is required	<b>Max 6 Jump Elements</b> <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>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>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>Combinations limited to 2 jumps</li> <li>One 3-jump combination is permitted</li> <li>Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <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><u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>1 flying spin with no change of foot or position*                             <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>3rd spin is option of skater</li> </ul> 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))	<b>Max 1 Sequence</b> <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>
<b>NOVICE MEN</b>  <b>3:30 +/- 10 sec</b>  *means element is required	<b>Max 7 Jump Elements</b> <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>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>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>Combinations limited to 2 jumps</li> <li>One 3-jump combination is permitted</li> <li>Number of jumps in jump sequence is not limited</li> </ul> </li> </ul>	<b>Max 3 Spins</b> <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><u>Must have all 3 basic positions to receive full value.</u></li> </ul> </li> <li>1 flying spin with no change of foot or position*                             <ul style="list-style-type: none"> <li>Min 6 revs</li> </ul> </li> <li>3rd spin is option of skater</li> </ul> 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))	<b>Max 1 Sequence</b> <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>

2016-17	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<b>JUNIOR LADIES</b>  <b>3:30 +/- 10 sec</b>  *means element is required	<b>Max 7 Jump Elements</b> <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>	<b>Max 3 Spins</b> <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><u>Must have all 3 basic positions to receive full value.</u></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> 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))	<b>Max 1 Sequence</b> <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>
<b>JUNIOR MEN</b>  <b>4:00 +/- 10 sec</b>  *means element is required	<b>Max 8 Jump Elements</b> <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>	<b>Max 3 Spins</b> <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><u>Must have all 3 basic positions to receive full value.</u></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> 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))	<b>Max 1 Sequence</b> <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>
<b>SENIOR LADIES</b>  <b>4:00 +/- 10 sec</b>  *means element is required	<b>Max 7 Jump Elements</b> <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>	<b>Max 3 Spins</b> <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><u>Must have all 3 basic positions to receive full value.</u></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> 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))	<b>Max 2 Sequences</b> <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>
<b>SENIOR MEN</b>  <b>4:30 +/- 10 sec</b>  *means element is required	<b>Max 8 Jump Elements</b> <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>	<b>Max 3 Spins</b> <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><u>Must have all 3 basic positions to receive full value.</u></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> 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))	<b>Max 2 Sequences</b> <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>

**2016-17 Singles Short Program Requirements** – This chart has been updated with changes from the U.S. Figure Skating Governing Council and the ISU Congress that will go into effect July 1, 2016.



<b>INTERMEDIATE LADIES/MEN</b> 2:00 max.	Single or Double Axel	<b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel or the triple jump used in the combination	<b>Jump Combination</b> Single/Double, Double/Double, Single/Triple, or Double/Triple May not repeat Axel jump or solo jump performed	<b>Spin</b> Only one position No change of foot May start with a fly Min. 5 revs.		<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	<b>Choreographic Step Sequence</b> Fully utilizing the ice surface
<b>NOVICE LADIES</b> 2:30 max.	Single or Double Axel	<b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	<b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat double Axel or solo jump performed	<b>Layback or Sideways Leaning Spin</b> No change of foot No flying entry Min. 6 revs.		<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>NOVICE MEN</b> 2:30 max.	Single or Double Axel	<b>Double or Triple Jump</b> Immediately preceded by connecting steps May not repeat double Axel or either jump in combo	<b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	<b>Camel or Sit Spin</b> With only 1 change of foot No change of position No flying entry Min. 5 revs. each foot		<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 5 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>JUNIOR LADIES</b> 2:40 +/- 10 sec	Double Axel	<b>Double or Triple Loop</b> Immediately preceded by connecting steps or other free skating movements	<b>Jump Combination</b> Double/Double, Double/Triple or Triple/Triple May not repeat Double Axel or solo jump performed	<b>Flying Camel Spin</b> Flying pos. may be different than landing pos. Min. 8 revs.	<b>Layback, Sideways Leaning or Sit Spin without change of foot</b> No flying entry Min. 8 revs.	<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>JUNIOR MEN</b> 2:40 +/- 10 sec	Double or Triple Axel	<b>Double or Triple Loop</b> Immediately preceded by connecting steps or other free skating movements	<b>Jump Combination</b> Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	<b>Flying Camel Spin</b> Flying pos. may be different than landing pos. Min. 8 revs.	<b>Sit Spin</b> With only 1 change of foot No flying entry Min. 6 revs. each foot	<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>SENIOR LADIES</b> 2:40 +/- 10 sec	Double or Triple Axel	<b>Any Triple Jump</b> Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo	<b>Jump Combination</b> Double/Triple or Triple/Triple May not repeat Axel jump or solo jump performed	<b>Flying Spin</b> Landing position different than spin in 1 position Min. 8 revs.	<b>Layback, Sideways Leaning, Sit or Camel Spin without change of foot</b> No flying entry Min. 8 revs.	<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface
<b>SENIOR MEN</b> 2:40 +/- 10 sec	Double or Triple Axel	<b>Any Triple or Quadruple Jump</b> Immediately preceded by connecting steps or other free skating movements May not repeat Triple Axel or either jump in combo	<b>Jump Combination</b> Double/Triple, Triple/Triple, Quad/Double, or Quad/Triple May not repeat Axel jump or solo jump performed	<b>Flying Spin</b> Landing position different than spin in 1 position Min. 8 revs.	<b>Camel or Sit Spin</b> With only 1 change of foot No flying entry Min. 6 revs. each foot	<b>Spin Combination</b> With only 1 change of foot Min. 2 different basic positions. <u>Must have all 3 basic positions to receive full value.</u> No flying entry Min. 6 revs. each foot Min. 2 revs in pos.	<b>Leveled Step Sequence</b> Fully utilizing the ice surface



