

# **THE 2010 OFFICIAL U.S. FIGURE SKATING RULEBOOK ©**

Except as otherwise specified in the  
Report of Action of the May 2009  
Governing Council meeting,  
the effective date of any revisions to the  
Official Rules of U.S. Figure Skating  
is September 1, 2009, for the 2009-2010  
competition season

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## PART TWO

### RULES OF SPORT

#### 2009-2010 Competition Schedule

All locations and dates are subject to change

#### ■ REGIONAL CHAMPIONSHIPS

##### Eastern

South Atlantic	Washington FSC, Rockville, MD	Oct. 9-13, 2009
North Atlantic	American Academy FSC, Hackensack, NJ	Oct. 16-20, 2009
New England	Champlain Valley SC, Burlington, VT	Oct. 22-26, 2009

##### Midwestern

Southwestern	Dallas FSC, Grapevine, TX	Oct. 9-13, 2009
Eastern Great Lakes	ISC of Indianapolis, Carmel, IN	Oct. 16-20, 2009
Upper Great Lakes	Skating Council of Ill., Hoffman Estates, IL	Oct. 23-27, 2009

##### Pacific Coast

Northwest Pacific	Oregon Skating Council, Medford, OR	Oct. 9-12, 2009
Central Pacific	Salt Lake FS, Salt Lake City, UT	Oct. 16-20, 2009
Southwest Pacific	Coyotes SC of Arizona, Scottsdale, AZ	Oct. 23-27, 2009

#### ■ SKATE AMERICA

Lake Placid, NY	Nov 12-15, 2009
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#### ■ SECTIONAL CHAMPIONSHIPS

Eastern	University of Delaware FSC, Newark, DE	Nov. 17-22, 2009
Midwestern	Wichita FSC, Wichita, KS	Nov. 17-22, 2009
Pacific Coast	Jackson Hole FSC, Jackson Hole, WY	Nov. 17-22, 2009

#### ■ U.S. JUNIOR FIGURE SKATING CHAMPIONSHIPS

Greater Cleveland Council of Figure Skating Clubs, Strongsville, OH	Dec. 14-19, 2009
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#### ■ U.S. FIGURE SKATING CHAMPIONSHIPS

Spokane Arena, Spokane, WA	Jan. 14-24, 2010
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#### ■ FOUR CONTINENTS FIGURE SKATING CHAMPIONSHIPS

Republic of Korea	Jan. 25-31, 2010
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#### ■ SYNCHRONIZED SKATING SECTIONAL CHAMPIONSHIPS

Eastern	Colonial FSC, Lowell, MA	Jan. 28-30, 2010
Midwestern & Pacific Coast	Eastern Iowa FSC, Cedar Rapids, IA	Jan. 28-30, 2010

#### ■ OLYMPIC WINTER GAMES

Vancouver, BC, Canada	Feb, 12-28, 2010
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#### ■ U.S. SYNCHRONIZED SKATING CHAMPIONSHIPS

Twin City FSC, Minneapolis, MN	Mar. 3-6, 2010
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#### ■ WORLD JUNIOR FIGURE SKATING CHAMPIONSHIPS

The Hague, Netherlands	Mar. 8-14, 2010
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#### ■ WORLD FIGURE SKATING CHAMPIONSHIPS

Torino, Italy	Mar. 22-28, 2010
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#### ■ WORLD SYNCHRONIZED SKATING CHAMPIONSHIPS

Colorado Springs, CO, USA	Apr. 9-10, 2010
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#### ■ U.S. ADULT FIGURE SKATING CHAMPIONSHIPS

Bloomington FSC, Bloomington, MN	Apr. 13-17, 2010
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## **1000 Competition Administration**

### **1001 Competition Sanctions**

#### **1002 ISU Competitions**

**1003** With the exception of the Olympic Winter Games, the Board of Directors shall sanction competitions set forth in the regulations of the ISU when such competitions are held in the United States.

#### **1004 Competition Season**

The competition season begins on July 1 of each year.

A. Technical requirements for all levels take effect on that date.

B. Competitions held after the U.S. Championships (and through June 30) may specify either the just concluding or the new (upcoming commencing July 1) requirements.

C. Changes to requirements occurring after the Governing Council will be posted on the web site.

#### **1010 Qualifying Competitions**

**1011** The chair of the Competitions Committee shall issue sanctions as directed by the Board of Directors.

The Board of Directors must sanction the following competitions:

- A. U.S. Figure Skating Championships
- B. U.S. Junior Figure Skating Championships
- C. U.S. Collegiate Figure Skating Championships
- D. U.S. Adult Figure Skating Championships
- E. U.S. Synchronized Skating Championships
- F. Skate America
- G. North American International Synchronized Skating Competition
- H. Special national competitions

Applications for these competitions will be made as directed by the chair of the Competitions Committee. Applications will be provisionally accepted by the committee and sanctions issued.

**1012** Except as noted above, the chair of the Competitions Committee, or the appropriate sectional or regional vice chair, must sanction all U.S. Figure Skating figure skating competitions held in the United States.

- A. Applications may be obtained from any vice chair of the Competitions Committee or U.S. Figure Skating Headquarters and must be returned at least 90 days in advance of the competition (see 1050 for Intercollegiate competitions);
- B. Sectional and regional championships require a sanction from the appropriate sectional vice chair of the Competitions Committee;
- C. The chair or vice chair may reject any application for any good and sufficient reason;
- D. Sanctions for any qualifying competition, unless otherwise approved by the Board of Directors, shall be issued only to full member clubs in good standing or to interclub associations listed in the current directory. Entries are limited to registered persons or to members of a member association of the ISU. Sanctions will only be issued to provisional members for nonqualifying competitions. Sanctions for intercollegiate competitions may be issued to collegiate clubs in good standing.
- E. A member club that uses the principal skating headquarters of another member club for a competition must receive permission in writing from the home club before a sanction may be issued. A copy of the letter of permission must be attached to the competition sanction application.

**1013** First aid facilities must be available at all competitions. The presence of a qualified physician is also recommended.

**1014** For all U.S. Figure Skating Championships and qualifying competitions, ice surfaces measuring not less than 85 feet by 185 feet shall be used whenever possible:

- A. For U.S. Figure Skating Championships, smaller ice surfaces may be used only with the approval of the Board of Directors.
- B. For the U.S. Synchronized Skating Championships, smaller ice surfaces may be used only with the approval of the Board of Directors and the chair of the Competitions Committee.
- C. For other competitions, smaller ice surfaces may be used only with the approval of the chair of the Competitions Committee after consultation with the appropriate sectional vice chair of the Competitions Committee.
- D. It is preferred that sites for sectional and regional competitions have, whenever possible, two ice surfaces available for competition.

**1015** If a sectional or regional championship cannot be held within that section or region:

- A. The chair of the Competitions Committee has the authority to assign that sectional championship to another section;
- B. The appropriate sectional vice chair of the Competitions Committee has the authority to assign that regional championship to another region within the same section.

**1016** Synchronized skating sectional championships may be hosted at a common time and location with the approval of the chair of the Competitions Committee. Each section will have separate competitions.

**1017** In the event that either a sectional or regional championship cannot be held or relocated, a committee comprised of the chair of the Competitions Committee, along with the appropriate sectional and regional vice chairs, the appropriate vice president, at least 20 percent athlete representation, and any other members deemed appropriate by the president, will select the skaters or teams to advance to the next level of qualifying competition.

**1018** Entry fees paid to the LOC for appropriate qualifying competitions are based on entries (net of byes, four or fewer, processing fees, etc.) as of close of entries.

#### **1020 Nonqualifying Competitions**

- 1021** Nonqualifying competitions and non-national special competitions require a sanction from either the appropriate regional vice chair of the Competitions Committee or in the case of synchronized competitions the appropriate sectional vice chair of the Synchronized Skating Competitions Subcommittee.
- A. Nonqualifying competitions may be divided into different classes of events with such rules for eligibility in the different classes as the local organizing committee may determine.
  - B. Competitions open to skaters of both the United States and Canada require sanctions from both the Competitions Committee and Skate Canada.
  - C. A detailed announcement setting forth the specific rules for the competition and for the events offered, as well as procedures that are different from those listed in these rules, must be submitted with the official sanction application to the regional vice chair for approval and sanctioning.
  - D. Nonqualifying competitions must not be publicized nor held until the announcement has been approved and the sanction awarded.
  - E. Disputes over dates for hosting nonqualifying competitions will be arbitrated by the Competitions Committee regional vice chair(s) granting the disputed sanctions. Should agreement between the affected clubs not be achieved, the regional vice chair(s) will have the authority to mandate a solution after consultation with the appropriate sectional vice chair. Should the decision involve more than one regional vice chair and the regional vice chairs are not able to reach an agreement, the chair of the Competitions Committee will mandate the solution. The same procedure will be followed for synchronized events but at the sectional vice chair level.
- 1022** First aid facilities must be available at all competitions. The presence of a qualified physician is also recommended.
- 1030 Basic Skills Competitions**
- 1031** A U.S. Figure Skating sanction is not required for Basic Skills Competitions. However, an approval number must be obtained from the appointed Basic Skills representatives.
- 1032** Basic Skills competitions may include events for skaters who have passed no higher than the preliminary free skate, preliminary dance or adult bronze free skate tests without applying for a U.S. Figure Skating sanction. However, an approval number is required from the appointed Basic Skills representatives.
- 1033** A sanction must be obtained from U.S. Figure Skating when a Basic Skills competition is held in conjunction with a sanctioned nonqualifying competition. In addition, an approval number must also be obtained from the appointed Basic Skills representatives.
- 1040 Special Competitions**
- 1041** Special competitions require a sanction from the appropriate regional vice chair.
- A. A special competition is one that for novelty or other sufficient reason is considered desirable but cannot be conducted under other competition rules.
  - B. Rules pertaining to the conduct of qualifying competitions are optional for special competitions. Such rules include:
    1. Selection and posting of compulsory dances and original dance rhythms:
      - Seeding
      - Initial starting order and warm-up groups
      - Subsequent starting order and warm-up groups
      - Authorized systems of judging
      - Computations for placements
    2. Officials from the official lists are not required so long as the chief referee or the chief accountant is so qualified.
  - C. For application of other rules, a special competition is to be considered a sanctioned nonqualifying competition. All entrants must be at least a U.S. Figure Skating registered Basic Skills member or an Ice Skating Institute member.
  - D. Any nonregistered skater may participate in special competitions if otherwise eligible.
- 1050 Intercollegiate Competitions**
- 1051** Collegiate clubs shall download the current standard announcement and sanction request form from the U.S. Figure Skating collegiate web site, complete the necessary parts, add any additional information they deem necessary and send these documents to the appropriate regional vice chair for approval and sanctioning.
- 1052** In addition to meeting the usual eligibility requirements, all skaters in intercollegiate competitions must represent their college/university and be full-time students at the college/university they represent.
- 1060 Club Competitions and Special Olympics**
- 1061** Other types of nonqualifying competitions that can be held without a U.S. Figure Skating sanction:
- A. Club competitions:
    1. Club officers or other authorities may make special rules for closed club competitions without obtaining the consent of the chair or appropriate sectional or regional vice chair of the Competitions Committee, provided that such rules do not violate U.S. Figure Skating rules on eligibility.
    2. Ineligible persons are not permitted to compete in club competitions.
    3. Competitors must be U.S. Figure Skating members and members of the club and entries must not be contingent on nor include special memberships.
  - B. Special Olympics:

Registered Special Olympics skaters may participate in any event only for Special Olympics athletes without jeopardizing their eligible skater status. See ER 8.01(G).
- 1070 National Showcase Competition**
- 1071** For specific guidelines for the conduct of National Showcase competitions refer to the National Showcase Competition Manual.
- 1100 Standard Contracts for National Competitions**

- 1101** For the U.S. Figure Skating Championships, the terms of the contract between the local organizing committee (LOC) for U.S. Figure Skating Championships and U.S. Figure Skating are standardized as follows:
- A. U.S. Figure Skating will assume the management of U.S. Figure Skating Championships.
  - B. U.S. Figure Skating shall pay all expenses involved with organizing and conducting the championships including, but not limited to, the expenses of referees, accountants, judges and other assigned officials, medals, trophies, competition forms, computer costs, and electronic scoreboards.
  - C. The LOC, in good faith, will negotiate a standard agreement covering U.S. Figure Skating Championships with U.S. Figure Skating;
  - D. U.S. Figure Skating will pay a fee to the LOC for supplying the local volunteers to carry out the various responsibilities assigned to them. The LOC will keep any monies received from any approved local cash sponsor. The LOC will also keep any leftover items procured from approved local "value in kind" sponsors.

- 1102** The terms of the contract between the local organizing committee (LOC) for all other national championships (U.S. Junior Figure Skating Championships, U.S. Adult Figure Skating Championships, U.S. Synchronized Skating Championships, U.S. Collegiate Figure Skating Championships) and U.S. Figure Skating are standardized as follows:
- A. The LOC shall agree to pay all expenses involved with organizing and conducting the championships including, but not limited to, the expenses of referees, judges, \*music equipment and coordinators, technical representatives, accountants, medals, trophies, sanction fees if any, necessary competition forms, computer costs, \*electronic score boards, \*judging boxes, etc., (\*U.S. Figure Skating will provide this equipment in good working condition from its current storage location); prior to the placement of the event;
  - B. The LOC shall agree to negotiate in good faith a U.S. Figure Skating standard agreement covering the U.S. Figure Skating Championships;
  - C. The LOC shall pay a bid fee to U.S. Figure Skating and all other expenses of the championships. These expenses may include the officials' dinner but may not include any other party or banquet expense. The LOC shall retain all net profits thereafter. No payment shall be made to any service organization prior to the calculation of the net profit;
  - D. A financial statement of the gross receipts, expenditures and net profit accruing from the championships shall be filed with the treasurer and the chair of the Competitions Committee not later than 120 days after the last day of the championships. Payment of U.S. Figure Skating's share of the net profit shall accompany the copy of said statement forwarded to U.S. Figure Skating treasurer.

## **1200 Officials**

### **1210 Qualifying Competitions**

- 1211** The local organizing committee shall send to all of the officials who will be participating at their competition the name and telephone number of the hotel where the officials will be staying and the name and telephone number of the facility where the competition will be held.

### **1220 Nonqualifying Competitions**

- 1221** All referees, assistant referees, judges, technical panel officials, accountants and assistant accountants, except as otherwise prescribed in these rules, must be selected from the official lists set forth in the current directory, be currently registered with U.S. Figure Skating and be otherwise in good standing under U.S. Figure Skating rules.

- 1222** For all sanctioned, nonqualifying competitions, the local organizing committee shall select the following officials:

- A. A referee. Additional referees may be selected at the discretion of the host club.
  - 1. Either the referee or the accountant must be selected from the official lists;
  - 2. The referee, if not selected from the official lists, must be an official judge;
  - 3. A regional referee may serve as chief referee at nonqualifying competitions.
- B. Judges:
  - 1. No fewer than three but no more than nine judges shall be assigned to each event of any sanctioned competition. An odd number of judges must be used with 6.0 scoring;
  - 2. Judges may serve at one level higher than that for which certified in the official lists, as specified in JR 6.00 and 7.00.
  - 3. A minority of a judging panel at a nonqualifying competition event can consist of judges with only a nonqualifying competition appointment.
- C. An accountant. Additional accountants may be selected at the discretion of the host club.
  - 1. Regional accountants may serve as the chief accountant for nonqualifying competitions.
- D. Other officials as may be necessary.

- 1223** Foreign judges/referees, recognized by their own associations, may judge and/or referee nonqualifying competitions.

### **1230 Club Competitions**

- 1231** For club competitions, referees, judges and accountants may be selected at the discretion of the officers of the club conducting the competition, although it is recommended that persons from the official lists be selected whenever possible. Any qualified eligible person or reinstated person may act as a referee, judge or accountant in club competitions, but restricted and ineligible persons may not.

### **1240 Basic Skills Competitions**

- 1241** For Basic Skills competitions three judges, not related to the competitor, are required for each event. Judges may be any official U.S. Figure Skating or Skate Canada judge or any other qualified eligible or ineligible person in skating who is a U.S. Figure Skating member and/or Basic Skills member.

- 1242** For Basic Skills competitions, the member club or other organization sponsoring and conducting the competition shall approve all judges and officials. All persons serving as judges and officials shall be at least 16 years of age.

## **1300 Reimbursement of Officials**

**1301** All authorized officials shall submit their expense accounts to the local organizing committee on the U.S. Figure Skating Expense Report Forms in accordance with GR 2.02. Expenses may not exceed the limitations imposed by GR 2.02. Reimbursement to authorized officials must be made as soon as possible but no later than 14 days (30 days for U.S. Figure Skating Championships) following the submission of their expense form to the hosting organization.

**1400 Events**

**1401** The title “men” or “ladies” shall apply to all singles events at or above the intermediate level, all adult singles events, all intercollegiate singles events and all open singles events. All other singles events shall use the titles “boys” or “girls.”

**1410 Qualifying Competitions**

**1411** The national, sectional and regional championships shall be held in accordance with the general rules and regulations for all competitions, together with the rules specific to those competitions.

**1412** Qualifying competitions shall consist of the following events:

		US Figure Skating Championships	US Junior Figure Skating Championships	Sectional Championships	Regional Championships
<b>Qualifying Events</b>					
Senior (Championship)	Ladies	√		√	√
	Men	√		√	√
	Pairs	√		√	
	Dance	√		√	
Junior	Ladies	√		√	√
	Men	√		√	√
	Pairs	√		√	
	Dance	√		√	
Novice	Ladies	√		√	√
	Men	√		√	√
	Pairs	√		√	
	Dance	√		√	
Intermediate	Ladies		√		√
	Men		√		√
	Pairs		√	√	
	Dance		√	√	
Juvenile	Girls		√		√
	Boys		√		√
	Pairs		√	√	
	Dance		√	√	
<b>Nonqualifying Events</b>					
Open Juvenile	Ladies				√*
	Men				√*
Pre-Juvenile	Pairs				√*
	Dance				√*

\* May be held at the discretion of the local organizing committee.

**1413** The Board of Directors may divide the events of U.S. Figure Skating Championships, and the chair of the Competitions Committee with the sectional vice president concerned may divide the events of the sectional and regional championships among different clubs as they see fit.

**1420 U.S. Junior Figure Skating Championships**

**1421** The U.S. Junior Figure Skating Championships shall consist of the following events:

- A. Intermediate championships for men’s singles, ladies singles, pairs and dance.
- B. Juvenile championships for boy’s singles, girl’s singles, pairs and dance.

**1430 U.S. Collegiate Figure Skating Championships**

**1431** The U.S. Collegiate Figure Skating Championships shall consist of the following events:

- A. The U.S. Collegiate Figure Skating Championships of the United States for men’s singles, ladies singles, pairs and dance.
- B. The U.S. Collegiate Figure Skating Championships for junior men’s singles, ladies singles, pairs and dance.
- C. Dance shall consist of two compulsory dances and a free dance.

**1440 U.S. Adult Figure Skating Championships**

**1441** The U.S. Adult Figure Skating Championships and the adult sectional championships shall consist of the following events:

- A. Events which require qualification from sectionals: championship masters junior-senior free skate; championship masters intermediate-novice free skate; championship adult gold free skate, championship adult pairs, championship adult dance;
- B. Events which do not require qualification from sectionals: masters senior free skate, masters junior free skate, masters novice free skate, masters intermediate free skate, adult gold free skate, adult silver free skate, adult bronze free skate, masters pairs, adult gold

pairs, adult silver pairs, adult bronze pairs, masters open dance, adult gold dance, adult pre-gold dance, adult silver dance, adult pre-silver dance, adult bronze dance, adult pre-bronze dance, adult centennial dance, masters interpretive free skate, adult interpretive free skate

#### **1450 U.S. Synchronized Skating Championships**

**1451** The national and sectional synchronized skating championships shall consist of the following levels: senior, junior, novice, intermediate, juvenile, collegiate, adult and masters.

**1452** The sectional synchronized championships shall consist of the above levels as set forth in 1451 and the following levels: preliminary, pre-juvenile, open juvenile, open collegiate and open adult.

#### **1460 Events in Nonqualifying Competitions**

**1461** The local organizing committee of a nonqualifying competition may, with the approval of the appropriate regional vice chair, modify events (such as senior, junior, novice, intermediate, adult, etc.) covered in the rulebook and create events not covered. The rules for all such events must be specified in the competition announcement.

**1462** Moves in the Field:

A. Ladies and men may compete against each other at all levels.

**1463** Singles and Pairs:

A. The free skate is performed by each competitor individually.

B. The event may consist of a short program only, a short program and free skate combined or free skate only.

**1464** Dance:

A. Dance may be divided into events consisting of any or all of the following: compulsory dances, an original dance, free dance or solo dance.

B. When the initial and final rounds in nonqualifying competitions consist of compulsory dances:

1. All couples may skate individually;

2. All couples may skate in flights not to exceed four couples in each flight;

3. The number of couples may be reduced to four couples who may skate individually or as a flight (all couples at once);

C. Ladies and men may compete against each other in solo dance competitions. See General Dance Regulations in 4200.

**1465** If only one competitor/team appears at a singles, pairs, dance or synchronized skating event, the referee will offer the competitor the option to skate. If the competitor chooses to skate, judges will award their marks according to the rules and the applicable scoring system used. The competitor will receive first place. If the competitor/team chooses not to skate, the entry fee will be refunded.

### **1500 Announcements**

#### **1510 Qualifying Competitions**

**1511** The rules for qualifying competitions shall be those in this rulebook unless stated otherwise in the announcement.

The announcement and entry form for:

A. The U.S. Figure Skating Championships and U.S. Junior Figure Skating Championships must be approved by the chair of the Competitions Committee;

B. The U.S. Synchronized Skating Championships must be approved by the national vice chair for synchronized skating competitions;

C. The sectional and regional championships must be approved by the appropriate sectional vice chairs of the Competitions Committee;

D. Sectional synchronized skating championships must be approved by both the appropriate sectional vice chair and the national vice chair for synchronized skating competitions.

**1512** The announcements must be made as follows:

A. The U.S. Figure Skating Championships shall be announced at least three weeks before the competition begins;

B. The U.S. Junior Figure Skating Championships, the sectional championships shall be announced by Oct. 1.

C. Regional championships shall be announced by July 15.

D. The U.S. Synchronized Skating Championships shall be announced at least five weeks before the competition is to be held;

1. The sectional championships shall be announced at least nine weeks before the competition is to be held.

E. The announcement for the U.S. Collegiate Figure Skating Championships shall be available for distribution by May 15.

F. The announcements for the adult sectional and U.S. Adult Figure Skating Championships shall be made available by Oct. 1.

**1513** The announcement of the regional championship shall also contain the date, time and location of qualifying rounds to be held if required. Qualifying rounds may be held no earlier than one week prior to the regional championships at the same rink or rinks at other locations, or as part of the regional championships.

**1514** A final copy of all announcements shall be sent to the chair of the Competitions Committee and to U.S. Figure Skating Headquarters.

## **1520 Nonqualifying Competitions**

**1521** Announcements for nonqualifying competitions shall contain the following information:

- A. Place
- B. Dates
- C. Projected days of conducting the different events
- D. Date of closing of entries
- E. Amount of entry fee
- F. Where entry is to be sent
- G. Form and size of the rink
- H. Character, nature and requirements of the different events
- I. Supplementary conditions of any kind, including the following information:
  - Rules for eligibility for the different classes;
  - Duration of short program and free skates;
  - Details of special events (showcase, interpretive, compulsory moves, team moves, etc.) including test requirements and duration of programs (if applicable);
  - Information on events where female and male competitors will be combined;
  - Information on events where the competitors will be grouped by age;
  - Dance events;
  - Compulsory dances or a system of drawing compulsory dances that have been selected by the local organizing committee, e.g. mixed-dance competitions or one-dance competitions;
  - Number of sequences for each compulsory dance that may vary from those set forth in 4230;
  - For dance events having both an initial and final round, details of the final round;
  - Procedure for marking the final round and awarding a placement;
  - Nonqualifying events are not required to have a final round.
  - If no final round will be held, the announcement shall state that no final round will be held and that medals and or trophies will be awarded to those specified in the announcement.
  - Computation procedures that differ from 3400 Computations under the 6.0 System. Rules moved to the U.S. Figure Skating Members Only site at [www.usfsaonline.org](http://www.usfsaonline.org), under the "Accounting Central" link.

## **1530 Basic Skills Competitions**

**1531** For all Basic Skills competitions, a copy of the announcement and an approval request shall be sent to the appointed Basic Skills representative for approval and issuance of a Basic Skills approval number, 30 days prior to the release of the competition announcement to the public. The approval is to be publicly displayed during the competition.

**1532** Basic Skills competitions will follow the event structure as outlined in the Basic Skills Competition Manual. Any registered Basic Skills group may conduct a Basic Skills competition.

**1533** When Basic Skills competitions are held on the home ice of a U.S. Figure Skating member club, the member club shall be designated as the sponsoring club.

**1534** Basic Skills competitions may be:

- A. "In house" - the competition is available only to those skaters who are members of the club or group conducting the competition, or
- B. "Open" - the competition is available to any registered U.S. Figure Skating Basic Skills member or full U.S. Figure Skating member.

## **1600 Competition Expenses and Reports**

### **1610 Qualifying Competitions**

**1611** The host club shall meet the expenses of any sanctioned competition such as advertising, programs, prizes, expenses of officials and all other expenses as specified in the standard contract. The expense of U.S. Figure Skating officials, technicians or others whose attendance at regionals or sectionals is individually appointed by U.S. Figure Skating shall be assumed by U.S. Figure Skating.

**1612** Clubs conducting qualifying competitions shall file a financial statement on forms available from U.S. Figure Skating Headquarters as follows:

- A. For sectional and regional competitions, a financial statement shall be filed within 90 days after the last day of the competition with the chair of the Competitions Committee, U.S. Figure Skating Headquarters and with the appropriate sectional and regional vice chairs of the Competitions Committee.
- B. For all national competitions other than the U.S. Figure Skating Championships, see rule 1102.
- C. For sectional synchronized skating competitions, a financial statement shall be filed within 90 days after the last day of the competition with the chair of the Competitions Committee, U.S. Figure Skating Headquarters and with the appropriate sectional chairs of the Synchronized Skating Competitions Committee.

**1613** Clubs which fail to file financial statements for any qualifying competition or, in the case of the U.S. Figure Skating Championships or the U.S. Synchronized Skating Championships, fail to pay U.S. Figure Skating's share of the net profits will not be issued a sanction for any future competition until the terms of the standard contract and 1612 are fulfilled.



## 1700 Trial Judges

- 1701 Trial judges who have been approved in accordance with JR 16.00 and who have not been assigned as an official of the competition may be charged reasonable fees by the host organization to cover administrative and hospitality costs.
- No more than \$30 for a sectional or regional;
  - No more than \$50 for the U.S. Figure Skating Championships, the U.S. Synchronized Skating Championships, the U.S. Junior Figure Skating Championships or the U.S. Collegiate Figure Skating Championships.
  - If a trial judge is also an official judge, no fee may be charged.

## 2000 Information for Officials

### 2001 Judges' Creed

The following Judges' Creed is established for the guidance of all judges of figure skating, ice dancing, and synchronized skating:

I consider it an honor and a privilege to be a judge of figure skating, ice dancing, or synchronized skating.

I shall make my judgment to the best of my ability with all humility and then shall keep my own counsel unless questioned officially.

I shall free my mind of all former impressions, be cooperative and punctual, and do my best always to improve my knowledge and to uphold the dignity of the sport.

### 2010 Judges' Duties — Marking of Events

- 2011 For those events that are judged using the IJS system, the judge shall mark each element with a grade of execution in a range from +3 to -3, and shall mark each separate component on a scale of 0.25 to 10, using .25 point increments.

- 2012 The 6.0 system is marked on a scale from 0 to 6, of which:

0 = not skated	4.0 = good
1.0 = very poor	5.0 = very good
2.0 = poor	6.0 = outstanding performance
3.0 = mediocre	

A. Decimals to one place are permitted as further intermediate values (e.g., 3.8, 4.4, 5.5).

B. When deserved, a judge may award the mark of 6.0 either in the first mark or in the second mark, but not in both, except for the last competitor.

### 2030 Marking of Singles Short Programs

- 2031 For those events that are judged under the IJS, the judge shall mark each technical element with a grade of execution in a range from +3 to -3, and shall mark each separate component on a scale of 0.25 to 10 at .25 point increments. See 3434.

- 2032 In the singles short program, for those events that are judged under the 6.0 system, two marks shall be awarded in a scale from 0 to 6 (see 2012). The first mark shall be for technical elements (formerly "required elements") and the second mark shall be for program components (formerly "presentation").

A. Every failure in the technical elements must be reflected only in the first mark according to the importance of the element failed or omitted and the gravity of the mistake itself since there is no direct relationship between the first and second marks. However, marks must be deducted for failures in the second mark if the harmonious and artistic aspects of the program are involved.

B. Illegal elements/movements:

1. Lying and prolonged and/or stationary kneeling on both knees on the ice

2. Somersault type jumps are forbidden

C. The execution of a non-prescribed element in place of a prescribed element must be considered as an omission; an additional deduction of 0.1–0.2 for an extra element should be taken in the mark for technical elements.

D. When movements, which are not allowed are included, deductions must be made both for technical elements and program components. The penalty to be applied should be 0.1 in each mark for each forbidden element performed.

E. An element is omitted when it is not tried; the jump combination is omitted when neither one of the two jumps is attempted. Deductions must be made according to the following scale of values:

Singles	Failures	Omissions
Jump combination, solo jumps, spins, flying spins and spin combinations	0.1 to 0.4	0.5
Step sequences and spiral step sequences	0.1 to 0.3	0.4
Extra or repeated elements	0.1 to 0.2	-

F. See also 2102 A, 2101 A and C.

### 2040 Marking of Singles Free Skate

- 2041 For those events that are judged under the IJS, the judge shall mark each technical element with a grade of execution in a range from +3 to -3 and shall mark each separate component on a scale of 0.25 to 10 at 0.25 point increments. See 3434.

- 2042 In the singles free skate, for those events that are judged under the 6.0 system, two marks shall be awarded on a scale from 0 to 6 (see 2012). The first mark shall be for technical elements (formerly "technical merit") and the second mark shall be for program components (formerly "presentation").

A. Illegal elements/movements:

1. Lying and prolonged and/or stationary kneeling on both knees on the ice at the beginning, the end and/or during the program.

2. Somersault types of jumps.

3. The penalty to be applied should be 0.1 in each mark for each forbidden element performed.
- B. Where free skate moves are repeated (i.e., jumps, spins, step sequences), the full value of the move repeated must not be awarded by the judges in the mark for technical elements. The foregoing shall not, however, apply to combinations.
- C. All the elements of a free skate (the jumps, spins, step sequences and particularly the glide, footwork and the difficulty and variety of the steps) must be taken into consideration in the mark for technical elements and be rewarded according to their relative merit as to difficulty:
  1. No individual element can be given predominant importance and the program must be considered as a whole.
  2. Excessive values must not be assigned to triple or quadruple jumps especially when of poor quality.
  3. When making a comparison between a well-executed double jump and a well-executed triple jump, either individually or in combination, the difference in value should be very small (from 0.1 to 0.2, depending upon the difficulty of the jump up to a maximum of 0.3 in the case of very difficult triple jump combinations).
  4. In addition, no extra credit should be given for a poorly executed triple or quadruple jump when compared with a well-executed double jump.
- D. A program is not considered well-balanced when it contains an extra number or less than the required minimum number of an element, or when it lacks connecting steps between the elements. When a program is not well-balanced, the deduction should be 0.2 from the mark for technical elements for each extra or lacking element.

**2050 Marking of Pairs Short Program**

**2051** For those events that are judged under the IJS, the judge shall mark each technical element with a grade of execution in a range from +3 to -3, and shall mark each separate component on a scale of 0.25 to 10 at .25 point increments. See 3434.

**2052** In the pairs short program, for those events that are judged under the 6.0 system, two marks are awarded on a scale from 0 to 6 as in 2012. The first mark is for technical elements and the second mark is for program components with the added element of unison being considered under technical elements and program components.

A. An element is omitted when it is not tried. Deductions must be made according to the following scale of values:

Pairs	Failures	Omissions
Lifts, throw jump, solo jump, spin, spin combination and death spiral	0.1 to 0.4	0.5
Step sequences and spiral step sequences	0.1 to 0.3	0.4
Extra or repeated elements	0.1 to 0.2	-

See also 2102 A, 2101 A and C.

**2060 Marking of Pairs Free Skate**

**2061** For those events that are judged under the IJS, the judge shall mark each technical element with a grade of execution in a range from +3 to -3 and shall mark each separate component on a scale of 0.25 to 10 at 0.25 point increments. See 3434.

**2062** In the pairs free skate, for those events that are judged under the 6.0 system, two marks are awarded on a scale from 0 to 6 as in 2012. The first mark is for technical elements and the second mark is for program components. The rules are the same as for the marking of the free skate in 2051 with the following additional consideration:

- A. The minimum penalty to be applied is 0.1 in each mark for each illegal element and 0.1 from the technical elements mark for spins which have less than the required revolutions.
- B. In pairs skating, the accurate performance in unison by the partners must be considered in both the technical elements and program components marks. Special attention must be paid to the selection of an appropriate partner. If there is a serious imbalance in their physical characteristics which would result in an obvious lack of unison, it should be reflected in the marks both for technical elements and program components. See 2102 A, 2101 A and C.

**2070 Marking of Compulsory Dances**

**2071** For those events that are judged under the IJS, the judge shall mark each section of the skated compulsory dance with a grade of execution in a range from +3 to -3 and shall mark each separate component on a scale of .25 to 10 at .25 point increments. See 3436.

**2072** For those competitive dance events that are judged under the 6.0 system, the two marks shall be awarded on a scale from 0 to 6 (see 2012). The first mark shall be for the technical score (formerly technique) and the second mark shall be for program components (formerly timing/expression).

**2075 Marking of Original Dance and Free Dance**

**2076** For those events that are judged under the IJS, the judge shall mark each technical element with a grade of execution in a range from +3 to -3 and shall mark each separate component on a scale of .25 to 10 at .25 point increments. See 3436.

**2077** For original dance and free dance competitive events that are judged under the 6.0 system, two marks shall be awarded on a scale from 0 to 6 (see 2012). The first mark shall be for technical score (formerly composition for original dance and technical merit for free dance) and the second mark shall be for program components (formerly presentation for both original dance and free dance).

**2080 Marking of Synchronized Skating Short Program**

**2081** In the synchronized skating short program, the judge shall mark each technical element with a grade of execution in a range from +3 to -3, and shall mark each separate component on a scale of .25 to 10 at .25 point increments. See 3438.

**2082** In the synchronized skating short program, for those events that are judged under the 6.0 system, two marks are awarded on a scale from 0 to 6 as in 2012. The first mark is for technical elements and the second mark is for program components.

- A. Every failure in the technical elements must be reflected only in the first mark according to the importance of the element failed or omitted and the gravity of the mistake itself, since there is no direct relationship between the first and second marks. However, marks must be deducted for failures in the second mark if the harmonious and artistic aspects of the program are involved.
- B. An element is omitted when it is not tried. Any element started after two minutes and 40 seconds will be considered as omitted in the marking.
- C. If the team fails to finish the short program within the time limit, there should be a 0.1 deduction in the marks for technical elements and program components for up to every 10 seconds in excess.
- D. Deductions in the mark for technical elements:

**General**

Omission	0.6
Maximum deduction/required element	0.5
Added/repeated element	0.2
Break in execution of the element	0.1–0.2
Stumble during a required element	0.1–0.2
Not according to requirements	0.1–0.2

**Falls**

Major (more than one skater for prolonged time)	0.4–0.5
Medium (either one skater for prolonged time or down and up for more than one skater)	0.3
Minor (one skater down and up)	0.2

- E. The execution of a non-prescribed element in place of a prescribed element must be considered as an omission, and an additional deduction of 0.1–0.2 for an extra element should be taken in the mark for technical elements.
- F. Illegal elements:
  1. Lifts as defined in 4611 H;
  2. Any jump (other than ice dance jump), for example split jumps, of one half revolution or more performed by the entire team;
  3. Assisted jumps or throw jumps;
  4. Intersections incorporating back spirals and stepping/jumping over handclasped/outstretched arms;
  5. Prolonged (longer than three seconds) lying or kneeling on the ice at the beginning, end and/or during the program;
  6. Movements in isolation (see 4611 K);
  7. Highlighting (see 4611 L);
  8. Lifts (see 4611 H) are allowed only in the senior free skate.
- G. When illegal elements are included, a deduction of 0.1 under the 6.0 system must be made in both technical elements and program components marks for each forbidden element performed.

**2090 Marking of Synchronized Skating Free Skate**

**2091** For those events that are judged under the IJS, the judge shall mark each technical element with a grade of execution in a range from +3 to -3 and shall mark each separate component on a scale of .25 to 10 at .25 point increments. See 3438.

**2092** In the synchronized skating free skate, for those events that are judged under the 6.0 system, two marks shall be awarded on a scale from 0 to 6 (see 2012). The first mark shall be for technical elements and the second mark shall be for program components.

**2100 Falls and Stops — All Disciplines**

A fall is defined as the loss of control by a skater with the result the majority of his/her own body weight is on the ice being supported by any other part of the body other than the blades, e.g. hand(s), knee(s), back, buttock(s) or any part of the arm.

**2101** Falls not the fault of the skater:

- A. If a skater is interfered with through no fault of the skater or falls because of the condition of the ice, the referee shall direct the skater to begin again after such period of rest as the referee may deem advisable, and the judges shall mark only the reskated program or compulsory dance. In final round compulsory dances, the entire flight shall be restarted.
- B. If two or more dance couples collide or interfere with each other, each judge must decide who is at fault and make such adjustments in marks as may be considered appropriate.
- C. A fall in itself is no bar to winning an event.

**2102** Falls — fault of the skater:

- A. A skater who falls in an event (other than compulsory dance) shall continue skating without an extension of the prescribed duration of time. A movement marred by a fall must not be marked. If a fall is the fault of the competitor, it must be reflected in the mark for technical elements. If the fall interrupts the harmonious composition, it must be reflected in both marks. An involuntary touchdown must be reflected in the marking according to its seriousness. A fall in itself is no bar to winning an event.
- B. An interrupted compulsory dance shall be resumed at the nearest technically practicable point in the step sequences (which may be after the point of interruption) and not necessarily at the exact point of interruption. The couple may not repeat the steps missed by the interruption or the judges must deduct accordingly. The judges must determine the degree and amount of penalty to be assessed, according to the guidelines for deductions related to stumbles, interruptions and falls.
- C. No allowance may be made by the judges for personal accidents due to the fault of the skater.

**2103** Stops

- A. If there is an interruption or stop in the music, or if circumstances arise which jeopardize the safety of the competitor on account of unexpected damage to their clothing or equipment that impedes their skating, the competitor must stop skating at the signal of the referee.
  1. If the referee signals for the competitor to stop, the music must stop and the judges must cease marking. The music should be recued in preparation to resume from the point of interruption.

2. The competitor then shall continue immediately from the point of interruption, if the circumstances that caused the competitor to stop skating can be rectified without delay. If that is not possible, a period of up to three minutes will be allowed before the continuation. The three-minute time period commences immediately after the referee's decision.
  3. An interrupted compulsory dance shall be resumed at the nearest technically practicable point in the step sequences (which must be after the point of interruption) and not necessarily at the exact point of interruption. The couple may not repeat the steps missed by the interruption or the judges must deduct accordingly. See also 4231 E.
- B. The same applies to the situation where the competitor interrupts the program on account of unexpected damage to their clothing or equipment without the signal of the referee.
  - C. If the tempo or quality of the music is deficient, no restart may be made if the competitor fails to inform the referee within 30 seconds after the start.
  - D. If, in the opinion of the referee, medical attention is required, the referee must stop the performance and allow the competitor to continue immediately from the point of interruption or, if that is not possible, allow a period of up to three minutes before the continuation.
  - E. No restarts of the whole program are allowed, except for deficient music; see (C) above.
  - F. If a competitor is unable to complete the program, no marks are to be awarded and the competitor will be considered as withdrawn. The same applies to the situation when a competitor has been given the opportunity to continue the program from the point of interruption and once more is unable to complete the program.
  - G. For synchronized skating, no substitution of personnel will be permitted once the program has started. However, registered team alternates may be substituted if the referee stops the team's program due to injury or equipment problems.
  - H. For synchronized skating, if unforeseen circumstances cause an interruption of more than 10 minutes, a second one-minute warm-up will be permitted for the affected team.

**2200 Duties of the Chief Referee**

**2201** The referee's interpretation of the rules and decisions on all questions not covered by these rules shall be final.