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: 2016-17 Test Track Free Skate – Pre-Preliminary through Senior levels

#### General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate or Introductory Level event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
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. Minimum number of spin revolutions are in ( ) following the spin description. Revolutions must be in position.
5. 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 maximum	<i>Maximum of 5 jump elements:</i> <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: Satchow, toe loop and loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<i>Maximum of 2 spins:</i> <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>	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 1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <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>	<i>Maximum of 2 spins:</i> <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>	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
Pre-Juvenile 2:00 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <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>	<i>Maximum of 2 spins:</i> <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>	One step sequence 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

Level	Jumps	Spins	Step Sequences	Qualifications
Juvenile 2:15 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> <li>Any single jumps, including Axel, are permitted.</li> <li>Max. 2 jump combinations or sequences</li> <li>Max. 2 of any same type jump</li> </ul>	<i>Maximum of 2 spins:</i> <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> <li><i>Only solo spin may fly</i></li> </ul>	One step sequence fully utilizing ice surface	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
Intermediate 2:30 +/- 10 sec.	<i>Maximum of 6 jump elements:</i> <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>	<i>Maximum of 2 spins:</i> <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>	One step sequence 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
Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.	<i>Maximum of 7 jump elements for men and 6 for ladies:</i> <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> <li>Max. 2 of any same type jump</li> </ul>	<i>Maximum of 3 spins, of a different nature:</i> <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><i>All spins may fly</i></li> </ul>	One step sequence or spiral sequence fully utilizing ice surface  (see rule 4104 & 4105 for remarks)	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

Level	Jumps	Spins	Step Sequences	Qualifications
<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</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> <li>Max. 2 of any same type jump</li> </ul>	<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>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</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> <li>Max. 2 of any same type jump</li> </ul>	<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 either one spiral sequence or choreographic 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>

**2016-17 Adult Singles Free Skating Requirements** – This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2016.



2016-17	JUMP ELEMENTS	SPINS	STEP/SPIRAL SEQUENCES
<b>CHAMPIONSHIP ADULT SILVER AND ADULT SILVER</b>  <b>2:10 maximum</b>	<b>Max 5 Jump Elements</b> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences</li> <li>• 1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>• Additional jump sequences which contain non-listed jumps of not more than one revolution performed as part of connecting footwork preceding single jumps are permitted</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted, including single Axel.</li> <li>• No double or triple jumps are permitted</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> </ul>	<b>Max 1 Sequence</b> <p>To be chosen from:</p> <ul style="list-style-type: none"> <li>• Step sequence or</li> <li>• Spiral sequence (any pattern)</li> </ul> <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p> <p><b>If IJS is used, then: ChSt</b></p>
<b>ADULT BRONZE</b>  <b>1:50 maximum</b>	<b>Max 4 Jump Elements</b> <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences;</li> <li>• 1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	<b>Max 1 Sequence</b> <p>To be chosen from:</p> <ul style="list-style-type: none"> <li>• Step sequence or</li> <li>• Spiral sequence (any pattern)</li> </ul> <p>Must use at least ½ ice surface</p> <p>Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</p> <p><b>If IJS is used, then: ChSt</b></p>
<b>ADULT PRE BRONZE</b>  <b>1:40 maximum</b>	<b>Max 4 Jump Elements</b> <ul style="list-style-type: none"> <li>• Jump combinations and sequences are optional, but no more than 2 combinations or sequences may be included</li> <li>• 1 jump combination/sequence may consist of three jumps, and the other may have only two jumps.</li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are allowed</li> <li>• No single Lutz, single Axel or double jumps are allowed</li> </ul>	<b>Max 2 Spins</b> <ul style="list-style-type: none"> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> </ul>	<b>Max 1 Sequence</b> <ul style="list-style-type: none"> <li>• Connecting steps throughout the program are required</li> </ul>