**2202** The referee shall:

- A. Act as chair of the judges;
- B. Assign judges, substitute judges and referees to the events;
- C. Draw the numerical order of the judges;
- D. Be responsible for the scheduling of events in consultation with the host club;
- E. Together with the chief accountant, be responsible for seeding skaters;
- F. Direct the dance referee, if designated, to:
  1. Be responsible for selecting the music for compulsory dances;
  2. Check the music's metronome (tempo) both before the competition and during the warm-ups;
  3. Check the metronome for the original dance;
- G. Decide all protests including protests from the decisions of assistant referees except when an expedited hearing is requested in accord with U.S. Figure Skating Bylaws Article XXV, Section 3;
- H. Decide upon any breaches that may occur, even without protest;
- I. Generally supervise the accounting;
- J. Verify the award of places under 3400 Computations Under the 6.0 System. Rules moved to the U.S. Figure Skating Member's Only site at [www.usfsaonline.org](http://www.usfsaonline.org), under the "Accounting Central" link, as submitted by the accountant;
- K. Decide whether the condition of the ice will permit conducting the competition;
- L. Together with the accountant(s), conducts the initial skating draw.

**2203** Within 30 days after a qualifying competition, the referee will complete a report:

- A. Including the following:
  1. Any deviations from or comments regarding:
    - a. Rules governing competitions
    - b. The official schedule
    - c. Proper conduct of judges
  2. Any adverse comments or particularly favorable comments regarding:
    - a. Rink conditions
    - b. Housing
    - c. Transportation
    - d. Music
  3. Any protests, accidents or unusual happenings
  4. Any accidents that also must be reported to the Sports Medicine Committee
  5. A record of the initial and final placements in each event which shall be in the form of signed copies of component and cumulative results (if applicable) for each event.
  6. A judges' assignment sheet (Form 104)

B. Which will be sent as follows:

TO:	Items 1-4 Referee's Report	Item 5 Component/ Cumulative Results	Item 6 Judges' Assign Sheet (Form 104)
President	√	√ (A)	√
Chair, Competitions Committee	√	√ (B)	√
Chair, Judges Committee	√	√	√ (C)
Appropriate Sectional VC Competitions Committee	√ (C)	√ (C)	√ (C)
Appropriate Sectional VC Judges Committee for: Singles, Pairs, Dance Synchronized	√ (C)	√ (C)	√
US Figure Skating Headquarters	√	Sent by accountants	√

Footnote: (A) — Send for U.S. Championships only  
 (B) — Send for sectionals and U.S. Championships only  
 (C) — Send for regionals and sectionals only

**Note:** The requirements listed in items 5 and 6 in the above chart may be fulfilled via e-mail at the end of the competition in a format specified by the Competitions Committee.

**2204** The referee shall within 30 days after a nonqualifying competition:

- A. Send a report as outlined in 2203. The record of initial and final placements in each event should be sent electronically or on paper.
  1. Computer summaries of placements including component and cumulative. If sent electronically, it must be sent in a currently approved program.
- B. Send the report to:
  1. U.S. Figure Skating Headquarters
  2. The appropriate regional vice chair for the region in which the competition was held.

**2205** The regional vice chair shall review the referee's report and if the report contains any special notations or deviations, distribute the written report to the persons listed under 2203 B.

**2206** The referee may:

- A. Require medical examination for physical fitness where considered advisable;
- B. Exclude or disqualify any entrant from a competition;
- C. Change officials and alter the program during a competition when there is urgent reason for so doing;
- D. Appoint a substitute to replace a judge who has commenced judging an event but who is unable to continue. Whenever a substitute judge replaces an official judge, the marks of the official judge shall be used up to the point of substitution.

### **2300 Competition Records at U.S. Figure Skating Headquarters**

**2301** U.S. Figure Skating Headquarters shall:

- A. Maintain a log including the following items:
  1. Name, location and dates of the competition;
  2. Organizers (hosts) and name of principal contact;
  3. Sanction issue date;
  4. Referee's report receipt date;
- B. Issue the current log monthly to:
  1. The president of U.S. Figure Skating;
  2. Chair of the Competitions Committee;
  3. Vice chairs of the Competitions Committee;
- C. Maintain a hard copy file of referee's reports including an announcement, results and judges' assignment/schedule for one year.

**2302** U.S. Figure Skating Headquarters shall keep permanent files of the judges' placements for all qualifying competitions.

### **2400 Accountants' Duties**

**2401** The complete final results of all qualifying competitions shall be promptly posted on the icenetwork.com web site and published in SKATING magazine along with results from ISU competitions involving U.S. Figure Skating competitors.

**2402** The chief accountant at all competitions shall supply the chief referee with all items required for the completion of the reports listed in 2203.

**2403** The chief accountant at each qualifying competition and the U.S. Collegiate Figure Skating Championships has the following duties:

- A. At all competitions is responsible for the supervision of assistant accountants and system specialists.
- B. At all qualifying competitions and official trial judge events at nonqualifying competitions, the accountant will supply the trial judges' chair with a complete record of the placements of official judges for each component of each event. Copies of signed component and cumulative results (if applicable) for each event shall be used.
- C. At the conclusion of all qualifying competitions, the accounting room is responsible for sending the following:
  1. To the IJS technology specialist - for IJS categories only - the database files for the IJS Competition attached to an e-mail
  2. To the director of technical services - for 6.0 events only - complete sets of results and panel of judges for each segment and overall results - attached to an e-mail in htm format
  3. To U.S. Figure Skating Headquarters - Attention: Archivist - for all qualifying competitions by mail:

- a. A clean program
  - b. Individual judges sheets for each 6.0 segment
  - c. Original signed copies of all results for each segment and cumulative (where applicable)
- D. In addition to the above the chief accountant will send via e-mail the necessary files for posting on the web site as spelled out in the posting documents distributed by headquarters before the start of the qualifying competition season, including the U.S. Collegiate Figure Skating Championships.

**2404** System specialists are specially trained and certified accountants who are responsible for the rink-side setup, operation, and teardown of the complete scoring system, both mini and large. System specialists provide computer and technical support, coordinate with, and report to, the chief accountant, who retains overall responsibility for all accounting functions.

**2405** In any competition in which competitors qualify for a higher competition, U.S. Figure Skating Headquarters shall forward within 48 hours a copy of the final placements to the sectional vice chair of the Competitions Committee for the section in which the higher competition is to be held.

**2406** For the U.S. Synchronized Skating Championships, U.S. Figure Skating Headquarters will also send immediately after the conclusion of the competition a copy of the final placements, including the address, telephone number and home club of the team managers for the teams qualifying for the higher competition, including first and second alternates to:

- A. The competitions committee national vice chair of synchronized skating competitions and the synchronized skating sectional vice chair of the section in which the competition was held;
- B. The sectional vice chair of the competitions committee for the section in which the higher competition is to be held.

## **2500 Authorized Systems of Judging**

- A. The International Judging System (IJS)
- B. The 6.0 majority system

**2501** Use of the International Judging System (IJS) and 6.0 majority system to be used as follows:

- A. The IJS system will be used:
  1. At all regional, sectional and the U.S. Figure Skating Championships for all levels and disciplines;
  2. At the U.S. Adult Figure Skating Championships for the championship, masters and gold levels of singles, pairs and dance (including masters open dance);
  3. At all synchronized sectionals and the U.S. Synchronized Skating Championships for the senior, junior, novice, intermediate, collegiate and adult events.
- B. The 6.0 system will be used:
  1. At adult sectional championships for all events and at the U.S. Adult Figure Skating Championships for the adult silver and below singles and pairs events and the adult pre-gold and lower dance events and for all interpretive events.
  2. At the synchronized sectionals and the U.S. Synchronized Skating Championships for preliminary, pre-juvenile, juvenile, open juvenile, masters, open adult and open collegiate events.

**2502** In both systems of judging, a judge's marks may not be changed after posting due to a mistake made by the judge.

**2503** The closed (or written) system of judging shall be used for all other events.

**2504** In all sanctioned nonqualifying synchronized skating competition events, either the closed system or the open system of judging may be used for all levels.

## **2600 Selection Process — Assignment of Officials to Competitions**

### **2610** Assignment Restrictions

**2611** A relative of a competitor shall not be permitted to referee, judge, serve on the technical panel or act as an accountant in any competitive event in which the competitor is entered. Persons married or closely related to a competitor or paid coach in figure skating shall not be permitted to serve as a referee, judge, technical panel member or an accountant in any event in which the competitor or pupil of the paid coach is entered. Persons shall be considered a pupil for 12 months after the last day of instruction or coaching.

**2612** The chief accountant, assistant accountants, and system specialists will not accept appointment for more than one role at a qualifying competition. This rule does not apply to temporary service in the role of either data entry or video replay, if requested by the chief referee in coordination with the chief accountant.

**2613** A judge or technical panel member who, during the preceding 12 months, has skated as a partner of a competitor shall not judge any competitive event in which the partner is entered.

**2614** Synchronized team managers are prohibited from serving as a referee or an accountant on an event in which their team is competing, and may not referee or account such an event for one year following the termination of their role as team manager.

- A. For the purposes of this rule, a synchronized team manager is a spokesperson for and provides management oversight for a synchronized skating team or teams. Management oversight includes the administrative aspects of conducting business for a team, specifically overseeing and directing the organization and administration of team expenses, travel, accommodations, competition entry forms and rosters, competition and non-competition clothing and all team communications.

**2615 Referees and Accountants**

Competition	Referee	Assistant Referees	Dance Referees	Assistant Dance Referees	Accountant	Assistant Accountants
U.S. Figure Skating Championships	National	National	National		National	National
U.S. Junior Figure Skating Championships	National	National	National		National	National (1)
Sectional Championships (singles, pairs, dance)	National Sectional	National Sectional	National Sectional		National Sectional	National Sectional Regional
Regional Championships (singles, pairs, dance)	National Sectional Regional	National Sectional Regional	National Sectional Regional	National Sectional Regional	National Sectional	National Sectional Regional
U.S. Collegiate Figure Skating Championships	National	National	National		National	National
U.S. Adult Figure Skating Championships	National Sectional	National Sectional	National Sectional		National	National (1) Sectional
Adult Sectional Championships qualifying and nonqualifying events	National Sectional Regional	National Sectional Regional	National Sectional		National Sectional Regional	National Sectional Regional
U.S. Synchronized Skating Championships	National SyS	National SyS ***			National	National
Synchronized Skating Sectional Championships	National SyS Sectional SyS	National SyS Sectional SyS			National Sectional	National Sectional
*** or be an ISU championship synchronized skating judge who is a candidate for international synchronized skating referee (1) one sectional accountant may be assigned but may not be chief accountant. In all qualifying synchronized competitions, in addition to the referee, there shall be an assistant referee and assistant ice-level referee for each event; Either the assistant referee or assistant ice-level referee shall be at rinkside during the skating event. Their specific duty is to monitor the ice conditions for the safety of the skaters.						

**2616** If referees in a qualifying competition are presiding over an event for which they are not qualified to judge, they must appoint an official substitute judge who will judge and mark the event and substitute for any official judge who is unable to continue. Substitute judges will be appointed only from the group of judges selected for the competition.

**2617** A guest judge/referee or a guest technical panel official shall be eligible to serve on one or more events of a national, sectional or regional championship upon satisfying the following qualifications and consent procedures:

- A. A guest judge/referee must be an eligible person and recognized as a qualified judge/referee of their ISU member association. The judge/referee need not be a U.S. Figure Skating member or a citizen of the United States and;
  - 1. The guest judge/referee may be selected upon meeting the qualifications as set forth and with the unanimous consent of the president, the Competitions Committee chair and the Judges Committee chair.
- B. A guest technical panel official must either be on the current ISU list of technical officials, ISU certified or certified as a technical official by a member federation of the ISU. The guest technical panel official need not be a U.S. Figure Skating member or a citizen of the United States, and
  - 1. The guest technical panel member may be selected upon meeting the qualifications as set forth and with the unanimous consent of the Competitions Committee chair and the Technical Panel Committee chair.

**2618 Level and Number of Judges for Competitions - Singles, Pairs and Dance**

Competition	Judge requirements, singles and pairs	Judge requirements, dance	Number of judges on a panel in the 6.0 system (not applicable to IJS)
U.S. Figure Skating Championships	National	National dance	9 or 7 9 is recommended for championship and junior events
U.S. Junior Figure Skating Championships	National Sectional	National dance Sectional dance	At least 7
Sectional championships	National Sectional	National dance Sectional dance <u>Novice sectional dance*</u> <u>*Novice and lower events only</u>	At least 5 7 is recommended for senior and junior events.
Regional championships	National Sectional Regional	National dance Sectional dance <u>Novice sectional dance</u>	At least 5, but under unusual circumstances 3 may be used
U.S. Collegiate Figure Skating Championships	National Sectional	National dance Sectional dance	At least 7

**2619 Level and Number of Judges for Competitions - Adult Events**

Competition	Judge requirements, singles and pairs	Judge requirements, dance	Number of judges on a panel in the 6.0 system (not applicable to IJS)
U.S. Adult Figure Skating Championships	National Sectional (For interpretive events a majority of the panel must be U.S. Figure skating judges)	National dance Sectional dance	At least 7
Adult Sectional Championships – qualifying and nonqualifying events	National Sectional Regional Judges for nonqualifying events may be selected by the LOC and approved by the appropriate sectional vice chair of the Competitions Committee	National dance Sectional dance <u>Novice sectional</u> dance Judges for nonqualifying events may be selected by the LOC and approved by the appropriate sectional vice chair of the Competitions Committee	At least 5 7 is recommended

**2620 Level and Number of Judges for Competitions - Synchronized Skating**

Competition	Judge requirements synchronized skating	Number of judges on a panel in the 6.0 system (not applicable for IJS)
US Synchronized Skating Championships	National	A maximum of 9 Each panel must be balanced, with no section comprising a majority of the panel. Two judges on a panel representing the same club will be permitted
Synchronized Skating Sectional Championships	National Senior Sectional SyS (senior and lower events) Junior Sectional SyS (junior and lower events)	At least 7 Each panel must be balanced, with no region comprising a majority of the panel.
Synchronized nonqualifying competitions	National Senior Sectional SyS Junior Sectional SyS Singles/pairs/dance competition <u>Nonqualifying SyS (all events as a minority of the panel)</u>	At least 3 5 is recommended
Note: For all synchronized skating competitions, the judges should be positioned near the center of the ice surface and sufficiently above the ice surface as to afford the best possible position to observe the performance.		

**3000 Information for Competitors, Coaches and Parents**

**3001 General Information Pertaining to All Competitions**

**3002 Geographic Divisions**

**3003** The United States is divided into three sections which shall be known as the Eastern, Midwestern and Pacific Coast, as defined in Article IV, Section 2 of U.S. Figure Skating bylaws.

**3004** The Eastern Section is divided into three regional areas listed below for the purpose of these championships known as New England, North Atlantic and South Atlantic. These championships shall be qualifying for the Eastern Championships.

- A. New England Region: Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont;
- B. North Atlantic Region: New Jersey, New York and Erie, Pennsylvania;
- C. South Atlantic Region: Delaware, District of Columbia, Florida, Georgia, Maryland, North Carolina, Pennsylvania (excluding Erie), South Carolina, Virginia, West Virginia, and Chattanooga, Tennessee.

**3005** The Midwestern Section is divided into three regional areas listed below for the purpose of these championships known as Eastern Great Lakes, Southwestern and Upper Great Lakes. These championships shall be qualifying for the Midwestern Championships.

- A. Eastern Great Lakes Region: Alabama, Indiana, Kentucky, Lower Peninsula of Michigan, Mississippi, Ohio, Tennessee (excluding Chattanooga, Tennessee);
- B. Southwestern Region: Arkansas, Colorado, Kansas (including Greater Kansas City area and St. Joseph, Missouri), Louisiana, Nebraska, New Mexico, Oklahoma and Texas, except that for synchronized skating only, Colorado teams are excluded;
- C. Upper Great Lakes Region: Illinois, Iowa, Upper Peninsula of Michigan, Minnesota, Missouri (excluding Greater Kansas City area and St. Joseph, Missouri), North Dakota, South Dakota, Wisconsin.

**3006** The Pacific Coast Section is divided into three regional areas listed below for the purpose of these championships known as Central Pacific, Northwest Pacific and Southwest Pacific. These championships shall be qualifying for the Pacific Coast Championships.

- A. Central Pacific Region: California (from and including Visalia and all cities north thereof), Hawaii, Nevada (excluding Las Vegas), Utah, and, for synchronized skating only, Colorado teams;
- B. Northwest Pacific Region: Alaska, Idaho, Montana, Oregon, Washington and Wyoming;
- C. Southwest Pacific Region: Arizona, California (including all cities south of Visalia), and Las Vegas, Nevada.

**3010 Classification of Competitions**

**3011** Figure skating competitions are classified as follows:

- A. Those set forth in the regulations of the ISU:
- B. Those sanctioned and/or conducted in accordance with U.S. Figure Skating rules:
  - 1. U.S. Figure Skating Championships;
  - 2. U.S. Junior Figure Skating Championships;
  - 3. Sectional championships;



4. Regional championships;
5. U.S. Collegiate Figure Skating Championships;
6. U.S. Adult Figure Skating Championships;
7. Adult sectional championships;
8. U.S. Synchronized Skating Championships;
9. Synchronized skating sectional championships;
10. Sanctioned nonqualifying competitions;
11. Club competitions (which do not require a sanction);
12. Certain Basic Skills competitions;
13. State Games;
14. Intercollegiate competitions;
15. Special competitions.

**3020 Vacant Titles**

**3021** If no competition is held for any U.S. Championship for any reason, the most recently declared champions shall retain their titles.

**3022** If the most recently declared sectional or regional senior champions enter and no other competitors enter or appear, they shall retain their titles. If they do not enter and no competition is held because of lack of entries, the title for that year shall be declared vacant. If no sectional or regional championship is held, for any other reason, the most recently declared champions shall retain their titles.

**3030 Membership and Eligibility Requirements**

**3031 Membership — Coaches**

**3032** Any coach being credentialed for a U.S. Figure Skating qualifying competition is required to be a member of both U.S. Figure Skating and the Professional Skaters Association (PSA) and must have paid the annual coach's registration fee required under MR 5.09.

**3035 Membership — Singles, Pairs and Dance**

**3036** The U.S., sectional and regional championships are only open to eligible persons who are citizens of the United States, or non-U.S. citizens who have complied with the provisions of 3065. Such persons must also be:

- A. Members of collegiate clubs;
- B. Individual members;
- C. Members of U.S. Figure Skating member clubs. The home club designated by competitors when they register for a qualifying competition remains their home club for the duration of the current competitive season. The designated home club shall be that set forth in MR 8.05.

**3037** Individual members, if residing in the United States, shall enter the championship of the section or region in which their legal residence is located. If residing outside the United States, they shall enter the championships held in the section or region whose boundary is nearest to the city of their legal residence. If the competitor is under 21 years of age, their legal residence shall be presumed to be that of their parents or guardian for the purposes of this rule.

**3040 Eligibility to Compete — Singles, Pairs and Dance**

**3041** A judge, referee or accountant assigned to a national, sectional, or regional championship may not skate as a competitor in any event of said championship except the nonqualifying adult events.

**3045 Eligibility to Compete — U.S. Collegiate Figure Skating Championships**

**3046** Eligibility to compete in the U.S. Collegiate Figure Skating Championships shall be in accordance with 3030 subject to the following college attendance requirements:

- A. Singles events:  
Competitors shall be qualified to compete by virtue of their having a high school diploma or an equivalency certificate in addition to their being enrolled full-time in a college or university degree program, having been graduated in the preceding academic year or by being currently admitted to a full-time college or university degree program for the coming academic year.
- B. Dance and pairs events:  
Competitors shall be qualified to compete by virtue of the partners having a high school diploma or an equivalency certificate in addition to their being enrolled a minimum of half-time in a college or university degree program, having been enrolled in such a program the previous academic year, or by being admitted to a half-time college or university degree program for the coming academic year. If only one partner is so enrolled, a request for an exception to this rule must be forwarded to the national vice chair for collegiate championships with the entry form for a determination of eligibility no later than the closing date for entries.

**3050 Eligibility to Compete — U.S. Adult Figure Skating Championships**

**3051** For the U.S. Adult Figure Skating Championships each competitor shall have achieved the appropriate test qualifications and must be at least 21 years of age, or must meet the age requirement of the event that they are entering, by the close of entries.

- A. Events are open to eligible or reinstated persons.
- B. Non-championship (open, nonqualifying) events are open to all legal residents of the United States who meet all other qualifications (test, age, membership).

**3055 Eligibility to Compete — Nonqualifying Competitions**

**3056** In order to enter nonqualifying competitions a person must be an eligible person, a restricted person, a reinstated eligible person or a readmitted person as defined in the Eligibility Rules, and a member of a member club, or a collegiate club or an individual member, be currently registered, and be otherwise eligible under these rules. Non-U.S. citizens in good standing with their own national associations may be permitted to enter nonqualifying competitions.

**3057** Competitors shall represent only their designated home club in any competition. The designated home club shall be that set forth in MR 8.04. See also 3037 for individual members.

**3060 Eligibility of U.S. Citizen Competing for Another ISU Member**

**3061** Returning U.S. skater:

- A. In order to again compete at a national, sectional or regional championship, after having competed for another country, an applicant must apply for permission to the chair of the Competitions Committee before the close of entries as provided in 3212.
1. Show proof that applicant has resided in the United States for one year or has a valid U.S. passport;
  2. Has included a copy of the applicant's competitive record in its entirety;
  3. Is a current member of U.S. Figure Skating.

**3065 Eligibility of Non-U.S. Citizens to Compete in National, Sectional or Regional Championships — Singles, Pairs and Dance**

**3066** Non-U.S. citizens 18 years or older:

- A. In order to be eligible to compete at a national, sectional or regional championship, or the qualifying (championship) events at adult sectional or the U.S. Adult Figure Skating Championships, a non-U.S. citizen 18 years or older shall make application to the chair of the Competitions Committee by submitting a non-U.S. application to compete.
- B. The application and supporting documentation must be submitted in English no later than September 1 (January 2 for adults wishing to compete in qualifying events at an adult sectional and January 15 for adults wishing to compete in the U.S. Adult Figure Skating Championships) of the year in which the applicant wishes to compete, and shall include the following:
1. Proof that applicant has reached the age of eighteen as of the close of entries for the regional championships as provided in 3212, or has reached the age of 21 by the close of entries for the U.S. Adult Figure Skating Championships or the adult sectional championships.
  2. A copy of the applicant's valid traveling passport issued by the authorities of the skater's country of citizenship establishing that the applicant has resided in the United States for one year prior to the date of application (hereinafter the "One Year Residency Requirement").
- Note:** Residency requirements do not apply to synchronized skating. See 3088. Residency requirements do not apply to non-championship events at either the adult sectional championships or the U.S. Adult Figure Skating Championships. See 3051.
3. Competitive record of the applicant in its entirety.
  4. Proof that applicant has initiated the process of filing an application with the proper authorities of the United States government to become either a lawful permanent resident or a full citizen of the United States. A copy of the filing application, along with the filing date must accompany the application:
    - a. The term "citizen" means a status of full citizen without qualification or restriction, and must be equal in status to a native-born or naturalized citizen of the United States;
    - b. The term "resident" means one who has established residency. To establish residency, a person must be physically present in a place for a minimum of one year with an intention to remain for an indefinite period of time. There should be no temporary character to residency, such as student, visitor, tourist, etc. The United States government may grant permanent residence status pending admission to citizenship;
  5. Is a current member of U.S. Figure Skating;
  6. The chair of the Competitions Committee may request additional documentation;
  7. An application shall not be considered complete until the chair of the Competitions Committee has received all required or subsequently requested documentation.
- C. In order to qualify for the level of competition, the applicant must have passed the necessary skating tests before the deadline established in 3212. The chair of the Competitions Committee will determine what tests are to be taken, and may elect to waive all or part of this requirement.
- D. Within 45 days of receipt of the completed application, the chair of the Competitions Committee, along with the appropriate sectional vice chair of the Competitions Committee and the appropriate sectional vice president in which the applicant resides, shall rule by majority vote.
- E. Once an applicant has been approved to compete, they do not need to reapply for permission to compete in future competitions, as long as they continue to compete.

**3067** Non-U.S. Citizens Under the Age of 18 Years Who Have Represented Their Association:

- A. In order to be eligible to compete in a national, sectional or regional championship, a non-U.S. citizen under the age of 18 years who has represented applicant's association at the national level or higher shall make application to the chair of the Competitions Committee for permission to compete by submitting a Non-U.S. Citizen Application to Compete.
- B. The application and supporting documentation must be submitted in English no later than September 1 of the year in which the applicant wishes to compete and shall include the following:
1. Proof that applicant has not reached the age of 18 as of the deadline provided in 3212;
  2. A copy of the applicant's valid traveling passport issued by the authorities of applicant's country of citizenship establishing that applicant has resided in the United States for one year prior to the date of application;
  3. A statement that the applicant resides in the United States with one or both parents or a legal guardian and the name(s) and address of same. Proof that the parent(s) (legal guardian) has begun the process of either citizenship or permanent residency or the necessary information to obtain the release from applicant's association;
    - a. Upon receiving the application, the chair of the Competitions Committee will direct U.S. Figure Skating Headquarters staff to request this consent from the applicant's national association if necessary.
  4. Competitive record of the applicant in its entirety;
  5. Is a current member of U.S. Figure Skating;
  6. The chair of the Competitions Committee may request additional documentation;
  7. An application shall not be considered complete until all required or subsequently requested documentation has been received by the chair of the Competitions Committee.

- C. In order to qualify for the level of competition, the applicant must have passed the necessary skating tests before the deadline established in 3212. The chair of the Competitions Committee will determine what tests are to be taken, and may elect to waive all or part of this agreement.
- D. Within 45 days of receipt of the completed application, the chair of the Competitions Committee, along with the appropriate sectional vice president in which the applicant resides, shall rule by majority vote.
- E. Once an applicant has been approved to compete, they do not need to reapply for permission to compete in future competitions as long as the applicant continues to skate.

**3068 Non-U.S. Citizens Under the Age of 18 with No Prior Experience Representing Their Association:**

- A. In order to be eligible to compete in a national, sectional or regional, a non-U.S. citizen under the age of 18 years who has never represented the applicant's association at the national or higher level shall be exempt from the application requirements of 3067, but shall fulfill all other requirements as of the deadline for entries as provided in 3212 and must submit all paperwork to the chair of the Competitions Committee no later than September 1.
  - 1. Proof that the applicant will not have reached the age of 18 as of the deadline for entries;
  - 2. A copy of the skater's valid traveling passport issued by the authorities of the applicant's country of citizenship establishing that applicant has resided in the United States for one year prior to the date of the entry;
  - 3. A statement that the applicant resides in the United States with one or both parents or a legal guardian and the name(s) and address of same;
  - 4. Is a current member of U.S. Figure Skating.
- B. Such individuals shall be required to submit the application requirements to U.S. Figure Skating Headquarters along with their entry form, with a copy to the chair of the Competitions Committee.
- C. In order to qualify for the level of competition, the applicant must have passed the necessary skating tests before the deadline established in 3212. The chair of the Competitions Committee will determine what tests are to be taken and may elect to waive all or part of this agreement.
- D. Once an applicant has been approved to compete, they do not need to reapply for permission to compete in future competitions. Such approval is good for as long as the applicant continues to compete.

**3069** Any misrepresentation or omission of a material fact on the application, the entry form or on any documents provided shall subject the applicant to discipline as specified in the U.S. Figure Skating Rulebook. For purposes of this rule, a material fact is a fact, which, if it were properly disclosed, would result in an application being denied and an entry rejected.

**3070** In the case of pairs and ice dance couples; one partner of the couple shall be a citizen of the United States. All other requirements of 3065 shall apply to the non-U.S. citizen partner. Notwithstanding the provisions of 3072, a pairs or ice dance couple may represent the United States in an international competition if the non-citizen partner has complied with 3065 and has never represented a foreign country in an international or world competition. In addition, the non-citizen partner must be in full compliance with all applicable ISU rules pertaining to applicant's participation in any international or world competition.

- A. Siblings who are skating together as a couple, both of whom are under the age of 18, are excluded from the requirement that one partner be a U.S. citizen as long as all other requirements of 3065 through 3072 are met.

**3071** Except as otherwise provided, only citizens of the United States are eligible for selection to the U.S. Olympic Team, the U.S. World Team, the U.S. World Junior Team or U.S. Figure Skating Team.

**3072** All non-U.S. citizens who have at any time skated in United States national, sectional or regional competition and subsequently represented a foreign federation at any level of skating competition shall not be eligible to compete in United States national, sectional or regional competition unless they reapply for permission to compete as provided for under the provisions of 3065.

**3080 Membership & Eligibility Requirements - Synchronized Skating**

**3081 Membership — Synchronized Skating**

**3082** Each synchronized team must be registered with U.S. Figure Skating by team name, club representation (if representing a club) and with the name, address and telephone number of a contact person (coach, team leader, club president, etc.). Registration application forms are included in the club registration packet sent to all clubs and are also available through U.S. Figure Skating Headquarters. Applications must be completed and forwarded to U.S. Figure Skating Headquarters who will then issue a registration card with a team registration number. For team roster see 3253.

- A. Registration cards are valid from Oct. 1 through Oct. 1 of the following year. There is a \$10 fee for team registration. Teams must renew registrations annually.
- B. Clubs are permitted to register more than one team in the same division.

**3083** No synchronized team is eligible to enter any synchronized skating competition (qualifying or nonqualifying) without a registration for the current skating year. The registration number will be required on all competition entry forms.

**3084** If a synchronized team is entered as an individual member, it shall enter the section in which the greatest number of team members' legal residences are located. In the case of a regional collegiate team, it shall enter the section in which the majority of the colleges represented are located.

**3085 Eligibility to Compete — Synchronized Skating Championships**

**3086** All participants must be eligible persons or reinstated persons and registered skaters. See Eligibility Rules. If a team represents a club, all team members must be members of the club the team represents, but it is not necessary for it to be their home club.

**3087** A judge, referee, technical panel official or accountant assigned to a national or sectional synchronized skating championship may not compete in any event of said championship.

- 3088** Foreign skaters who are also members of a member club may comprise a maximum of 25 percent of any team as long as they do not represent another ISU member in the course of the year July 1–June 30. Such skaters may compete on the team during qualifying competitions if they have permission from the national association of the country of which they are a citizen.
- 3089** For international competitions, foreign skaters who qualify under ISU regulations may compete provided they are in compliance with all other requirements as designated in the U.S. Figure Skating rules.
- 3090** Collegiate team level eligibility requirements:  
Any team that meets the requirements in 4720 may compete in the collegiate level provided that the following additional requirements have been met:
- A. Be sponsored by a college or university that is a collegiate club or a full member club of U.S. Figure Skating;
  - B. Incorporate the sponsoring college or university's name into the team name so that it is clear which academic institution (university skating club) the team represents;
  - C. If an intercollegiate or independent team, select a team name that reflects the colleges represented by the athlete members of the team.
- 3095 Eligibility of Non-U.S. Citizens — Synchronized Skating**  
**3096** Residency requirements do not apply to synchronized skating.

## **3100 Registration for Qualifying Competitions - Singles, Pairs and Dance**

### **3101 Registration for Regional Competitions**

- 3102** Skaters novice and above must compete at the regional championship held in the region in which their home club is located.
- A. Intermediate and juvenile singles skaters must compete in the region where legal residence is established or where the principal training center is located as listed on the qualifying competition entry form.
  - B. Pairs and dance teams with different home clubs may choose to compete in the sectional championship of either partner's home club.

**Definitions:** Under Colorado law, legal residence is defined as the principal or primary home or place of abode of a person. A principal or primary home or place of abode is that home or place in which a person's habitation is fixed and to which that person, whenever absent, has the present intention of returning after a departure or absence, regardless of the duration of the absence. A residence is a permanent building or part of a building and may include a house, condo, apartment, room in a house or mobile home.

The following circumstances may be taken into consideration in determining the principal or primary place of abode of a person:

- a. Current driver's license
- b. Employment and business pursuits
- c. Residence for income or other tax purposes
- d. Motor vehicle registration
- e. Ownership of personal and real property
- f. Other public records evidencing place of abode

Principal training center is defined as where full-time training takes place for six months and one day or greater in the one year period preceding the close of entry date of the affected competition.

### **3103 RESERVED**

- 3104** A competitor who participates in an international or open-type competition that conflicts with their regional championship will automatically receive a bye to their sectional championship from the chair of the Competitions Committee if the competitor actually competes at the event.
- 3105** All pairs and dance couples bypass the regional championships and go directly to the sectional championship held in the section in which they chose to compete.
- 3106** For regional championships, the number of competitors entered in an event is determined at the close of entries as defined in 3212. If there are more than four competitors in an event, the event will be held regardless of any subsequent withdrawals, as long as at least two competitors remain.
- 3107** Provisional entries based on an entrant passing a test after a closing date will not be accepted.
- 3108** Test qualifications as of the date for the closing of entries for regional championships shall determine eligibility for all succeeding qualifying competitions (sectional, national) during the same skating year.
- 3109** Competitors who pass a free skate test, a pairs test, or a dance test after the close of entries, at a level higher than the tests specified for entry in that level's test requirements, shall forfeit their eligibility to enter that season's qualifying competitions.
- 3110** If any two or more competitors wish to compete in an event with four or fewer competitors, the event will be held. This will not affect the eligibility of the competitors to advance to the next higher competition.

- 3111 Fill-Up Rule:** Competitors at a regional championship may progress directly to their sectional championship if, at the close of entries, there are four or fewer competitors in senior, junior or novice singles events.
- A. Additional competitors from the same event in other regions of the same section shall be permitted to enter in order to bring the number of competitors up to a maximum of 12 (or more, if ties make it necessary).
  - B. These additional competitors will be selected in the order of their placement. Should this result in two or more competitors qualifying for one additional place, all will be included even if this causes the total number of competitors in the event to exceed 12.
- 3112** All skaters entered in intermediate and juvenile singles events at a regional championship must compete in order to qualify for the U.S. Junior Figure Skating Championships, regardless of the number of skaters entered in an event, except where there is only one entry and there can be no event.  
When there is only one entrant in any intermediate or juvenile singles event at a regional championship, that entrant shall be permitted to compete in any other region within their respective section. This will not affect the entrant's eligibility to represent their home region at the U.S. Junior Figure Skating Championships or the eligibility of any other entrants in the host region in which such an entrant competes.
- 3120 Previous Winners**
- 3121** Winners of junior and novice events at U.S. Figure Skating Championships may not again enter the same event at regionals.
- 3122** Previous winners of events at regional championships must compete at regionals again to qualify for the sectional championships, unless otherwise qualified under 3131.
- 3123** Previous winners of the U.S. Junior Figure Skating Championships are not eligible to compete again at the same level.  
A. Either partner of a pairs or dance couple may re-enter with a different partner if otherwise eligible.
- 3124** Entries granted under 3156 and 3132 are in addition to entries qualified through the normal competition process.
- 3125** Open juvenile singles and pre-juvenile pairs and dance are considered nonqualifying events, and are held at regional championships only at the discretion of the local organizing committee.
- 3130 Registration for Sectional Competitions - Singles, Pairs and Dance**
- 3131** Senior, junior and novice singles skaters
- A. Senior, junior and novice singles skaters qualify for sectional championships by:
    1. Placing in the top four at a regional championship;
    2. Receiving an international bye;
    3. Having four or fewer entries in their event at a regional championship;
  - B. For senior only
    1. Having won the same senior event at a sectional championship the previous year;
      - a. All previous winners of a senior event at sectionals must compete at sectionals again to qualify for U.S. Figure Skating Championships unless otherwise qualified under 3156.
      - b. If any of the previous winners elect to enter the same event at a regional championship, they must place in the top four to qualify for the sectional championships. However, these previous winners do not displace competitors who would have otherwise placed in the top four. In this situation, more than four competitors would qualify for the sectional championships.
- 3132** A competitor who participates in an international or open-type competition that conflicts with their sectional championship will automatically receive a bye to the U.S. Figure Skating Championships from the chair of the Competitions Committee if the competitor actually competes at the event.
- 3133** For sectional championships, the number of competitors entered in an event is determined at the close of entries as defined in 3212. If there are more than four competitors in an event, the event will be held regardless of any subsequent withdrawals as long as at least two competitors remain.
- 3134** If any two or more competitors wish to compete in an event with four or fewer competitors, the event will be held. This will not affect the eligibility of the competitors to advance to the next higher competition.
- 3135** If there are four or fewer competitors in a senior, junior, or novice event at the close of entries, competitors may progress directly to the U.S. Figure Skating Championships.
- 3140 Registration for the U.S. Junior Figure Skating Championships**
- 3141** From each region, the number of competitors in intermediate and juvenile singles who shall be permitted to enter the comparable event at the U.S. Junior Figure Skating Championships shall be computed using the following formula:  
For each event: (# of entries in that region) ÷ (total # of entries in all regions) x 36  
Fractional results less than .50 shall be rounded down. Fractional results equal to or greater than .50 shall be rounded up. The minimum number of competitors permitted to enter from each region is four.
- 3142** All juvenile and intermediate pairs and dance skaters will compete at their respective sectional championship. The eight highest-placing teams in each division (i.e. juvenile pairs, juvenile dance, intermediate pairs, intermediate dance) will advance to the U.S. Junior Figure Skating Championships.
- 3143** No byes of any kind will be granted.
- 3144** When there are fewer than four entrants in a regional singles event, a sufficient number of additional entrants from other regions of the section shall be permitted to enter in order to bring the number of entrants from a section up to a maximum of 12 (or more, if necessary).

- A. In addition, in an intermediate or juvenile singles event, if there are fewer than 12 competitors from one or more sections, a sufficient number of competitors from the other section(s) shall be permitted to enter in order to bring the number of entrants up to a maximum of 36 (or more if necessary).
- B. These additional entrants in the intermediate and juvenile singles events shall be selected in the order of their placement at the comparable event of their regional championship for the same year.
- C. If two skaters are tied for the additional place both shall be permitted to enter.

**3145** Alternates shall be selected in accordance with the procedures in 3170.

**3150 Registration for U.S. Figure Skating Championships**

**3151** The four best-placed competitors in senior, junior and novice events in each section shall be permitted to enter the comparable national event;

**3152** No medical byes will be granted.

**3153** Other byes will be given only to those skaters who have a conflict with an international competition.

**3154** There are no fill-ups to U.S. Figure Skating Championships. There will not be any replacements should any of these competitors decline their invitation.

**3155** If any of these place winners or medalists elects to enter the same event at a sectional championship, senior competitors must place in the top five and junior and novice competitors must place in the top four to qualify for the next higher competition. These place winners or medalists are in addition to the competitors qualifying under 3156.

**3156** For all championship (senior) events, the following competitors will receive an automatic invitation to the same event. At least 60 days prior to the competition, the skater must submit a signed Statement of Intent, which will be provided by Headquarters to all skaters qualified under this rule:

- A. A competitor or couple placing in the top five at last year's U.S. Figure Skating Championships;
- B. A competitor or couple who won a medal at the most recent Olympic Winter Games;
- C. A competitor or couple who won a medal at the most recent World Championships.

**3157** If a senior skater who did not place in the top five at the previous U.S. Figure Skating Championships earns a berth in the ISU Grand Prix Final or the ISU Junior Grand Prix Final, the skater will receive a bye to the current U.S. Figure Skating Championships only in the discipline in which they have earned the berth.

A. In the case of a senior skater, the number of skaters qualifying to U.S. Figure Skating Championships would be four from each sectional championship, plus the skaters who placed in the top five at the previous U.S. Figure Skating Championships, plus the skater(s) who earned a berth in the ISU championships mentioned above either as a senior or junior skater.

B. Skaters who meet the requirements of 3156 (B) or (C) also qualify for the U.S. Figure Skating Championships.

**3158** A junior skater who earns a berth in either the ISU Grand Prix Final or the ISU Junior Grand Prix Final will receive a bye to the current U.S. Championships only in the discipline in which they earned the berth.

A. In the case of a junior skater, the number of skaters qualifying in the junior events at the U.S. Championships would be four from each sectional championship plus the skater(s) who earned a berth in the ISU championships mentioned above.

**3160 Titles — Singles, Pairs and Dance**

**3161** The winners of the championships of the United States shall be known as:

- A. "Men's champion of the United States";
- B. "Ladies champion of the United States";
- C. "Pairs champions of the United States";
- D. "Dance champions of the United States."

**3170 Alternates — Singles, Pairs and Dance**

**3171** Skaters placing fifth and sixth in qualifying competitions in each of the senior, junior and novice events shall be designated as first and second alternates. The succeeding two intermediate and juvenile competitors not advancing to the U.S. Junior Figure Skating Championships per rule 3141 will become the first and second alternates, respectively. All alternates shall be provided an application to file with the next competition, national or sectional. The skaters should continue to train and be prepared should they become eligible to compete.

**3172** Alternates may be selected up to 48 hours before the start of the affected skater's first competitive event.

**3173** Notice to alternates or, if they cannot be reached, to their coach or club president must be by e-mail or phone call followed by an e-mail response. Response is required within 24 hours of receipt of the notice or the next alternate will be contacted.