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

Spins of a different character – this refers to the abbreviation of a spin, e.g. a combination spin with a change of foot (CCoSp) and a combination with no change of foot (CoSp) are spins of a different character; and a flying sit spin (FSSp) and a sit spin (SSp) are of a different character. For more information, see U.S. Figure Skating rule 4103 (E).

**6.0 System Penalties:**

- 0.1 in each mark for each illegal element
- 0.1 in each mark for time violation
- 0.1 in 1st mark for insufficient revs.
- 0.1 in 1st mark for step seq. not utilizing the ice as prescribed.
- 0.2 in 1st mark for each jump and/or spin element exceeding max.
- 0.2 in 1st mark if a required element is omitted

**NOTE:** All times are MAXIMUM times. There is no +/- 10 second leeway for adult programs. All programs – IJS and 6.0 -- over the maximum time will receive a deduction.

### **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 ½ 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"> <li>• Waltz jump</li> <li>• ½ jump of choice</li> <li>• Forward two-foot or one-foot spin - minimum three revolutions (free leg position optional)</li> <li>• Forward or backward spiral</li> </ul>
High Beginner	1:15 max.	<ul style="list-style-type: none"> <li>• Toe loop jump</li> <li>• Salchow jump</li> <li>• Forward scratch spin - minimum three revolutions</li> <li>• Forward or backward spiral</li> </ul>



## U.S. Figure Skating Nonqualifying Competitions

### 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

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"><li>1. Single flip (<b>for competitions held before December 31, 2014</b>) Single Toe Loop (<b>for competitions held after January 1, 2015</b>)</li><li>2. Jump combination: single/single (no Axel)</li><li>3. Sit spin or camel spin - minimum three revolutions</li><li>4. Spiral sequence with one forward spiral and one backward spiral (any edge)</li></ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"><li>1. Single Lutz</li><li>2. Jump combination: single/single (may include Axel)</li><li>3. Back upright spin - minimum three revolutions</li><li>4. Forward inside spiral</li></ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"><li>1. Single jump (may include Axel)</li><li>2. Jump combination: single/single (may include Axel)</li><li>3. Layback spin or camel spin - minimum three revolutions</li><li>4. Step sequence - circular</li></ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"><li>1. Single Axel</li><li>2. Jump combination: single/single or double/single</li><li>3. Layback spin or camel spin - minimum three revolutions</li><li>4. Step sequence – circular</li></ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"><li>1. Double Salchow or double toe loop</li><li>2. Jump combination: single/single or double/single</li><li>3. Flying spin, minimum five revolutions</li><li>4. Step sequence – straight line</li></ol>
Novice	1:30 max.	<ol style="list-style-type: none"><li>1. Double loop</li><li>2. Jump combination: double/single or double/double</li><li>3. Flying spin - minimum five revolutions</li><li>4. Step sequence – straight line</li></ol>
Junior	1:30 max.	<ol style="list-style-type: none"><li>1. Double flip</li><li>2. Jump combination: double/double or triple/double</li><li>3. Combination spin - minimum 10 revolutions</li><li>4. Step sequence – straight line</li></ol>
Senior	1:30 max.	<ol style="list-style-type: none"><li>1. Double Lutz</li><li>2. Jump combination: double/double or triple/double</li><li>3. Combination spin - minimum 10 revolutions</li><li>4. Step sequence – straight line</li></ol>