**3180 Four or Fewer and Fill-Up Rules for U.S. Adult Figure Skating Championships**

**3181** When there are four or fewer competitors in an adult sectional qualifying event (championship masters junior-senior free skate, championship masters intermediate-novice free skate, championship adult gold free skate, championship adult pairs and championship adult dance), the skaters shall be required to compete.

**3182** If, at the close of entries, there are fewer than four competitors registered for a qualifying event at a sectional adult championship, additional competitors from the same qualifying event in other sections shall be permitted to enter the U.S. Adult Figure Skating Championships in order to bring the number of competitors up to a maximum of 12 (or more, if ties make it necessary).

- A. These additional competitors will be selected in the order of their placement. Should this result in two or more competitors qualifying for one additional place, all will be included even if this causes the total number of competitors in the event to exceed 12.

**3190 Registration for Synchronized Skating Championships**

**3191** Four teams in each event (juvenile, intermediate, novice, junior, senior, collegiate, adult and masters) from each section shall be permitted to enter the U.S. Synchronized Skating Championships. These shall be eligible in the order in which they finished in their respective sectional event for that year.

**3192** When fewer than four teams qualify for a U.S. Synchronized Skating Championships event from any section, a sufficient number of additional teams from other sections shall be permitted to enter the comparable event for that year in order to bring the number of entries in the event up to the maximum of no fewer than 12 (or 13) to enable the sections in question to qualify an equal number of teams.

- A. The national vice chair will select the additional teams advancing from the sectional championships to the U.S. Synchronized Skating Championships (per rule 3192) based on the number of teams entered on the close of entries (Dec. 1). Additional teams from other sections will not be added if a qualifying team withdraws following the sectional championships.
- B. Teams invited under 3192 must respond verbally to their respective sectional vice chair of the Synchronized Skating Competition Subcommittee within 48 hours following notification, and if accepting, return the completed application postmarked within that same time frame.

**3200 Byes — Synchronized Skating**

**3201** If a synchronized team, because of some unusual circumstance is unable to compete in a:

- A. Sectional championship, such team may apply to the chair of the Competitions Committee for a bye to bypass the competition and advance to the U.S. Synchronized Skating Championships.
- B. The team shall apply for a bye:
1. No fewer than 14 days before the close of entries for the competition the team has applied to bypass;
  2. In extraordinary circumstances, the chair of the Competitions Committee may, in the chair's sole discretion, waive the 14-day deadline;
  3. A decision on the bye shall be delivered to the team within 15 days of due receipt of a complete application for such bye;
  4. In the case of a denial, a detailed, written explanation of the grounds for denying such bye shall be provided the team and shall cite specific U.S. Figure Skating rules as basis for denying the bye.
- C. The application for a bye shall be made on the current Competition Bye Application adopted by the Competitions Committee. The team shall state:
1. The reasons why the team cannot compete in the competition;
  2. Explain why the team would have a reasonable chance of winning first, second, third or fourth place in the U.S. Synchronized Skating Championships.
- D. A bye shall be granted to bypass a sectional championship with the approval of a majority of the chairs of the Competitions Committee, the Synchronized Skating Committee, the Synchronized Skating Competitions Subcommittee, the appropriate sectional vice chair and the appropriate vice president.

**3202** When a synchronized skating team is selected for an international competition which warrants a bye from a sectional championship, the bye will automatically be offered by the chair of the Competitions Committee subject to the team's appearing in the international event.

**3210 Entries — Singles, Pairs and Dance Competitions**

**3211 Entries — Qualifying Competitions**

**3212** Entry forms for singles/pairs/dance for qualifying competitions may be submitted to U.S. Figure Skating Headquarters using only the method(s) indicated.

Deadline (close of entry)	Discipline/Competition	Entry method
Sept. 1	Qualifying regional/sectional singles/pairs/dance	Online registration only (no paper entry accepted)
Dec. 1	Qualifying sectional synchronized skating	Online registration only (no paper entry accepted)
Jan. 2	Adult sectional qualifying events	Online registration only (no paper entry accepted)
Jan. 15	U.S. Adult Championships	Online registration only (no paper entry accepted)
June 15	U.S. Collegiate Championships	Online registration only (no paper entry accepted)

**NOTE:** Deadline for meeting test requirements is at "close of entry".

- A. Entry Methods
1. Online method by using the U.S. Figure Skating Members Only web site. No Sunday or legal holiday "following business day" practice will be applied.
- B. All skaters/teams entries must include the appropriate entry fee and an administration fee. Once entries have closed, entry fees are only refundable if the competition is not held. Administration fees are not refundable.
- C. Once entered all withdrawals are considered final and a skater/team may not reenter the qualifying competition system for the season even if before the entry deadline.
- D. When nonqualifying competitions are held in conjunction with qualifying competitions, entries for the nonqualifying portion of the competition are due at the appropriate local organizing committee on or before the mandated deadline for the qualifying competition.

**3213** A competition shall be held if at least two eligible competitors appear at the start.

- 3214** Entries of competitors who are members of clubs must be approved by the appropriate club officials with a certificate of their eligibility, scholastic eligibility and eligibility under the rules for the events entered, signed by the entrant. Entries must show the entrant's U.S. Figure Skating registration number. Headquarters will send to each member club a list of their registered competitors. It is the responsibility of each member club to verify the eligibility of each entrant and to inform Headquarters if any competitor does not qualify.
- 3215** Entries of competitors who are individual members must be made by the individuals themselves. They must certify that they are eligible persons, qualified for said events, and must show their U.S. Figure Skating registration number.
- 3216** Competitors:
- A. May enter different kinds of events (i.e., singles, pairs or dance) in different levels (i.e., senior, junior) but may not enter the same kind of event in different levels in the same competition. For example, a skater may enter junior pairs and senior free skate, but they may not enter both junior and senior pairs.
  - B. May enter, if an adult competitor, only one championship event per discipline regardless of eligibility by test requirements.
  - C. May not enter adult level and standard level in the same kind of event (i.e., free skate, dance) in the same competition and vice versa. For example, a skater may not enter novice men's free skate and adult masters free skate.
  - D. May not enter an adult level at a qualifying competition (adult sectionals/U.S. Adult Championships) and a standard level at a qualifying competition (regionals/sectionals/nationals) in same kind of event (i.e., free skate, dance) in the same competition season, and vice versa. For example, a skater may not enter novice men free skate on the standard track and masters free skate on the adult track in the same season but may enter novice men free skate on the standard track and masters pairs on the adult track.
  - E. Must state whether or not they will skate in their event if there are four or fewer entries. The statement is binding.
- 3217** Entries in qualifying competitions shall not be accepted from entrants who have obligations that are unpaid from prior qualifying competitions.
- 3218** The entry fee for all sectional and regional championships shall be approved by the appropriate sectional vice chair of the Competitions Committee. No entry fee shall be charged for U.S. Figure Skating Championships or the U.S. Junior Figure Skating Championships.
- A. Competitors who qualify for the U.S. Adult Figure Skating Championships by virtue of having competed at adult sectionals in championship masters junior-senior free skate, championship masters intermediate-novice free skate, championship adult gold free skate, championship adult pairs and championship adult dance shall not be charged an entry fee for those specific events at the U.S. Adult Figure Skating Championships.
- 3219** Postponement of the competition will extend the time of closing entries to a date to be fixed by the local organizing committee and notice thereof shall be given to all entrants. Entries already made may be withdrawn before the postponed date of closing entries.
- 3220** Entries of competitors to represent U.S. Figure Skating in world and other international competitions must be certified by the secretary of U.S. Figure Skating or by the chair of the International Committee or their duly authorized representatives.
- 3221** Competitors entered in a sanctioned competition may skate exhibitions during that competition if asked to do so by the host club.
- 3222** U.S. Figure Skating and the clubs or organizers of competitions undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the club hosting the competition, and against its officers, and their entries shall be accepted only on such condition.
- 3230** **Entries — Nonqualifying Competitions**
- 3231** Entries for nonqualifying competitions may be accepted after the date for closing of the entries at the discretion of the committee in charge of the competition, except that no entry need be accepted if received within 48 hours of the time for starting the first event of the competition. See 3233 for required numbers of entries.
- 3232** Entries of competitors who are members of clubs must be approved by the appropriate club officials. Entries must carry the entrants' registration number.
- 3233** At nonqualifying competitions, if only one eligible competitor enters an event, the entry fee shall be refunded, and the event shall be cancelled.
- 3234** Postponement of the competition will extend the time of closing entries to a date to be fixed by the committee in charge and notice shall be given to all entrants. Entries already made may be withdrawn before the postponed date of closing entries.
- 3235** Once entries have closed, entry fees are only refundable if the competition is not held.
- 3240** **Entries - U.S. Adult Figure Skating Championships and Adult Sectionals**
- 3241** The entry deadline for adult sectionals is Jan. 2 and the deadline for the U.S. Adult Figure Skating Championships is Jan. 15.
- 3242** Adult competitors who pass a free skate test, a pairs test or a dance test after the close of entries, at a level higher than the tests allowed for the event entered by the competitor will forfeit their eligibility to enter.



### **3250 Entries - Synchronized Skating Competitions**

- 3251** All entries must be made to the person/place designated in the announcement on or before the date specified for the closing of the entries. The provisions of 3212 shall apply.
- 3252** Closing date of entries for the first synchronized skating qualifying competition shall be no later than Dec. 1. Teams not meeting the deadline will not be permitted to compete. The provisions of 3212 shall apply.
- A. Teams entered in sectional competitions are not required to state whether or not they will participate in the U.S. Synchronized Skating Championships until after the sectional competition is completed.
- 3253** The entry form of the first qualifying competition of the year for all synchronized skating events becomes the official team roster for the remainder of the year. The roster must list all team members including alternates. No additions will be permitted from sectionals to the U.S. Synchronized Skating Championships.
- A. The roster is to be submitted to U.S. Figure Skating Headquarters with the entry form by Dec. 1;
- B. Requests for substitutions to the roster must be submitted on the official form to the sectional vice chair of the synchronized skating competitions committee. Substitutions to the roster may be permissible up to two weeks prior to the start of the next qualifying competition. The request must be in writing and must include the reason for the substitution together with a birth certificate, if applicable under 3258. The sectional vice chair for synchronized skating competitions will notify the national vice chair for synchronized skating competitions, the team manager, the chief referee and U.S. Figure Skating Headquarters of the decision at least one week prior to the start of the competition in question.
- 3254** Written notice is required from the person financially responsible for synchronized skating stating that a skater is a member in good standing regarding all financial matters relating to the old team prior to final acceptance to the new team. If such notice is withheld for any reason other than outstanding financial obligation or otherwise delayed more than 30 days following notice of a requested change, then such person financially responsible for synchronized skating may be subject to disciplinary action including suspension.
- 3255** Entries for nonqualifying competitions may be accepted after the date for closing of the entries at the discretion of the committee in charge of the competition, except that no entry need be accepted if received within 48 hours of the time for starting the first event of the competition.
- 3256** Clubs are permitted to enter more than one team in the same level.
- 3257** In each qualifying competition a team may skate the number of members permitted for its level as specified in rules 4660 through 4790. A team is permitted to skate a different number of skaters at each qualifying competition subject to adherence to rule 3253.
- 3258** Documents required:
- A. Qualifying competitions:
1. Birth certificates for members of senior, junior, novice, intermediate and juvenile synchronized skating teams must be filed by Dec. 1, with the team roster (see 3253). Birth certificates need only be submitted once as they are to remain on file with U.S. Figure Skating Headquarters. The roster is to be verified by U.S. Figure Skating Headquarters on a yearly basis. Adult and masters synchronized skating teams must provide proof of age if so requested by the referee and/or local organizing committee of the competition for which the team is entered;
  2. Collegiate and open collegiate teams must provide certification from their college or university that each team member is a full-time student;
- B. Nonqualifying competitions:
1. All levels except collegiate must provide proof of age if so requested by the referee and/or local organizing committee of the competition for which the team is entered;
  2. Collegiate and open collegiate teams must provide certification from their college or university that each team member is a full-time student;
- 3259** Alternates on a synchronized skating team:
- A. Qualifying competitions: Each synchronized skating team may have alternates listed on the team roster. The maximum number of alternates is four. Teams may have a total of four athletes on their roster in addition to the maximum number permitted on the ice for their respective level;
- B. International competitions: Each synchronized skating team may have alternates listed on the International Team Entry Form. The maximum number of alternates is four.
- 3260** An individual skater may skate on more than one, but not more than two, synchronized skating teams as long as the respective teams are in different levels. All the stipulations of 3261, 1452 and 4660–4790 must be adhered to.

The following matrix defines allowed crossovers:

Division athlete is skating in	Level allowed to cross over to												
	Pre-Juvenile	Open Juvenile	Open Collegiate	Open Adult	Preliminary	Juvenile	Intermediate	Novice	Junior	Senior	Collegiate	Adult	Masters
Pre-Juvenile	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded
Open Juvenile	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded
Open Coll.	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded
Open Adult	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded
Preliminary	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded
Juvenile	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	X	Shaded	Shaded	Shaded	Shaded	Shaded
Intermediate	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	X	Shaded	Shaded	Shaded	Shaded
Novice	Shaded	Shaded	Shaded	Shaded	X	Shaded	Shaded	Shaded	X	X	Shaded	Shaded	Shaded
Junior	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	X	Shaded	Shaded	X	X	Shaded	Shaded
Senior	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	X	X	Shaded	Shaded	X	X	Shaded
Collegiate	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	X	X	Shaded	Shaded	X	Shaded
Adult	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	X	X	Shaded	Shaded	X
Masters	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	Shaded	X	Shaded	Shaded

The shaded areas indicate no crossovers are allowed. An “X” indicates crossovers are allowed between the two levels, providing all requirements are met as defined in 3261, 1452 and 4660-4790.

**3261** Synchronized teams may enter more than one level, using different music and a different program, provided that there is no less than a 50 percent change of skaters. See 3260 for exceptions.

**3270 Seeding and Qualifying Rounds at Regional Championships**

**3271** Seeding — Singles

**3272** Notification:

- A. As soon as possible after the close of entries, U.S. Figure Skating Headquarters staff must notify the following people of the events at a regional championship that exceed 24 entrants: The sectional vice chair of the Competitions Committee, the chief referee, the chief accountant and the local organizing committee.
- B. As soon as possible thereafter, U.S. Figure Skating Headquarters staff will send each of the above people the names of the competitors in all events held at the championship, together with complete information on each competitor, which includes complete address, telephone number, coaches’ names, partner’s name, etc.
- C. As soon as possible after the close of entries, the chief referee will establish the qualifying groups for those events with more than 24 competitors and a tentative schedule of competition times and practice ice times.
- D. Promptly thereafter, all competitors shall be notified of the time of their practice(s), the qualifying group they have been assigned to (if applicable) and their tentative competition time(s). The complete roster for each event and/or qualifying round will be posted on the local organizing committee web site.
- E. Once groups and seeding have been established, an alternate for a withdrawn skater will be assigned to the withdrawn skater’s group. Any skaters who are added to an event due to unforeseen circumstances will be added to one of the groups (which group will be at the discretion of the chief referee) up to 48 hours before the start of the first qualifying group in that event. No reseeding or reassignments between groups will be made after the initial draw is posted on the LOC web site. Posting of the starting order must be at the arena or on the LOC web site.
- F. The official schedule of events will be posted at the competition.

**3273** Event Parameters:

- A. When there are 24 or fewer entries in any event at a regional championship, qualifying rounds will not be held. Competitors proceed directly to the championship round.
- B. When there are more than 24 entries in any event at a regional championships, qualifying rounds will be held. Competitors will be divided into groups in accordance with 3276.
  - 1. The chief referee, with the approval of the chair of the Competitions Committee, has the authority to adjust group sizes to meet the logistical needs of any event(s) at a regional competition. Any modifications will be balanced in such a way as to ensure fairness to all skaters in the event. Notification procedures as outlined in 3272 will be followed.
- C. Not more than 28 entries in any event shall be permitted to enter the final round of a regional championship, except as provided in 3273(B)(1) or in the case of ties.

**3274** Competitors in senior, junior, novice and intermediate qualifying rounds shall be seeded from the previous year’s qualifying competition final placements for the comparable event. Qualifying-round results will not be used. (Competitors in juvenile events shall not be seeded.) Zigzag seeding will be used as follows:

**NOTE:** Refer to 3284 for seeding rules for US Junior Figure Skating Championships.

- A. By final placement in the event of the same class first at U.S. Figure Skating Championships or U.S. Junior Figure Skating Championships, then sectionals (if applicable), then regionals (qualifying round placements will not be used);
- B. By final placement in the event of the next lower class first at U.S. Figure Skating Championships or U.S. Junior Figure Skating Championships, then sectionals (if applicable), then regionals (qualifying round placements will not be used);

- C. By random assignment or draw among those having no previous placement in the event of the same class;
- D. By random assignment or draw among those having no previous placement in the event of the next lower class and for those moving up more than one competition level, regardless of previous placement (i.e., all remaining competitors).

**3275** Seeding is the joint responsibility of the chief referee and the chief accountant of the competition.

**3276** When there are more than 24 entries in any event, the number of places advancing from each qualifying round group to the championship round is shown in the following chart. (For the U.S. Junior Figure Skating Championships, see rule 3281):

**Note:** The actual number of skaters in the CR may increase if there are ties.

	QR		CR
	Number of groups	Number advancing	
<u>25-36</u>	2	6	12
<u>37-54</u>	3	5	15
<u>55-72</u>	4	4	16
<u>73-90</u>	5	4	20
<u>91-108</u>	6	4	24
<u>109-126</u>	6	4	24
<u>127-144</u>	6	4	24
<u>145-168</u>	7	4	28
<u>169-196</u>	7	4	28

A. Competitors advancing from the qualifying rounds to the championship round will not be seeded.

**3277** Qualifying and championship rounds will consist of the following programs:

- A. For 25-196 entrants, there will be a qualifying round that will consist of:
  1. Singles and pairs: free skate only.
  2. Juvenile, intermediate, novice, junior and senior dance: free dance only.
- B. For 25-196 entrants, there will be a championship round that will consist of:
  1. Juvenile singles and pairs and intermediate pairs: free skate only.
  2. Intermediate singles and novice, junior and senior singles and pairs: short program and free skate.
  3. Juvenile, intermediate and novice dance: compulsory dances and free dance.
  4. Junior and senior dance: compulsory dance, original dance and free dance.

**3278** Factoring Rules:

- A. Scores from qualifying rounds will not be factored and will not be used to determine final placements.
- B. For multi-segment championship rounds: The scores from each segment will be combined to determine the overall results.

**Note:** The factors to be used are posted on U.S. Figure Skating's Members Only site at [www.usfsaonline.org](http://www.usfsaonline.org) under the "Accounting Central" link.

**3280 Qualifying Rounds and Seeding - U.S. Junior Figure Skating Championships**

**3281** Qualifying rounds must be held when there are more than 24 competitors or teams as follows:

**Note:** The chief referee, with the approval of the chair of the Competitions Committee, may modify the size of groups in qualifying rounds to meet the logistical needs of the event.

Number of entries	Number of qualifying rounds	Number advancing to final round from each group	Final round (see NOTE)
<u>24</u> or fewer	None		<u>24</u> or fewer
25-28	2	7	14
29-32	2	8	16
33-36	2	9	18
37 or more	2	10	20

**Note:** Ties may increase the actual number of competitors in the final round.

**3282** For the U.S. Junior Figure Skating Championships:

- A. Scores from qualifying rounds will not be factored and will not be used to determine final placements.
- B. For multi-segment championship rounds: The scores from each segment will be combined to determine the overall results.

**3283** Event parameters for the U.S. Junior Figure Skating Championships.

When there are more than 24 entrants:

- A. There will be a qualifying round:
  1. Juvenile and intermediate singles and pairs: free skate only.
  2. Juvenile and intermediate dance: free dance only.
- B. There will be a championship round:
  1. Juvenile singles and pairs and intermediate pairs: free skate only.
  2. Intermediate singles: short program and free skate.
  3. Juvenile and intermediate dance: compulsory dance and free dance.

**3284** Procedures to seed skaters into qualifying rounds at the U.S. Junior Figure Skating Championships are posted on the Members Only site at [www.usfsaonline.org](http://www.usfsaonline.org), under the "Accounting Central" link.

### **3290 Qualifying Rounds - Adult**

**3291** Qualifying rounds may be held at adult competitions. If there are more than 24 entries in any event, skaters will be divided by age into groups in accordance with 3276.

**3292** There shall be age categories for all free skate and interpretive events.

Class I: 21 years through 30 years

Class II: 31 years through 40 years

Class III: 41 years through 50 years

Class IV: 51 years through 60 years

Class V: 61 years and over

A. All age groups will be combined in qualifying events at adult sectionals.

B. All age categories may be divided or combined depending on the number of entries. The chief referee has authority to make this decision.

C. Proof of age is required.

### **3300 Qualifying Rounds and Seeding - U.S. Collegiate Figure Skating Championships**

**3301** Qualifying rounds may be held at the U.S. Collegiate Figure Skating Championships.

### **3310 Qualifying Rounds and Seeding - Synchronized Skating**

**3311** Synchronized qualifying rounds:

A. Sectional qualifying and championship rounds:

1. Qualifying rounds shall be held if more than 18 teams are entered in the senior, junior, collegiate, novice, intermediate, juvenile, adult and masters levels. Qualifying rounds for all other divisions shall be held if more than 12 teams are entered. They shall be divided into seeded flights. See 3313.

2. In events with a short program (junior and senior), only the free skate shall be skated in the qualifying round;

3. Advancement to the championship round shall be per chart 3313;

4. In events with a short program (junior and senior), both the short program and the free skate shall be skated in the championship or final round and the results combined.

B. National qualifying and championship rounds:

1. Qualifying rounds shall be held if more than 18 teams are entered in any event;

2. The event shall be divided into two seeded flights with the top five teams of each flight advancing to the championship round;

3. In events with a short program, only the free skate shall be skated in the qualifying round;

4. In events with a short program, both the short program and the free skate shall be skated in the championship round and the results combined.

C. If the number of entries is not evenly divisible by the number of flights required, the flights will be balanced as evenly as possible.

D. After the flights are determined, the skating order is in accordance with the order as drawn.

**3312** Seeding shall be carried out in the following manner whenever qualifying rounds are held:

A. Teams in qualifying rounds of sectional championships shall be seeded in a zigzag fashion from their final round placement in the same levels in the most recent U.S. Synchronized Skating Championships, sectional championship or, for those having no previous placement, by draw

B. Seeding qualifying rounds for the U.S. Synchronized Skating Championships:

1. There must be at least two teams from each section entered in the respective level in order to seed as per 3312 A;

2. Teams in qualifying rounds shall be seeded from their placement in the most recent sectional championships, provided there is competition in the respective level in all sections;

3. The order of seeding shall be determined by a separate draw and posted at the first official practice session. The draw shall be carried out by the referee at any convenient time after the closing of entries and in the presence of at least two judges or other officials;

4. When there is no competition in a level at all three sections, seeding shall be in zigzag fashion. Teams without competition at the sectional level shall be seeded by random draw. The order of seeding shall be in accordance with the order as drawn in 3312 B 2.

Seeding example: Synchronized Skating

	<b>Group A</b>	<b>Group B</b>
Senior	Midwest 1	East 1
	East 2	Midwest 2
	Midwest 3	East 3
	East 4	Midwest 4
	Remainder by random draw	

**3313 Qualifying Round Chart - Sectional Synchronized Skating Championships**

Event: Senior, junior, novice, intermediate, juvenile, collegiate, adult and masters synchronized skating.			
Number of teams	Qualifying round (QR) groups	Number of places advancing	Championship round (CR) group
1-18	-	-	18
19-31	2	9	18
All other event levels			
1-12	-	-	12
13-15	2	4	8
16-18	2	5	10
19-24	2	6	12
15-31	3	4	12

**3314** Qualifying rounds are optional in nonqualifying competitions but if held, notice must appear in the announcement of the competition.

**3320 Initial Starting Orders and Warm-Up Groups - Singles, Pairs and Dance**

**3321** Initial closed draws for short program for singles and pairs, free skate events that do not have a short program, and compulsory dances in the initial rounds of dance events:

- A. May be drawn by the chief referee or chair of the competition in the presence of at least two judges or other officials at any convenient time after the closing of entries; or
- B. May be drawn by the chief accountant, in the presence of at least two other officials, by using the random draw feature of an approved U.S. Figure Skating program. The drawn starting orders for each event must be posted no less than twelve hours before the start of the first event of the competition.

**3322** There will be a random draw for starting order in the first segment of each event.

**3323** At qualifying competitions, the chart (3325) shall be used for determining the size of the warm-up groups.

**3324** In the event of a withdrawal after the skating order has been posted, warm-up groups will not be adjusted to fill the open position.

**3325 Size of Warm-Up Groups - Singles, Pairs and Dance:**

Number of competitors	SINGLES	PAIRS	DANCE
	Short program Free skate	Short program Free skate	Compulsory dance Original dance Free dance
	<b>Maximum 6</b>	<b>Maximum 4</b>	<b>Maximum 5</b>
2	2	2	2
3	3	3	3
4	4	4	4
5	5	2+3	5
6	6	3+3	3+3
7	3+4	3+4	3+4
8	4+4	4+4	4+4
9	4+5	3+3+3	4+5
10	5+5	3+3+4	5+5
11	5+6	3+4+4	3+4+4
12	6+6	4+4+4	4+4+4
13	4+4+5	3+3+3+4	4+4+5
14	4+5+5	3+3+4+4	4+5+5
15	5+5+5	3+4+4+4	5+5+5
16	5+5+6	4+4+4+4	4+4+4+4
17	5+6+6	3+3+3+4+4	4+4+4+5
18	6+6+6	3+3+4+4+4	4+4+5+5
19	4+5+5+5	3+4+4+4+4	4+5+5+5
20	5+5+5+5	4+4+4+4+4	5+5+5+5
21	5+5+5+6	3+3+3+4+4+4	4+4+4+4+5
22	5+5+6+6	3+3+4+4+4+4	4+4+4+5+5
23	5+6+6+6	3+4+4+4+4+4	4+4+5+5+5
24	6+6+6+6	4+4+4+4+4+4	4+5+5+5+5

**3330 Initial Starting Orders - U.S. Junior Figure Skating Championships**

**3331** All draws shall be carried out at an open draw announced in advance.

- A. There will be a random draw for starting order within each group in the qualifying round.

**3340 Draws - Synchronized Skating Competitions**

**3341** At the sectional championships, all draws for starting order shall be closed draws. See rule 3321.

**3342 U.S. Synchronized Skating Championships:**

- A. All draws for starting order in the first segment of each event shall be closed draws.
- B. Draws following the short program for the senior and junior levels shall be an open draw announced in advance. The team captain of each team should attend this draw. The referee shall designate someone to draw for teams not attending.

C. Promptly following these draws, the starting order for the free skate shall be posted.

**3350 Initial Starting Orders — Synchronized Skating Championships**

**3351** In all competitions starting numbers for synchronized skating short program events and for synchronized skating events consisting of free skate only shall be drawn in a closed draw by the referee or accountant in the presence of at least two other officials at any convenient time after the closing of entries. The skating order shall be announced and posted at the first official practice session.

A. Notice shall be given of the starting time for each event.

**3352** Size of resurface groups.

Number of teams	Synchronized Skating	
	Short program and free skate if ties Maximum of 6	Free skate Maximum of 5
2	2	2
3	3	3
4	4	4
5	5	5
6	6	3+3
7	3+4	3+4
8	4+4	4+4
9	4+5	4+5
10	5+5	5+5
11	5+6	3+4+4
12	6+6	4+4+4
13	4+4+5	4+4+5
14	4+5+5	4+5+5
15	5+5+5	5+5+5
16	5+5+6	4+4+4+4
17	5+6+6	4+4+4+5
18	6+6+6	4+4+5+5
19	4+5+5+5	4+5+5+5
20	5+5+5+5	5+5+5+5

**3353** In senior and junior events only, the ice should be resurfaced after six teams perform the short program and after five teams (six in the case of ties) perform the free skate.

**3354** In novice and lower events the number of teams performing between ice resurfaces is at the discretion of the referee.

**3360 Subsequent Starting Orders and Warm-Up Groups**

**3361 Subsequent Starting Orders and Warm-Up Groups - Singles, Pairs and Dance**

**3362** As soon as possible after the determination and certification of the results of the preceding segment, the officials selected by the chief referee shall complete the draw.

In most situations, the actual draw groups are determined by the maximum number of competitors permitted in a warm-up group. Of course, there are situations where this is not possible:

- A. When competitors are tied but are in two separate draw groups, the draw groups are readjusted.
- B. When an event has only the maximum or fewer competitors than allowed in a warm-up group.
- C. For junior and senior original dance where there are specific rules that cover the draw for the starting order.
- D. For the championship singles and pairs free skate and free dance events at the U.S. Figure Skating Championships where there are specific rules that cover the draw for the starting order. Each of these circumstances is covered in detail in within section 3360.

Note: Draws are tied to the starting order group when the number of competitors in the event does not surpass the maximum permitted for warm-up group size. When the number of competitors is the event requires more than one warm-up group, draws are tied to the warm-up group.

**3363** Subsequent starting orders will be drawn:

- A. When there are no qualifying-round groups:
  - 1. As a draw based on the results of the preceding segment(s) of the event. See 3364.
- B. When there have been qualifying rounds:
  - 1. As a random draw in a single segment championship round;
  - 2. As a random draw in the first segment of the championship round;
  - 3. As a draw based on the results of the previous segment of a multi-segment championship round.

**3364** The draw for the starting order of competitors is determined from the results of the preceding segment(s) of the event concerned, i.e.:

- A. Single and pairs free skate from the result of the short program;
- B. Senior and junior original dance from the combined result of the compulsory dance(s);
- C. Senior and junior free dance from the combined results of the compulsory dances and the original dance;
- D. Novice, intermediate and juvenile free dance from the result of the compulsory dances;

- E. Championship adult, adult gold and adult pre-gold and masters open free dance from the result of the compulsory dances;
- F. Adult silver, adult bronze and adult pre-bronze dance from the result of the initial round.
  1. The starting order drawn for the first final-round dance shall remain the same for each subsequent dance of the final round.

**3365** How to establish draw groups to determine a starting order:

- A. When the number of competitors does not exceed the maximum permitted in a warm-up group:
  1. The competitors shall be divided into two equal draw groups.
  2. If the number of competitors is not equally divisible, the last draw group (the best-placed competitors) must contain one more competitor than the first draw group.
  3. Tied competitors must be placed in the same draw group.
  4. When competitors are tied, there will be a separate draw before the main draw to determine the draw order for the tied competitors.
  5. Start the draw with the best-placed competitor in the event. The starting order in each group will be drawn in order of placement.
  6. The warm-up group is independent of these draws (see 3366 A).

Size of Draw Groups with Only One Warm-Up Group:

Number of Competitors	SINGLES	PAIRS	DANCE
	Free skate	Free skate	Free dance
2	1+1	1+1	1+1
3	1+2	1+2	1+2
4	2+2	2+2	2+2
5	2+3	—	2+3
6	3+3	—	—

- B. For senior and junior original dance:
  1. If the participating number of couples is 10 or less, there will be a random draw for the original dance:
    - a. The starting order of the couples shall be drawn in the order of placement.
    - b. When couples are tied, there will be a separate draw before the main draw to determine the draw order for the tied couples.
    - c. The warm-up groups are independent of these draws. See 3366 B.
  2. If the participating number exceeds 10, the couples shall be divided into two parts, A and B, according to 3365 B (3).
    - a. The couples who will skate in the last two warm-up groups, according to the Table 3325, shall be designated as Part B.
    - b. The remaining couples shall be designated as Part A.
    - c. If two or more couples are tied for the same place, they shall be drawn in the same group or part.
    - d. When couples are tied, there will be a separate draw before the main draw to determine the draw order for the tied couples.
    - e. In each part (A and B) there will be a random draw.
    - f. Start with Part B.
    - g. In each part, the starting order of the couples shall be drawn in the order of placement.
    - h. The warm-up groups are independent of these draws. See 3366 B.
  3. Draw groups for original dance:

Number of couples	Random draw	
	Part A	Part B
1-10		
11	3	8
12	4	8
13	4	9
14	4	10
15	5	10
16	8	8
17	8	9
18	8	10
19	9	10
20	10	10
21	12	9
22	12	10
22+	The rest	Always 10

### C. TV Rule

1. At the U.S. Figure Skating Championships only, for the championship (senior) ladies, men's and pairs free skate, and for championship (senior) free dance events, the final draw group shall consist of:  
Ladies and men: the last two warm-up groups will consist of not fewer than 10 and not more than 12 competitors, the exact number to be decided by the chief referee in consultation with the executive director prior to the draw of the short program.
    - a. Starting order for the final two groups will be drawn in four subgroups.
      - i. The top three finishers in the short program shall be the last to skate in the final group and will be drawn from the first subgroup.
      - ii. The fourth-, fifth- and sixth-place (or fourth- and fifth- place if five in group) finishers in the short program will be the first to skate in the final group, and will draw from this second subgroup;
      - iii. The seventh-, eighth- and ninth-place (or sixth-, seventh- and eighth-place if five in group) finishers in the short program will be the last to skate in the second-to-last group, and will draw from this third subgroup.
      - iv. The 10th-, 11th- and 12th-place (or ninth- and 10th-place if five in group) finishers in the short program will be the first to skate in the second-to-last group, and will draw from this fourth subgroup.

Pairs: four couples in the final group;  
Dance: five couples in the final group.

    - b. Tied competitors must be placed in the same draw group.
    - c. Ties could cause the size of the final draw groups to increase.
  2. It is the policy of U.S. Figure Skating to keep some format of random draw and not go to a reverse placement skating order in the future.
  3. The remaining competitors shall be drawn as follows:
    - a. If the remaining competitors are more than the maximum permitted in a warm-up group, they shall be divided into the smallest possible number of equal groups of not more than the maximum permitted.
    - b. If the number of remaining competitors is not equally divisible, the last group (the last-placed competitors) must contain one less competitor than the next group(s).
  4. Tied competitors must be in the same draw group:
    - a. Starting with the lowest-placed competitor, tied competitors in different draw groups shall be placed together in the same draw group. The draw group from which the competitor(s) was (were) removed from is reduced accordingly.
    - b. When one or more tied competitors are included in the same draw group, the maximum number permitted to warm up at the same time may be exceeded by one competitor.
    - c. If these tied competitors increase the maximum group size allowed by two or more, the draw group in question shall be divided into two subgroups. One subgroup shall consist of these tied competitors. The other subgroup shall consist of the remaining competitors from the group.
    - d. The movement of tied competitors in the event does not affect the other competitors. Their assigned draw group does not change.
    - e. When competitors are tied, there will be a separate draw before the main draw to determine the draw order for the tied competitors.
  5. Start the draw with the best-placed competitor. The starting order in each group will be drawn in order of placement.
- D. For all other events:
1. For the purpose of establishing draw groups, start with the last-place competitor and work up to the first-place competitor to establish the maximum permitted in a warm-up group. See Table 3325.
  2. If there are more competitors than the maximum permitted, they shall be divided into the smallest possible number of equal groups of not more than the maximum.
  3. If the number of competitors is not equally divisible, the last group to skate (the best-placed competitors) and as many preceding groups as necessary must contain one more competitor than the first group to skate (the lowest-placed competitors).
  4. Tied competitors must be in the same draw group:
    - a. Starting with the lowest placed competitor, tied competitors in different draw groups shall be placed together in the same draw group. The draw group from which the competitor(s) was (were) removed from is reduced accordingly.
    - b. When one or more tied competitors are included in the same draw group, the maximum number permitted to warm-up at the same time may be exceeded by one competitor.
    - c. If these tied competitors increase the maximum group size permitted by two or more, the draw group in question shall be divided into two subgroups. One subgroup shall consist of these tied competitors. The other subgroup shall consist of the remaining competitors from the group.
    - d. The movement of tied competitors in the event does not affect the other competitors. Their assigned draw group does not change.
    - e. When competitors are tied, there will be a separate draw before the main draw to determine the draw order for the tied competitors.
  5. Start the draw with the best-placed competitor in the event. The starting order in each group will be drawn in order of placement.

### 3366 Warm-Up Groups:

- A. If the maximum number of competitors allowed in a warm-up group is not exceeded, the competitors will skate in the same warm-up group.
- B. Junior and senior original dance: starting with the competitor who drew last to skate, use the table in 3325 to establish the maximum permitted in a warm-up group.
- C. For all other events, including championship final segment events at U.S. Figure Skating Championships, the draw groups as established are the warm-up groups.



3367 Promptly following these draws, the starting order shall be posted.

**3370 Subsequent Starting Orders - U.S. Junior Figure Skating Championships**

3371 Subsequent starting orders in the championship round will be drawn:

- A. In a single segment championship round or the first segment of the championship round: As a random draw with the competitors listed in alphabetical order;
- B. In subsequent segments of the championship round: Based on the results of the previous segment.

**3380 Subsequent Starting Orders and Resurface Groups in Synchronized Skating**

3381 As soon as possible after the determination and certification of the results of the preceding segment, the officials selected by the chief referee shall complete the draw.

In most situations, the actual draw groups are determined by the maximum number of teams permitted in a resurface group. Of course, there are situations where this is not possible:

- A. When teams are tied but are in two separate draw groups, the draw groups are readjusted.
- B. When an event has only the maximum or fewer teams than allowed in a resurface group

Each of these circumstances is covered in detail within this section.  
**Note:** Draws are tied to the starting order group when the number of teams in the event does not surpass the maximum permitted for resurface group size. When the number of teams in the event requires more than one resurface group, draws are tied to the resurface group.

- A. The draw for the starting order of teams in the free skate is determined from the results of the short program.
- B. How to establish draw groups to determine a starting order:
  - 1. When the number of teams does not exceed the maximum permitted in a resurface group:
    - a. The teams shall be divided into two equal draw groups.
    - b. If the number of teams is not equally divisible, the last draw group (the best-placed teams) must contain one more team than the first draw group.
    - c. Tied teams must be placed in the same draw group.
    - d. When teams are tied, there will be a separate draw before the main draw to determine the draw order for the tied teams.
    - e. The starting order in each draw group will be drawn in order of placement, starting with the best-placed team.
    - f. The resurface group is independent of these draws (see 3352).

Size of Draw Groups with Only One Resurface Group

Number of teams	Free skate
2	1+1
3	1+2
4	2+2
5	2+3

- 2. When there are more teams than the maximum number permitted in a resurface group:
  - a. For the purpose of establishing draw groups, start with the last-place team and work up to the first-place team to establish the groups permitted in a resurface group. See Table 3352.
  - b. If there are more teams than the maximum permitted, they shall be divided into the smallest possible number of equal groups of not more than the maximum permitted.
  - c. If the number of teams is not equally divisible, the last group to skate (the best-placed teams) and as many preceding groups as necessary must contain one more team than the first group to skate (the lowest-placed teams).
  - d. Tied teams must be in the same draw group:
    - i. Starting with the lowest-placed team, tied teams in different draw groups shall be placed together in the same draw group. The draw group from which the team(s) was (were) removed from is reduced accordingly.
    - ii. When one or more tied teams are included in the same draw group, the maximum number of teams permitted in a resurface group may be exceeded by one.
    - iii. If these tied teams increase the maximum group size allowed by two or more, the draw group in question shall be divided into two subgroups. One subgroup shall consist of these tied teams. The other subgroup shall consist of the remaining teams from the group.
    - iv. The movement of tied teams in the event does not affect the other teams. Their assigned draw group does not change.
    - v. When teams are tied, there will be a separate draw before the main draw to determine the draw order for the tied teams.
  - e. Start the draw with the best-placed team. The starting order in each group will be drawn in order of placement.

**3382 Resurface groups**

- A. If the maximum number of teams allowed in a resurface group is not exceeded, the teams will skate in the same resurface group.
- B. If the maximum number of teams allowed is exceeded, the draw groups as established are the resurface groups.

3383 Promptly following these draws, the starting order shall be posted.

**3400 Computations Under the 6.0 System.**

Rules moved to the U.S. Figure Skating Members Only web site at [www.usfsonline.org](http://www.usfsonline.org), under the "Accounting Central" link.