## 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. Only required elements may be included.
2. All events are skated on ½ ice.
3. Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	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>
High Beginner	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>
Na-Test	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>
Pre – Preliminary	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>
Preliminary	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 change of foot (4)</li> <li>3. Sit spin (3)</li> </ol>
Pre – Juvenile	1:30 max.	<ol style="list-style-type: none"> <li>1. Camel spin (3)</li> <li>2. Combination spin – camel to sit spin; no change of foot (6)</li> <li>3. Forward to backward scratch spin (3 per foot)</li> </ol>
Juvenile & Open Juv.	1:30 max.	<ol style="list-style-type: none"> <li>1. Sit spin (4)</li> <li>2. Combination spin – with change of foot; optional change of position (4 per foot)</li> <li>3. Girls – layback spin (4); Boys – camel spin (4)</li> </ol>
Intermediate	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>
Novice	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>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Flying sit spin or flying reverse sit spin (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>
Senior	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>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Jumps Challenge

General event parameters:

1. Each jump may be attempted twice; the best attempt will be counted.
2. Pre-juvenile and lower will be skated  $\frac{1}{2}$  ice; Juvenile – senior will be skated on full ice
3. Jumps with an "\*" must be preceded with connecting steps (intermediate – senior)

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. <math>\frac{1}{2}</math> flip or <math>\frac{1}{2}</math> Lutz</li> <li>3. Single Salchow</li> </ol>
High Beginner	1:15 max.	<ol style="list-style-type: none"> <li>1. Waltz jump (from backward crossovers)</li> <li>2. Single Salchow</li> <li>3. Jump combination – waltz jump-toe loop</li> </ol>
No-Test	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single loop</li> <li>3. Jump combination – Any two <math>\frac{1}{2}</math> or single revolution jumps (no Axel)</li> </ol>
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single toe loop</li> <li>2. Single flip</li> <li>3. Jump combination – Any two <math>\frac{1}{2}</math> or single revolution jumps (no Axel)</li> </ol>
Preliminary	1:15 max.	<ol style="list-style-type: none"> <li>1. Single flip</li> <li>2. Single Lutz</li> <li>3. Jump combination – Any single jump + single loop (may be Axel)</li> </ol>
Pre – Juvenile	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Single or double jump</li> <li>3. Jump combination – single/single (no Axel)</li> </ol>
Juvenile & Open Juv.	1:15 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Double Salchow</li> <li>3. Jump combination – single/single or double/single (no Axel)</li> </ol>
Intermediate	1:30 max.	<ol style="list-style-type: none"> <li>1. Single Axel</li> <li>2. Double loop*</li> <li>3. Jump combination – double/single (no Axel)</li> </ol>
Novice	1:30 max.	<ol style="list-style-type: none"> <li>1. Double loop</li> <li>2. Double flip*</li> <li>3. Jump combination – double/double (may be double Axel)</li> </ol>
Junior	1:30 max.	<ol style="list-style-type: none"> <li>1. Choice of double or triple jump</li> <li>2. Double or triple flip*</li> <li>3. Jump combination – double/double (may be double Axel)</li> </ol>
Senior	1:30 max.	<ol style="list-style-type: none"> <li>1. Choice of double or triple jump</li> <li>2. Double or triple Lutz*</li> <li>3. Jump combination – double/double or triple/double (may be double Axel)</li> </ol>



## U.S. Figure Skating Nonqualifying Competitions

### EVENT: Moves in the field

#### General event parameters:

1. Levels are based on the skaters' highest Moves in the field test passed.
2. A moves in the field competition event will consist of the skater performing two moves in the field patterns.
3. The patterns to be skated depend on which quarter of the year the competition is held. The skater will perform the two patterns listed for their level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30<sup>th</sup> – July 2<sup>nd</sup>), the moves will be selected based on the start date of the competition listed in the announcement (in this example, the 2<sup>nd</sup> quarter).
4. Each skater will complete both of their required patterns consecutively in the order listed, pausing briefly in between.
5. The host club may choose to play background music, at a low volume, at their discretion.