### 3430 IJS General Information — All Skating Disciplines

- A. Scale of values
  1. For singles skating, pairs skating, ice dancing and synchronized skating competitions conducted by U.S. Figure Skating using the IJS, U.S. Figure Skating will use the ISU Scale of Values tables for the event discipline, as modified from time to time, to determine the base value of difficulty for the elements classified in the ISU Scale of Values.
  2. U.S. Figure Skating may supplement the ISU Scale of Values tables to include elements that are currently not included in them or may develop a separate scale of values table for lower-level events and beginning skaters.
  3. The current ISU Scale of Values tables for each discipline shall be posted on the U.S. Figure Skating Members Only site at [www.usfsaonline.org](http://www.usfsaonline.org), under the "Accounting Central" link.
- B. Planned program content sheet
  1. Each skater, pair, couple or team will submit a form (the "Planned Program Content Sheet") for each segment of their competitive event indicating the elements planned for the program listed in the order to be skated.
  2. The planned program content sheet must list the approximate time in the program when each element occurs.
- C. List of certified technical officials
  1. A list of technical officials certified to officiate U.S. Figure Skating events conducted under the IJS will be published in the directory and will be available on the U.S. Figure Skating web site.
  2. The Technical Panel Committee will oversee the training and certification of the technical officials.
- D. Judges' scores
  1. The marks of all judges assigned to a panel in a U.S. Figure Skating event using the IJS must be included in the calculation of results. There will be no blind draw of the judging panel to discard the marks of any judge. When there are five or fewer judges on the judging panel, a simple mean may be used to calculate results.
  2. The names of the judges on the panel will be published along with their respective scores at the conclusion of the event. There will be no anonymous judging.

### 3431 IJS Competition Officials — All Skating Disciplines

- A. All officials, except the members of the technical panel, must be eligible persons. All officials must be members in good standing of U.S. Figure Skating.
- B. Avoidance of conflicts or the appearance of conflicts
  1. A member of the immediate family of a competitor or coach of a competitor shall not be permitted to serve as an official (referee, accountant, member of the technical panel or judge) in the same event at a U.S. Figure Skating competition in which such competitor is entered.
  2. At qualifying competitions, members of the same family or close relatives shall not be permitted to serve as referees, accountants, judges or members of the technical panel in the same event. At nonqualifying competitions, members of the same family or close relatives shall not be permitted to serve as judges or members of the technical panel in the same event.
  3. Members of the technical panel shall comply with the additional ethics and conflict of interest rules as developed by the Technical Panel Committee.
- C. Officials
  1. The following officials certified to function in the IJS shall be recommended to officiate at U.S. Figure Skating qualifying competitions:
    - a. Referee
    - b. Judges — either an odd or even number of judges may be used in events conducted under the IJS, but in any event, no fewer than five judges should comprise the panel.
      - i. U.S. Championships: Maximum of nine judges certified to judge at the national level
      - ii. Sectionals: Maximum of seven judges certified to judge at the sectional level or above
      - iii. Regionals: Maximum of seven judges certified to judge at the regional level or above
    - c. Technical panel
      - i. Technical controller
      - ii. Technical specialist
      - iii. Assistant technical specialist
      - iv. Data operator
      - v. Video replay operator
    - d. Accountant to calculate using calculation computer program selected by U.S. Figure Skating as the official calculation software.
  2. The following officials trained to function in the IJS must be certified to officiate at U.S. Figure Skating nonqualifying competitions:
    - a. Referee
    - b. Judges — either an odd or even number of judges may be used in events conducted under the IJS. A five-judge panel is recommended.
    - c. Technical panel to include at minimum:
      - i. Technical controller
      - ii. Technical specialist
      - iii. Assistant technical specialist

In an emergency situation, when a shortage of technical panel personnel arises, the chief referee may assign one technical controller and one technical specialist to the technical panel.
    - d. Accountant to calculate using calculation computer program selected by U.S. Figure Skating as the official calculation software.
    - e. Technical specialists and technical controllers at all U.S. Figure Skating-sanctioned competitions must be certified either by the Technical Panel Committee, be on the current list of ISU certified technical officials or certified as a technical official by a member federation of the ISU. A guest technical panel official need not be a member of U.S. Figure Skating nor a U.S. citizen.

**3432 IJS — Duties of Event Officials — All Skating Disciplines**

- A. Chief referee. The duties of the chief referee shall be as specified in Rule 2200.
- B. Event referee
  1. Is in charge of the event.
  2. Manages the panel of judges to ensure compliance with the rules, with the authority to remove judges from the panel if there are important and valid reasons to do so.
  3. Acts as spokesperson for the panel.
  4. Conducts pre-event meeting with the panel of judges before each segment of the event.
  5. Decides whether the condition of the ice permits the holding of the event.
  6. Decides all protests with respect to the event.
  7. Interprets Rulebook and enforces provisions therein as it pertains to the event.
  8. Takes the time of the program as skated and records the half-way point in singles and pairs free skates when the event is running in a manual environment.
  9. Determines deductions for costume and prop violations, time violations, interruptions of the program, music violations, etc., and consults with the technical controller for verification, if necessary.
  10. In ice dancing, determines, with the assistance of a timekeeper, if necessary, the timing of all lifts in the original dance and the free dance in order to inform the panel of judges if the couple has performed an extended lift.
- C. Judge
  1. Evaluates and scores the quality of each element and the skater(s)' achievements in each of the specified program components based upon specific written criteria.
  2. Must be fully informed of all rules concerning the judging of an event under the IJS and able to implement those rules.
  3. Must be willing to use the whole range of grade of execution values (+3 to -3) and program component marks (0.25 to 10.00) as the skating dictates.
  4. In the case of ice dancing, must make the necessary deductions in the case of extended lifts in accordance with the rules when so notified.
  5. Must mark independently and must not communicate with one another or discuss their marks or scores during the event with any person other than the event referee.
  6. May not serve as a television commentator nor engage in communications with the media or others with respect to the event they are judging except through the event referee.
  7. Must not use previously prepared marks or bring papers to the judges' stand containing information on previous performances.
  8. Must not bring any form of electronic communication system to the judges stand.
  9. Must comport themselves at all times with discretion, be completely impartial and neutral in their evaluation of the performance and not show bias for or against any skater(s).
- D. Technical controller
  1. Qualifications as specified in TPCR 3.01
  2. Acts as chair and supervisor of the technical panel and ensures an orderly, clear, dignified and efficient communication among technical panel members.
  3. Convenes a meeting of the technical panel prior to each event segment.
  4. Supervises the calls of the technical specialists and the input of the names and correct levels of difficulty of the performed elements.
  5. Corrects, if necessary, the calls of the technical specialist. If both technical specialists disagree with the proposed correction, the initial decision of the technical specialists shall stand. If the two technical specialists do not agree, the decision of the technical controller shall prevail.
  6. Authorizes or corrects the deletion of elements.
  7. Authorizes or corrects the identification of illegal elements, illegal movements in ice dancing and illegal holds in pairs skating.
  8. Authorizes or corrects the identification of a fall.
  9. Confirms or corrects the innovative element bonus.
  10. Confirms the deletion of additional elements.
  11. Verifies that the performed elements and levels of difficulty identified are correctly recorded (either in the computer system or manually) and authorizes them to go to the calculation program.
  12. A technical controller may serve as an assistant technical specialist in qualifying competitions as follows:
    - a. Sectional-level-and-above technical controllers may serve as assistant technical specialists at regional and sectional qualifying competitions in the discipline(s) in which they are certified.
    - b. Regional-level technical controllers may serve as assistant technical specialists at regional qualifying competitions in the discipline(s) in which they are certified.
- E. Technical specialist and assistant technical specialist
  1. Qualifications as specified in TPCR 3.02:
  2. Identifies and calls the performed elements.
  3. Identifies and calls correct levels of difficulty of the performed elements.
  4. Identifies illegal elements (illegal movements in ice dancing).
  5. Identifies a fall.
  6. Identifies the innovative element bonus.
  7. Identifies and deletes extra or additional elements.
  8. If serving as the assistant technical specialist, takes part in the decision-making process in accordance with technical panel protocol.
  9. Attends the meeting of the technical panel prior to each event segment.
  10. Attends practice sessions, if possible, and is familiar with the skater(s)/teams programs in advance of the event.

- F. Data operator
  - 1. Qualifications as specified in TPCR 3.03:
  - 2. Inputs the called elements into the computer or manually records the called elements in the code recognized in the scale of values if the data input computer is not in use.
  - 3. Inputs the levels of difficulty of the elements as called in the same manner described above.
  - 4. Corrects elements or levels of difficulty as instructed by the technical controller.
  - 5. Indicates additional elements identified by the computer to the technical specialist and the technical controller.
  - 6. Inputs the highlight bonus as instructed by the technical controller.
  - 7. Supports the technical specialists and technical controller.
  - 8. Operates the replay as instructed by the technical controller.
  - 9. Attends the meeting of the technical panel prior to each event.
- G. Video replay operator (for events using video replay)
  - 1. Qualifications as specified in TPCR 3.04:
  - 2. Operates the video programs on a computer and captures video clips of all elements in a program for use by the judges, technical specialists and technical controller to review elements.
  - 3. May attend practice sessions to become familiar with the skaters/teams programs in advance of the event.
- H. Accountant. The duties of accountants generally are as specified in Rule 2400. In addition, for events using the IJS, the accountants must comply with the following:
  - 1. Qualifications:
    - a. Be trained, current and proficient in the operation of the software used to calculate results.
    - b. Be knowledgeable in the ISU Scale of Values coding for all elements in the skating discipline(s) for which results will be calculated.
  - 2. Prepare the sheets for the technical panel, event referee and judging panel prior to the event.
  - 3. Calculate the results using the computer program selected by U.S. Figure Skating as the official calculation software.
  - 4. Produce a protocol after every qualifying competition containing:
    - a. All marks for all skaters and the names of the judges who gave those marks.
    - b. All performed elements/sections as called and the base values for each element/section.
    - c. The results of each segment of the event, including total scores and placements for all skaters in each segment of the event.
    - d. The final result, including the final scores and final placements of all skaters in the event.
  - 5. The complete protocol may be disseminated to the competitors and judges by hard copy or by posting on the U.S. Figure Skating web site and/or on the web site for the competition or local organizing committee.

### 3433 IJS - Scoring for All Skating Disciplines - Generally

- A. Technical score for each segment (short program, free skate, compulsory dance, original dance, free dance)
  - 1. Judges mark each element as identified by the technical panel (or each section in compulsory ice dances) of the program skated. The mark is known as the grade of execution and ranges from +3 to -3 for each element or section.
  - 2. The trimmed mean (calculated by dropping the high and low marks from the panel and calculating the average of the remaining marks) shall be calculated for each element or section skated, except when a simple mean of all marks is permitted as specified elsewhere in the rules.
  - 3. The value of the trimmed mean (or simple mean) for each element authorized by the technical panel or section of the compulsory dance in ice dancing will be added to the base value of the element or section and will constitute the technical score for that element or section.
  - 4. The panel's technical scores for all elements or sections are added together and constitute the skater/couple/team's total technical score for the segment.
- B. Program component score for each segment
  - 1. There are a maximum of five program components (four in the marking of a compulsory ice dance).
  - 2. Each program component receives a mark from the judge on a scale of .25 to 10.00, in increments of .25.
  - 3. The trimmed mean, calculated by dropping the high and low marks from the panel and calculating the average of the remaining marks shall be calculated for each program component and shall constitute the score for that component except when a simple mean of all marks is permitted as specified elsewhere in the rules.
  - 4. The panel's trimmed mean (or simple mean) score for each program component is then multiplied by the general component factor and the results are added. The sum is the skater/couple/team's total program component score for the segment.
- C. Total segment score and segment results
  - 1. The total segment score for each skater/couple/team in each part of a competition (short program, free skate, compulsory dance, original dance and free dance) is calculated by adding the total technical score and the total program component score, subtracting any deductions for violations in accordance with the rules of the particular discipline. The result is the total segment score.
  - 2. In ice dance, for events with two compulsory dances the total score for each dance will be multiplied by a factor documented on the U.S. Figure Skating Members Only site at [www.usfsoonline.org](http://www.usfsoonline.org), under the Accounting Central link
  - 3. The skater/couple/team with the highest total segment score is placed first, the skater/couple/team with the next highest total segment score is placed second, and so on.
  - 4. If two or more skaters/couples/teams have the same total segment score:
    - a. The total technical score will break the tie in the short program and the compulsory dance. If the total technical scores are also equal, the skaters/couples/teams concerned will be considered tied.
    - b. The total program components score will break the tie in the free skate, original dance and free dance. If the program component scores are also equal, the skaters/couples/teams concerned will be considered tied.
- D. Combined and final result
  - 1. The total segment score for each segment is multiplied by the current segment factor and then added. The result constitutes the final score of a skater/couple/team in an event.

Note: The list of current segment factors is included in the IJS Factor table for Singles and Pairs on the U.S. Figure Skating Members Only site at [www.usfsaonline.org](http://www.usfsaonline.org) under the Accounting Central link.

2. The skater/couple/team with the highest final score is first, etc.
3. In case of a tie in total segment score for any combined result or final result, the skater/couple/team with the highest place for the last segment skated will prevail.
4. If there is a tie for the last skated segment, the placement of the next previously skated segment will determine the better place, etc. If there is no previous segment, the skaters/couples/teams are tied.
5. In ice dance, if two compulsory dances are to be skated, both dances are even in value. There are no tie-breaking criteria for the combined result after the second compulsory dance.
6. No final placements shall be recorded for competitors or teams who do not complete an event. The only placement recorded for such competitions will be the placement earned for the part of the event they completed and for which placements were determined.

### 3434 IJS — Marking — Singles and Pairs

#### A. Marking the technical elements

1. Scale of values
  - a. Events conducted by U.S. Figure Skating under the IJS will use the ISU Scale of Values for Singles and the ISU Scale of Values for Pairs to place a numerical base value of difficulty on skating elements. See Rule 3430(A).
  - b. Singles skating. A numerical base value is assigned to jumps, spins, and step and spiral sequences for singles skating.
  - c. Pairs skating. A numerical value is assigned to side-by-side jumps, throw jumps, side-by-side spins, step and spiral sequences, lifts, death spirals and pairs spins for pairs skating.
  - d. Unclassified elements. Elements not in the scale of values are considered to be unclassified elements and do not have point value if performed. Unclassified elements that are not otherwise illegal shall be evaluated as transitions/linking movements by the judges.
2. Identification of elements
  - a. Technical specialists identify the elements performed by the skater(s).
  - b. The identified elements are entered into the calculation software program.
  - c. The base value of each identified element is stated in the ISU Scale of Values.
3. Levels of elements
  - a. Lifts, twist lifts and death spirals (pairs), spins, and step and spiral sequences (singles and pairs) have been assigned levels of difficulty in the ISU Scale of Values.
  - b. The technical specialist identifies each element and its level of difficulty using specific written criteria. The element and its level are entered into the calculation software program.
  - c. There are four levels of difficulty: level 1 — the easiest; level 2 — difficult, level 3 — more difficult; and level 4 — the most difficult. The higher the number, the greater the difficulty and point value.
4. Grades of Execution (GOE).
  - a. Every judge must mark the quality of execution of every element depending on the positive features of the element's execution and any errors present.
  - b. The GOE is marked from +3, +2, +1, 0 (base value), -1, -2, -3.
  - c. The judge evaluates the positive features of the element that might increase the base value and then reduces the result because of errors, if any are committed.
  - d. Each plus or minus grade has its own plus or minus numerical value indicated in the ISU Scale of Values. This value of the judging panel's GOE for the element is added to the base value of the element (or deducted from it).
  - e. In marking the GOE, the following must be considered:
    - i. Jumps: all phases of the jump including the preparation, take-off, rotation (flight) and landing. The height, length, technique and the clean starting and landing of the jump must be considered. In the case of pairs, credit must be given to the jump of each partner according to its merit.
    - ii. Jump combinations/sequences: all phases of each jump in the combination or sequence must be taken into account, as well as the transition into each jump and the quality of the execution of the jumps in relation to their difficulty. Each jump must be given credit according to its merit. A jump combination or jump sequence is identified as one jump element by the technical specialist and marked as such by the judges.
    - iii. Lifts/twist lifts: The speed, the height, the continuous rotation, smoothness of the take-off and landing, good coverage of the ice surface, the position of the lady in the air.
    - iv. Throw jumps: The height, the distance, the take-off clean landing of the lady, the position of the lady in the air.
    - v. Death spirals: A smooth entry and exit, the even descent into the spiral position by the lady, the maintenance of the pivot position by the man and the position of execution of the actual death spiral.
    - vi. Spins: The preparation, entry, rotation and exit; quality of the required positions, strong and well-controlled rotation, number of revolutions in the required positions, strong and well-controlled rotation, and centering of the spin; and in the flying spins the height of the jump and the position in the air and landing.
    - vii. Step and spiral sequences: The swing, carriage and smooth flow of the movement in conformity with the character and the rhythm of the music.
5. Illegal elements/movements: The technical specialist shall identify and the technical controller shall authorize a deduction of two points for every illegal element/movement included in the program. The following are illegal elements/movements:
  - a. Somersault-type jumps
  - b. Lifts with wrong holds
  - c. Lifts with more than 3 1/2 revolutions of the man
  - d. Spinning movements in which the man swings the lady around in the air while holding her hand or foot
  - e. Twist-like or rotational movements during which the lady is turned over one or more times with skating foot leaving the ice
  - f. Rotational movements with the grip of one of the partners on the leg, arm or neck of the other partner
  - g. Jumps of one of the partners toward the other partner
  - h. Lying and prolonged and/or stationary kneeling on both knees on the ice at any moment

Remarks: If there is an illegal hold during a lift, the complete lift will receive no level and therefore also no value. The deduction for an illegal element will apply.

6. Bonus: the technical specialist shall identify and the technical controller shall verify a bonus of two points for unique, special innovative movements either within the given number of elements of a well-balanced program or as an extraordinary element not listed within a well-balanced program.
- B. Marking the program components
1. Generally. Each of the judges will evaluate the skater's/pair's whole performance, which is divided into five program components:  
(1) skating skills; (2) transitions/linking footwork and movement; (3) performance/execution; (4) choreography/composition; and (5) interpretation of the music.
  2. Definition and criteria for analyzing the program components
    - a. Skating Skills:
      - i. Definition: Overall skating quality, edge control and flow over the ice surface demonstrated by a command of the skating vocabulary (edges, steps, turns, etc), the clarity of technique and the use of effortless power to accelerate and vary speed. Varied use of power/energy, speed and acceleration.
      - ii. Criteria: In evaluating the skating skills, the judge must consider the following:
        - Balance, rhythmic, knee action and precision of foot placement.
        - Flow and effortless glide.
        - Cleanness and sureness of deep edges, steps and turns.
        - Power/energy and acceleration.
        - Mastery of multi-directional skating.
        - Mastery of one-foot skating.
        - Equal mastery of technique by both partners shown in unison (pairs skating)
    - b. Transitions/Linking Footwork and Movement
      - i. Definition: The varied and/or intricate footwork, positions, movements and holds that link all elements. In singles and pairs this also includes the entrances and exits of technical elements.
      - ii. Criteria: In evaluating the transitions/linking footwork and movement, the judge must consider the following:
        - Variety
        - Difficulty
        - Intricacy
        - Quality (including unison in pairs skating)
        - Balance of workload between partners (pairs skating) must be evaluated.
    - c. Performance/Execution
      - i. Definition: Performance is the involvement of the skater/pair physically, emotionally and intellectually as they translate the intent of the music and choreography. Execution is the quality of movement and precision in delivery and includes the harmony of movement in pairs skating.
      - ii. Criteria: in evaluating the performance/execution, the judge must consider the following
        - Physical, emotional and intellectual involvement
        - Carriage
        - Style and individuality/personality
        - Clarity of movement
        - Variety and contrast
        - Projection
        - Unison and "oneness" (pairs skating)
        - Balance in performance (pairs skating)
        - Spatial awareness between partners, management of the distance between partners and management of changes (pairs skating)
    - d. Choreography/Composition
      - i. Definition: An intentional, developed and/or original arrangement of all types of movements according to the principles of proportion, unity, space, pattern structure and phrasing.
      - ii. Criteria: In evaluating the choreography/composition, the judge must consider the following
        - Purpose (idea, concept, vision, mood)
        - Proportion (equal weight of parts)
        - Unity (purposeful threading of all movements)
        - Utilization of personal and public space
        - Pattern and ice coverage
        - Phrasing and form (movements and parts structured to match the phrasing of the music)
        - Originality of purpose, movement and design
        - Shared responsibility in achieving purpose (pairs skating)
    - e. Interpretation of the Music
      - i. Definition: The personal and creative translation of the music to the movement on ice.
      - ii. Criteria: in evaluating the interpretation of the music, the judge must consider the following
        - Effortless movement in time to the music (timing)
        - Expression of the music's style, character and rhythm
        - Use of finesse to reflect the nuances of the music ("finesse" is the skater's refined, artful manipulation of nuances; "nuances" are the personal artistic ways of bringing subtle variations to the intensity, tempo and dynamics of the music)
        - Relationship between the partners reflecting the character of the music (pairs skating)

3. Marks for program components
  - a. Program components are marked on a scale of 0.25 to 10.00 in increments of 0.25, with a separate mark given for each program component, of which:
    - i. 1 = Very poor
    - ii. 2 = Poor
    - iii. 3 = Weak
    - iv. 4 = Fair
    - v. 5 = Average
    - vi. 6 = Above average
    - vii. 7 = Good
    - viii. 8 = Very good
    - ix. 9 = Superior
    - x. 10 = Outstanding
  - b. Increments are used for evaluation of performances containing some features of one degree and some of the next degree.
  - c. Deductions are taken by the event referee for each violation of the regulations as set forth in Rule 3433.

### 3435 IJS - Calculations of Results - Singles and Pairs

#### A. Basic principles of calculation

##### 1. Calculations are done as follows:

- a. Every element has a base value indicated in the Scale of Value (SOV) chart in an ISU Communication.
- b. Each judge identifies for each element a grade of execution. Each grade has its own plus or minus numerical value as indicated in the SOV chart.
- c. The panel's Grade of Execution (GOE) is determined by calculating the trimmed mean of the numerical values of the GOEs awarded by the panel of judges.
- d. The trimmed mean is calculated by deleting the highest and the lowest values and calculating the average of the remaining maximum values.  
**Note:** A simple mean is permitted in nonqualifying competitions as provided for elsewhere in the rules.
- e. The average is rounded to two decimal places. This rounded average is the panel's GOE of an individual element.
- f. The panel's score for each element is determined by adding the panel's GOE of an individual element to its base value.
- g. The panel's scores for all the elements are added giving the Total Technical Score (TES).
- h. In Single and Pair Skating:
  - i. Jump combinations are evaluated as one unit by adding the base values of the jumps included and applying the GOE with the numerical value of the most difficult jump. The factored base value of the jump combination will be rounded to two decimal places.
  - ii. Jump sequences are evaluated as one unit by adding the base values of the two highest value jumps, multiplying the result by 0.8 and after that applying the GOE with the numerical value of the most difficult jump. The factored base value of the jump sequence will be rounded to two decimal places.
  - iii. Any additional element or elements exceeding the prescribed numbers will not be counted in the result of a participant. Only the first attempt (or allowed number of attempts) of an element will be taken into account.
  - iv. An innovative element, movement or transition may be granted with a special bonus of two points. This bonus can only be obtained once for a program.
  - v. The bonus (if obtained) will be added to the sum of the panel's score for all the elements giving thus the total technical score.
  - vi. In the free skate of singles skating the base values (but not the GOEs) for all jump elements started in the second half of the program will be multiplied by a special factor 1.1 in order to give credit for even distribution of difficulties in the program. In pair skating the base value (but not the GOEs) for all throw jumps, jump elements, lifts and twist lifts, started in the second half of the program will be multiplied by a special factor 1.1. Each factored base value for all jump elements (singles skating) and for all throw jumps, jump elements, lifts and twist lifts (pair skating) performed in the second half of the free skate program will be rounded to two decimal places. The second half commences in the middle of the required time without taking into account plus or minus 10 seconds allowance.
- i. Each judge also marks the program components on a scale from 0.25 to 10.00 with 0.25 points increments.
- j. The panel's points for each program component are obtained by calculating the trimmed mean of the judges' marks for that program component. The trimmed mean is calculated in the manner described above in subparagraph d.
- k. The trimmed mean of each program component score is rounded to two decimal places. **Note:** A simple mean is permitted in non-qualifying competitions as provided for elsewhere in the rules.
- l. The panel's points for each program component are then multiplied by a factor and then rounded to two decimal places. The sum is the Program Component Score (PCS).  
**Note:** The list of current program component factors is included in the IJS Factor Table for Singles/Pairs/Dance and Adult Singles/Pairs/Dance posted on the U.S. Figure Skating Members Only site at [www.usfsaonline.org](http://www.usfsaonline.org), under the Accounting Central link.
- m. Deductions are applied for each violation as follows:
  - i. Time violations: -1.0 for every five seconds lacking or in excess
  - ii. Music violations: -1.0 for vocal music
  - iii. Illegal element violation: -2.0 for every illegal element
  - iv. Costume and prop violation: -1.0
  - v. Falls: -1.0 for every fall (in pair skating -1.0 for a fall of one partner and -2.0 for a fall of both partners). For interpretation of this rule, a fall is defined as loss of control by a skater with the result that the majority of the skater's own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), back, buttock(s) or any part of the arm.

vi. Deductions will be applied for interruptions to the program as follows: -1.0 for 11-20 seconds interruption; -2.0 for 21-30 seconds interruption, etc.

B. Determination of results in each segment of a competition

1. Refer to rule 3433 C.

C. Determination of combined and final result

1. Refer to rule 3433 D.

**Note:** The list of current segment factors used to determine combined and final results is included in the IJS Factor Table for Singles/Pairs/Dance and Adult Singles/ Pairs/Dance posted on the U.S. Figure Skating Members Only site at [www.usfsaonline.org](http://www.usfsaonline.org), under the Accounting Central link.

### 3436 IJS - Marking - Ice Dancing

A. Marking the technical elements

1. Scale of values

- a. Events conducted by U.S. Figure Skating under the IJS will use the ISU Scale of Values for Ice Dancing to place a numerical base value of difficulty on skating elements.
- b. In ice dancing, a numerical base value is assigned to specific sections of each pattern of a compulsory dance and to dance spins, lifts, synchronized twizzles and step sequences in the original dance and the free dance.

2. Identification of elements

- a. Technical specialists identify the elements performed by the team in the original dance and free dance. No identification of elements is conducted in the compulsory dance since all couples skate the same elements.
- b. The identified elements are entered into the calculation software program.
- c. The base value of each identified element is stated in the ISU Scale of Values.

3. Levels of elements

- a. Dance spins, lifts, synchronized twizzles and step sequences have been assigned levels of difficulty in the ISU Scale of Values for Ice Dancing for the original dance and the free dance. There are no levels of difficulty in the compulsory dance.
- b. The technical specialist identifies the element and its level of difficulty using specific written criteria. The element and its level are entered into the calculation software program.
- c. There are four levels of difficulty for all elements in the original and free dance. The higher the number, the greater the difficulty and point value.

4. Grades of execution (GOE).

- a. Every judge must mark the quality of execution of every element (or section in the compulsory dance) depending on the positive features of the element's execution and any errors present.
- b. The GOE is marked from +3, +2, +1, 0 (base value), -1, -2, -3.
- c. The judge evaluates the positive features of the element that might increase the base value and then reduces the result because of errors, if any are committed.
- d. Each plus or minus grade has its own plus or minus numerical value indicated in the ISU Scale of Values. This value is added to the base value of the element (or deducted from it).
- e. The judge will mark the accuracy of skating and placement of every section of the compulsory dance depending on the positive features of the execution and errors using the seven grades of execution scale: +3,+2,+1, 0 (base value), -1, -2, -3. Each positive or negative grade has its numerical value indicated in the ISU Scale of Values table. This value is added to the base value of the section of the compulsory dance or deducted from it.
- f. In marking the technical element score of each dance, the following must be considered:
  - i. In the compulsory dance
    - Accuracy: Correctness of steps, edges, elements and holds
    - Placement: Correctness of pattern and its repetition(s).
    - Quality of execution: quality and depth of edges, steps, turns and cleanness and sureness
  - ii. For the original dance and the free dance
    - Dance spins: quality of the entry, the move onto one foot, rotation, position/line, exit, changes of foot, changes of position
    - Lifts: quality of entry, ascent/descent, stability, ice movement, position/line, completion/exit, changes in position, rotation, change of curve
    - Synchronized twizzles: quality of entry, rotation, connecting steps, footwork, completion, matching, spacing
    - Step sequences: quality of sureness, edges, flow, speed, stroking, partner balance, knee action, footwork, turns, matching, spacing (no hold)

B. Marking the program components

1. Generally. Each of the judges will evaluate the couple's whole performance, which is divided into five program components (four for compulsory dance).

- a. Compulsory dance: Skating skills, performance/execution, interpretation and timing
- b. Original dance and free dance: Skating skills, transitions/linking footwork and movement, performance/execution; choreography/composition, and interpretation.

2. Definition and criteria for analyzing the four program components of compulsory dance

a. Skating Skills

- i. Definition: The method used by the couple to perform dance steps and movements over the ice surface and the efficiency of the movement in relation to speed, flow and ice coverage.
- ii. Criteria:
  - Overall skating quality
  - Flow and glide
  - Speed and power
  - Balance of technique and skating ability of partners
  - Ice coverage



- b. Performance/Execution
    - i. Definition: The ability of the partners to demonstrate unison, body alignment, carriage, style and balance of performance while executing compulsory dances in order to exhibit a pleasing appearance through coordinated movement, body awareness and projection.
    - ii. Criteria:
      - Unison and body alignment
      - Distance between partners
      - Carriage and style
      - Balance in performance between partners
  - c. Interpretation
    - i. Definition: The ability of the couple to express the mood, emotions and character of the compulsory dance rhythm by using the body moves, steps and holds of the dance to reflect the structure and character of the music.
    - ii. Criteria:
      - Expression of the character of the rhythm
      - Relationship between the partners reflecting the character of the dance
  - d. Timing
    - i. Definition: The ability of the couple to skate strictly in time with the music and to reflect the rhythm patterns and prescribed beat values of a compulsory dance correctly.
    - ii. Criteria:
      - Skating in time with the music
      - Skating on the strong beat
      - Skating the prescribed beat values for each step
      - Introductory steps (dance starting on the correct measure of the music)
3. Definition and criteria for analyzing the five program components of original dance and free dance
- a. Skating skills:
    - i. Definition: Overall skating quality, edge control and flow over the ice surface demonstrated by a command of the skating vocabulary (edges, steps, turns, etc), the clarity of technique and the use of effortless power to accelerate and vary speed.
    - ii. Criteria:
      - Balance, rhythmic knee action and precision of foot placement
      - Flow and effortless glide
      - Cleanness and sureness of deep edges, steps and turns
      - Power/energy and acceleration
      - Mastery of multi-directional skating
      - Mastery of one-foot skating
      - Equal mastery of technique by both partners shown in unison
  - b. Transitions/Linking Footwork and Movement
    - i. Definition: The varied and/or intricate footwork, positions, movements and holds that link all elements and constitute the distinct technical content of the dance.
    - ii. Criteria:
      - Variety
      - Difficulty
      - Intricacy
      - Quality
      - Balance of workload between partners
      - Variety of dance holds (not excessive side-by-side or hand-in-hand)
      - Conformity to pattern and stop requirements (original dance)
  - c. Performance/Execution
    - i. Definition - Performance: The involvement of the couple physically, emotionally and intellectually as they translate the intent of the music and choreography.
    - ii. Definition - Execution: The quality of movement and precision in delivery. This includes harmony of movement.
    - iii. Criteria:
      - Physical, emotional and intellectual involvement
      - Carriage
      - Style and individuality/personality
      - Clarity of movement
      - Variety and contrast
      - Projection
      - Unison and “oneness”
      - Balance in performance between partners
      - Spatial awareness between partners, management of the distance between partners and management of changes of hold
  - d. Choreography/Composition
    - i. Definition: An intentional, developed and/or original arrangement of all types of movements according to the principles of proportion, unity, space, pattern structure and phrasing.
    - ii. Criteria:
      - Purpose (idea, concept, vision)
      - Proportion (equal weight of parts)
      - Unity (purposeful threading)

- Utilization of personal and public space
  - Pattern and ice coverage
  - Phrasing and form (movements and parts structured to match the phrasing of the music)
  - Originality of purpose, movement and design
  - Shared responsibility in achieving purpose by both
- e. Interpretation/Timing
- i. Definition: The personal and creative translation of the music to the movement on ice.
  - ii. Criteria:
    - Effortless movement in time to the music (timing)
    - Expression of the music's style, character and rhythm
    - Use of finesse to reflect the nuances of the music ("finesse" is the skater's refined, artful manipulation of nuances; "nuances" are the personal artistic ways of bringing variations to the intensity, tempo and dynamics of the music made by the composer and/or musicians)
    - Relationship between the partners reflecting the character of the music
    - Correctness of the rhythm(s) of the music chosen (original dance)
    - Appropriateness of the music (original dance and free dance)
    - Skating to the rhythmic beat for original dance and skating primarily to the rhythmic beat for free dance
4. Illegal Elements/Movements: The technical specialist shall identify and the technical controller shall authorize a deduction of two points for every illegal element/movement included in the program.
- a. Original Dance and Free Dance  
The following elements/movements are not permitted in the original dance and free dance unless otherwise stated in an ISU communication:
    - i. Movements and/or poses in the lifts
      - Lifting hand(s) of the lifting partner higher than his/her head\*
      - Lying or sitting on partner's head
      - Sitting or standing on partner's shoulder, back
      - Lifting partner swinging the lifted partner around by holding the skate(s), boot(s) or leg(s) only with fully extending arm(s) or by holding the hand(s) with full arm extension by both partners
      - Lifted partner in an upside down split pose (with angle between thighs more than 45 degrees)\*\*;
    - ii. Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners
    - iii. Kneeling on two knees
    - iv. Lying on the ice
- \*It is NOT considered an illegal lift if:
- The point of contact of the lifting hand/arm of the lifting partner with any part of the body of the lifted partner is not sustained higher than the lifting partner's head;
  - The lifting hand/arm which is used for support or balancing only or which touches any part of the body of the lifted partner is not sustained by the lifting partner higher than his head for more than two seconds.
- \*\* A brief movement through an upside-down split pose (with any angle between thighs) will be permitted if it is not established (sustained) or if it is used only to change pose.
- b. Marks for program components
    - i. Program components are marked on a scale of 0.25 to 10.00 in increments of 0.25, with a separate mark given for each program component, of which:
      - 1 = Very poor
      - 2 = Poor
      - 3 = Weak
      - 4 = Fair
      - 5 = Average
      - 6 = Above average
      - 7 = Good
      - 8 = Very good
      - 9 = Superior
      - 10 = Outstanding
    - ii. Increments are used for evaluation of performances containing some features of one degree and some of the next degree.
    - iii. Deductions are taken for each violation of the regulations as set forth in Rule 3433.

### 3437 IJS — Calculations of Results — Ice Dancing

#### A. Basic Principles of Calculation

##### 1. Calculations are done as follows:

- a. Every section of a compulsory dance and every element of the original and free dance has a certain base value indicated in the Scale of Values (SOV) chart in an ISU Communication.
- b. Each judge identifies for each section/element a grade of execution. Each grade has its own plus or minus numerical value as indicated in the SOV chart.
- c. The panel's grade of execution (GOE) is determined by calculating the trimmed mean of the numerical values of the GOE awarded by the panel of judges.
- d. The trimmed mean is calculated by deleting the highest and the lowest values and calculating the average of the remaining maximum values.  
Note: A simple mean is permitted in nonqualifying competitions as provided for elsewhere in the rules.
- e. The average is rounded to two decimal places. This rounded average is the panel's GOE of an individual section/element

- f. The panel's score for each section/element is determined by adding the panel's GOE of an individual section/element to its base value.
- g. The panel's scores for all the sections/elements are added giving the total technical score (TES).
- h. In ice dance, combination lifts are evaluated as one unit by adding the base values of the two first-executed types of lifts, multiplying the results by 0.8 and afterwards applying the GOE with the numerical value of the most difficult lift. The factored base value of the combination lift will be rounded to two decimal places.
- i. Each judge also marks the program components on a scale from 0.25 to 10.00 with 0.25 increments.
- j. The panel's points for each program component are obtained by calculating the trimmed mean of the judges' marks for that program component. The trimmed mean is calculated in the manner described above in sub paragraph d.
- k. The trimmed mean of each program component score is rounded to two decimal places.  
Note: A simple mean is permitted in nonqualifying competitions as provided for elsewhere in the rules.
- l. The panel's points for each program component are then multiplied by a factor and then rounded to two decimal places. The sum is the Program Component Score (PCS)

**Note:** The list of current program component factors included in the IJS Factor Table for Singles/Pairs/Dance and Adult Singles/Pairs/Dance on the U.S. Figure Skating Members Only site at [www.usfsaonline.org](http://www.usfsaonline.org), under the Accounting Central link.

m. Deductions are applied for each violation as follows:

- i. By the event referee:
  - Program time violation: -1.0 for every five seconds lacking or in excess;
  - Costume and prop violation: -1.0;
  - Lifts exceeding permitted duration: -1.0 per lift.
- ii. By the technical panel:
  - Extra elements: -1.0 per violation
  - Illegal element/movement violation: -2.0 per violation
  - Falls: -1.0 for every fall of one partner and -2.0 for every fall by both partners. For interpretation of this rule, a fall is defined as loss of control by a skater(s) with the result that the majority of the skater's own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), back, buttock(s) or any part of the arm.
- iii. For compulsory dances:
  - If a fall occurs during the introductory and/or concluding steps/movements, only the technical panel makes an appropriate deduction.
  - If a fall occurs during a section of the dance, the technical panel and judges make an appropriate deduction
- iv. For the original and free dance only:  
If a stumble or fall causes interruptions to the program that exceed five seconds, an additional deduction will be applied by the event referee as follows:
  - -1.0 (for 6-15 seconds interruption)
  - -2.0 (for 16-30 seconds interruption)

**Note:** A fall on a required element/section may be further reflected in the judges' assessment (GOE and components) and by the technical specialists' assignment of the level for that element/section.

B. Determination of results in each segment of the competition

1. Refer to rule 3433 (C)

C. Determination of combined and final result

1. Refer to rules 3433 (D)

**Note:** The list of current segment factors used to determine combined and final results is included in the IJS Factor Table for Singles/Pairs/Dance and Adult Singles/Pairs/Dance posted on the U.S. Figure Skating Members Only web site at [www.usfsaonline.org](http://www.usfsaonline.org), under the Accounting Central link.

### 3438 IJS — Marking — Synchronized Skating

A. Marking the technical elements

1. Scale of values

- a. Events conducted by U.S. Figure Skating under the IJS will use the ISU Scale of Values for Synchronized Skating for the short program and free skate to place a numerical base value of difficulty on skating elements. See Rule 3430 A.
- b. Unclassified elements. Elements not in the scale of values are considered to be unclassified elements and do not have point value if performed. Unclassified elements, that are not otherwise illegal, must be evaluated as transitions/linking movements by the judges.

2. Identification of elements and levels of difficulty

- a. All synchronized skating elements (block, circle, intersection, line, moves in the field, wheel, spin, no-hold block step sequence and movements in isolation) have been assigned levels of difficulty.
- b. Technical specialists will determine the name and the difficulty group of every element and the difficulty group of some features included in the element.
- c. The identified elements/groups are entered into the calculation software program.
- d. The base value of each identified element/level of difficulty are stated in ISU communications.
- e. The technical specialist identifies each element and its difficulty group using specific written criteria.
- f. There are seven levels of difficulty in synchronized skating. The higher the number, the greater the difficulty and point value.
- g. Features for each element are included in the levels of difficulty.

3. Grades of execution (GOE).

- a. Every judge must mark the quality of execution of every element depending on the positive features of the element's execution and any errors present.
- b. The GOE is marked from +3, +2, +1, 0 (base value), -1, -2, -3.