Level	January 1 <sup>st</sup> - March 31 <sup>st</sup>	April 1 <sup>st</sup> – June 30 <sup>th</sup>	July 1 <sup>st</sup> – September 30 <sup>th</sup>	October 1 <sup>st</sup> – December 31 <sup>st</sup>
Pre-Preliminary	1. Forward perimeter stroking (1/2 rink only) 2. Basic consecutive edges (Forward outside & forward inside only)	1. Forward perimeter stroking (1/2 rink only). 2. Waltz eight (2 patterns/foot)	1. Basic consecutive edges (Backward outside & backward inside only). 2. Forward left & right spirals	1. Waltz eight 2. Forward left & right spirals
Preliminary	1. Forward & backward crossovers 2. Forward power 3-turns	1. Forward & backward crossovers 2. Consecutive outside & inside spirals	1. Forward circle eight 2. Alternating forward 3-turns.	1. Forward circle eight 2. Forward power 3-turns.
Pre-Juvenile	1. Forward & backward perimeter stroking. 2. Forward outside and backward inside 3-turns.	1. Forward & backward power change of edge pulls. 2. Forward inside and backward outside 3-turns.	1. Five-step mohawk sequence. 2. Backward circle eight.	1. Forward outside-backward inside 3-turns. 2. Backward circle eight.
Juvenile	1. Forward power circle 2. Backward power 3-turns.	1. Backward power circle. 2. Forward double 3-turns.	1. Eight-step mohawk sequence. 2. Forward double 3-turns.	1. Forward & backward free skate cross strokes. 2. Backward power 3-turns.
Intermediate	1. Brackets in the field 2. Spiral sequence	1. Brackets in the field 2. Forward twizzles (right forward outside & right forward inside only)	1. Forward twizzles (left forward outside & left forward inside only). 2. Inside slide chasse pattern.	1. Backward double three-turns. 2. Brackets in the field
Novice	1. Inside 3-turns/rocker-choctaws 2. Twizzles (Backward outside only)	1. Forward & backward outside counters. 2. Twizzles (Backward inside only)	1. Forward & backward inside counters. 2. Forward inside & outside loops.	1. Backward rocker choctaw sequence 2. Forward inside & outside loops.
Junior	1. Forward & backward outside rockers 2. Backward loop pattern.	1. Forward & backward inside rockers 2. Choctaw sequence	1. Straight line step sequence. 2. Power pulls	1. Straight line step sequence 2. Backward loop pattern.
Senior	1. Sustained edge step 2. Serpentine step sequence	1. Spiral sequence 2. Serpentine step sequence	1. Backward outside power double 3-turns to power inside double rockers. 2. Serpentine step sequence	1. Backward inside double 3-turns to power double outside rockers 2. Serpentine step sequence



## 2017 U.S. Figure Skating Solo Dance Series Events

The 42<sup>nd</sup> Annual Ladybug Competition is a participating competition within the 2017 Solo Dance Series.

*The solo pattern dance event, solo combined event and shadow dance events are being offered as part of the 2016 U.S. Figure Skating Solo Dance Series and will be conducted in accordance with the 2016 Solo Dance Series Handbook found at <http://www.usfigureskating.org/Programs.asp?id=479>. Please refer to the 2016 Solo Dance Series handbook for the current Series rules, levels and event requirements that will be in effect for this competition.*

### **2017 SOLO DANCE SERIES EVENTS BEING OFFERED:**

**Solo Pattern Dance Event:** The solo pattern dance event is comprised of two dances at each level. This event is being offered at the preliminary, pre-bronze, bronze, pre-silver, silver, pre-gold, gold and international levels.

### **2017 SOLO DANCE SERIES EVENTS BEING OFFERED:**

**Solo Pattern Dance Event:** The solo pattern dance event is comprised of two dances at each level. This event is being offered at the Preliminary, Pre-Bronze, Bronze, Pre-Silver, Silver, Pre-Gold, Gold and International levels.

Level	Dances
Preliminary	Canasta Tango Rhythm Blues
Pre-Bronze	Cha Cha Fiesta Tango
Bronze	Willow Waltz Ten Fox
Pre-Silver	Fourteenstep Foxtrot
Silver	American Waltz Rocker Foxtrot
Pre-Gold	Killian Blues
Gold	Viennese Waltz Quickstep
International	Silver Samba Tango Romantica

Refer to the 2017 Solo Dance Series Handbook found at for the solo pattern dance event rules, test requirements and details at <http://www.usfigureskating.org/Programs.asp?id=479>.

**Solo Combined Event:** The solo combined dance event is comprised of both of the following:

1.) **JUVENILE, INTERMEDIATE, NOVICE:** One solo pattern dance chosen by the referee out of two possible dances as selected by U.S. Figure Skating. This dance will not be posted until the starting order is posted at the competition.