- c. The judge evaluates the positive features of the element that might increase the base value and then reduces the result because of errors, if any are committed.
- d. Each plus or minus grade has its own plus or minus numerical value indicated in the ISU Scale of Values. This value is added to the base value of the element (or deducted from it).
- e. In marking the GOE, the quality of the following must be considered:
  - i. Block: basic skating, steps, turns/edges, changes of direction, variety of shapes/configurations, spacing/distance between skaters (closeness) and lines, holds and changes of holds, speed, flow, unison, changes of axis, pattern.
  - ii. Circle: basic skating, steps, turns/edges, changes of direction, variety of shapes/configurations, spacing/distance between skaters (closeness) and lines, holds and changes of holds, speed, flow, unison, control and change of rotation (i.e., clockwise to counterclockwise), steps used while changing direction, traveling.
  - iii. Line: basic skating, steps, turns/edges, changes of direction, variety of shapes/configurations, spacing/distance between skaters (closeness) and lines, holds and changes of holds, speed, flow, unison, pivoting.
  - iv. Wheel: basic skating, steps, turns/edges, changes of direction, variety of shapes/configurations, spacing/distance between skaters (closeness) and lines, holds and changes of holds, speed, flow, unison, control and change of rotation (i.e., clockwise to counterclockwise), steps used while changing direction, traveling.
  - v. Intersection: basic skating, steps, turns/edges, changes of direction, variety of shapes/formations pattern, spacing/distance between skaters (closeness), holds and changes of holds, speed, flow, unison; turns, moves, steps and timing at the point of intersection.
  - vi. Moves in the field: basic skating, steps, turns/edges, changes of direction, free skate moves, variety of shapes/configurations, spacing/distance between skaters (closeness), holds and changes of holds, speed, flow, unison, body positions.
  - vii. No-hold step sequence: basic skating, steps, spacing/distance between skaters (closeness), shape of the block, cleanness of edges, speed, lineup of skaters, ice coverage, flow, unison, pattern, individual skills.
  - viii. Spin: spacing/distance between skaters (closeness), entry/exit, entry speed, speed of rotation, centering, unison in spinning and body movements, body position.
  - ix. Movements in isolation: basic skating, steps, turns/edges, changes of direction, variety of shapes/configuration, spacing/distance between isolated movements and skaters (closeness), holds and changes of holds, speed, flow, unison, free skate moves and free skate elements, carriage of skaters in isolation (lifted skaters), symmetry, jumps and lifts.
  - x. Pairs Element: basic skating, steps, turns/edges, variety of shapes or positions, spacing/distance between skaters (closeness), unison, speed, flow, free skate moves and free skate elements.
  - xi. Transitions: transitions within an element, speed, time to set up new formation, distance teams move apart during transition, type of connecting steps.
- f. Illegal elements/movements: the technical specialist will identify and the technical controller will authorize a deduction of two points for every illegal element/movement included in the program. The following are illegal elements/movements:
  - i. Senior and junior short program
    - Lifts of any variety
    - Any jump (other than ice dance jump; for example split jumps) of one-half revolution or more performed by the entire team
    - Assisted jumps or throw jumps
    - Intersections incorporating back spirals and stepping/jumping over handclasped/outstretched arms
    - Prolonged (longer than three seconds) lying or kneeling on the ice at any time
    - Movements in isolation
    - Highlighting
  - ii. Senior free skates
    - Lifts other than those permitted in 4611 H
    - Solo jumps, jump combinations or jump sequences of any variety performed by the entire team (for example, split jump, waltz jump, stag jump and variations thereof where the skaters are elevated.)
    - Jumps of more than 1 1/2 revolutions performed in movement in isolation
    - Assisted jumps of more than one revolution
    - Throw jumps
    - Intersections incorporating back spirals and stepping/jumping over handclasped/outstretched arms
    - Prolonged lying (longer than three seconds) or kneeling (one or both knees) on the ice at the beginning, end and/or during the program
    - Highlighting (one group lift is permitted)
    - Sub-grouping
    - Flying camel spin executed by the entire team
  - iii. All other free programs
    - Lifts of any variety
    - Jumps of more than one revolution in movement in isolation
    - Solo jumps, jump combinations or jump sequences of any variety performed by the entire team (for example, split jump, waltz jump, stag jump and variations thereof where the skaters are elevated.)
    - Throw jumps
    - Intersections incorporating back spirals and stepping/jumping over handclasped/outstretched arms
    - Prolonged lying (longer than three seconds) or kneeling (one or both knees) on the ice at the beginning, end and/or during the program
    - Highlighting
    - Sun-grouping
    - Spins other than upright spins (except during spins in movements in isolation)

- g. Bonus: The technical specialist will identify and the technical controller will verify a bonus of two points for unique, innovative element or movement or transition either within the given number of elements of a well-balanced free skate or as an extraordinary element not listed within a well-balanced free skate.
- B. Marking the program components
1. Generally. Each of the judges will evaluate the team's whole performance which is divided into five program components: (1) skating skills; (2) transitions/linking footwork and movement; (3) performance/execution; (4) choreography/composition; and (5) interpretation of the music.
  2. Definition and criteria for analyzing the program components.
    - a. Skating skills:
      - i. Definition: Overall basic skating quality, edge control and flow over the ice surface demonstrated by a command of the skating vocabulary (edges, steps, turns, etc), the clarity of technique and the use of effortless power to accelerate and vary speed.
      - ii. Criteria: In evaluating the skating skills, the judge must consider the following:
        - Balance, rhythmic, knee action and precision of foot placement.
        - Flow and effortless glide.
        - Cleanness and sureness of deep edges, steps and turns.
        - Power/energy and acceleration.
        - Mastery of multi-directional skating.
        - Balance in skating ability of individual skaters
    - b. Transitions (linking steps, formations and other connecting elements)
      - i. Definition: The varied and/or intricate footwork (steps) and formations, linking all synchronized skating elements, which also include the entrances and exits of elements. The transitions can also be seamless and fast.
      - ii. Criteria: In evaluating the transitions, the judge must consider the following:
        - Variety
        - Difficulty
        - Intricacy
        - Quality and unison
        - Variation of speed and linking steps/formations
        - Variation of changes of direction and holds
        - Difficulty and variety of entrances/exits from elements/preparation phase
    - c. Performance/Execution
      - i. Definition: Performance is the involvement of the team physically, emotionally and intellectually as they translate the intent of the music and choreography. Execution is the quality of movement and precision in delivery, and includes the harmony of movement.
      - ii. Criteria: in evaluating the performance/execution, the judge must consider the following:
        - Physical, emotional and intellectual involvement
        - Carriage and body alignment
        - Style and team's personality
        - Clarity of movement
        - Variation and projection
        - Unison, synchronization and spatial awareness
        - Balance in performance within the team and relationship between skaters
    - d. Choreography/Composition
      - i. Definition: An intentional, developed and/or original arrangement of all types of movements, transitions and elements according to the principles of proportion, unity, space, pattern, structure and phrasing.
      - ii. Criteria: in evaluating the choreography/composition, the judge must consider the following:
        - Purpose (idea, concept, vision, mood)
        - Proportion (equal weight of parts)
        - Unity (purposeful threading of all movements)
        - Utilization of personal and public space
        - Originality and difficulty of pattern and ice coverage
        - Distribution of highlights
        - Phrasing and form (movements and parts structured to match the phrasing of the music)
        - Originality of purpose, movement and design
        - Shared responsibility in achieving purpose
    - e. Interpretation
      - i. Definition: The personal and creative translation of the music to the movement on ice.
      - ii. Criteria: In evaluating the interpretation of the music, the judge must consider the following
        - Effortless movement in time to the music (timing)
        - Expression of the music's style, character and rhythm
        - Use of finesse to reflect the nuances of the music ("finesse" is the team's refined, artful manipulation of nuances; "nuances" are the personal artistic ways of bringing subtle variations to the intensity, tempo and dynamics of the music)
        - Relationship between the skaters reflecting the character of the music

3. Marks for program components
  - a. Program components are marked on a scale of 0.25 to 10.00 in increments of 0.25, with a separate mark given for each program component, of which:
    - 1 = Very poor
    - 2 = Poor
    - 3 = Weak
    - 4 = Fair
    - 5 = Average
    - 6 = Above average
    - 7 = Good
    - 8 = Very good
    - 9 = Superior
    - 10 = Outstanding
  - b. Increments are used for evaluation of performances containing some features of one degree and some of the next degree.
  - c. Deductions are taken by the event referee for each violation of the regulations as set forth in Rule 3433.

### 3439 IJS — Calculation of Results — Synchronized Skating

#### A. Basic principles of calculation

1. Calculations are done as follows:
  - a. Every element has a base value indicated in the Scale of Values (SOV) chart in an ISU Communication
  - b. The base values for the levels of elements are determined by combining the difficulty groups of elements and the difficulty groups of the features. Each synchronized skating element/configuration belongs to a difficulty group of elements, which may contain the additional features that are specific for the respective element and increase the difficulty of an element.
  - c. Each judge identifies for each element a grade of execution (GOE). Each grade has its own plus or minus numerical value as indicated in the SOV chart.
  - d. The panel's grade of execution (GOE) is determined by calculating the trimmed mean of the numerical values of the grades of execution awarded by the panel of judges.
  - e. The trimmed mean is calculated by deleting the highest and the lowest values and calculating the average of the remaining maximum values.
  - f. Note: A simple mean is permitted in nonqualifying competitions as provided for elsewhere in the rules.
  - g. The average is rounded to two decimal places. This rounded average is the panel's GOE of an individual element.
  - h. The panel's score for each element is determined by adding the panel's GOE of an individual element to its base value.
  - i. If the value of the element (after taking any missing requirement, deductions and reductions) is less than zero, the element will be awarded a value of 0.0.
  - j. In a short program and free skate, a sequence of two elements configurations in the circle, intersection, wheel and line is evaluated separately. Each configuration will be separately judged with a GOE.
  - k. In a short program each configuration of the circle, intersection, and wheel will be evaluated separately and given a GOE. In the free skate each element will be evaluated separately and given a GOE. In the short program and the free skate each step sequence will be evaluated separately and given a GOE.
  - l. The panel's scores for all the elements are added giving the total technical score (TES).
  - m. Any additional element or elements exceeding the prescribed numbers will not be counted in the result of a team. Only the first attempt (or allowed number of attempts) of an element will be taken into account.
  - n. An innovative element, movement or transition may be granted with a special bonus of two points. This bonus can only be obtained once for a program.
  - o. The bonus (if obtained) will be added to the sum of the panel's score for all the elements, thus giving the total technical score.
  - p. Each judge also marks the program components on a scale from 0.25 to 10.00 with 0.25-point increments.
  - q. The panel's points for each program component are obtained by calculating the trimmed mean of the judges' marks for that program component. The trimmed mean is calculated in the manner described above in subparagraph e. The trimmed mean of each program component score is rounded to two decimal places.

**Note:** A simple mean is permitted in nonqualifying competitions as provided elsewhere in the rules.

- p. The panel's points for each program component are multiplied by a factor and then rounded to two decimal places. The sum is the program component score (PCS)

**Note:** The list of current program component factors is included in the IJS Factor Table for Synchronized Skating on the U.S. Figure Skating Members Only site at [www.usfsaonline.org](http://www.usfsaonline.org), under the Accounting Central link.

#### 2. Deductions and reductions

**Note:** Deductions and reductions for the short program are updated yearly and are published in ISU Communications.

- a. Reductions for breaks, stumbles, falls and collisions in the required elements in the short program will be made by judges in the grade of execution (GOE).
- b. Further deductions for a fall in any part of the program (required elements and transitions) will be identified by the technical specialist and confirmed by the technical controller.
  - i. Falls: 1.0 for every fall of one skater and -2.0 for every fall of more than one skater.
  - ii. If the fall causes interruptions to the program that exceed 10 seconds, additional deductions will be applied
  - iii. A fall is defined as the loss of control by a skater with the result that that majority of the skater's own body weight is on the ice being supported by any other part of the body other than the blades, e.g. hand(s), knee(s), back, buttock(s) or any part of the arm.
- c. Elements, which do not fulfill the requirements, will be penalized. Deductions/reductions for "not according to requirements" will be made from the total points for the respective element or from the GOE. Those deductions will be identified and given by the technical specialist and verified by the technical controller. The reductions will be identified and given by the judge.

- d. Deductions for the additional elements and illegal elements will be made from the total score by the technical specialist and verified by the technical controller. The deduction for an additional element is -1.0 and for an illegal element is -2.0.
  - e. Deductions made by the referee from the total score for each violation will be as follows:
    - i. Costume and make-up violation: -1.0
    - ii. Music violation: -1.0
    - iii. Program time violation: -1.0 for every five seconds lacking or in excess
    - iv. Holds (not according to requirements): -1.0 up to -2.0
    - v. Excessive use of ice (during a transition/between elements): -1.0 (short program only)
    - vi. Excessive use of ice (during an element): -1.0
    - vii. Excessive division into small groups and sub-grouping more than 1/2 of the program: -2.0
    - viii. Interruption of a program (caused by a stumble or a fall):
      - deduction -1.0 (for 11-20 seconds interruption)
      - deduction -2.0 (for 21-30 seconds interruption) etc.
    - ix. Choreography excessively facing one side of the rink: -2.0
  - f. Deductions for interruption of a program will be done by the referee from the total score as follows: deduction -1.0 for 11-20 seconds interruption, deduction -2.0 for 21-30 seconds interruption, etc.
  - g. The choreography and elements must be executed facing towards all sides of the rink and not excessively facing one side, otherwise the deduction -2.0 will be done by the referee.
  - h. Every failure in the required elements must be reflected only in the technical score according to the importance of the element failed or omitted and the gravity of the mistake itself, since there is no direct relationship between the technical score and the program component score. However, deductions for failures must be made in the program component scores if other program components are involved. An element and feature and additional feature is omitted when it is not tried.
- B. Determination of results in each part of a competition
- 1. The total segment score of each team in each part of a competition (short program and free skate) is calculated by adding the total technical score and the total program component score, subtracting any program deductions. The result is the total segment score.
  - 2. The team with the highest total segment score is placed first; the team with the next highest total segment score is placed second and so on.
  - 3. If two or more teams have the same total segment score:
    - a. In the short program the total technical score will break the tie. If the total technical scores are also equal, the teams concerned will be considered tied.
    - b. In the free skate the program component score will break the tie. If the program component scores are also equal, the teams concerned will be considered tied.
- C. Determination of combined and final results
- 1. The total segment score for each segment is multiplied by the current segment factor and then added. The result constitutes the final score of a team in an event.  
**Note:** The list of current segment factors is included in the IJS Factor Table for Synchronized Skating on the U.S. Figure Skating Members Only site at [www.usfsaonline.org](http://www.usfsaonline.org), under the Accounting Central link.
  - 2. The team with the highest final score is first, etc.
  - 3. In case of a tie in total segment score for any combined result or the final result, the team with the highest score for the last segment skated will prevail.
  - 4. If there is a tie for the last skated segment, the placement of the next previously skated segment will determine the better place, etc. If there is no previous segment, the teams are tied.
  - 5. No final placement will be recorded for teams who do not complete an event. The only placement recorded for such competitors will be the placement earned for the part of the event they completed and for which placements were determined.

**3445** Competitions and categories that are required to use the International Judging System (IJS) are listed in 2501.

## **3500 General Event Information**

### **3501 Music - Singles, Pairs and Dance**

**3502** For singles, pairs and dance, music is chosen by the competitor except for compulsory dances;

- A. For singles and pairs short program and free skate, vocal music with lyrics is not permitted, except as follows:
  - 1. for all short and free skate programs up to and including intermediate level and for all events using the 6.0 system of judging, vocal music with lyrics is permitted.
- B. For compulsory dances, the music shall conform to the type and tempo specified in the description of the dance. See the glossary for dance diagrams and descriptions;
- C. For the original dance and free dance, see event specific rules for dance.

### **3505 Music - Synchronized Skating**

**3506** For synchronized skating events:

- A. Any music, including vocal music using lyrics, is permitted. However, teams must skate the program in time to the music. Additions of sounds of applause or cheers are not permitted;
- B. If the music is not according to the requirements as stated, a deduction of 0.1 must be made in the program components mark.
- C. No discernible counting shall be permitted either by the coach, the leader of the team or by others. Music should be selected that is suitable for the age, skill and skating ability of the team.

**3510 Permissible Time Allowance — Short Program (6.0 System)**

**3511** The duration of the short program must not exceed the maximum time allowed, but may be less, provided that all technical elements are included.

A. A whistle shall be blown when the allowable time has elapsed and the judges shall cease judging the performance.

**3512** For all short programs, any element commenced after the permissible time allowances will be considered as omitted in the marking. In the event an element is commenced before, but completed after, the allowable time duration, appropriate deductions must be made for exceeding the maximum time permitted, but the element is to be judged as skated. The referee must advise the judges of any element begun after the time limit and also of any program that exceeds the permissible time limit. If a competitor fails to finish the short program within the time limit, there should be a 0.1 deduction in the marks for technical elements and program components for up to every 10 seconds in excess.

**3513** No extra marks are obtained by extending the program to the maximum time permitted if it is unnecessary to do so.

**3515 Permissible Time Allowance - Free Skate, Original Dance and Free Dance**

**3516** Skaters are allowed to finish a free skate, original dance and free dance program within 10 seconds plus or minus of the required time. In these events, a whistle shall be blown when 10 seconds more than the allotted time have elapsed and the judges shall cease judging the performance.

Under the 6.0 system:

A. If the skater(s) fails to finish a free skate within the allowed range of time, there should be a 0.1 deduction in both marks for up to every 10 seconds lacking or in excess of the prescribed range.

B. Should the program be 30 or more seconds short of the prescribed range, no marks will be awarded.

**Note:** The permissible time allowance does not apply to adult events. The times listed for these events are the maximum time allowed for the program.

**3517** Timing starts from the moment the skater or either partner of a pair or dance couple begins to move or skate. Timing stops when the skater comes to a complete stop at the end of the program.

**3520 Warm-Up Times — Singles, Pairs and Dance**

**3521** Before the start of any part of any event, the referee shall allow a period of warm-up in groups when required as follows: See 3323. (See 3365 C for special provisions pertaining to U.S. Figure Skating Championships.)

Event	Group Maximum	Minutes
Singles short program	6	6
Singles free skate	6	6
Pairs short program	4	6
Pairs free skate	4	6
Compulsory dances - senior and junior	5	*4
Compulsory dances -all other levels	5	**4
Original dance	5	***5
Free dance	5	***5

\*One minute without music followed by three minutes of the 6th (last) tune of the ISU dance music. **Exception:** Finnstep – one minute without music followed by three minutes of all three tunes of the Finnstep (1 minute of each tune will be played.)

\*\*One minute without music followed by three minutes with music. For more information on music selections, see 4222 B.

\*\*\*Soft background music is permitted.

**3522** A warm-up period must immediately precede a competitive skating group. In case of interruption in the competition due to unforeseen circumstances of more than 10 minutes, the skaters concerned will be permitted a second warm-up period of six minutes in the case of singles or pairs, or four minutes in the case of compulsory dance, or five minutes in the case of original dance or free dance.

**3530 Warm-Up Periods — Synchronized Skating**

**3531** For junior and senior short program and free skate, each team shall be allowed a maximum of one minute of warm-up (without music) on the competition ice surface.

A. When the assistant ice referee signals, the next team to skate must enter the ice surface and stand quietly near the barrier.

B. The team is then announced, and the one minute time is reckoned from this point.

**3532** For all other levels, each team shall be allowed a maximum of one minute (without music) on the competition ice surface.

A. Warm-up begins from the moment the first skater enters the ice surface.

**3533** Program timing starts from the moment any member of the team commences to move. Timing stops when the team reaches a complete stop.

**3534** A skating movement (glide) or skating must commence within 10 seconds from the start of the music.

**3535** A team's exit from the ice at the end of the program should be neat and orderly. The maximum amount of time for a team to exit from the ice is 30 seconds.



**3540 Coaching — Singles, Pairs, Dance and Synchronized Skating**

**3541** Skaters and synchronized skating teams may receive coaching or instruction from the sidelines while on the ice during warm-up periods and may also leave the ice surface for that purpose, provided such coaching or instruction does not interfere with the judging of another skater. However, coaching or instruction is not permitted during the actual performance of the skater or team before the judges, nor may the coach be on the ice with the skater or team in the warm-up area. For the purpose of this rule, coaching shall be considered any communication between the skater or team and an instructor, parent or any other person. The referee may bar from the rink anyone who disregards this rule and may disqualify any skater or team who receives coaching or instruction in violation thereof.

**3542** For all qualifying and nonqualifying synchronized skating competitions, the referee will designate a specific area for coaches to stand during the warm-up period of their teams. Coaching will not be permitted from other areas.

**3550 Clothing — Singles and Pairs**

**3551** The clothing of the competitors must be modest, dignified, and appropriate for athletic competition — not garish or theatrical in design. Clothing may, however, reflect the character of the music.

A. The skating clothing worn in actual competition may not bear any form of advertising. However, warm-up suits may bear the name of a sponsor when the skater (or team) is on the ice which must not exceed 4.65 square inches (30 square centimeters)."

**3552** Clothing must not give the effect of excessive nudity inappropriate for athletic sport. Accessories and props are not permitted.

**3553** Men must wear trousers; no tights for men are permitted. Ladies in singles and pairs may wear skirts, trousers and tights (including unitards).

**3554** Under the 6.0 system, the judges must penalize clothing not meeting the foregoing requirements by a deduction of 0.1 in the second mark.

**3555** Any ornamentation attached to the clothing must be firmly fastened so as not to fall off while skating under normal competitive conditions.

**3556 Clothing - Dance**

**3557** The clothing must be modest, dignified, and appropriate for athletic competitions — not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen.

A. The skating clothing worn in actual competition may not bear any form of advertising. However, warm-up suits may bear the name of a sponsor when the team is on the ice, which must not exceed 4.65 square inches (30 square centimeters).

B. Ladies must wear a skirt. The ladies dress must not give the effect of excessive nudity inappropriate for an athletic sport.

C. Men must wear full-length trousers. No tights are allowed, and the man's costume may not be sleeveless.

D. Decoration on costumes must be nondetachable.

**3558** Notwithstanding the above, ladies competing in any adult competition may wear trousers if they so choose.

**3560 Clothing - Synchronized Team Skating**

**3561** The costume of the competitors must be modest, dignified, and appropriate for athletic competition, not garish or theatrical in design. The costume may, however, reflect the character of the music chosen.

A. Ladies may wear a skirt or body suits or full-length trousers. Ladies skirts must not be below the top of the calf of the legs for safety reasons.

B. Men must wear full-length trousers; no tights are permitted.

C. The costume must not give the effect of excessive nudity for an athletic sport. The costume and make-up must not be theatrical and must not highlight any skater.

D. Headdresses must be kept to a minimum. Any ornamentation attached to clothing or head must be firmly fastened so as not to fall off while skating under normal competitive conditions. There can be no props on the ice and hand props such as banners, canes, or pompoms are not permitted.

**3562** Sequins, rhinestones or jeweled trim may be used in moderation on the clothing of senior and junior synchronized skating teams only. This adornment is allowed on the bodice only. Sleeves and skirts are to be void of adornment. Feathers or other materials that could be dislodged upon contact are not allowed. The use of adornments in all other divisions is prohibited.

**3563** The skating clothing worn in actual competition may not bear any form of advertising. However, warm-up suits may bear the name of a sponsor when the team is on the ice which must not exceed 4.65 square inches (30 square centimeters).

**3564** The use of hair pins and bobby pins is prohibited while skating in any synchronized skating competition.

**3565 Skate Blades - All Disciplines**

**3566** Figure skating blades used during competitions and tests must be sharpened to produce a flat to concave cross section without change to the width of the blade as measured between the two edges. However, a slight tapering or narrowing of the cross section of the blade is permitted.

**3570 Conduct of Competitors - Singles, Pairs, Dance and Synchronized Skating**

**3571** Competitors are bound to obey implicitly the instructions of the official in charge of the competition and at all times to observe and comply with the Code of Ethics set forth in GR 1.02. Competitors who directly or indirectly, or in writing, express themselves in any improper manner regarding the officials or their decisions or the marking of the judges may be suspended or excluded from further competition.

**3572 Practice Ice**

- A. For singles, pairs and dance unless otherwise authorized by the chief referee, after an event segment (i.e. short program, free skate, compulsory dance, original dance, free dance, etc.) has begun as witnessed by the first warm-up group having taken the ice, no competitor in that event segment, regardless of their warm-up group, may practice for any length of time on the official ice surface or any other ice surface until the event segment or event has been concluded. This rule would not affect the skater's official warm-up group or the time immediately preceding the call of their name by the announcer.
- B. After the posting of the starting order at the U.S. Synchronized Skating Championships, teams are not allowed to practice, with the exception of the official practice ice provided by the organizers.

**3573** Previous to each performance the name of the competitor shall be called. Competitors must begin each part of the competition (compulsory dance, short program, original dance, free skate and free dancing) no later than one minute after their name has been announced. Failing to do so, the competitor shall be considered withdrawn. The referee may, for good cause, modify the strict interpretation of this rule.

- A. The skater will be considered officially withdrawn if they have not registered, turned in their music, or shown up for the warm-up, and their name will not be announced.

**3574** Competitors shall take their accolades in center ice and exit without undue delay.

**3575** It shall be the responsibility of all competitors to be familiar with these rules, to comply with them in full and to exemplify the highest standards of fairness, ethical behavior and genuine good sportsmanship in any of their relations with others. Any person whose acts, statements or conduct is considered detrimental to the welfare of figure skating is subject to the loss of privilege of registration by U.S. Figure Skating in accordance with the procedure outlined in Article XXV, Section 3 of U.S. Figure Skating Bylaws relating to loss of membership privileges, suspension and expulsion.

**3580 Complaints, Protests, Appeals - Singles, Pairs, Dance and Synchronized Skating**

**3581** All protests to the referee must be in writing during or immediately after the completion of the event. Protests may not be filed after the calendar day in which the event took place.

**3582** Written objections to the participation of a competitor must be filed with the referee before the competition. If an immediate decision cannot be reached, the competitor shall be permitted to start, but in the event the protested competitor wins a prize, the announcement of the result and the distribution of prizes shall be deferred until a final decision has been made.

**3583** Decisions of the referee affecting the eligible status of a competitor, the exclusion, disqualification or qualification of an entrant or official, or the determination of a result may be appealed to an Expedited Hearing Panel (see GCR 5.04). Appeals must be made in writing and sent to the Secretary of U.S. Figure Skating within 30 days after the referee's decision. No other appeals from the decisions of referees shall be permitted.

**3584** Protests to the referee and appeals to the Expedited Hearing Panel can be filed by the competitor, or by either the club or coach on behalf of the competitor.

**3585** Complaints concerning any referee or judge must be filed in writing with the chair of the Competitions Committee and with the chair of the Judges Committee within 30 days after the discovery of the cause of the complaints, but not later than 14 days prior to the conducting of a subsequent event at which the judge or referee might be scheduled to officiate.

- A. The joint resolution action issued by the chair of the Judges Committee and the chair of the Competitions Committee shall be considered final.

**3590 Practice Ice - Synchronized Skating**

**3591** Official practice ice at the U.S. Synchronized Skating Championships and synchronized skating sectional championships is to be conducted in 12 or 10 minute segments.

**3592** Teams entered in the following events are provided a 12 minute official practice ice segment: senior free skate, junior free skate and collegiate free skate.

**3593** Teams entered in the following events are provided a 10 minute official practice ice segment: senior short program, junior short program, novice free skate, intermediate free skate, juvenile free skate, adult free skate, masters free skate, open juvenile free skate, open pre-juvenile free skate, preliminary free skate, open adult free skate, and open collegiate free skate.

**3594** For the practice ice segment for sectional and the U.S. Synchronized Championships, each team shall be allowed a short warm-up period prior to the start of the music. Each team shall be allowed to have their music played two times. No stopping or restarting of the music will be allowed once the music has been started.

**3595** For the short program and free skate 10 minute segments, the music will be played for the first time no later than the three minute mark in this session. The music will be played for the second time no later than the six and one-half minute mark of the session. A 30 second warning announcement shall be given prior to the start of the music for both times. Any time left in the session will be announced at the completion of the playing of the music for the second time.

**3596** For the free skate 12 minute sessions, the music will be played for the first time no later than the two minute mark of the session. A 30 second warning announcement shall be given prior to the start of the music for both times. Any time left in the session will be announced at the completion of the playing of the music for the second time.

- 3597** Official practice ice for the U.S. Synchronized Skating Championships shall be organized and skated by sections.
- A. When the championships are held in the Eastern section, the official practice ice skating order for each level is as follows: Eastern, Pacific Coast, Midwest, Byes.
  - B. When the championships are held in the Midwestern section, the official practice ice skating order for each level is as follows: Midwest, Eastern, Pacific Coast, Byes.
  - C. When the championships are held in the Pacific Coast section, the official practice ice skating order for each level is as follows: Pacific Coast, Midwest, Eastern, Byes.
- 3598** For teams competing under the IJS, at one of the official practices, the team is obliged to skate the whole (entire) competition program (short program and free skate respectively) either in one entire run-through or two halves (the whole half of the program at once followed by the other half of the program at once).

## **3600 Singles Events**

### **3601 Conduct of Singles Events**

U.S. Figure Skating reserves the right to incorporate revisions made by the ISU for junior and senior events. The revisions or clarifications made to the ISU judging system by the ISU may be adopted by U.S. Figure Skating at its discretion at any time after the revision or clarification is issued. For novice events, revisions or clarifications will be posted on the U.S. Figure Skating web site at Technical Notifications, and when applicable, published in the next U.S. Figure Skating Rulebook.

- 3602** Senior, junior, novice and intermediate free skate events shall consist of a short program and a free skate. If a qualifying round is necessary at regional competitions or the U.S. Junior Figure Skating Championships, only the free skate shall be skated in the qualifying round. The championship round shall consist of a short program and a free skate. The short program must precede the free skate except in qualifying rounds.

- 3603** Juvenile singles events shall consist of free skate only.

- 3604** For the adult championships, all singles and pairs events shall consist of free skate only.

### **3610 Short Program Definitions**

The short program for singles is a program of specified free skate elements performed for a specified period of time to music of the skater's choice. It is judged on two aspects — the merit of the technical elements and the program components of the program.

### **3615 Short Program for Singles — Generally**

#### **3616** Technical Elements:

- A. The short program for senior and junior singles shall consist of eight technical elements with connecting steps.
- B. The short program for novice and intermediate singles shall consist of six technical elements with connecting steps.
- C. The sequence of the elements is optional.
- D. The following features are common to all short programs. (For differences peculiar to individual short programs, see remarks following the listing of each program's elements.)
  1. **Jumps:** In all required short program jumps [solo and combination, categories (1), (2) and (3)] special attention must be paid to a clean spring (starting from a true edge), and to a clean landing. Any jump commenced or landed on two feet must be penalized by the judges in the marking. In jumps (2), a single spread eagle, spiral or free skate movement cannot be considered as meeting the requirements of connecting steps and/or other comparable free skate movements and must be penalized by the judges in the mark for technical elements (6.0)/grade of execution (IJS).
  2. **Jump combinations:** The jump combination may consist of the same jump or another double, triple jump or quadruple jump, depending upon the requirements for the skater's level. However, the jumps included must be different from the solo jumps. No change of foot or turn is allowed at any time between the two jumps which must directly follow one another (except for touching down the non-skating foot in toe jumps). Each jump must be given credit according to its merit. In the case of jumps (including toe jumps), special attention must be paid to a clean spring starting from a true edge and to a clean landing. Any jump commenced or landed on two feet must be penalized by the judges in the mark for technical elements (6.0)/grade of execution (IJS).
  3. **Spins:** In the senior and junior short programs, all spins without a change of foot shall have a minimum of 8 revolutions. For novice men and ladies these spins shall have a minimum of 6 revolutions and for intermediate men and ladies, a minimum of 5 revolutions. Variations of the position of the head, arms or free leg, as well as fluctuations of speed are permitted. Spins, except those classified as flying spins, cannot be commenced with a jump. The concluding upright position at the end of the spin (the final wind-up) is not considered to be another position if it does not exceed 3 revolutions, and the revolutions executed in it are not to be counted in the required number of revolutions. Variations of the position of the head, arms or free leg, as well as fluctuations of speed, are permitted.
    - a. **Flying spin, senior men and ladies:** Any type of flying spin is permitted. There must be no previous rotation on the ice before the take-off and the chosen position must be attained in the air. Minimum of 8 (6 for novice men) revolutions in the landing position, which may be different from the flying position. In senior, the required 8 revolutions can be executed in any variation of the landing position. The revolutions in the concluding upright position are not to be counted in the required number of revolutions.
    - b. **Flying spin, junior men and ladies:** In the flying spin (4), only the prescribed flying position is permitted. There must be no previous rotation on the ice before the take-off and the chosen position must be attained in the air. Minimum of 8 revolutions in the landing position which may be different than the flying position. In the flying sit spin, changing foot on landing is permitted. In junior, the required 8 revolutions can be executed in any variation of the landing position. The revolutions in the concluding upright position are not to be counted in the required number of revolutions.
  4. **Spin combinations:** Spin combinations must consist of changes of foot and/or position as specified. Senior and junior spin combinations must include all three basic positions or their variations and at least two basic positions in the novice and

intermediate short program. Senior and junior spin combinations with only one change of foot must include no fewer than 6 revolutions on each foot for a total of no fewer than twelve. Novice and intermediate must include no fewer than 5 revolutions on each foot for a total of no fewer than 10. A change of foot and a change of position may be made either at the same time or separately. Spin combinations cannot be commenced with a jump. A change of foot may be executed in the form of a step-over or a jump. In senior and junior short programs, a minimum of 2 revolutions in a position must be executed or the position will not be counted.

5. **Step sequences:** All step sequences should be executed according to the character of the music. Each step should be generally progressive but retrogression is permitted. Step sequences may include small jump-like movements with not more than one-half a revolution. Short steps in accordance with the music are permitted. Turns and steps must be balanced in their distribution throughout the sequence.
  - a. **Spiral sequence:** Consists primarily of spirals, progressing in bold curves. The pattern may vary. Changes of position must be executed as indicated in remarks for each level of ladies' short program. Pushes in order to gain speed are permitted. Connecting steps, including spread eagles and two-footed movements with one leg extended and the other bent (In a Bauer), turns and small jumps of not more than one-half revolution are permitted at any point in the sequence. Except during such pushes, steps, turns and small jumps, the competitor must be primarily in a spiral position, that is with the free leg (including knee and foot) higher than the hip level and each spiral position must be maintained for at least three seconds hold. Spiral positions are classified according to the skating leg (right, left), edge (outside, inside), direction (forward, backward) and the position of the free leg (backward, forward, sideways). Any variations of the position are permitted, including holding the knee or skate blade, and the position of the free leg is otherwise free. Only the first three spirals performed will be counted to establish a level. A spiral sequence in which there is only one spiral position (three seconds long) executed, receives no level and therefore no value will be awarded. No level will be awarded if there is no change of foot (which requires a spiral of three seconds hold before and after the change of foot). At least one spiral position must be performed without any assistance of the hand or arm.
  - b. **Straight-line step sequence:** Commences approximately at one corner of the ice surface and ends near the diagonally opposite corner of the ice surface, or follows the long axis for the full length of the ice surface. In the senior and junior short program only, the straight-line step sequence may commence at any place on the short barrier of the rink and go to any place on the opposite short barrier of the rink, provided that it keeps the approximate shape of a straight line.
  - c. **Circular step sequence:** Skated on a complete circle or oval utilizing the full width of the ice surface.
  - d. **Serpentine step sequence:** Commences at the end of the ice surface, progresses in at least two bold curves of not less than one-half of the width of the ice surface and ends at the opposite end of the ice surface.

### **3620 Short Program Additional Elements**

#### **3621 Additional Elements:**

- A. Connecting steps are permitted and must be marked as transitions. They are not considered to be additional elements.
- B. Under the 6.0 system, deductions must be taken in the mark for technical elements for any additional or substituted elements included in the program, such as jumps, spins or repetitions.
- C. Any rotational, spin-like movement that exceeds one entire revolution is considered to be an additional element. However, in a senior or junior short program, if a skater falls entering a spin, a simple spin or spinning movement is allowed immediately after this fall (for purposes of filling time) and shall not be counted as an extra element.
- D. Small jump-like movements included in step sequences and/or connecting moves with not more than one-half revolution are permitted.
- E. Under the 6.0 system, unprescribed or additional elements such as jumps, spins, steps or repetitions, even of elements which have failed, are not marked and consequently do not block a "box" (spot) of another type of elements. If, however, such an unprescribed or additional element performed substitutes a required element (not performed), the respective box will be blocked and this performed element will be considered as not according to the requirements.
- F. If a skater falls when entering a spin, a simple spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being marked.

### **3625 U.S. Collegiate Figure Skating Championships - Short Programs**

**3626** Certain changes are permitted in the short program technical elements and the free skate that are different than those adopted by U.S. Figure Skating and the ISU Congress each year. These changes will be published annually in the announcement of the U.S. Collegiate Figure Skating Championships.

### **3630 Free Skate for Singles — Generally**

**3631** The free skate consists of a well-balanced program of free skate elements such as jumps, spins, steps, and other linking movements executed with a minimum of two-footed skating in harmony with music of the skater's choice, except that vocal music with lyrics is not permitted.

**3632** Within the applicable well-balanced program requirements of the skater's level, the skater has complete freedom to select the free skate elements, the sum of which will comprise the program. All elements are to be linked together by connecting steps of a different nature and by other comparable free skate movements while fully utilizing the entire ice surface (forward and backward crossovers are not considered to be connecting steps). Special attention must be given to choreography, expression, interpretation of the music, and intricate footwork and transitions between elements.

**3633** The numbers of each element listed below may be varied unless otherwise provided in the applicable well-balanced program requirements for the skater's level. In events using the 6.0 system, an excessive number of any element, or fewer than the minimum number required, as well as the lack of connecting steps and other comparable free skate movements between the various elements, must be penalized by the judges since they are against the objective of a well-balanced program. The penalty should be 0.2 for each extra or lacking element in the mark for technical elements.

3634 General remarks about singles free skate elements:

- A. **Jumps:** All triple and quadruple jumps may be executed either as individual jumps, jump sequences or jump combinations. Because the triple toe loop and the triple toe Walley jumps are very similar in nature, and essentially equal in value, the skater may execute only one or the other of them but not both. A double Axel cannot be included more than three times in total during a singles free skate.
- B. **Jump combinations:** A jump combination consists of two or more jumps performed together where the landing of the first jump becomes the take-off of the second jump. The jumps must directly follow one another without a change of foot or turn in between.
- C. **Jump sequences:** A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps and/or hops immediately following each other while maintaining the jump rhythm (knee). There can be no turns\*, steps\*\*, crossovers or stroking during the sequence.  
\*Turns: three turns, twizzles, brackets, loops, counters, rockers.  
\*\* Steps: toe steps, chasses, Mohawks, Choctaws, curves with change of edge, cross-rolls.  
A jump sequence consisting of only one listed jump together with other non-listed jumps is not considered a jump sequence, but will count as a solo jump.
- D. **Spins:** The minimum numbers of required revolutions must be counted from the entry of the spin until its exit. In each of the required spins with less than the required number of revolutions a deduction of 0.1 under the 6.0 system must be made in the mark for technical elements. The skaters have complete freedom to select the kinds of spins they intend to execute within the spin types required. In the spin combination, the change of foot is compulsory (unless otherwise provided) and the number of different positions is free. In the senior and junior free skates, a position must be held for 2 revolutions minimum to be counted as a position. All spins must be of a different character (in IJS, they must have different abbreviations).
- E. **Steps:** The skaters have complete freedom to select the kinds of step sequences they intend to execute. Jumps may also be included in the step sequences; however, the step sequences must fully utilize the ice surface. Step sequences that are too short and barely visible cannot be considered as meeting the requirements of a step sequence, but additional step sequences connecting the various elements are at the discretion of the skater. Turns and steps must be balanced in their distribution throughout the sequence.
- F. **Moves in the field:** This is a sequence of movements, which must include such movements as turns, spirals, arabesques, spread eagles, Ina Bauers and flowing moves with strong edges, which can be connected with linking steps and footwork. Moves in the field will be judged as transitions rather than as separate elements.
- G. **Sequence of spirals:** Consists of spirals progressing in bold curves. Pattern may vary. Only the first three spirals will count toward level.
- H. **Illegal elements/moves:** Somersault-type jumps, lying on the ice, and prolonged and/or stationary kneeling on both knees on the ice at any moment are illegal.

**Note:** Rules concerning music; permissible time allowances for short programs and free skates; warm-up times and periods; coaching restrictions; clothing; competitor ethics; and filing complaints, appeals and protests are in the General Information Section starting with Rule 3001.

SENIOR LADIES – SHORT PROGRAM – 2:50 MAXIMUM	
Double Axel	
Any triple jump	<ul style="list-style-type: none"> <li>Immediately preceded by connecting steps or other free skate movement</li> </ul>
Jump Combination	<ul style="list-style-type: none"> <li>Double/triple, or triple/triple</li> <li>May not repeat either double Axel or solo jump</li> </ul>
Flying Spin	<ul style="list-style-type: none"> <li>Minimum 8 revs</li> </ul>
Layback or sideways leaning spin	<ul style="list-style-type: none"> <li>Minimum 8 revs</li> </ul>
Spin Combination	<ul style="list-style-type: none"> <li>With only one change of foot and all 3 basic positions or any variation thereof</li> <li>No flying entry</li> <li>Minimum 6 revs each foot</li> <li>Minimum 2 revs in position</li> </ul>
Spiral sequence	<ul style="list-style-type: none"> <li>Pattern can be any combination of curves</li> <li>Minimum 3 spiral position on edges; minimum 3 seconds each</li> <li>Minimum 1 change of foot</li> <li>First three spirals count for level</li> </ul>
Step sequence	<ul style="list-style-type: none"> <li>Straight line, circular or serpentine</li> </ul>
SENIOR MEN – SHORT PROGRAM – 2:50 MAXIMUM	
Double or triple Axel	
Any triple or quad jump	<ul style="list-style-type: none"> <li>Immediately preceded by connecting steps or other free skate movement</li> <li>May not be a quad if quad is in combo</li> </ul>
Jump Combination	<ul style="list-style-type: none"> <li>Double/triple, triple/triple or triple/quad</li> <li>May not repeat either Axel jump or performed or solo jump</li> </ul>
Flying Spin	<ul style="list-style-type: none"> <li>Minimum 8 revs</li> </ul>
Camel or sit spin	<ul style="list-style-type: none"> <li>With only one change of foot.</li> <li>Minimum 6 revs each foot</li> </ul>
Spin Combination	<ul style="list-style-type: none"> <li>With only one change of foot and all 3 basic positions or any variation thereof.</li> <li>No flying entry</li> <li>Minimum 6 revs each foot</li> <li>Minimum 2 revs in position</li> </ul>
2 Step sequences of a different nature	<ul style="list-style-type: none"> <li>Straight line, circular or serpentine</li> </ul>
JUNIOR LADIES – SHORT PROGRAM – 2:50 MAXIMUM	
Double Axel	
Double or triple flip	<ul style="list-style-type: none"> <li>Immediately preceded by connecting steps or other free skate movement</li> </ul>

<b>Jump Combination</b>	<ul style="list-style-type: none"> <li>• Double/double, double/triple, or triple/triple</li> <li>• May not repeat either double Axel or solo jump</li> </ul>
<b>Flying Sit Spin</b>	<ul style="list-style-type: none"> <li>• Must attain sit position in air – minimum 8 revs</li> </ul>
<b>Layback or sideways leaning spin</b>	<ul style="list-style-type: none"> <li>• Minimum 8 revs</li> </ul>
<b>Spin Combination</b>	<ul style="list-style-type: none"> <li>• With only one change of foot and all 3 basic positions or any variation thereof</li> <li>• No flying entry</li> <li>• Minimum 6 revs each foot</li> <li>• Minimum 2 revs in position</li> </ul>
<b>Spiral sequence</b>	<ul style="list-style-type: none"> <li>• Pattern can be any combination of curves</li> <li>• Minimum 3 spiral position on edges; minimum 3 seconds each</li> <li>• Minimum 1 change of foot.</li> <li>• First three spirals count for level</li> </ul>
<b>Step sequence</b>	<ul style="list-style-type: none"> <li>• Straight line, circular or serpentine</li> </ul>

### JUNIOR MEN – SHORT PROGRAM – 2:50 MAXIMUM

<b>Double or triple Axel</b>	
<b>Double or triple flip</b>	<ul style="list-style-type: none"> <li>• Immediately preceded by connecting steps or other free skate movement</li> </ul>
<b>Jump Combination</b>	<ul style="list-style-type: none"> <li>• Double/triple, triple/triple</li> <li>• May not repeat either double Axel solo jump</li> </ul>
<b>Flying sit Spin</b>	<ul style="list-style-type: none"> <li>• Must attain position in air</li> <li>• Minimum 8 revs</li> </ul>
<b>Camel spin</b>	<ul style="list-style-type: none"> <li>• With only one change of foot.</li> <li>• Minimum 6 revs each foot</li> </ul>
<b>Spin Combination</b>	<ul style="list-style-type: none"> <li>• With only one change of foot and all 3 basic positions or any variation thereof.</li> <li>• No flying entry</li> <li>• Minimum 6 revs each foot</li> <li>• Minimum 2 revs in position</li> </ul>
<b>2 Step sequences of a different nature</b>	<ul style="list-style-type: none"> <li>• Straight line, circular or serpentine</li> </ul>

### NOVICE LADIES/MEN – SHORT PROGRAM – 2:30 MAXIMUM

<b>Axel or double Axel</b>	
<b>Double or triple jump</b>	<ul style="list-style-type: none"> <li>• Immediately preceded by connecting steps</li> <li>• May not repeat double Axel jump</li> </ul>
<b>Jump Combination</b>	<ul style="list-style-type: none"> <li>• Double/double or double/triple</li> <li>• May not repeat either double Axel or solo jump</li> </ul>
<b>LADIES: Layback or sideways leaning spin MEN: Camel or sit spin</b>	<ul style="list-style-type: none"> <li>• No change of foot</li> <li>• May not have flying entry</li> <li>• Minimum 6 revs</li> </ul>
<b>Spin Combination</b>	<ul style="list-style-type: none"> <li>• With only one change of foot and minimum 1 change of position</li> <li>• 2 revs required for position to count</li> <li>• No flying entry</li> <li>• Minimum 5 revs each foot</li> </ul>
<b>LADIES: Spiral sequence</b>	<ul style="list-style-type: none"> <li>• Pattern can be any combination of curves</li> <li>• Minimum 2 spiral position on edges; minimum 3 seconds each</li> <li>• Minimum 1 change of foot.</li> <li>• First three spirals count for level</li> </ul>
<b>MEN: Step sequence</b>	<ul style="list-style-type: none"> <li>• Straight line, circular or serpentine with full use of ice surface</li> </ul>

### INTERMEDIATE LADIES/MEN – SHORT PROGRAM 2:00 MAXIMUM

<b>Axel or double Axel</b>	
<b>Double jump</b>	<ul style="list-style-type: none"> <li>• Immediately preceded by connecting steps</li> <li>• May not repeat double Axel jump</li> </ul>
<b>Jump Combination</b>	<ul style="list-style-type: none"> <li>• Single/double or double/double</li> <li>• May not repeat Axel or solo jump</li> </ul>
<b>Spin</b>	<ul style="list-style-type: none"> <li>• Only one position</li> <li>• No change of foot</li> <li>• May start with a fly</li> <li>• Minimum 5 revs</li> </ul>
<b>Spin Combination</b>	<ul style="list-style-type: none"> <li>• With only one change of foot and minimum of 1 change of position</li> <li>• No flying entry</li> <li>• Minimum 5 revs each foot</li> </ul>
<b>Step sequence</b>	<ul style="list-style-type: none"> <li>• Straight line, circular or serpentine with full use of ice surface</li> </ul>

<b>JUMP ELEMENTS *means element is required</b>	<b>SPINS *means element is required</b>	<b>STEP SEQUENCES</b>
<b>SENIOR LADIES FREE SKATE – 4:00 +/- 10 SECONDS</b>		
<p style="text-align: center;"><b>Max 7</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump *</li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3 jump combo is permitted.</li> <li>• Number of jumps in sequence is free</li> <li>• 2 triples or quads may be repeated, but must be in combo or sequence</li> <li>• 3 double Axel max as solo jump or in combo/sequence</li> </ul>	<p style="text-align: center;"><b>Max 3</b></p> <ul style="list-style-type: none"> <li>• 1 flying entry *</li> <li>• 1 spin combination; w/without change of foot*</li> <li>• 1 spin with only 1 position *</li> <li>• Min 6 rev; 10 for combo; min 2 revs in position</li> <li>• All spins may change feet and start with a fly</li> <li>• Spins must be of a different nature</li> </ul>	<p style="text-align: center;"><b>Max 2</b></p> <ul style="list-style-type: none"> <li>• One step sequence Straight line, circular or serpentine</li> <li>• One spiral sequence with at least 2 spirals on edges: min. 3 seconds each. Pattern can be any combination of curves.</li> <li>• Only first 3 spirals count for levels.</li> </ul>
<b>SENIOR MEN FREE SKATE – 4:30 +/- 10 SECONDS</b>		
<p style="text-align: center;"><b>Max 8</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump *</li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3 jump combo is permitted.</li> <li>• Number of jumps in sequence is free</li> <li>• 2 triples or quads may be repeated, but must be in combo or sequence</li> <li>• 3 double Axel max as solo jump or in combo/sequence</li> </ul>	<p style="text-align: center;"><b>Max 3</b></p> <ul style="list-style-type: none"> <li>• 1 flying entry *</li> <li>• 1 spin combination; w/without change of foot*</li> <li>• 1 spin with only 1 position *</li> <li>• Min 6 rev; 10 for combo; min 2 revs in position</li> <li>• All spins may change feet and start with a fly</li> <li>• Spins must be of a different nature</li> </ul>	<p style="text-align: center;"><b>Max 2</b></p> <ul style="list-style-type: none"> <li>• Straight line, circular, or serpentine</li> <li>• If two sequences are performed, they must be different step sequences</li> </ul>
<b>JUNIOR LADIES FREE SKATE – 3:30 +/- 10 SECONDS</b>		
<p style="text-align: center;"><b>Max 7</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump *</li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3 jump combo is permitted.</li> <li>• Number of jumps in sequence is free</li> <li>• 2 triples or quads may be repeated, but must be in combo or sequence</li> <li>• 3 double Axel max as solo jump or in combo/sequence</li> </ul>	<p style="text-align: center;"><b>Max 3</b></p> <ul style="list-style-type: none"> <li>• 1 flying entry *</li> <li>• 1 spin combination; w/without change of foot*</li> <li>• 1 spin with only 1 position *</li> <li>• Min 6 rev; 10 for combo; min 2 revs in position</li> <li>• All spins may change feet and start with a fly</li> <li>• Spins must be of a different nature</li> </ul>	<p style="text-align: center;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>• Straight line, circular, or serpentine</li> </ul>
<b>JUNIOR MEN FREE SKATE – 4:00 +/- 10 SECONDS</b>		
<p style="text-align: center;"><b>Max 8</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump *</li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3 jump combo is permitted.</li> <li>• Number of jumps in sequence is free</li> <li>• 2 triples or quads may be repeated, but must be in combo or sequence</li> <li>• 3 double Axel max as solo jump or in combo/sequence</li> </ul>	<p style="text-align: center;"><b>Max 3</b></p> <ul style="list-style-type: none"> <li>• 1 flying entry *</li> <li>• 1 spin combination; w/without change of foot*</li> <li>• 1 spin with only 1 position *</li> <li>• Min 6 rev; 10 for combo; min 2 revs in position</li> <li>• All spins may change feet and start with a fly</li> <li>• Spins must be of a different nature</li> </ul>	<p style="text-align: center;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>• Straight line, circular, or serpentine</li> </ul>
<b>NOVICE LADIES FREE SKATE – 3:00 +/- 10 SECONDS</b>		
<p style="text-align: center;"><b>Max 6</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3 jump combo is permitted.</li> <li>• Number of jumps in jump sequence is not limited.</li> <li>• No more than 2 jumps that are 2 ½ or 3 revolutions may be repeated. If 2 ½ or triple jump repeated, must be in combo or sequence.</li> </ul>	<p style="text-align: center;"><b>Max 3</b></p> <ul style="list-style-type: none"> <li>• Spins must be of a different nature</li> <li>• 1 flying entry w/ no change of foot or position*</li> <li>• 1 spin combination; w/without change of foot*</li> <li>• 3<sup>rd</sup> spin is option of skater</li> <li>• Min 6 rev; 10 for combo; min 2 revs in position</li> <li>• Spins may change feet and start with a fly. Exception: the flying spin with no change of foot or position</li> </ul>	<p style="text-align: center;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>• Step or spiral sequence</li> <li>• Steps: Must use entire ice surface</li> <li>• Spirals: Minimum 2 spiral positions on edges: min 3 seconds each, Pattern can be any combination of curves.</li> <li>• Only first 3 spirals count for levels</li> </ul>

<b>JUMP ELEMENTS *means element is required</b>	<b>SPINS *means element is required</b>	<b>STEP SEQUENCES</b>
<b>NOVICE MEN FREE SKATE – 3:30 +/- 10 SECONDS</b>		
<p style="text-align: center;"><b>Max 7</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3 jump combo is permitted.</li> <li>• Number of jumps in jump sequence is not limited.</li> <li>• No more than 2 jumps that are 2 ½ or 3 revolutions may be repeated. If 2 ½ or triple jump repeated, must be in combo or sequence.</li> </ul>	<p style="text-align: center;"><b>Max 3</b></p> <ul style="list-style-type: none"> <li>• Spins must be of a different nature</li> <li>• 1 flying entry w/no change of foot or position*</li> <li>• 1 spin combination; w/without change of foot*</li> <li>• 3rd spin is option of skater</li> <li>• Min 6 rev; 10 for combo; min 2 revs in position</li> <li>• Spins may change feet and start with a fly.</li> <li>• <u>Exception:</u> the flying spin with no change of foot or position</li> </ul>	<p style="text-align: center;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>• Step or spiral sequence</li> <li>• Steps: Must use entire ice surface</li> <li>• Spirals: Minimum 2 spiral positions on edges: min 3 seconds each, Pattern can be any combination of curves.</li> <li>• Only first 3 spirals count for levels</li> </ul>
<b>INTERMEDIATE LADIES/MEN FREE SKATE – 2:30 +/- 10 SECONDS</b>		
<p style="text-align: center;"><b>Max 6</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3 jump combo is permitted.</li> <li>• Number of jumps in jump sequence is not limited.</li> <li>• No more than 3 jumps may be repeated; only 1 may be a triple. Double or triple jump repeated only in combo or seq. Max. 2 any double or triple.</li> </ul>	<p style="text-align: center;"><b>Max 3</b></p> <ul style="list-style-type: none"> <li>• 1 flying entry*</li> <li>• 1 combo with min 1 change of foot &amp; 1 change of position*</li> <li>• 3rd spin is option of skater</li> <li>• Min 5 rev; 4 each foot for combo; min 2 revs in position</li> <li>• All spins may change feet and start with a fly</li> <li>• Spins must be of a different nature</li> </ul>	<p style="text-align: center;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>• Straight line, circular, or serpentine</li> <li>• Must use entire ice surface</li> </ul>
<b>JUMP ELEMENTS *means element is required</b>	<b>SPINS *means element is required</b>	<b>STEP SEQUENCES</b>
<b>JUVENILE GIRLS/BOYS FREE SKATE – 2:15 +/- 10 SECONDS</b>		
<p style="text-align: center;"><b>Max 6</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3 jump combo is permitted.</li> <li>• Number of jumps in jump sequence is not limited.</li> <li>• No more than 3 double jumps may be repeated (1 each), but only as part of combo or sequence. Max of 2 of any double jump</li> <li>• No triple jumps</li> </ul>	<p style="text-align: center;"><b>Max 3</b></p> <ul style="list-style-type: none"> <li>• 1 flying entry*</li> <li>• 1 combo with min 1 change of position*</li> <li>• 3rd is option of the skater</li> <li>• Min 5 rev; 8 for combo; min 2 revs in position</li> <li>• All spins may change feet and start with a fly</li> <li>• Spins must be of a different nature</li> </ul>	<p style="text-align: center;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>• Straight line, circular, or serpentine</li> <li>• Must use entire ice surface</li> </ul>
<b>PRE-JUVENILE GIRLS/BOYS FREE SKATE – 2:00 +/- 10 SECONDS</b>		
<p style="text-align: center;"><b>Max 5</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3-jump combo is permitted.</li> <li>• Number of jumps in jump sequence is not limited.</li> <li>• Number of different double jumps is not limited.</li> <li>• Axel and no more than 3 different double jumps may be repeated as individual jumps, as part of jump combination, or jump sequence.</li> <li>• Maximum of 2 Axels or any double jump</li> <li>• No double Axels or triple jumps</li> </ul>	<p style="text-align: center;"><b>Max 3</b></p> <ul style="list-style-type: none"> <li>• Spins must be of a different nature</li> <li>• Min 3 revs</li> <li>• Spins may change feet, position, and start with a fly</li> </ul>	<p style="text-align: center;"><b>Max 1</b></p> <ul style="list-style-type: none"> <li>• Straight line, circular, or serpentine*</li> <li>• Must use entire ice surface</li> </ul>



<b>JUMP ELEMENTS *means element is required</b>	<b>SPINS *means element is required</b>	<b>STEP SEQUENCES</b>
<b>PRELIMINARY GIRLS/BOYS FREE SKATE – 1:30 +/- 10 SECONDS</b>		
<b>Max 5</b>	<b>Max 2</b>	<b>Max 1</b>
<ul style="list-style-type: none"> <li>• 1 must be an Axel/waltz jump-type jump*</li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3-jump combo is permitted.</li> <li>• Number of jumps in jump sequence is not limited.</li> <li>• Only two different double jumps may be attempted (limited to double Salchow, double toe loop, and double loop only)</li> <li>• Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combination, or jump sequence.</li> <li>• Maximum of 2 Axels or any double jump</li> <li>• No double flips, double Lutzes, double Axels or triple jumps</li> </ul>	<ul style="list-style-type: none"> <li>• Spins must be of a different nature</li> <li>• Min 3 revs</li> <li>• Spins may change feet, position, and start with a fly</li> </ul>	<ul style="list-style-type: none"> <li>• Straight line, circular, or serpentine*</li> <li>• Must use one half the ice surface</li> </ul>
<b>PRE-PRELIMINARY GIRLS/BOYS FREE SKATE – 1:00 to 1:30 +/- 10 SECONDS – times vary – refer to announcement</b>		
<b>Max 5</b>	<b>Max 2</b>	<b>Max 1</b>
<ul style="list-style-type: none"> <li>• Single Jumps (Axel may be included)</li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3-jump combo is permitted.</li> <li>• Number of jumps in jump sequence is not limited.</li> <li>• Axel may be repeated as individual jump, as part of jump combination, or jump sequence. Maximum of 2 Axels</li> <li>• No double or triple jumps</li> </ul>	<ul style="list-style-type: none"> <li>• Spins must be of a different nature</li> <li>• Min 3 revs</li> <li>• Spins may change feet, position, and start with a fly</li> </ul>	<ul style="list-style-type: none"> <li>• Straight line, circular, or serpentine*</li> <li>• Must use one half the ice surface</li> </ul>
<b>NO TEST GIRLS/BOYS FREE SKATE – 1:00 to 1:30 +/- 10 SECONDS – times vary – refer to announcement</b>		
<b>Max 5</b>	<b>Max 2</b>	<b>Max 1</b>
<ul style="list-style-type: none"> <li>• Single Jumps (Axel not allowed)</li> <li>• Max 3 combos or sequences</li> <li>• Combos limited to 2 jumps, but one 3 jump combo is permitted.</li> <li>• Number of jumps in jump sequence is not limited</li> <li>• No singles Axels, double jumps or triple jumps</li> </ul>	<ul style="list-style-type: none"> <li>• Spins must be of a different nature</li> <li>• Min 3 revs</li> <li>• Spins may change feet, position, and start with a fly</li> </ul>	<ul style="list-style-type: none"> <li>• Straight line, circular, or serpentine*</li> <li>• Must use one half the ice surface</li> </ul>

### 3640 Senior Singles

#### Test and Age Requirements

Test qualifications as of the closing date for entry to the regional championships: Senior moves in the field test and the senior free skate test

Age requirements as of Sept. 1 prior to the regional championships: None

#### Program Durations

Short program	Men and Ladies	2:50 max
Free skate	Men	4:30 +/-10 seconds
	Ladies	4:00 +/-10 seconds

### 3641 Senior Men Short Program

#### A. Technical elements:

1. Double or triple Axel;
2. One triple or one quadruple jump immediately preceded by connecting steps and/or other comparable free skate movements;
3. One jump combination consisting of a double jump and a triple jump, two triple jumps, a quadruple jump and a double jump or a quadruple jump and a triple jump. See 3626 for U.S. Collegiate Figure Skating Championships requirement;
4. Flying spin. Minimum of 8 revolutions in position;
5. Camel spin or sit spin with only one change of foot. Minimum of 6 revolutions on each foot;
6. Spin combination with only one change of foot and all three basic positions (sit, camel or upright, or any variation thereof). Minimum of 6 revolutions on each foot and 2 revolutions in each position;
7. Two step sequences of a different nature (straight line, circular, or serpentine).

B. Remarks: (see also 3616 for general remarks on short program elements).

1. Jumps: For senior men, when a quadruple jump is executed in the jump combination (3), a quadruple jump cannot also be executed as a solo jump in (2). When the triple Axel is executed in (1), it cannot be repeated again as a solo jump (2) or in the jump combination (3).
2. Jump combination: For senior men, the jump combination may consist of the same jump or another double, triple or quadruple jump. When a quadruple jump is executed in (2), a quadruple jump cannot be included again in the jump combination. However, the jumps included must be different than the solo jumps.
3. Spins generally: Except for flying spins (4), spins cannot be commenced with a jump. The concluding upright position at the end of the spin (up to three rotations) is not considered to be another position and the revolutions executed in it are not to be counted in the required number of revolutions. The Biellmann position will only count as a feature that can increase the level in one spin in the short program.
  - a. Flying Spin: In the senior short program, any type of flying spin is permitted. The chosen position must be attained in the air. A minimum of 8 revolutions are required in the landing position, or variation thereof, which may be different than the flying position. No previous rotation on the ice before the take-off is permitted.
  - b. Spin with only one change of foot — men: The skater is free to choose either the camel or sit position. The spin must consist of only one change of foot, which may be executed in the form of a step over or a jump. It must contain at least 6 revolutions on each foot.
  - c. Spin combination: The spin combination must consist of only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof) with not less than 6 revolutions on each foot. A flying entry is not permitted. Any spin combination must include all three basic positions or their variations. The change of foot may be executed in the form of a stepover or a jump. The change of foot and the change of position may be made either at the same time or separately. During a change of position a difficult variation of position can be executed. The minimum number of revolutions in a required position is two. In case this requirement is not fulfilled, the position is not counted. In events using the ISU judging system, a spin combination executed with less than 2 revolutions in all executed positions is considered as a “spin combination not according to the requirements,” receives no level and therefore no value. A spin combination executed with only one position with not less than 2 revolutions (as to requirements) and in all other positions less than 2 revolutions (not to the requirements) receives level 1 and the judges will also reduce the GOE.
4. Step sequences: Step sequences may include small jump-like movements with not more than one-half revolution. Short stops in accordance with the music are permitted. The pattern requirements for the step sequences are found at 3616 D (5). The straight-line step sequence in the senior short program may commence at any place on the short barrier of the rink and go to any place on the opposite short barrier of the rink, provided that it keeps the approximate shape of a straight line.

### 3642 Senior Ladies Short Program

A. Technical elements:

1. Double Axel;
2. One triple jump immediately preceded by connecting steps and/or other comparable free skate movements. See 3626 for U.S. Collegiate Figure Skating Championships requirement;
3. One jump combination consisting of a double jump and a triple jump or two triple jumps. See 3626 for U.S. Collegiate Figure Skating Championships requirement;
4. Flying spin. Minimum of 8 revolutions in position;
5. Layback or sideways leaning spin. Minimum of 8 revolutions in position;
6. Spin combination with only one change of foot and all three basic positions (sit, camel or upright, or any variation thereof). Minimum of 6 revolutions on each foot.
7. Spiral sequence: Consists of spirals progressing in bold curves. Patterns may vary. Only the first three spirals will count toward level.
8. Step sequence (straight line, circular or serpentine).

B. Remarks: Same as for senior men’s short program above, except:

1. Jumps: No quadruple jumps are permitted. The double Axel (1) may not be repeated in (2) or (3).
2. Jump combination: The jump combination may consist of the same jump or another double or triple jump. However, the jumps included must be different than the solo jumps.
3. Layback or sideways leaning spin: Any position is permitted, as long as the basic layback or sideways leaning position is maintained for at least 8 revolutions without rising to an upright position. The position of a “Biellmann spin” can only be executed (at the option of the skater) after having successfully rotated these required 8 revolutions in the layback position (backward or sideways).
4. Spiral sequence: See 3616 D (5)(a) for a general discussion of this element. The spiral sequence must contain at least three spiral positions with at least one change of foot. At least one spiral position must be without the assistance of the hand or arm.

### 3643 The Senior Well-Balanced Free Skate Must Contain:

**Jumps:** *Men:* Maximum of eight jump elements (one of which must be an Axel-type jump). *Ladies:* Maximum of seven jump elements (one of which must be an Axel-type jump).

**Spins:** Maximum of three spins, one of which must be a spin combination, one a flying spin and one a spin with only one position.

**Steps:** *Men:* Maximum of two step sequences of a different nature. *Ladies:* Maximum of two step sequences, one of which must be a spiral sequence.

**Remarks:** Senior Free Skate

A. **Jump element:** A “jump element” is defined as an individual jump, a jump combination or a jump sequence. (Example: A solo jump is counted as one jump element; a jump combination is counted as one jump element; a jump sequence is counted as one jump element.)

B. **Individual jumps:** Individual jumps can contain any number of revolutions.

- C. **Jump combination:** A jump combination may consist of the same or another single, double, triple or quadruple jump. There may be up to three jump combinations or jumps sequences in the free program. Generally, jump combinations may not contain more than two jumps; however, at the skater's discretion, one jump combination may consist of three jumps. If the jumps are connected with a not listed jump (e.g. half-loop), the element is called as a jump sequence. If the first jump of a two-jump combination fails to succeed and turns out into a "non-listed jump," the unit will still be considered as a jump combination. In a jump combination, the landing foot of the first jump is the take-off foot of the second jump. The same would apply to the third jump. A three turn on one foot between the jumps without touching the ice with the free foot keeps the element in the frame of the definition of a jump combination, although with an error. If the skater's free foot touches the ice while turning between the jumps, the element becomes a jump sequence. If a triple or quadruple jump is repeated as a solo jump, the second execution will be counted as a jump sequence with only one jump included.
- D. **Jump sequence:** A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps and/or hops immediately following each other while maintaining the jump rhythm (knee). There can be no turns\*, steps\*\*, crossovers or stroking during the sequence.  
\*Turns: three turns, twizzles, brackets, loops, counters, rockers.  
\*\* Steps: toe steps, chasses, Mohawks, Choctaws, curves with change of edge, cross-rolls.  
A jump sequence consisting of only one listed jump together with other non-listed jumps is not considered a jump sequence, but will count as a solo jump.
- E. **Jump repetitions:** Of all the triple and quadruple jumps, only two can be repeated and these repetitions must be in either a jump combination or a jump sequence. Triple and quadruple jumps with the same name will be considered as two different jumps. If a triple or quadruple jump is performed twice as a solo jump, the second execution will be counted as a jump sequence with only one jump included. If three jump combinations or jump sequences (in total) have already been executed, the repeated solo jump will be treated as an additional element and therefore not considered. No triple or quadruple jump can be attempted more than twice. If a third repeated jump is executed in a combination or sequence the entire combination or sequence will be treated as an additional element and therefore not considered. A double Axel cannot be included more than three times in total (as a solo jump or as part of a combination/sequence).
- F. **Spins:** The spins must have the required minimum number of revolutions: six for the flying spin and the spin with only one position and 10 for the spin combination, the lack of which must be reflected by the judges in their mark. However, a spin with less than 3 revolutions is considered as a skating movement and not a spin. The minimum number of required revolutions must be counted from the entry of the spin until its exit. In the spin combination, the change of foot is compulsory. A spin with no change of position, in which another position is executed with more than 2 revolutions, does not fulfill the requirements of a spin with "no change of positions" and will be identified as a "spin combination." However, the concluding upright position at the end of the spin (final wind-up) is not considered to be another position if does not exceed 3 revolutions and the revolutions executed in it are not to be counted in the required number of revolutions. A second change of foot in a spin with change of foot does not count as a feature for a higher level. During a change of positions a difficult variation of position can be executed. The minimum number of revolutions in a position is two. In case this requirement is not fulfilled, the position is not counted. A spin combination executed with less than 2 revolutions in all executed positions is considered as a spin combination not according to the requirements, receives no level and therefore no value. A spin combination executed with only one position with more than 2 revolutions (according to requirements) and in all other positions less than 2 revolutions (not according to requirements) receives level one and the judges will also reduce the GOE. The spin with only one position may be commenced with a jump and the skater may change feet as long as only one position is executed throughout the spin. If the skater falls when entering a spin, a simple spin or a spinning movement is allowed immediately after the fall (for purposes of filling time) and this spin/movement shall not be counted as a spin element. All spins may change feet. All spins may have a flying entry. The Biellmann position may only be used to increase the level of two spins.
- G. **Steps:** The skater has complete freedom in selecting the kind of step sequence they intend to execute. Jumps can also be included in the step sequence. The step sequence must fully utilize the ice surface. Step sequences too short and barely visible cannot be considered as meeting the requirements of a step sequence. Turns and steps must be balanced in their distribution throughout the sequence.
- H. **Moves in the field** — men: Moves in the field should be included in the program and will be evaluated as transitions or connecting steps or movements. They are no longer a separate required element.
- I. **Spiral sequence** — ladies: Any pattern is acceptable for the free program spiral sequence. As in the short program, the spiral sequence must consist primarily of spirals and the skater must execute at least two spiral positions and each position must be maintained for at least three seconds hold. A spiral sequence in which all executed spiral positions are held with less than three seconds receives no level and therefore no value. At least one spiral must be without assistance of a hand or arm hold in order to receive a level higher than 1. Only the first three spirals will count toward determining an element's level.

## 3650 Junior Singles

### Test and Age Requirements

Test qualifications as of the closing date for entry to the regional championships: Junior moves in the field test or higher and the junior free skate test but no higher.

Age requirements as of Sept. 1 prior to the regional championships: None

### Program Durations

Short Program	Men and Ladies	2:50 max
Free Skate	Men	4:00 +/-10 seconds
	Ladies	3:30 +/-10 seconds

## 3651 Junior Men Short Program

A. Each year one group will be designated:

2009–2010 Group B

2010–2011 Group C

B. Technical elements are:

### 1. Group A - junior men

- a. Double or triple Axel. See 3626 for U.S. Collegiate Figure Skating Championships requirement;
- b. One double or triple Lutz jump immediately preceded by connecting steps and/or other comparable free skate movements;
- c. One jump combination consisting of a double jump and a triple jump or two triple jumps;
- d. Flying camel spin. Minimum of 8 revolutions in position;
- e. Sit spin with only one change of foot. Minimum of 6 revolutions on each foot;
- f. Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof). Minimum of 6 revolutions on each foot;
- g. Two step sequences of a different nature (straight line, circular or serpentine).

### 2. Group B - junior men

- a. Double or triple Axel. See 3626 for U.S. Collegiate Figure Skating Championships requirement;
- b. One double or triple flip immediately preceded by connecting steps and/or other comparable free skate movements;
- c. One jump combination consisting of a double jump and a triple jump or two triple jumps;
- d. Flying sit spin. Minimum of eight revolutions in position;
- e. Camel spin with only one change of foot. Minimum of six revolutions of each foot;
- f. Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof). Minimum of six revolutions on each foot.
- g. Two step sequences of a different nature (straight line, circular or serpentine).

### 3. Group C - junior men

- a. Double or triple Axel. See 3626 for U.S. Collegiate Figure Skating Championships requirement;
- b. One double or triple loop immediately preceded by connecting steps and/or other comparable free skate movements;
- c. One jump combination consisting of a double jump and a triple jump or two triple jumps;
- d. Flying camel spin. Minimum of eight revolutions in position;
- e. Sit spin with only one change of foot. Minimum of six revolutions of each foot;
- f. Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof). Minimum of six revolutions on each foot.
- g. Two step sequences of a different nature (straight line, circular or serpentine).

C. **Remarks:** (see also 3516 for general remarks on the short program elements).

1. **Jumps:** For jump (b), only the prescribed double or triple jump is permitted. The Axel performed in (a) may not be repeated in (b) or (c).
2. **Jump combination:** The jump combination may consist of the same jump or another double or triple jump. However, the jumps included must be different than the solo jumps.
3. **Spins generally:** Except for flying spins (d), spins cannot be commenced with a jump. The concluding upright position at the end of the spin is not considered to be another position and the revolutions executed in it are not to be counted in the required number of revolutions. The minimum number of revolutions in a required position is two. In case this requirement is not fulfilled, the position is not counted. If the skater falls when entering a spin, a simple spin or spinning movement is allowed immediately after the fall (for purposes of filling time) and this spin/spinning movement shall not be counted as an element. The Biellmann spin position will only count as a feature that can increase the level in one spin of the short program.
  - a. **Flying spin:** In (d), only the prescribed flying spin or its variation is permitted, and this position must be attained in the air. (NOTE: A death drop is not considered a sit position in the air and does not fulfill the requirement for a flying spin.) A minimum of 8 revolutions are required in the landing position, or variation thereof. In the flying sit spin, changing feet on landing is permitted. No previous rotation on the ice before the take-off is permitted.
  - b. **Spin with only one change of foot** — men: Only the prescribed sit or camel position is permitted. The spin must consist of only one change of foot, which may be executed in the form of a step over or a jump. It must contain no less than 6 revolutions on each foot.
  - c. **Spin combination:** The spin combination must consist of only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof) with not less than 6 revolutions on each foot. Any spin combination must include all three basic positions or their variations. The change of foot may be executed in the form of a step-over or a jump. The change of foot and the change of position may be either at the same time or separately. During a change of positions a difficult variation of position can be executed. The minimum number of revolutions in a required position is two. In case this requirement is not fulfilled, the position is not counted. A spin combination executed with less than 2 revolutions in all executed positions is considered as a “spin combination not according to the requirements,” receives no level and therefore no value.
4. **Step sequences:** Step sequences may include small jump-like movements with not more than one-half revolution. Short stops in accordance with the music are permitted. The pattern requirements for the step sequences are found at 3616 D (5). The straight-line step sequence in the junior short program may commence at any place on the short barrier of the rink and go to any place on the opposite short barrier of the rink, provided that it keeps the approximate shape of a straight line. See 3616 D (5) for a discussion of the step sequence.

### 3652 Junior Ladies Short Program

A. Each year one group will be designated:

2009–2010 Group B

2010-2011 Group C

B. Technical elements in each group are:

#### 1. Group A - junior ladies

- a. Double Axel. See 3626 for U.S. Collegiate Figure Skating Championships requirement;
- b. One double or triple Lutz jump immediately preceded by connecting steps and/or other comparable free skate movements;
- c. One jump combination consisting of two double jumps, a double jump and a triple jump, or two triple jumps;
- d. Flying camel spin. Minimum of 8 revolutions in position;
- e. Layback or sideways leaning spin. Minimum of 8 revolutions in position;
- f. Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof). Minimum of 6 revolutions on each foot;
- g. Spiral sequence (serpentine, circular or oval, two circles, two serpentines, or a combination of one circle and one serpentine);
- h. Step sequence (straight line, circular or serpentine).

#### 2. Group B - junior ladies

- a. Double Axel. See 3626 for U.S. Collegiate Figure Skating Championships requirement;
- b. One double or triple flip immediately preceded by connecting steps and/or other comparable free skate movements;
- c. One jump combination consisting of a two double jumps, a double and a triple jump, or two triple jumps;
- d. Flying sit spin. Minimum of eight revolutions in position;
- e. Layback or sideways leaning spin. Minimum of eight revolutions of each foot;
- f. Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof). Minimum of six revolutions on each foot.
- g. Spiral sequence (serpentine, circular or oval, two circles, two serpentines, or a combination of one circle and one serpentine).
- h. Step sequence (straight line, circular or serpentine).

#### 3. Group C - junior ladies

- a. Double Axel. See 3626 for U.S. Collegiate Figure Skating Championships requirement;
- b. One double or triple loop immediately preceded by connecting steps and/or other comparable free skate movements;
- c. One jump combination consisting of two double jumps, a double and a triple jump, or two triple jumps;
- d. Flying camel spin. Minimum of eight revolutions in position;
- e. Layback or sideways leaning spin. Minimum of eight revolutions in position;
- f. Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof). Minimum of six revolutions on each foot.
- g. Spiral sequence (serpentine, circular or oval, two circles, two serpentines, or a combination of one circle and one serpentine);
- h. Step sequence (straight line, circular or serpentine).

C. Remarks: Same as for junior men short program above, except:

1. **Layback or sideways leaning spin:** Any position is permitted, as long as the basic layback or sideways leaning position is maintained for at least 8 revolutions without rising to an upright position. The position of a “Biellmann spin” can only be executed (at the option of the skater) after having successfully rotated these required 8 revolutions in the layback position (backward or sideways). The Biellmann spin position will only count as a feature that can increase the level in one spin of the short program.
2. **Spiral sequence:** See 3616 D (5)(a) for a general discussion of this element. The spiral sequence must contain at least three spiral positions with at least one change of foot. At least one spiral must be without assistance of the hand or arm.

### 3653 The Junior Well-Balanced Free Skate Must Contain:

**Jumps:** *Men:* Maximum of eight jump elements (one of which must be an Axel-type jump).

*Ladies:* Maximum of seven jump elements (one of which must be an Axel-type jump).

**Spins:** Maximum of three spins, one of which must be a spin combination, one a flying spin and one a spin with only one position.

**Steps:** Maximum of one step sequence. (Moves in the field should also be included in the program, but evaluated as a transition between elements.)

**Remarks:** Same as for senior.

### 3660 Novice Singles

#### Test and Age Requirements

Test qualifications as of the closing date for entry to the regional championships:

Novice moves in the field test or higher and the novice free skate test but no higher.

Age requirements as of Sept. 1 prior to the regional championships: None

#### Program Durations

Short Program	Men and Ladies	2:30 max
Free Skate	Men	3:30 +/-10 seconds
	Ladies	3:00 +/-10 seconds

### 3661 Novice Men Short Program

#### A. Technical elements are:

1. Axel or double Axel;
2. One double or triple jump immediately preceded by connecting steps or other free skate movements. May not repeat jump in 1.
3. One jump combination consisting of two double jumps or a double jump and triple jump. Jumps may not repeat jump in 1) or 2).
4. Camel or sit spin (minimum of 6 revolutions). No change of foot permitted. May not have flying entry.
5. Spin combination with only one change of foot and at least one change of position. Minimum of 5 revolutions on each foot. The minimum number of revolutions required in a position is two. In case this requirement is not fulfilled, the position is not counted.
6. One step sequence with full utilization of the ice surface (straight line, circular or serpentine).

**B. Remarks:** No jump may be repeated unless performed in combination (e.g., double loop/double loop). Spin combination (5) must include at least two of the three basic spin positions. See also 3621(D) for expanded remarks on each element.

### 3662 Novice Ladies Short Program

#### A. Technical elements are:

1. Axel or double Axel;
2. One double or triple jump immediately preceded by connecting steps or other free skate movements. May not repeat jump in 1.
3. One jump combination consisting of two double jumps or a double jump and a triple jump. Jumps may not repeat jump in 1) or 2).
4. Layback or sideways leaning spin. No change of foot permitted. May not have flying entry. Minimum of 6 revolutions.
5. Spin combination with only one change of foot and at least one change of position. Minimum of 5 revolutions on each foot. The minimum number of revolutions required in a position is two. In case this requirement is not fulfilled, the position is not counted.
6. One spiral sequence consisting of at least two spiral positions. In order to be counted, a spiral position must be held for at least three seconds.

**B. Remarks:** No jump may be repeated unless performed in combination. Spin combination (5) must include at least two of the three basic spin positions. Spiral sequence (6), must include at least two spiral positions with at least one change of foot so that spirals on both feet are executed in the sequence. See also 3616(D) for expanded remarks on each element.

### 3663 The Novice Well-Balanced Free Skate Must Contain:

**Jumps:** *Men:* Maximum of seven jump elements (one of which must be an Axel-type jump).

*Ladies:* Maximum of six jump elements (one of which must be an Axel-type jump).

**Spins:** Maximum of three spins of a different nature, one of which must be a flying spin (minimum of six revolutions) and one a combination spin (minimum of 10 revolutions). The number of changes of foot in the spin combination is optional.

**Steps:** Maximum of one step or spiral sequence fully utilizing the ice surface. In order to be counted, a spiral position must be held for at least three seconds.

**Remarks:** See generally "Remarks: Senior Free Skate," except as provided below.

**A. Jumps generally:** Up to three of the permitted jump elements may be jump combinations or jump sequences. See "Remarks: Senior Free Skate" for definitions of jump elements, jump combinations and jump sequences. One jump combination may contain three jumps; the remaining jump combinations are limited to two jumps. The number of jumps in the jump sequence is free.

**B. Jump repetitions:** A total of two jumps with 2 1/2 or 3 revolutions may be repeated, and at least one attempt must be in a jump combination or jump sequence.

**C. Spins:** The required combination spin must have at least one change of position, and the number of changes of foot is optional and may, at the option of the skater, have a flying entry. To be counted as a required position, the skater must maintain the position for at least 2 revolutions. The required minimum number of total revolutions for the combination spin is 10. The required flying spin may not change position or feet. The minimum number of revolutions for the flying spin is six. All spins in the free skate program may begin with a jump.

**D. Step Sequence:** The step sequence or spiral sequence must utilize the entire ice surface. Additional moves in the field and spiral positions are permitted but will not be counted as a step sequence element. They will be counted in the novice free program as transitions and marked as such.

### 3670 Intermediate Singles

#### Test and Age Requirements

Test qualifications as of the closing date for entry to the regional championships:

Intermediate moves in the field test or higher and the intermediate free skate test but no higher.

Age requirements as of Sept. 1 prior to regional championships: Under age 18.

#### Program Durations

Short Program Men and Ladies 2:00 max

Free Skate Men and Ladies 2:30 +/-10 seconds

### 3671 Intermediate Short Program

#### A. Technical elements are:

1. Axel or double Axel;
2. One double jump immediately preceded by connecting steps and/or other free skate movements;
3. One jump combination consisting of a single jump and a double jump or two double jumps (jump attempted in (1) and (2) may not be repeated in this combination);

4. Spin with only one position and no change of foot. May commence with a jump. Five revolutions in position minimum.
5. Spin combination with only one change of foot and at least one change of position. Minimum of 5 revolutions on each foot.
6. Step sequence (straight line, circular or serpentine) utilizing the full ice surface.