*Pattern Dance Selection for Juvenile:* Willow Waltz and Hickory Hoedown

*Pattern Dance Selection for Intermediate:* Fourteenstep and Foxtrot

*Pattern Dance Selection for Novice:* American Waltz and Killian

**JUNIOR, SENIOR:** One solo short dance

2.) One solo free dance

The pattern dances competed in the combined dance event are separate from those in the solo pattern dance event and the results will not count towards the solo pattern dance event or results. This event is offered at the juvenile, intermediate, novice, junior and senior levels. Refer to the 2017 Solo Dance Series Handbook found at <http://www.usfigureskating.org/Programs.asp?id=479> for the combined event rules and details.

**Shadow Dance:** The Shadow Dance event is offered for the preliminary through senior levels. Refer to the 2017 Solo Dance Series Handbook found at <http://www.usfigureskating.org/Programs.asp?id=479> for the shadow dance rules and event details.

Level	Dances
Preliminary	Dutch Waltz
Juvenile	Cha Cha
Intermediate	Hickory Hoedown
Novice	Tango
Junior	Paso Doble
Senior	Westminster Waltz

# Glenwood Figure Skating Club's 42<sup>nd</sup> Annual Ladybug Competition

April 20, 21, 22 & 23, 2017

Sanctioned by United States Figure Skating

Closing date March 15, 2017

Name \_\_\_\_\_ Lady \_\_\_\_\_ Man \_\_\_\_\_ Birth date \_\_\_\_\_

Email Address (required) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Home Club \_\_\_\_\_ USFSA # \_\_\_\_\_

Highest Test Passed: **Free Skating** \_\_\_\_\_  
(As of 3/15/2017)

Professional's Name \_\_\_\_\_ Phone # (\_\_\_\_) \_\_\_\_\_

Professional's Email (required) \_\_\_\_\_

## Introductory Levels

\_\_\_\_ Beginner  
\_\_\_\_ High Beginner  
\_\_\_\_ No Test

## Well Balanced Free Skating

\_\_\_\_ Pre-Preliminary  
\_\_\_\_ Preliminary  
\_\_\_\_ Pre-Juvenile  
\_\_\_\_ Open Juvenile  
\_\_\_\_ Juvenile IJS  
\_\_\_\_ Intermediate IJS  
\_\_\_\_ Novice IJS  
\_\_\_\_ Junior IJS  
\_\_\_\_ Senior IJS

## Short Program

\_\_\_\_ Juvenile IJS  
\_\_\_\_ Intermediate IJS  
\_\_\_\_ Novice IJS  
\_\_\_\_ Junior IJS  
\_\_\_\_ Senior IJS

## Adult Free Skate

\_\_\_\_ Adult Pre-Bonze  
\_\_\_\_ Adult Bronze  
\_\_\_\_ Adult Silver

## Spin Competition

\_\_\_\_ Beginner  
\_\_\_\_ High Beginner  
\_\_\_\_ No Test  
\_\_\_\_ Pre-Preliminary  
\_\_\_\_ Preliminary  
\_\_\_\_ Pre-Juvenile  
\_\_\_\_ Juvenile  
\_\_\_\_ Intermediate  
\_\_\_\_ Novice  
\_\_\_\_ Junior/Senior

## Jumps Competition

\_\_\_\_ Beginner  
\_\_\_\_ High Beginner  
\_\_\_\_ No Test  
\_\_\_\_ Pre-Preliminary  
\_\_\_\_ Preliminary  
\_\_\_\_ Pre-Juvenile  
\_\_\_\_ Juv/Open Juvenile  
\_\_\_\_ Intermediate  
\_\_\_\_ Novice  
\_\_\_\_ Junior/Senior

## Shadow Dance

\_\_\_\_ Preliminary  
\_\_\_\_ Pre-Bronze  
\_\_\_\_ Bronze  
\_\_\_\_ Pre-Silver  
\_\_\_\_ Silver  
\_\_\_\_ Pre-Gold  
\_\_\_\_ Gold

## Solo Pattern Dance

\_\_\_\_ Preliminary  
\_\_\_\_ Pre-Bronze  
\_\_\_\_ Bronze  
\_\_\_\_ Pre-Silver  
\_\_\_\_ Silver  
\_\_\_\_ Pre-Gold  
\_\_\_\_ Gold  
\_\_\_\_ International

## Combined Dance Event

\_\_\_\_ Juvenile  
\_\_\_\_ Intermediate  
\_\_\_\_ Novice  
\_\_\_\_ Junior  
\_\_\_\_ Senior