**B. Remarks:** The jump performed in (1) may not be repeated as either the jump in (2) or as a part of the combination (3). The jump performed in (2) may not be repeated as part of jump combination (3); the different jump chosen for (3) may however be performed twice as jump combination (3). Spin combination (5) must include two of the three basic spin positions.

### 3672 The Intermediate Well-Balanced Free Skate Must Contain:

**Jumps:** Maximum of six jump elements (one of which must be an Axel-type jump).

**Spins:** Maximum of three spins of a different nature (one of which must be a flying spin and one a combination spin with at least one change of foot and least one change of position).

**Steps:** Maximum of one step sequence fully utilizing the ice surface.

**Remarks:** See generally “Remarks: Novice Free Skate,” except as provided below.

- A. **Jumps generally:** Up to three of the permitted jump elements may be jump combinations or jump sequences. See “Remarks: Senior Free Skate Program” for definitions of jump elements, jump combinations and jump sequences. One jump combination may contain three jumps; the remaining jump combinations are limited to two jumps. The number of jumps in the jump sequence is free.
- B. **Jump repetitions:** No double jump may be repeated more than once, and if repeated, that jump must be in jump combination or jump sequence. No more than three different double or triple jumps may be repeated in the program. Only one jump with 3 or more revolutions may be repeated and if repeated, must be in combination or sequence. The maximum number of any particular double or triple jump in the program is two.
- C. **Spins:** All spins in the intermediate free skate may have flying entries, may change feet and may change position. The minimum number of revolutions for the flying spin in the intermediate free skate is five, two of which must be in the landing position. The combination spin must have a minimum of 4 revolutions on each foot. The third spin element is the choice of the skater but must be held for at least 5 revolutions.
- D. **Step Sequence:** The required step sequence (straight line, circular or serpentine) must utilize the entire ice surface. Additional moves in the field and spiral sequences are permitted but will not be counted as a step sequence element. They will be counted in the intermediate free program as transitions and marked as such.

### 3680 Juvenile Singles and Open Juvenile Singles

**Note:** Open juvenile singles are considered nonqualifying events, and are held at a regional championship only at the discretion of the local organizing committee.

#### Test and Age Requirements

Test qualifications as of the closing date for entry to the regional championships: Juvenile moves in the field test or higher, and juvenile free skate test but no higher.

Open Juvenile age requirements as of Sept. 1 prior to the regional championships: 13 years of age or older

Juvenile age requirements as of Sept. 1 prior to the regional championships: Under age 13

#### Program Duration

Free Skate Boys and Girls 2:15 +/-10 seconds

### 3681 The Juvenile & Open Juvenile Well-Balanced Free Skate Must Contain:

**Jumps:** Maximum of six jump elements (one of which must be an Axel-type jump).

**Spins:** Maximum of three spins of a different nature (one of which must be a flying spin and one a combination spin with at least one change of position).

**Steps:** Maximum of one step sequence fully utilizing the ice surface.

**Remarks:** See generally “Remarks: Intermediate Free Skate,” except as provided below.

- A. **Jumps generally:** No triple jumps are permitted.
- B. **Jump combinations and jump sequences:** Up to three of the permitted jump elements may be jump combinations or jump sequences. See “Remarks: Senior Free Skate Program” for definitions of jump elements, jump combinations and jump sequences. One jump combination may contain three jumps; the remaining jump combinations are limited to two jumps. The number of jumps in the jump sequence is free.
- C. **Jump repetitions:** No double jump may be repeated more than once, and if repeated, that jump must be in combination or sequence. No more than three different double jumps may be repeated in the program. The maximum number of any particular double jump in the program is two.
- D. **Spins:** The minimum number of revolutions for the flying spin in the juvenile or open juvenile free skate is five, a minimum two of which must be in the landing position. The minimum number of revolutions in the combination spin is eight total. The skater must change position at least once and may change feet. The third spin element is the choice of the skater but must be held for at least 5 revolutions.
- E. **Step Sequence:** The required step sequence (straight line, circular or serpentine) must utilize the entire ice surface. Additional moves in the field and spiral sequences are permitted but will not be counted as a step sequence element. They will be counted in the juvenile and open juvenile free program as transitions and marked as such.

### 3690 Pre-Juvenile Singles

#### Program Duration

Free Skate Boys and Girls 2:00 +/-10 seconds

#### 3691 The Pre-Juvenile Well-Balanced Free Skate Must Contain:

**Jumps:** Maximum of five jump elements (one of which must be an Axel-type jump).

**Spins:** Maximum of three spins of a different nature.

**Steps:** One step sequence fully utilizing the ice surface.

**Remarks:** See generally "Remarks: Intermediate Free Skate," except as provided below.

- A. **Jumps generally:** Number of single jumps is not limited. An Axel plus up to three different double jumps may be repeated as individual jumps, jump sequences, or jump combinations. No double Axels or triple jumps are allowed.
- B. **Jump combinations and jump sequences:** Up to three of the permitted jump elements may be jump combinations or jump sequences. See "Remarks: Senior Free Skate Program" for definitions of jump elements, jump combinations and jump sequences. One jump combination may contain three jumps; the remaining jump combinations are limited to two jumps. Number of jumps in jump sequence is free.
- C. **Jump repetitions:** No double jump or Axel may be repeated more than once. No more than three different double jumps may be repeated in the program. The maximum number of any particular double jump in the program is two.
- D. **Spins:** The minimum number of revolutions for the spins in the pre-juvenile free skate is three.
- E. **Step Sequence:** The required step sequence (straight line, circular or serpentine) must utilize the entire ice surface. Additional moves in the field and spiral sequences are permitted but will not be counted as a step sequence element.

### 3700 Preliminary Singles

#### Program Duration

Free Skate Boys and Girls 1:30 +/-10 seconds

#### 3701 The Preliminary Well-Balanced Free Skate Must Contain:

**Jumps:** Maximum of five jump elements (one of which must be an Axel/waltz jump-type jump).

**Spins:** Maximum of two spins of a different nature.

**Steps:** One step sequence utilizing one-half the ice surface.

**Remarks:** See generally "Remarks: Intermediate Free Skate," except as provided below.

- A. **Jumps generally:** Only two different double jumps may be attempted and are limited to double Salchow, double toe loop and double loop only. Double flip, double Lutz, double Axel and triple jumps are not allowed. The number of single jumps is not limited. An Axel plus up to two different, allowable jumps may be repeated as individual jumps, jump sequences or jump combinations.
- B. **Jump combinations and jump sequences:** Up to three of the permitted jump elements may be jump combinations or jump sequences. See "Remarks: Senior Free Skate Program" for definitions of jump elements, jump combinations and jump sequences. One jump combination may contain three jumps; the remaining jump combinations are limited to two jumps. The number of jumps in the jump sequence is free.
- C. **Jump repetitions:** No double jump or the Axel may be repeated more than once. No more than two different double jumps may be repeated in the program. The maximum number of any particular double jump or Axel in the program is two.
- D. **Spins:** The minimum number of revolutions for the spins in the preliminary free skate is three.
- E. **Step Sequence:** The required step sequence (straight line, circular or serpentine) must utilize at least one-half the ice surface. Additional moves in the field and spiral sequences are permitted but will not be counted as a step sequence element.

### 3710 Pre-Preliminary Singles

#### 3711 The Pre-Preliminary Well-Balanced Free Skate Must Contain:

**Jumps:** Maximum of five jump elements. Axels are allowed. No double jumps are allowed.

**Spins:** Maximum of two spins of a different nature.

**Steps:** One step sequence utilizing one-half the ice surface.

**Remarks:** See generally "Remarks: Intermediate Free Skate," except as provided below.

- A. **Jumps generally:** Single jumps including an Axel limited to a maximum of five. An Axel may be repeated as an individual jump, or in a jump sequence or jump combination. No double or triple jumps are allowed.
- B. **Jump combinations and jump sequences:** Up to three of the permitted jump elements may be jump combinations or jump sequences. See "Remarks: Senior Free Skate Program" for definitions of jump elements, jump combinations and jump sequences. One jump combination may contain three jumps; the remaining jump combinations are limited to two jumps. The number of jumps in the jump sequence is free.
- C. **Jump repetitions:** The maximum number of Axels in the program is two.
- D. **Spins:** The minimum number of revolutions for the spins in the pre-preliminary free skate is three.
- E. **Step Sequence:** The required step sequence (straight line, circular or serpentine) must utilize at least one-half the ice surface. Additional moves in the field and spiral sequences are permitted but will not be counted as a step sequence element.



### 3720 No Test Singles

#### 3721 The No Test Well-Balanced Free Skate Must Contain:

**Jumps:** Maximum of five jump elements. No Axels or double jumps are allowed.

**Spins:** Maximum of two spins of a different nature.

**Steps:** One step sequence utilizing one-half the ice surface.

**Remarks:** See generally “Remarks: Intermediate Free Skate,” except as provided below.

A. **Jumps generally:** Single jumps (not including Axel) limited to a maximum of five.

B. **Jump combinations and jump sequences:** Up to three of the permitted jump elements may be jump combinations or jump sequences. See “Remarks: Senior Free Skate Program” for definitions of jump elements, jump combinations and jump sequences. One jump combination may contain three jumps; the remaining jump combinations are limited to two jumps. The number of jumps in the jump sequence is free.

C. **Spins:** The minimum number of revolutions for the spins in the no-test free skate is three.

D. **Step Sequence:** The required step sequence (straight line, circular or serpentine) must utilize at least one-half the ice surface. Additional moves in the field and spiral sequences are permitted but will not be counted as a step sequence element.

### 3730 Adult Singles

#### Age Requirements

Open only to competitors who are 21 years of age or older at the close of entries. See 3292 for age categories.

JUMP ELEMENTS	SPINS	STEP SEQUENCES
<b>2009-2010 CHAMPIONSHIP MASTERS JUNIOR/SENIOR &amp; MASTERS JUNIOR &amp; MASTERS SENIOR - 3:40 maximum time</b> * means element is required		
<b>Max 7</b>	<b>Max 4</b>	<b>Max 1</b>
<ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Min 1*, max 3 combos or sequences</li> <li>• 3 Combos/sequences are permitted: two are limited to 2 jumps, and one 3 jump combo/sequence is permitted</li> <li>• Each jump may be repeated once, but only as part of combo or sequence</li> <li>• Single, double or triple jumps are permitted</li> <li>** <b>IJS at the US Adult Championships only</b></li> </ul>	<ul style="list-style-type: none"> <li>• Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.)</li> <li>• Min 5 revs; 4 revs each foot if change of foot</li> <li>• Min 2 revs in position</li> </ul>	<ul style="list-style-type: none"> <li>• Straight line,</li> <li>• Circular, serpentine or spiral</li> <li>• Must use entire ice surface</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such</li> </ul>
<b>2009-2010 CHAMPIONSHIP MASTERS INTERMEDIATE/NOVICE &amp; MASTERS INTERMEDIATE &amp; MASTERS NOVICE - 3:10 maximum time</b> * means element is required		
<b>Max 7</b>	<b>Max 3</b>	<b>Max 1</b>
<ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• Min 1*, max 3 combos or sequences</li> <li>• 3 Combos/sequences are permitted: two are limited to 2 jumps, and one 3 jump combo/sequence is permitted</li> <li>• Only one double-double jump combination or sequence is permitted.</li> <li>• Each jump may be repeated once, but only as part of combo or sequence</li> <li>• Single and double jumps are permitted. No triple jumps are permitted</li> <li>• Only the following double jumps are permitted: double toe loop, double Salchow, double loop</li> <li>• Double flips, double Lutzes, and double Axels are not permitted</li> <li>** <b>IJS at the US Adult Championships only</b></li> </ul>	<ul style="list-style-type: none"> <li>• Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.)</li> <li>• Min 5 revs; 4 revs each foot if change of foot</li> <li>• Min 2 revs in position</li> </ul>	<ul style="list-style-type: none"> <li>• Straight line,</li> <li>• Circular, serpentine or spiral.</li> <li>• Must use entire ice surface</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such</li> </ul>

JUMP ELEMENTS	SPINS	STEP SEQUENCES
<b>2009-2010 CHAMPIONSHIP GOLD &amp; ADULT GOLD - 2:40 maximum time</b>		
<b>* means element is required</b>		
<b>Max 6</b>	<b>Max 3</b>	<b>Max 1</b>
<ul style="list-style-type: none"> <li>All single jumps are permitted, including an Axel-type jump, plus the following double jumps: double toe loop, double Salchow.</li> <li>Min 1*, max 3 combos or sequences</li> <li>3 Combos/sequences are permitted: two are limited to 2 jumps, and one 3 jump combo/sequence is permitted.</li> <li>No double-double jump combinations or sequences are permitted</li> <li>Each jump may be repeated once, but only as part of combo or sequence</li> <li>Double flips, double loops, double Lutzes, double Axels and triple jumps are not permitted</li> </ul> <p style="text-align: center;"><b>** IJS at the US Adult Championships only</b></p>	<ul style="list-style-type: none"> <li>Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.)</li> <li>Min 4 revs; 4 revs each foot if change of foot</li> <li>Min 2 revs in position</li> </ul>	<ul style="list-style-type: none"> <li>Straight line, circular, serpentine or spiral</li> <li>Must use entire ice surface</li> <li>Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such</li> </ul>
<b>2009-2010 ADULT SILVER - 2:10 maximum time</b>		
<b>* means element is required</b>		
<b>Max 5</b>	<b>Max 3</b>	<b>Max 1</b>
<ul style="list-style-type: none"> <li>All single jumps are permitted, including an Axel-type jump.</li> <li>Min 1*, max 3 combos or sequences</li> <li>3 Combos/sequences are permitted: two are limited to 2 jumps, and one 3 jump combo/sequence is permitted</li> <li>Each jump may be repeated once, but only as part of combo or sequence.</li> <li>No double or triple jumps are permitted</li> </ul> <p style="text-align: center;"><b>** 6.0 at the US Adult Championships &amp; adult sectionals</b></p>	<ul style="list-style-type: none"> <li>Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, flying entry, etc.)</li> <li>Min 3 revs; 3 revs each foot if change of foot</li> <li>Min 2 revs in position</li> </ul>	<ul style="list-style-type: none"> <li>Straight line, circular, serpentine or spiral.</li> <li>Must use at least ½ ice surface</li> <li>Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such</li> </ul>
<b>2009-2010 ADULT BRONZE - 1:50 maximum time</b>		
<b>* means element is required</b>		
<b>Max 4</b>	<b>Max 3</b>	<b>Max 1</b>
<ul style="list-style-type: none"> <li>All single jumps are permitted</li> <li>Min 1*, max 3 combos or sequences</li> <li>3 Combos/sequences are permitted: two are limited to 2 jumps, and one 3 jump combo/sequence is permitted</li> <li>Each jump may be repeated once, but only as part of combo or sequence. (Maximum of 2 of any jump.)</li> <li>No Axel-type jumps or double or triple jumps are permitted</li> </ul> <p style="text-align: center;"><b>** 6.0 at the US Adult Championships &amp; adult sectionals</b></p>	<ul style="list-style-type: none"> <li>Spins must be of different nature (e.g. spin combinations with/without change of foot and/or change of position, spins with only 1 position, etc.)</li> <li>Min 3 revs; 3 revs each foot if change of foot</li> <li>Min 2 revs in position</li> <li>No flying spins are permitted</li> </ul>	<ul style="list-style-type: none"> <li>Straight line, circular, serpentine or spiral.</li> <li>Must use at least ½ ice surface</li> <li>Additional moves in the field, spiral and step sequences will not be counted as step sequences but will be counted as transitions and marked as such</li> </ul>

## 3740 Championship Masters Junior-Senior

### Test Requirements

Test qualifications as of the closing date for entries: At least the standard novice free skate test or, prior to Oct. 1, 1977, the 4th figure test.

### Program Duration

Free Skate Men and Ladies 3:40 max

### 3741 The Championship Masters Junior-Senior Well-Balanced Free Skate Must Contain:

**Jumps & Jump Combinations:** A maximum of seven jump elements. These must include an Axel-type jump and at least one combination or sequence of jumps. Jumps may be repeated only once and only in combination or in sequence. There may be up to three jump combinations or sequences. Each jump combination and/or sequence counts as one jump element. The number of jumps in a combination or sequence is limited. One jump combination/sequence could consist of three jumps, and the other two up to two jumps. Single, double and triple jumps are permitted.

**Spins:** A maximum of four spins of a different nature. These spins must have a minimum of five revolutions, and if a spin includes a change of foot, it must have a minimum of four revolutions on each foot. There must be a minimum of two revolutions in each position or the position will not be counted.

**Steps:** A maximum of one step sequence (i.e. circular, straight line, serpentine, spiral) utilizing the full ice surface. Additional moves in the field, spiral sequences and step sequences will not be counted as a step sequence but will be counted in the free skate as transitions and marked as such.

## 3745 Championship Masters Intermediate-Novice

### Test Requirements

Test qualifications as of the closing date for entries: At least the standard intermediate free skate test and no higher than the standard novice free skate test or, prior to Oct. 1, 1977, the 3rd figure test and no higher than the 4th figure test.

### Program Duration

Free Skate Men and Ladies 3:10 max

### 3746 The Championship Masters Intermediate-Novice Well-Balanced Free Skate Must Contain:

**Jumps & Jump Combinations:** A maximum of seven jump elements. These must include an Axel-type jump and at least one combination or sequence of jumps. Jumps may be repeated only once and only in combination or in sequence. There may be up to three jump combinations or sequences. Each jump combination and/or sequence counts as one jump element. The number of jumps in a combination or sequence is limited. One jump combination/sequence could consist of three jumps, and the other two up to two jumps. May perform only one double-double combination or sequence. ONLY the following double jumps may be performed: double toe loop, double Salchow, double loop. The double flip, double Lutz and double Axel jumps are not permitted.

**Spins:** A maximum of three spins of a different nature. These spins must have a minimum of five revolutions, and if a spin includes a change of foot, it must have a minimum of four revolutions on each foot. There must be a minimum of two revolutions in each position or the position will not be counted.

**Steps:** A maximum of one step sequence (i.e. circular, straight line, serpentine, spiral) utilizing the full ice surface. Additional moves in the field, spiral sequences and step sequences will not be counted as a step sequence but will be counted in the free skate as transitions and marked as such.

## 3750 Masters Senior

### Test Requirements

Test qualifications as of the closing date for entries: At least the standard junior free skate test, or prior to Oct. 1, 1977, the 6th figure test

### Program Duration

Free Skate Men and Ladies 3:40 max

### 3751 The Masters Senior Well-Balanced Free Skate Must Contain:

**Jumps & Jump Combinations:** A maximum of seven jump elements. These must include an Axel-type jump and at least one combination or sequence of jumps. Jumps may be repeated only once and only in combination or in sequence. There may be up to three jump combinations or sequences. Each jump combination and/or sequence counts as one jump element. The number of jumps in a combination or sequence is limited. One jump combination/sequence could consist of three jumps, and the other two up to two jumps. Single, double and triple jumps are permitted.

**Spins:** A maximum of four spins of a different nature. These spins must have a minimum of five revolutions, and if a spin includes a change of foot, it must have a minimum of four revolutions on each foot. There must be a minimum of two revolutions in each position or the position will not be counted.

**Steps:** A maximum of one step sequence (i.e. circular, straight line, serpentine, spiral) utilizing the full ice surface. Additional moves in the field, spiral sequences and step sequences will not be counted as a step sequence but will be counted in the free skate as transitions and marked as such.

### 3760 Masters Junior

#### Test Requirements

Test qualifications as of the closing date for entries: The standard novice free skate test or prior to Oct. 1, 1977, the 4th figure test. No higher than the standard junior free skate test or, prior to Oct. 1, 1977, the 7th figure test.

#### Program Duration

Free Skate Men and Ladies 3:40 max

#### 3761 The Masters Junior Well-Balanced Free Skate Must Contain:

**Jumps & Jump Combinations:** A maximum of seven jump elements. These must include an Axel-type jump and at least one combination or sequence of jumps. Jumps may be repeated only once and only in combination or in sequence. There may be up to three jump combinations or sequences. Each jump combination and/or sequence counts as one jump element. The number of jumps in a combination or sequence is limited. One jump combination/sequence could consist of three jumps, and the other two up to two jumps. Single, double and triple jumps are permitted.

**Spins:** A maximum of four spins of a different nature. These spins must have a minimum of five revolutions, and if a spin includes a change of foot, it must have a minimum of four revolutions on each foot. There must be a minimum of two revolutions in each position or the position will not be counted.

**Steps:** A maximum of one step sequence (i.e. circular, straight line, serpentine, spiral) utilizing the full ice surface. Additional moves in the field, spiral sequences and step sequences will not be counted as a step sequence but will be counted in the free skate as transitions and marked as such.

### 3770 Masters Novice

#### Test Requirements

Test qualifications as of the closing date for entries: The standard intermediate free skate test or prior to Oct. 1, 1977, the 3rd figure test. No higher than the standard novice free skate test or, prior to Oct. 1, 1977, the 5th figure test.

#### Program Duration

Free Skate Men and Ladies 3:10 max

#### 3771 The Masters Novice Well-Balanced Free Skate Must Contain:

**Jumps & Jump Combinations:** A maximum of seven jump elements. These must include an Axel-type jump and at least one combination or sequence of jumps. Jumps may be repeated only once and only in combination or in sequence. There may be up to three jump combinations or sequences. Each jump combination and/or sequence counts as one jump element. The number of jumps in a combination or sequence is limited. One jump combination/sequence could consist of three jumps, and the other two up to two jumps. May perform only one double-double combination or sequence. ONLY the following double jumps may be performed: double toe loop, double Salchow, double loop. The double flip, double Lutz and double Axel jumps are not permitted.

**Spins:** A maximum of three spins of a different nature. These spins must have a minimum of 5 revolutions, and if a spin includes a change of foot, it must have a minimum of four revolutions on each foot. There must be a minimum of 2 revolutions in each position or the position will not be counted.

**Steps:** A maximum of one step sequence (i.e. circular, straight line, serpentine, spiral) utilizing the full ice surface. Additional moves in the field, spiral sequences and step sequences will not be counted as a step sequence but will be counted in the free skate as transitions and marked as such.

### 3775 Masters Intermediate

#### Test Requirements

Test qualifications as of the closing date for entries: The standard intermediate free skate test and no higher or, prior to Oct. 1, 1977, the 3rd figure test and no higher.

#### Program Duration

Free Skate Men and Ladies 3:10 max

#### 3776 The Masters Intermediate Well-Balanced Free Skate Must Contain:

**Jumps & Jump Combinations:** A maximum of seven jump elements. These must include an Axel-type jump and at least one combination or sequence of jumps. Jumps may be repeated only once and only in combination or in sequence. There may be up to three jump combinations or sequences. Each jump combination and/or sequence counts as one jump element. The number of jumps in a combination or sequence is limited. One jump combination/sequence could consist of three jumps, and the other two up to two jumps. May perform only one double-double combination or sequence. Only the following double jumps may be performed: double toe loop, double Salchow, double loop. The double flip, double Lutz and double Axel jumps are not permitted.

**Spins:** A maximum of three spins of a different nature. These spins must have a minimum of five revolutions, and if a spin includes a change of foot, it must have a minimum of four revolutions on each foot. There must be a minimum of two revolutions in each position or the position will not be counted.

**Steps:** A maximum of one step sequence (i.e. circular, straight line, serpentine, spiral) utilizing the full ice surface. Additional moves in the field, spiral sequences and step sequences will not be counted as a step sequence but will be counted in the free skate as transitions and marked as such.

## 3780 Championship Adult Gold and Adult Gold

### Test Requirements

Test qualifications as of the closing date for entries:

Skaters must have passed at least one of the following:

- The adult gold free skate test
- The standard juvenile free skate test, and no higher standard free skate tests.\*

\* If a skater has passed the standard juvenile free skate test on or after Oct. 1, 1994, and no higher standard free skate tests, the skater must compete in adult gold.

Skaters may have passed the ISI freestyle 6 test but no higher ISI freestyle tests. Skaters may have passed the 2nd figure test, and no higher, before Oct. 1, 1977. Skaters may have passed any figure tests or moves tests after Oct. 1, 1977.

### Program Duration

Free Skate Men and Ladies 2:40 max

## 3781 The Championship Adult Gold and Adult Gold Well-Balanced Free Skate Must Contain:

**Jumps & Jump Combinations:** A maximum of six jump elements, which may include the Axel jump, single jumps and the following double jumps: double toe loop and double Salchow. Jumps may be repeated only once and only in combination and/or sequence. There must be at least one jump combination or sequence, but there may be up to three jump combinations or sequences. Each jump combination and/or sequence counts as one jump element. The number of jumps in a combination or sequence is limited. One jump combination/sequence may consist of three jumps, and the other two may only have two jumps. No double-double jump combinations or sequences are permitted. Double jumps not permitted are the double loop, double flip, double Lutz and double Axel. No triple jumps are permitted.

**Spins:** A maximum of three spins of a different nature. These spins must have a minimum of four revolutions, and if a spin includes a change of foot, it must have a minimum of four revolutions on each foot. There must be a minimum of two revolutions in each position or the position will not be counted.

**Steps:** A maximum of one step sequence (i.e. circular, straight line, serpentine, spiral) utilizing the full ice surface. Additional moves in the field, spiral sequences and step sequences will not be counted as a step sequence but will be counted in the free skate as transitions and marked as such.

## 3790 Adult Silver

### Test Requirements

Test qualifications as of the closing date for entries:

Skaters must have passed at least one of the following:

- The adult silver free skate test and no higher adult free skate tests.
- Before Oct. 1, 1994, the standard juvenile free skate test and no higher standard free skate tests.
- On or after Oct. 1, 1994, the standard pre-juvenile free skate test and no higher free skate tests.

Skaters may have passed the ISI Freestyle 5 test but no higher ISI Freestyle tests. Skaters may have passed the 2nd figure test and no higher before Oct. 1, 1977. Skaters may have passed any figure tests or moves test after Oct. 1, 1977.

### Program Duration

Free Skate Men and Ladies 2:10 max

## 3791 The Adult Silver Well-Balanced Free Skate Must Contain:

**Jumps & Jump Combinations:** A maximum of five different single jump elements, which may include an Axel jump. Jumps may be repeated only once and only in combination and/or sequences. There may be at least one jump combination or sequence, but there may be up to three jump combinations or sequences. Each jump combination and/or sequence counts as one jump element. The number of jumps in a combination or sequence is limited. One jump combination could consist of three jumps, and the other two up to two jumps. Additional jump sequences which contain jumps of not more than one revolution (i.e. mazurkas, half loops, etc.) performed as part of connecting footwork preceding single jumps are permitted. Only single jumps and Axels are allowed. No double or triple jumps are permitted.

**Spins:** A maximum of three spins of a different nature. These spins must have a minimum of three revolutions, and if a spin includes a change of foot, it must have a minimum of three revolutions on each foot. There must be a minimum of two revolutions in each position or the position will not be counted.

**Steps:** A maximum of one step (i.e. circular, straight line, serpentine or spiral) utilizing at least one-half of the ice surface. Additional moves in the field, spiral sequences and step sequences will not be counted as a step sequence but will be counted in the free skate as transitions and marked as such.

### 3800 Adult Bronze

#### Test Requirements

Test qualifications as of the closing date for entries:

Skaters must have passed at least one of the following:

- The adult bronze free skate test and no higher adult free skate tests.
- The standard preliminary free skate test and no higher standard free skate tests.

Skaters may have passed the ISI freestyle 4 test but no higher ISI freestyle tests. Skaters may have passed the 2nd figure test and no higher before Oct. 1, 1977. Skaters may have passed any figure tests or moves tests after Oct. 1, 1977.

#### Program Duration

Free Skate Men and Ladies 1:50 max

### 3801 The Adult Bronze Well-Balanced Free Skate Must Contain:

**Jumps & Jump Combinations:** A maximum of four jump elements which may be repeated only once and only in combination or in sequence. There must be at least one jump combination or sequence, but there may be up to three jump combinations or sequences. Each jump combination and/or sequence counts as one jump element. The number of jumps in a combination or sequence is limited. One jump combination could consist of three jumps, and the other two up to two jumps. Only single jumps are allowed. No Axels, double or triple jumps are permitted.

**Spins:** A maximum of three spins of a different nature. These spins must have a minimum of three revolutions, and if a spin includes a change of foot, it must have a minimum of three revolutions on each foot. There must be a minimum of two revolutions in each position or the position will not be counted. Flying spins are not permitted.

**Steps:** A maximum of one step sequence (i.e. circular, straight line, serpentine or spiral) utilizing at least one-half of the ice surface. Additional moves in the field, spiral sequences and step sequences will not be counted as a step sequence but will be counted in the free skate as transitions and marked as such.

### 3805 Adult Pre-Bronze

#### Test Requirements

Test qualifications as of the closing date for entries: Passed no higher than the adult pre-bronze free skate test, the pre-preliminary free skate test, or the ISI freestyle 3 test.

#### Program Duration

Free Skate Men and Ladies 1:40 max

### 3806 The Adult Pre-Bronze Well-Balanced Free Skate Must Contain:

**Jumps:** The number of half and single-revolution jumps is not limited. These jumps may be repeated as individual jumps and in jump combinations and sequences. No Lutz, Axel or double jumps are permitted.

**Jumps Combinations:** Optional. No More than three jump combinations or sequences of jumps (number of jumps to be included is free) are allowed. No Lutz, Axel or double jumps are permitted.

**Spins:** A minimum of two and no more than three spins. No flying spins are permitted. Spins must have a minimum of three revolutions.

**Steps:** Connecting steps throughout the program are required.

### 3810 Masters Interpretive Free Skate

#### Test Requirements

Test qualifications as of the closing date for entries: Must meet the requirements for the adult gold free skate event, any masters free skate or pairs event, or have passed at least one adult or standard silver dance test.

#### Program Duration

Free Skate Men and Ladies 1:40 max

### 3811 Interpretive Program Requirements

No Axels or multi-revolution jumps. No props on the ice. Use of skating skills to develop a theme and interpret music, and effectiveness of the costumes will be reflected in the marking.

### 3820 Adult Interpretive Free Skate

#### Test Requirements

Test qualifications as of the closing date for entries: Must meet the requirements for the adult bronze free skate event or the adult silver free skate entries event or have passed the complete pre-bronze dance test, and have passed no higher than the complete adult pre-silver or standard pre-silver dance test.

#### Program Duration

Free Skate Men and Ladies 1:40 max

## **3821 Interpretive Program Requirements**

No Axels or multi-revolution jumps. No props on the ice. Use of skating skills to develop a theme and interpret music, and effectiveness of the costumes will be reflected in the marking.

## **3900 Moves in the Field**

**3901** Moves in the field are basic skating moves skated without music. The terms and judging standards applied to moves in the field are for basic skating.

**3902** An effortless, flowing and graceful execution should be achieved. Within the limits of the following rules, complete freedom is permitted to the skater:

- A. The head should be carried in an upright position, relaxed and held naturally;
- B. The upper body should be upright, but not stiff;
- C. The arms should be held gracefully;
- D. The free leg should be extended, with the toe pointed.

**3903** The steps must be skated in general accordance with the diagrams and descriptions. Subject to a general conformity with the basic requirements, the skater is permitted complete freedom with respect to arm and free leg positions.

**3904** Moves in the field must be skated with good edges, control, flow, extension, carriage and rhythm.

- A. An even speed and flow should be maintained throughout.
- B. Maximum utilization of the ice surface is desirable. Ice coverage must not be obtained by the use of flat or shallow edges.

## **4000 Pairs Events**

### **4001 Conduct of Pairs Events**

U.S. Figure Skating reserves the right to incorporate revisions made by the ISU for junior and senior events. The revisions or clarifications made to the ISU judging system by the ISU may be adopted by U.S. Figure Skating at its discretion at any time after the revision or clarification is issued. For novice events, revisions or clarifications will be posted on the U.S. Figure Skating web site at Technical Notifications, and when applicable, published in the next U.S. Figure Skating Rulebook.

**4002** Senior, junior, and novice pairs events shall consist of a short program and a free skate, which will be skated and judged as provided in 4040, 4050, and 4060 respectively.

- A. If a qualifying round is necessary at qualifying competitions, only the free skate shall be skated in the qualifying round. The championship round shall consist of a short program and a free skate. The short program must precede the free skate except in qualifying rounds.

**4003** Intermediate and juvenile pairs events shall consist of free skate only. The event shall be skated and judged in accordance with 4050.

### **4010 Pairs Definition**

Pairs skating is the skating of two persons in unison who perform their movements in such harmony with each other as to give the impression of genuine pairs skating as contrasted with independent single skating. Attention should be paid to the selection of an appropriate partner.

## **4020 Short Program for Pairs — Generally**

**4021** Technical Elements:

- A. The short program for senior and junior pairs shall consist of eight technical elements with connecting steps.
- B. The short program for novice pairs shall consist of seven technical elements with connecting steps.
- C. The sequence of the elements is optional.
- D. The short program is skated to music of the skaters' choice for the specified period of time.

**4022** Additional Elements:

- A. Additional elements or repetitions of elements (failed or completed) are not allowed. Judges must deduct from the mark for technical elements for any additional or repeated elements.
- B. Connecting steps are permitted and must be marked. They are not additional elements.
- C. Additional spins (solo or pair) or rotational movements performed in one place on the ice surface exceeding one entire revolution are not allowed; the judges must deduct from the mark for technical elements if such spins or movements are present. However, in a senior or junior pairs short program, if a skater (or skaters) falls entering a spin, a simple spin or spinning movement is allowed immediately after this fall (for purposes of filling time) and shall not be counted as an extra element.
- D. Additional jumps, lifts and partner-assisted jumps are not allowed. Judges must deduct from the mark for technical elements for any such additions. However, small, jump-like movements included in step sequences with not more than one-half turn are allowed and are not considered to be additional elements.

## **4030 Pairs Free Skate — Generally**

**4031** The pairs free skate consists of a well-balanced program and is composed and skated to music of the skaters' choice for a specified period of time. A good program contains moves of single skating executed simultaneously, either symmetrically (mirror skating) or in parallel (shadow skating), and especially typical pairs skating moves such as pair spins, spirals, lifts, partner assisted jumps, etc., linked harmoniously by steps and other movements.

**4032** In pairs skating competitions only pairs of the same composition (lady and man, two ladies, or two men) may compete against each other.

- 4033** All elements are to be linked together by connecting steps and by other comparable free skate movements, together with a variety of positions and holds, while fully utilizing the entire ice surface.
- A. Special attention must be given to choreography, unison, expression, interpretation of the music and intricate footwork with a variety of partner positions utilizing dance holds;
  - B. Except as otherwise provided in the senior and junior pairs well-balanced program rules, the number of each element listed above may be varied, but an excessive number of any element or fewer than the minimum required of any element, as well as the lack of connecting steps and other comparable free skate movements between the various elements, must be penalized by the judges since they are against the objective of a well-balanced program. This penalty should be 0.2 for each extra or lacking element in the mark for technical elements. No individual element can be given prominent importance and the program must be considered as a whole.
  - C. Both partners need not always perform the same movements; they may separate from time to time, but they must give an impression of unison and harmony of composition, of program and of execution of the skating. Movements performed entirely on two feet must be kept to a minimum.
  - D. Harmonious steps and connecting movements, in time to the music, should be maintained throughout the program.
  - E. Lifts:
    - 1. For all pairs skating lifts, the partners may give each other assistance only through hand-to-hand, hand-to-arm, hand-to-body and hand-to-upper part of leg (above the knee) grips. Changes of hold or of the lady's position during the lift are permitted unless specifically stated otherwise for the pairs level of the skaters. If, however, the man changes hold for less than one revolution it is not considered as a "change of hold." Change from right arm hold to left arm hold or vice versa with at least one revolution in each position is an additional feature for levels. Only if there is a significant impact in the balance of the lift, the lady's change of position will be counted as an influence of the level. A landing procedure, where the lady is not immediately landing on the ice, is not automatically considered as a difficult landing.
    - 2. For purposes of these rules, a lift means a complete lift, including full extension of the lifting arm, if required for the type of lift concerned.
    - 3. The lift must consist of one continuous ascending and descending rotational movement, which may be interrupted for a maximum of 3 1/2 revolutions of the lifting partner with extended arms.
    - 4. Lifts in which lifting partner exceeds 3 1/2 revolutions are illegal.
    - 5. For senior and junior pairs events only, one of the required lifts with at least one continuous revolution of the man may include a carry.
    - 6. Carry lifts: A "carry lift" consists of the simple carrying of one partner without rotation; only one-half a revolution of the man is allowed on the take-off and/or the exit. All holds in the carry lift are unrestricted. The carrying of one partner on the back, shoulders or knees is allowed. With the exception of the senior and junior, the simple carrying of the partner without rotation is allowed only once and marks must be deducted if repeated. In senior and junior, the number of carry lifts is unrestricted and shall not be counted in the number of required lifts in the well-balanced program. Carry lifts shall be counted as a skating movement/transition.
    - 7. Small lifts: small lifts, which may be either ascending or descending or rotational in character, in which the man does not raise his hands higher than the shoulder level, as well as movements which may include holding of the lady by the legs are also permitted. Small lifts shall not be counted in the number of required lifts in the well-balanced program.
    - 8. The carrying of one partner by the other on the back, shoulders or knees (while allowed in the carry lift and in the small lifts) is illegal in lifts that are not carry lifts or small lifts.
    - 9. Pair lift group descriptions are located in the glossary of this rulebook.
  - F. Pair combination spin. To be identified as a "pair combination spin," the spin must have both a change of foot and at least one change of position by each partner. All other spins will be identified as "pair spins."
  - G. Illegal moves. Somersault-type jumps, lifts with wrong holds, lifts with more than 3 1/2 revolutions of the man and lying on the ice and prolonged and/or stationary kneeling on both knees on the ice at any moment are illegal. Spinning movements in which the man swings the lady around in the air while holding her hand or foot are illegal. Also illegal are jumps of one of the partners toward the other partner and rotational movements with the grip of one of the partners on the leg, arm or neck of the other partner. Nevertheless, the so-called death spiral, in which the lady circles around the man, is permitted. One skate of the lady must remain on the ice throughout the death spiral. Twist-like or rotational movements during which the lady is turned over one or more times with her skating foot leaving the ice are not permitted. Multiple executions throughout a program of movements where neither skate is on the ice must be penalized. See 2032 B.
  - H. When free skate moves are repeated (i.e. jumps, lifts, spins, step sequences) the full value of the move must not be awarded by the judges in the marks for technical elements. This does not apply to combinations.
  - I. In the case of the prescribed solo jump, credit must be given to the jump of each partner according to its merit.

**Note:** Rules concerning music for singles, pairs, dance and synchronized skating; permissible time allowances for free skate, warm-up times and periods; coaching restrictions; clothing; competitor ethics; and filing complaints, appeals and protests are in the General Information Section starting with Rule 3001.