## Compulsories

\_\_\_\_ Beginner  
\_\_\_\_ High Beginner  
\_\_\_\_ No Test  
\_\_\_\_ Pre-Preliminary  
\_\_\_\_ Preliminary  
\_\_\_\_ Pre-Juvenile  
\_\_\_\_ Juvenile/Open Juvenile  
\_\_\_\_ Intermediate  
\_\_\_\_ Novice  
\_\_\_\_ Senior

## Moves In the Field

\_\_\_\_ Pre-Preliminary  
\_\_\_\_ Preliminary  
\_\_\_\_ Pre-Juvenile  
\_\_\_\_ Juvenile  
\_\_\_\_ Intermediate  
\_\_\_\_ Novice  
\_\_\_\_ Junior/Senior

## Test Track

\_\_\_\_ Pre-Preliminary  
\_\_\_\_ Preliminary  
\_\_\_\_ Pre-Juvenile  
\_\_\_\_ Juvenile  
\_\_\_\_ Intermediate  
\_\_\_\_ Novice  
\_\_\_\_ Junior  
\_\_\_\_ Senior

**Certifications are on the reverse side and must be completed.**

Please be sure all information is filled in above, especially the birth date and the highest test(s) passed.

**Certifications and Waiver**

The following Certifications and Release must be completed before the competitor may enter this competition.

**Certification of Competitor** I am an amateur, eligible under the rules of United States Figure Skating to enter the event (s) checked.

Signed \_\_\_\_\_

**Certification of Club Officer** To the best of my knowledge, the above information is true and correct. The contestant is a member in good standing with our club.

Signed \_\_\_\_\_ Title \_\_\_\_\_

**Waiver of claim for injury.** All competitors waive all claims for injury during the competition and all practice sessions. If a competitor is under 18 years of age, a parent or guardian must sign the release.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Parent or guardian \_\_\_\_\_

**Coach's Signature** \_\_\_\_\_

Event	Cost	# of Events	Total Cost
1 <sup>st</sup> Event – Beginner thru Pre-Juv, Open Juv, Test Track, Adult Events, Solo Dance Event	\$120		
Additional Events	\$25		
1 <sup>st</sup> IJS Event (Juv. thru Senior)	\$150		
2 <sup>nd</sup> IJS Event	\$35		
Fee for a paper application	\$3		
Total			

Send entries to:

**May Wiza**  
**3134 Monterey**  
**Flossmoor, Illinois 60422**  
Phone # 708-957-4063  
**FAX # 708-957-7905**  
E-Mail: [Mayfsc@aol.com](mailto:Mayfsc@aol.com)

Make checks payable to:  
**Glenwood Figure Skating Club**

**Are you a registered participant in the 2017 U.S. Figure Skating Solo Dance Series?**

- ☐ Yes, my Solo Dance Series Registration # is \_\_\_\_\_  
☐ No

**Applications will not be accepted after the March 15, 2017 postmark.**

**The 42nd Annual Ladybug Competition**  
**AD Book Information**  
**April 20, 21, 22, 23, 2017**  
**Homewood-Flossmoor Ice Arena**

The Glenwood FSC invited you to show your support or promote your products or services by placing an ad in our Competition Program. The official program will be printed on 8.5" x 11" paper in magazine format. Along with the standard size ads, we are offering an opportunity for skaters, parents, etc., to write their own personal message. A message can be up to 150 characters, including spaces.

**Please check your selection for ad size and complete the information requested below.**

	Full Page	\$100
	Inside back cover	\$150
	Outside back cover	\$200
	½ Page (Vertical or Horizontal)	\$50
	¼ Page (Vertical or Horizontal)	\$25
	Personal Message (2 lines or up to 150 characters)	\$5

\*\*Please print your personal message below.

--

**Advertisers**

Business Name	
Street Address	
City/State/Zip	
Phone Number	
Contact Person/email	

- Your Ad must be in a camera-ready pdf format.
- Advertisement deadline: March 15, 2017
- Email questions to May Wiza, [mayfsc@aol.com](mailto:mayfsc@aol.com)
- Email your camera-ready pdf to May Wiza [mayfsc@aol.com](mailto:mayfsc@aol.com)
- Mail your payment and ad copy to:  
 Glenwood FSC  
 3134 Monterey  
 Flossmoor, IL 60422