<b>2009-2010 SENIOR PAIRS SHORT PROGRAM – GROUP A – 2:50 maximum time</b>	
<b>LIFTS</b>	<ul style="list-style-type: none"> <li>Any hand-to-hand lift takeoff (Group 4)</li> <li>Min 2 revs by lady</li> <li>Min 1 rev and max 3 ½ revs by man</li> </ul>
<b>TWIST LIFT</b>	<ul style="list-style-type: none"> <li>Double or Triple</li> <li>Take off either flip or Lutz only</li> </ul>
<b>THROW JUMP</b>	<ul style="list-style-type: none"> <li>Double or triple</li> </ul>
<b>SOLO JUMP</b>	<ul style="list-style-type: none"> <li>Double or triple</li> </ul>
<b>SOLO SPIN</b>	<ul style="list-style-type: none"> <li>Combination Spin with only 1 change of foot and at least 1 change of position.</li> <li>Both partners must achieve at least 2 basic positions for 2 revs. (camel/sit/ upright)</li> <li>Min 5 revs each foot</li> <li>May commence with a jump</li> </ul>
<b>PAIR SPIN</b>	<ul style="list-style-type: none"> <li>Combination Spin with only 1 change of foot and at least 1 change of position.</li> <li>Both partners must achieve at least 2 basic positions for 2 revs. (camel/sit/upright)</li> <li>Min 8 revs</li> <li>May <u>not</u> commence with a jump</li> </ul>
<b>DEATH SPIRAL</b>	<ul style="list-style-type: none"> <li>Backward Outside</li> <li>When final death spiral position is attained, both partners must execute 1 full rev with man in full pivot position</li> <li>Lady's head should not be higher than her skating knee. Bodyline between knee of skating leg and head should be flat or shallow arch</li> </ul>
<b>STEP SEQUENCE</b>	<ul style="list-style-type: none"> <li>Step Sequence (straight line, circular or serpentine)</li> <li>Executed to the character of the music, with partners close together, showing changes of hold and a variety of turns and steps evenly distributed throughout.</li> <li>May include small, jump like movements of not more than ½ revs. and short stops in accordance to music are permitted.</li> <li>Must fully utilize ice surface.</li> </ul>
<b>2009-2010 JUNIOR PAIRS SHORT PROGRAM – GROUP A – 2:50 maximum time</b>	
<b>LIFTS</b>	<ul style="list-style-type: none"> <li>Hand-to-hand loop lift take-off (Group 4)</li> <li>Min 2 revs by lady.</li> <li>Min 1 rev &amp; Max 3 ½ revs by man.</li> </ul>
<b>TWIST LIFT</b>	<ul style="list-style-type: none"> <li>Double</li> <li>Take off either Flip or Lutz only</li> </ul>
<b>THROW JUMP</b>	<ul style="list-style-type: none"> <li>Double or Triple Salchow</li> </ul>
<b>SOLO JUMP</b>	<ul style="list-style-type: none"> <li>Double Flip OR Double Axel</li> </ul>
<b>SOLO SPIN</b>	<ul style="list-style-type: none"> <li>Combination Spin with only 1 change of foot and at least 1 change of position.</li> <li>Both partners must achieve at least 2 basic positions for 2 revs. (camel/sit/upright)</li> <li>Min 5 revs each foot</li> <li>May commence with a jump</li> </ul>
<b>PAIR SPIN</b>	<ul style="list-style-type: none"> <li>Combination Spin with only 1 change of foot and at least 1 change of position</li> <li>Both partners must achieve at least 2 basic positions for 2 revs. (camel/sit/upright)</li> <li>Min 8 revs</li> <li>May <u>not</u> commence with a jump</li> </ul>
<b>DEATH SPIRAL</b>	<ul style="list-style-type: none"> <li>Backward Outside</li> <li>When final death spiral position is attained, both partners must execute 1 full rev with man in full pivot position</li> <li>Lady's head should not be higher than her skating knee.</li> <li>Bodyline between knee of skating leg and head should be flat or shallow arch</li> </ul>
<b>STEP SEQUENCE</b>	<ul style="list-style-type: none"> <li>Step Sequence (straight line, circular or serpentine)</li> <li>Executed to the character of the music, with partners close together, showing changes of hold and a variety of turns and steps evenly distributed throughout. May include small, jump like movements of not more than ½ revs. and short stops in accordance to music are permitted.</li> <li>Must fully utilize ice surface.</li> </ul>
<b>2009-2010 NOVICE PAIRS SHORT PROGRAM – GROUP A – 2:50 maximum time</b>	
<b>LIFTS</b>	<ul style="list-style-type: none"> <li>One lift selected from Group 1-5. One-handed, changes of hold and changes of lady's position are permitted.</li> <li>Lift may not include a carry</li> <li>Min 2 revs by lady.</li> <li>Min 1 rev &amp; Max 3 ½ revs by man</li> </ul>
<b>TWIST LIFT</b>	<ul style="list-style-type: none"> <li>Single or Double</li> </ul>
<b>THROW JUMP</b>	<ul style="list-style-type: none"> <li>Single or Double</li> </ul>
<b>SOLO JUMP</b>	<ul style="list-style-type: none"> <li>Double Flip</li> </ul>
<b>SOLO SPIN</b>	<ul style="list-style-type: none"> <li>No change of foot. Optional change of position.</li> <li>Both partners must achieve at least 1 basic position for 2 revs. camel/sit/upright)</li> <li>Min 5 revs</li> <li>May commence with a jump</li> </ul>
<b>PAIR SPIN</b>	<ul style="list-style-type: none"> <li>No change of foot.</li> <li>Optional change of position.</li> <li>Min 5 revs</li> <li>May <u>not</u> commence with a jump</li> </ul>
<b>DEATH SPIRAL</b>	<ul style="list-style-type: none"> <li>Backward Outside</li> <li>Both partners must execute 1 full rev with man in full pivot position</li> <li>Lady must skate on a clean edge with her body and head close to the ice surface</li> </ul>
<b>STEP SEQUENCE</b>	<ul style="list-style-type: none"> <li>Step Sequence (straight line, circular or serpentine)</li> <li>Executed to the character of the music, with partners close together, showing changes of hold and a variety of turns and steps evenly distributed throughout.</li> <li>May include small, jump like movements of not more than ½ rev. and short stops in accordance to music are permitted.</li> <li>Must fully utilize ice surface.</li> </ul>

**2009-2010 SENIOR PAIRS FREE SKATE – 4:30 +/- 10 SECONDS - \* means element is required**

LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL	SPIRAL SEQUENCE
<b>Max 4 Lifts Total</b> 3 lifts, 1 twist lift OR 2 lifts, 2 twist lifts		<b>Max 2</b> Different	<b>Max 1</b> No limit on the number of revs	<b>Max 1</b> Max 2 jumps in Jump Combo  No limit to number of jumps in Jump Sequence	<b>Max 1</b> Spin Combination  At least 1 change of position  Optional change of foot (3 revs before and after change of foot)  Min 10 revs	<b>Max 1</b> Pair Spin Combo  At least 1 change of position and 1 change of foot by each partner (3 revs before and after change of foot)  Min 8 revs	<b>Max 1</b> When death spiral position is attained, both partners must execute 1 rev with man in full pivot position. Lady's lowest hip or buttock & head should not be higher than her skating knee.  Outside Death Spiral: lady's head not to be higher than her skating knee, and bodyline between knee of skating leg & head should be flat or shallow arch.	<b>Max 1</b> Spiral Sequence Pattern may be any combination of curves.  Spirals must be on edges, each partner must execute min. 2 spiral positions and each spiral must be held for min. 3 seconds.  Number of spirals, length of hold, workload and edges used must be balanced between partners.
<b>Max 3</b> *One must be from Group 3 or 4  Full extension of lifting arms. Min 2 revs by lady and min 1 rev and max 3 ½ revs by man  Only 1 lift may include a carry  If 2 Group 5 lifts are executed, each must have different take-off (Toe, Step, Reverse, or Axel type lasso)	<b>Max 2</b> No limit to number of revs  Take-off may be Toe Loop, Flip/ Lutz or Axel  Each twist lift must have different take-off							

**2009-2010 JUNIOR PAIRS FREE SKATE – 4:00 +/- 10 SECONDS - \* means element is required**

LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL	SPIRAL SEQUENCE
<b>Max 2</b> *One must be from Group 3 or 4  Full extension of lifting arms  Min 2 revs by lady and min 1 rev and max 3 ½ revs by man  Only 1 lift may include a carry	<b>Max 1</b> No limit to number of revs  Take-off may be Toe Loop, Flip/Lutz or Axel	<b>Max 2</b> Different	<b>Max 1</b> No limit on the number of revs	<b>Max 1</b> Max 2 jumps in Jump Combo  No limit to number of jumps in Jump Sequence	<b>Max 1</b> Solo Spin Min 6 revs OR Spin Combination Min 10 revs  Optional change position and foot (3 revs. before and after change of foot)	<b>Max 1</b> Pair Spin Min 6 revs Optional change of position - OR - Pair Spin Combo Min 8 rev w/ at least 1 change of foot and 1 change of position by each partner (3 revs. before and after change of foot)	<b>Max 1</b> When death spiral position is attained, both partners must execute 1 rev with man in full pivot position. Lady's lowest hip or buttock & head should not be higher than her skating knee.  Outside Death Spiral: lady's head not to be higher than her skating knee, and bodyline between knee of skating leg & head should be flat or shallow arch.	<b>Max 1</b> Spiral Sequence Pattern may be any combination of curves.  Spirals must be on edges, each partner must execute min. 2 spiral positions and each spiral must be held for min. 3 seconds.  Number of spirals, length of hold, workload and edges used must be balanced between partners.

**2009-2010 NOVICE PAIRS FREE SKATE – 3:30 +/- 10 SECONDS - \* means element is required**

LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL	SPIRAL SEQUENCE
<b>Max 2</b> <b>From Different Groups</b> *One must be from Group 3 or 4 Variations of position, no handed, 1-handed, combo lifts and lifts that turn in both directions are permitted No carry lift permitted  Min 2 rev by lady and min 1 rev and max 3 ½ rev by man	<b>Max 1</b> Single or Double	<b>Max 2</b> Different  Single, Double, or Triple	<b>Max 1</b> No limit on the number of revs	<b>Max 1</b> Max 2 jumps in Jump Combo  No limit to number of jumps in Jump Sequence	<b>Max 1</b> Solo Spin or Solo Spin Combination  Change of foot and position, and flying entry are optional  Both partners must achieve basic position for 2 revs (sit/camel/upright)  Min 5 revs	<b>Max 1</b> Pair Spin or Pair Spin Combination  Pair Combo Spin must change foot by both partners and min 1 change of position by both partners  Min 5 revs	<b>Max 1</b> Regular 1-hand to 1-hand hold required  When the death spiral position is attained, both partners must execute min 1 rev with man in full pivot position  Lady must skate on a clean edge with her body and head close to the ice surface.	<b>Max 1</b> Spiral Sequence Pattern may be any combination of curves.  Spirals must be on edges, each partner must execute min. 2 spiral positions and each spiral must be held for min. 3 seconds.  Number of spirals, length of hold, workload and edges used must be balanced between partners.

**2009-2010 INTERMEDIATE PAIRS FREE SKATE – 3:00 +/- 10 SECONDS**

LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL	STEP SEQUENCE
<p align="center"><b>Max 2</b></p> <p>Group 1 lifts, Group 2 waist loop OR (<u>only one can be selected from below</u>) 1 forward press lift, 2-handed star lift, or platter lift</p> <p>Carry lifts, variations of position, no-handed, 1-handed, combo lifts, and lifts that turn in both directions are <u>not</u> permitted</p> <p>The lady may release hands on platter lift after full extension</p> <p>Min 2 revs by lady and min 1 rev and max 3 ½ revs by man</p>	<p align="center"><b>Max 1</b></p> <p>Single</p>	<p align="center"><b>Max 2</b></p> <p>Different Single or Double</p>	<p align="center"><b>Max 1</b></p> <p>Single or Double</p>	<p align="center"><b>Max 1</b></p> <p>Max 2 jumps in Jump Combo</p> <p>No limit to number of jumps in Jump Sequence</p> <p>Single or Double jumps only</p>	<p align="center"><b>Max 1</b></p> <p>Solo Spin or Solo Spin Combination</p> <p>Change of foot and position, and flying entry are optional</p> <p>Both partners must achieve basic position for 2 revs (sit/camel/upright)</p> <p>Min 5 revs</p>	<p align="center"><b>Max 1</b></p> <p>Pair Spin or Pair Spin Combination</p> <p>Pair Combo spin must change foot by both partners and Min 1 change of position by both partners</p> <p>Min 5 revs</p>	<p align="center"><b>Max 1</b></p> <p>Regular 1-hand to 1-hand hold required</p> <p>When the death spiral position is attained, both partners must execute min ½ rev with man in full pivot position</p>	<p align="center"><b>Max 1</b></p> <p>Step Sequence</p> <p>Straight line, circular or serpentine utilizing full ice surface</p>

**2009-2010 JUVENILE PAIRS FREE SKATE – 2:30 +/- 10 SECONDS**

LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL	STEP SEQUENCE
<p align="center"><b>Max 2</b></p> <p>Both may be from Group 1 OR 1 Group 2 waist loop lift</p> <p>Carry lifts, variations of position, no-handed, 1-handed, combo lifts, and lifts that turn in both directions are <u>not</u> permitted</p> <p>Min 1 rev by lady and min 1 rev and max 3 ½ revs by man</p>	N/A	<p align="center"><b>Max 1</b></p> <p>Single</p>	<p align="center"><b>Max 1</b></p> <p>Single or Double</p>	<p align="center"><b>Max 1</b></p> <p>Max 2 jumps in Jump Combo</p> <p>No limit to number of jumps in Jump Sequence</p> <p>Single or Double jumps only</p>	<p align="center"><b>Max 1</b></p> <p>Solo Spin or Solo Spin Combination</p> <p>Change of foot and position, and flying entry are optional</p> <p>Min 5 revs</p>	<p align="center"><b>Max 1</b></p> <p>Pair Spin Min 3 revs</p> <p>Change of position optional</p> <p>No change of foot</p>	<p align="center"><b>Max 1</b></p> <p>Death or Pivot Spiral</p> <p>Regular 1-hand to 1-hand hold required</p> <p>In death or pivot spiral position, both partners must execute min ½ rev with man in pivot position</p> <p>Pivot spiral is not eligible for features</p>	<p align="center"><b>Max 1</b></p> <p>Step Sequence</p> <p>Straight line, circular or serpentine utilizing full ice surface</p>

**2009-2010 PRE-JUVENILE PAIRS FREE SKATE – 2:00 +/- 10 SECONDS**

LIFTS	TWIST LIFT	THROW JUMP	SOLO JUMP	JUMP SEQUENCE/ COMBINATION	SOLO SPIN/ COMBINATION	PAIR SPIN/ COMBINATION	DEATH SPIRAL	STEP SEQUENCE
<p align="center"><b>1</b></p> <p>Group 1 lift OR Group 2 waist loop lift</p> <p><u>No carry lift permitted</u></p>	N/A	<p align="center"><b>1</b></p> <p><b>Optional</b> Single</p>	<p align="center"><b>1</b></p> <p>Single</p>	<p align="center"><b>1</b></p> <p><b>Optional</b></p> <p>Double Axel and triple jumps are not permitted</p> <p>Jump Combination not permitted</p>	<p align="center"><b>1</b></p> <p>Solo Spin</p> <p>Min 3 revs</p> <p>No change of foot or position</p>	<p align="center"><b>1</b></p> <p>Pair Spin Min 3 revs</p> <p>No change of foot or position</p>	<p align="center"><b>1</b></p> <p><b>Optional</b></p> <p>Death or Pivot Spiral</p> <p>No minimum requirements</p>	<p align="center"><b>1</b></p> <p>Footwork and connecting moves utilizing one-half ice surface; stroking both forward &amp; backward, clockwise &amp; counterclockwise</p>

## 4040 Senior Pairs

### Test and Age Requirements

Test qualifications as of the closing date for entry to the regional championships: Both partners must have passed the senior moves in the field test and the senior pairs test.

Age requirements as of Sept. 1 prior to the regional championships: None

### Program Durations

Short Program 2:50 max  
Free Skate 4:30 +/-10 seconds

### 4041 Senior Pairs Short Program

A. Each year one group will be designated:

2009–2010 Group A

2010-2011 Group B

B. Technical elements for each group are:

#### 1. Group A — senior pairs

- a. Any hand-to-hand lift take-off (Group 4);
- b. One twist lift (double or triple);
- c. One throw jump (double or triple);
- d. One solo jump (double or triple);
- e. Solo spin combination with only one change of foot and at least one change of position;
- f. Pair spin combination with only one change of foot and at least one change of position;
- g. Death spiral backward outside;
- h. Step sequence (straight line, circular or serpentine).

#### 2. Group B — senior pairs

- a. Any lasso lift take-off (Group 5);
- b. One twist lift (double or triple);
- c. One throw jump (double or triple);
- d. One solo jump (double or triple);
- e. Solo spin combination with only one change of foot and at least one change of position;
- f. Pair spin combination with only one change of foot and at least one change of position;
- g. Death spiral backward inside;
- h. Spiral sequence.

#### 3. Group C — senior pairs

- a. Any hip lift take-off (Group 3);
- b. One twist lift (double or triple);
- c. One throw jump (double or triple);
- d. One solo jump (double or triple);
- e. Solo spin combination with only one change of foot and at least one change of position;
- f. Pair spin combination with only one change of foot and at least one change of position;
- g. Death spiral forward inside;
- h. Spiral sequence.

C. **Remarks:**

1. **Lifts:** Only the prescribed overhead lift take-off is permitted. See glossary for pair lift group descriptions. The lift's group is determined by the hold at the moment the lady passes the man's shoulder. In Groups 3-5 full extension of the lifting arm(s) is mandatory. A minimum of 2 revolutions of the lady, minimum of 1 revolution and a maximum of 3 1/2 revolutions of the man. Partners may give each other assistance only through hand-to-hand, hand-to-arm, hand-to-body and hand-to-upper part of leg (above the knee) grips. A change of hold means going from one of these groups to another or from one hand to another in one hand hold. Changes of hold during the lift are permitted. If, however, the man changes hold for less than one revolution it is not considered as a "change of hold." One hand holds and/or one hand landings count as level features only when the man uses one hand and the lady uses either one hand or no hands. Lady's positions are classified as follows: Upright (lady's upper body vertical), Star (lady's position sideways with upper body parallel to the ice) and Platter (lady's position flat, facing up or down with the upper body parallel to the ice). A change of position means going from one of these positions to another (one full revolution in each position). If a change of hold and a change of lady's position are executed at the same time, only one level feature will be awarded. The conclusion of the lift is when the man's arm(s) begin to bend after full extension and consequently the lady begins to descend. Level features (except related to take-off or landing) are counted from the moment the man's arms are fully extended until the conclusion of the lift. 3 1/2 allowed revolutions of the man are counted from the moment the lady leaves the ice until the conclusion of the lift.
2. **Twist lifts:** The number of revolutions of the lady rotating freely in the air is two or three. The lady must be caught in the air at the waist by the man prior to landing and be assisted to a smooth landing on the ice on a backward outside edge on one foot. The man also exits from the lift on one foot. In the twist lift, a split position by the lady in the air prior to rotating is not mandatory. The twist lift takeoff may be a flip or Lutz.
3. **Throw jump:** Any double or triple throw jump is permitted. Throw jumps are partner assisted jumps in which the lady is thrown into the air by the man on the take-off and lands without assistance from her partner on a backward outside edge.
4. **Solo jump:** Any double or triple jump is permitted.
5. **Spins** — generally: Positions: There are three basic positions: camel (free leg backwards with the knee higher than the hip level, however Layback, Biellmann and similar variations are still considered as upright spins), sit (lower part of the buttocks not higher than the upper part of the knee of the skating leg, the upper part of the skating leg at least parallel to the ice), upright (any

- position with skating leg extended or almost extended, which is not a camel position) and intermediate positions (all positions that according to the above definitions are not camel, sit or upright). The minimum number of revolutions required in a position is two without interruption. In case this requirement is not fulfilled, the position is not counted. A spin that has no basic position will receive no level and no value. If one or both skaters fall when entering a spin, a simple spin or a spinning movement is allowed immediately after the fall (for purposes of filling time) and this spin/movement shall not be counted as an extra element.
- a. **Solo spin combination:** The solo spin combination may be commenced with a jump. It must have a minimum of 5 revolutions on each foot. The number of revolutions in intermediate positions is counted in the total number of revolutions; intermediate positions can be considered as difficult variations in cases the definition of such variations is fulfilled, but going to one of these positions is not considered as a change of position which can only be from one basic position to another basic position. Spin combination in the short program must have at least 2 revolutions in two basic positions. The change of foot may be executed in the form of a step over or a jump and the change of foot and change of position may be made at the same time or separately. The concluding upright position at the end of the spin (if not otherwise chosen as one of the required positions) (final wind-up) is not considered to be another position if it does not exceed 3 revolutions and the revolutions executed in it are not to be counted in the required number of revolutions. Variations of the position of the head, arms or free leg, as well as fluctuations in speed are permitted. When the spin is commenced with a jump, no previous rotation on the ice before take-off is permitted, and a step-over must be considered by the judges in the grade of execution. The mode of exit from all spins is not prescribed. The change of foot in the spin combination must be preceded and followed by any spin position with at least 3 revolutions.
  - b. **Pair spin combination:** The pair spin combination must have at least one change of foot and one change of position of both partners with not less than 8 revolutions in total (at least two basic positions or their variations must be executed by each partner). The change of foot and the change of position may be made either at the same time or separately, but both partners must change feet simultaneously. The rotation must be continuous and no stop is permitted, except a short stop when changing direction. The pair spin combination must not be commenced with a jump. Any position must be executed for at least 2 full revolutions to be counted. The change of foot in the spin combination must be preceded and followed by any spin position with at least three revolutions.
6. **Death spirals:** Only the prescribed death spiral is permitted. In the final position while the lady is performing the actual death spiral, both the man and the lady must execute a minimum of one revolution with the knees of the man clearly bent and in full pivot position. The lady simultaneously must skate on a clean edge with her body and head close to the ice surface, however, she must not touch the ice with her head or assist herself with the free hand or any part of the body. The lady's body weight is supported by the force of the spiraling edge and the hold of the man. The man must be in a centered position with a fully extended arm. Variations of arm holds and pivot positions (backward or forward) are possible. The change of lady's arm hold or the opposite hold of the man after/ before the regular hold is counted as an additional feature. Any kind of position is counted as a feature if skaters' hold lasts for at least one revolution; each additional revolution of the lady (full 360 degrees) after the first revolution will count as one additional feature to increase the level. Remarks: If the man does not reach the pivot position at all (including toe pick in the ice), there will be no level called and the value of the death spiral is zero or, if the man does not stay in the pivot position (toe pick in the ice), while the lady is executing any kind of changes of positions or holds, the position of the lady does not count as a feature. For inside death spirals, the lady's lowest hip or buttock and head should not be higher than her skating knee. For outside death spirals, the lady's head should not be higher than her skating knee and her bodyline between her skating knee and head should be flat or a shallow arch. For at least one full revolution the man should stay in a low pivot position (his buttocks are not higher than the knee of the pivot foot). The level of a death spiral without one full revolution in the described man's and lady's position cannot be more than level one. Entry commences at the beginning of the entry curve when one or both partners are already on one foot on the edge of the death spiral. Exit starts when the man starts bending his "holding" arm in the elbow and ends when the lady comes to the vertical position.
    - a. **Death spiral backward outside:** Both partners are skating on a backward outside edge. The man performs a pivot and holds the hand of the lady with the same arm as his skating foot fully extended. The lady is leaning backward to the ice and her arm is fully extended as she circles around the man in this position. Any variation of the man's position, skating direction or edge is allowed as long as he keeps the pivot position as described and the lady circles around him on an outside edge.
    - b. **Death spiral forward inside:** The man is skating on a backward outside edge and the lady is skating on a forward inside edge. The man performs a pivot and holds the hand of the lady with the same arm fully extended as his skating foot. The lady is leaning sideways to the ice and her arm is also fully extended as she circles around the man in this position. Any variation of the man's position, skating direction or edge is allowed as long as he keeps the pivot position as described and the lady circles around him on an inside edge.
    - c. **Death spiral backward inside:** The same as for death spiral backward outside, but the lady circles around the man on a firm backward inside edge leaning to the ice.
    - d. **Death spiral forward outside:** The same as for the death spiral forward inside except that the lady circles around the man on a firm forward outside edge.
  7. **Step sequences:** All step sequences should be executed according to the character of the music. All step sequences should be executed together or close together and may include small, jump-like movements with no more than one-half revolution. Credit will be given to a pair which changes places and holds or uses difficult skating moves together during a step sequence. A variety and/or complexity of turns and steps must be balanced in their distribution throughout the sequence. The workload between both partners must be even to be taken into account for a possible higher level.
  8. **Spiral sequence:** A spiral is a position with one blade on the ice and the free leg (including the knee and foot) higher than the hip level. Spiral positions are classified according to the skating leg (right, left), edge (outside, inside), direction (forward, backward) and position of the free leg (backward, forward, sideways). Pattern of the spiral sequence can be any combination of curves (on edges – spiral positions on a straight line are ignored and not counted in the number of positions). Only the first three spiral positions are to be considered for level features. At least two spiral positions by each partner must be executed. The minimum hold to be counted as a spiral position is three seconds. The number of spirals, the length of hold of position (minimum of three seconds) and the edges used must be even between both partners to be considered as "balanced." If one partner executes no spiral, the spiral sequence will receive no level and consequently no value. A spiral sequence with only one position by both partners will receive no level and consequently no value. Pushes in order to gain speed are permitted at any

point in the sequence, but only by one partner at a time. Connecting steps (including spread eagles and two-footed movements with one leg extended and the other bent “Ina Bauer”), turns and small jumps are permitted at any point in the sequence, but only by one partner at a time. Variations of position are permitted, including holding the knee or skate blade and the position of the free leg is otherwise free. The skating separately of the partners (shadow or mirror skating) is permitted.

#### 4042 The Senior Pairs Well-Balanced Free Skate

A. Elements for well-balanced senior pairs free skate. The program must contain:

1. **Lifts:** Maximum of three lifts, one of which must be from Group 3 or 4, with full extension of the lifting arm(s); one may be a carry lift;
2. **Twist lift:** Maximum of two different twist lifts;  
**\*Note:** A maximum of four lifts may be executed, two of which may be twist lifts. If two twist lifts are executed, then only two lifts from (1) are permitted (i.e. three lifts and one twist lift or two lifts and two twist lifts).
3. **Throw jumps:** Maximum of two different throw jumps;
4. **Solo jumps:** Maximum of one solo jump;
5. **Jump combination or jump sequence:** Maximum of one jump combination or jump sequence;
6. **Solo spin combination:** Maximum of one solo spin combination;
7. **Pair spin combination:** Maximum of one pair spin combination;
8. **Death spiral:** Maximum of one death spiral;
9. **Step sequence:** Maximum of one step sequence (straight line, circular or serpentine); (2010-2011)
10. **Sequence of spirals:** Maximum of one sequence of spirals; (2009-2010)

B. **Remarks:**

1. **Lifts:**  
See glossary for pair lift group descriptions.
  - a. Lifts must have a minimum of 2 revolutions of the lady and a minimum of one and maximum of 3 1/2 revolutions of the man.
  - b. Partners may give each other assistance only through hand-to-hand, hand-to-arm, hand-to-body and hand-to-hip or upper part of leg (above the knee) grips. Changes of hold or of the lady’s position during the lift are permitted. If, however, the man changes hold for less than one revolution it is not considered as a “change of hold.”
  - c. If more than one Group 5 lift is executed, the take-offs (Axel lasso, toe lasso, step in lasso, reverse lasso) must be of a different nature. If the take-off is not different, the second executed Group 5 lift will not be marked, but will block a lift box.
  - d. A maximum of four lifts may be executed, two of which may be twist lifts. If two twists are executed, each must have a different take-off (senior pairs only).
  - e. Twist lift take-offs may be toe loop, flip, Lutz or Axel (senior and junior pairs only).
  - f. Lady’s positions are classified as follows: upright (lady’s upper body vertical), star (lady’s position sideways with upper body parallel to the ice) and platter (lady’s position flat, facing up or down with the upper body parallel to the ice). A change of position means going from one of these positions to another (one full revolution in each position).
  - g. The lifts group is determined by the hold at the moment the lady passes the man’s shoulder. In Groups 3-5, full extension of the lifting arm(s) is mandatory.
  - h. The conclusion of the lift is when the man’s arm(s) begin to bend after full extension and consequently the lady begins to descend. Level features (except related to take-off or landing) are counted from the moment the man’s arms are fully extended until the conclusion of the lift. Three and a half allowed revolutions of the man are counted from the moment the lady leaves the ice until the conclusion of the lift.
2. **Carries and carry lifts:**
  - a. One of the allowed lifts (see (1) above) with at least one continuous revolution of the man may include a carry. Only one such lift can be executed. (Senior and Junior pairs only). If additional carry lifts are executed, they will have no value but will block a lift box.
  - b. Lifts that are just “carries” — the “carry lifts” — are not included in the allowed number of lifts in the senior pairs well-balanced free skate, but will be considered as a skating movement/transition. Carry lifts are not limited in number. A “carry lift” consists of the simple carrying of one partner without rotation; only one-half a revolution of the man is allowed on the take-off and/or the exit. All holds in the carry lift are unrestricted. The carrying of one partner on the back, shoulders or knees is allowed.
3. **Solo jump:** The solo jump can contain any number of revolutions.
4. **Jump combination:** The jump combination consists of only two jumps in which the landing foot of the first jump is the take-off foot of the second jump. A three turn on one foot between the jumps without touching the ice with the free foot keeps the element in the frame of the definition of a jump combination, although with an error. (Likewise, if the two jumps are connected with a half-revolution jump, the element is a jump sequence rather than a jump combination.) If the first jump of a two-jump combination fails to succeed and turns out as a “non-listed jump,” the unit will still be considered as a jump combination.
5. **Jump sequence:** A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps and/or hops immediately following each other while maintaining the jump rhythm (knee). There can be no turns/steps\*, crossovers or stroking during the sequence.  
**\*Turns:** three turns, twizzles, brackets, loops, counters, rockers; **Steps:** running steps, toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls.  
A jump sequence consisting of only one listed jump together with other non-listed jumps is not considered a jump sequence but will count as a solo jump.
6. **Solo jumps, jump combinations and jump sequences:** In case of unequal number of revolutions of the partners in a jump performed as a solo jump or part of a combination or a sequence, this jump will be called as a jump with lesser amount of revolutions executed by the partners. All jumps executed with more than 2 revolutions (double Axel and all triple and quadruple jumps) must be of different nature (different name). However the jump combination or sequence can include two same such jumps.

7. **Spins - generally:**
- a. **Revolutions:** The spins must have a required minimum number of revolutions: solo spin combination: 10; pair spin combination: eight; solo spin: six; and pair spin: six. The minimum number of required revolutions must be counted from the entry of the spin until its exit. Spins with less than 3 rotations, however, are not counted as a spin; they are counted as a skating movement. The concluding upright position at the end of the spin (final wind-up) is not considered to be another position if it does not exceed 3 revolutions and the revolutions executed in it are not to be counted in the required number of revolutions. The second change of foot in a solo spin combination counts as a feature for a higher level. The change of foot in the spin combination must be preceded and followed by any spin position with at least 3 revolutions.
  - b. **Positions:** There are three basic positions: camel (free leg backwards with the knee higher than the hip level; however, layback, Biellmann and similar variations are still considered as upright spins), sit (lower part of the buttocks not higher than the upper part of the knee of the skating leg, the upper part of the skating leg at least parallel to the ice), upright (any position with skating leg extended or almost extended that is not a camel position) and intermediate positions (all positions that, according to the above definitions, are not camel, sit or upright). The minimum number of revolutions required in a position is two without interruption. In case this requirement is not fulfilled, the position will not be counted.
  - c. **Falls entering a spin:** If one or both skaters fall when entering a spin, a simple spin or a spinning movement is allowed immediately after the fall (for purposes of filling time) and this spin/movement shall not be counted as an element.
8. **Solo spin combination and pair spin combination:** In the pair spin combination there must be at least one change of foot of both partners preceded and followed by any spin position with at least three revolutions, not necessarily executed by both partners at the same time. In the solo spin combination, the change of foot is optional. If in the solo spin combination the spinning centers (before and after the change of foot) are too far apart and the criteria of “two spins” is fulfilled (there is a curve of exit after the first part and the curve of entry into the second part), only the part before the change of foot will be considered for levels features.
9. **Death spiral:** In the final position while the lady is performing the actual death spiral, both the man and the lady must execute a minimum of one revolution with the knees of the man clearly bent and in full pivot position. The lady simultaneously must skate on a clean edge with her body and head close to the ice surface, however she must not touch the ice with her head or assist herself with the free hand or any part of the body. The lady’s body weight is supported by the force of the spiraling edge and the hold of the man. The man must be in a centered position with a fully extended arm hold. Variations of arm holds and pivot positions (backward and forward) are possible. Any kind of position is counted as a feature if skaters’ hold lasts for at least one revolution; each additional revolution of the lady (full 360 degrees) after the first revolution will count as one additional feature to increase the level. Remarks: If the man does not reach the pivot position at all (including toe pick in the ice), there will be no level called and the value of the death spiral is zero or, if the man does not stay in the pivot position (toe pick in the ice), while the lady is executing any kind of changes of positions or holds, the position of the lady does not count as a feature. For inside death spirals, the lady’s lowest hip or buttock and head should not be higher than her skating knee. For outside death spirals, the lady’s head should not be higher than her skating knee and her bodyline between her skating knee and head should be flat or a shallow arch. For at least one full revolution the man should stay in a low pivot position (his buttocks are not higher than the knee of the pivot foot). The level of a death spiral without one full revolution in the described man’s and lady’s position cannot be more than level one. Entry commences at the beginning of the entry curve when one or both partners are already on one foot on the edge of the death spiral. Exit starts when the man starts bending his “holding” arm in the elbow and ends when the lady comes to the vertical position.
10. **Step sequences:** Should be executed together or close together and may include small jump-like movements with not more than half a revolution. Short stops in accordance with the music are permitted. All step sequences should be executed according to the character of the music. Credit will be given to a pair which changes places and holds or uses difficult skating moves together during a step sequence. A variety and/or complexity of turns and steps must be distributed throughout the sequence. The workload between both partners must be even to be taken into account for a possible higher level. Step sequence must fully utilize the ice surface.
11. **Spiral sequences:** Spiral sequence consists primarily of spirals. A spiral is a position with one blade on the ice and the free leg (including knee and foot) higher than the hip level. Spiral positions are classified according to the skating leg (right, left), edge (outside, inside), direction (forward, backward) and position of the free leg (backward, forward, sideways). Pattern of the spiral sequence can be any combination of curves (on edges – spiral positions on a straight line are ignored and not counted in the number of positions). Only the first three attempted positions are to be considered for level features. At least two spiral positions by each partner must be executed. A spiral position in order to be counted must have a minimum of three seconds hold. The number of spirals, the length of hold of position and the edges used must be even between both partners to be considered as “balanced.” If one partner executes no spiral at all, the spiral sequence will receive no level and consequently no value. A spiral sequence in which all executed spiral positions are held with less than three seconds receives no level and therefore no value.
- \*Note:** The step sequences and spiral sequences will alternate annually. In years where the spiral sequence is required in the short program, a step sequence will be required in the free skate program and vice versa.
12. **Additional optional element:** If a second solo spin combination or pair spin combination or if a solo spin or pair spin is executed, this spin does not have to fulfill the rotation requirements. If the solo spin is elected, it may be commenced with a jump.

## 4050 Junior Pairs

### Test and Age Requirements

Test qualifications as of the closing date for entry to the regional championships:

Both partners must have passed the junior moves in the field test or higher and the junior pairs test. (See note)

**Note:** It is permissible for one or both of the partners to have passed the next higher pairs test and still remain eligible to compete at the lower test level, provided that neither skater has competed at the higher pairs level in qualifying competitions. Further, if the skater chooses to compete at the lower pairs level, they must do so with a partner other than the one with whom they passed the higher pairs test.

Age requirements as of Sept. 1 prior to the regional championships: None

### Program Durations

Short Program 2:50 max

Free Skate 4:00 +/-10 seconds

### 4051 Junior Pairs Short Program

A. Each year one group will be designated:

2009–2010 Group A

2010-2011 Group B

B. Technical elements for each group are:

**1. Group A — junior pairs**

- a. Hand-to-hand loop lift take-off (Group 4);
- b. Twist lift (double);
- c. Double or triple Salchow throw jump;
- d. Double flip or double Axel (solo jump);
- e. Solo spin combination with only one change of foot and at least one change of position;
- f. Pair spin combination with only one change of foot and at least one change of position;
- g. Death spiral backward outside;
- h. Step sequence.

**2. Group B — junior pairs**

- a. Toe lasso lift take-off (Group 5);
- b. Twist lift (double);
- c. Double or triple toe loop throw jump;
- d. Double loop or double Axel (solo jump);
- e. Solo spin combination with only one change of foot and at least one change of position;
- f. Pair spin combination with only one change of foot and at least one change of position;
- g. Death spiral backward inside;
- h. Spiral sequence.

**3. Group C — junior pairs**

- a. Toe loop hip lift take-off (Group 3);
- b. Twist lift (double);
- c. Double or triple loop throw jump;
- d. Double Lutz (solo jump);
- e. Solo spin combination with only one change of foot and at least one change of position;
- f. Pair spin combination with only one change of foot and at least one change of position;
- g. Death spiral forward inside;
- h. Spiral sequence.

C. **Remarks:**

1. Lifts: Same remarks as for seniors;
2. Twist lifts: Same remarks as for seniors. Only the prescribed number of revolutions of lady rotating freely in the air is permitted. See also 4041 C (2);
3. Throw jump: Only the prescribed throw jump is permitted. See also 4041 C (3);
4. Solo jump: Only the prescribed double jump is permitted;
5. Solo spin combination: Same remarks as for seniors;
6. Pair spin combination: Same remarks as for seniors;
7. Death spirals: Only the prescribed death spiral is permitted. See also 4041 C (6);
8. Step sequences: Same remarks as for seniors; (2009-2010)
9. Spiral sequence: Same remarks as for seniors. (2010-2011)

### 4052 The Junior Pairs Well-Balanced Free Skate

A. Elements for well-balanced junior pairs free skate. The program must contain:

1. **Lifts:** Maximum of two lifts, one of which must be from Group 3 or 4, with full extension of the lifting arm(s);
2. **Twist lift:** Maximum of one twist lift; take-off may be toe loop, flip, Lutz or Axel;
3. **Throw jumps:** Maximum of two different throw jumps;
4. **Solo jump:** Maximum of one solo jump;
5. **Jump combination or jump sequence:** Maximum of one jump combination or jump sequence;
6. **Solo spin or solo spin combination:** Maximum of one solo spin or solo spin combination; change of foot is optional;
7. **Pair spin or pair spin combination:** Maximum of one pair spin or pair spin combination; change of position is optional;
8. **Death spiral:** Maximum of one death spiral; See also 4042 (B) (8)
9. **Step sequence:** Maximum of one step sequence (straight line, circular or serpentine); (2010-2011)
10. **Sequence of spirals:** Maximum of one sequence of spirals; (2009-2010)



**\*Note:** The step sequences and spiral sequences alternate annually. In years where the spiral sequence is required in the short program, a step sequence will be required in the free program and vice versa.

- B. **Remarks for junior pairs well-balanced program:** Same as for senior pairs. Note that junior pairs have a choice of spins in elements (6) and (7) above. Also note that junior pairs do not have the option of inserting an additional optional element.

## 4060 Novice Pairs

### Test and Age Requirements

Test qualifications as of the closing date for entry to the regional championships: Both partners must have passed the novice moves in the field test or higher and the novice pairs test. (See note)

**Note:** It is permissible for one or both of the partners to have passed the next higher pairs test and still remain eligible to compete at the lower test level, provided that neither skater has competed at the higher pairs level in qualifying competitions. Further, if the skater chooses to compete at the lower pairs level, they must do so with a partner other than the one with whom they passed the higher pairs test.

Age requirements as of Sept. 1 prior to the regional championships: None

### Program Durations

Short Program 2:50 max  
Free Skate 3:30 +/-10 seconds

## 4061 Novice Pairs Short Program

- A. Each year one group will be designated:

2009–2010 Group A

2010-2011 Group B

- B. Technical elements are:

1. **Group A — novice pairs**

- One lift selected from Groups 1-5, type optional. Minimum of one rotation by male partner.
- Twist lift (single or double);
- One throw jump, single or double;
- Double flip (solo jump);
- One solo spin with no change of foot and optional change of position (sit, camel or flying camel). Minimum of 5 revolutions in total;
- One pair spin with no change of foot and optional change of position (sit, camel or tango camel/sit). Minimum of 5 revolutions in total;
- One backward outside death spiral;
- One step sequence (straight line, circular or serpentine).

2. **Group B — novice pairs**

- One lift selected from Groups 1-5, type optional. Minimum of one rotation by male partner;
- Twist lift (single or double);
- One throw jump, single or double;
- Double loop (solo jump);
- Solo spin with no change of foot and optional change of position (sit, camel or flying camel). Minimum of 5 revolutions in total;
- One pair spin with no change of foot and optional change of position (sit, camel or tango camel/sit). Minimum of 5 revolutions in total;
- One backward inside death spiral;
- One spiral sequence.

3. **Group C — novice pairs**

- One lift selected from Groups 1-5, type optional. Minimum of one rotation by male partner;
- Twist lift (single or double);
- One throw jump, single or double;
- Double Lutz (solo jump);
- Solo spin with no change of foot and optional change of position (sit, camel or flying camel). Minimum of 5 revolutions;
- One pair spin with no change of foot and optional change of position (sit, camel or tango camel/sit). Minimum of 5 revolutions in total;
- One forward inside death spiral;
- One spiral sequence.

- C. **Remarks:**

- Lifts:** Type of lift is optional. One lift selected from Groups 1–5. One-handed variations, changes of hold or of the lady's position during the lift are permitted. The lift must have a minimum of two revolutions of the lady, and a minimum of one and maximum of three and one-half revolutions by the man. The lift may NOT include a carry. See glossary for pair lift group descriptions;
- Twist lifts:** The number of revolutions of the lady rotating freely in the air is one or two. The lady must be caught in the air at the waist by the man prior to landing and be assisted to a smooth landing on the ice on a backward outside edge on one foot. The man also exits from the lift on one foot. In the twist lift, a split position by the lady in the air prior to rotating is not mandatory, but will be one of the features that might increase the level of difficulty of this element.
- Throw jumps:** Any single or double throw jump is permitted. Throw jumps are partner-assisted jumps in which the lady is thrown into the air by the man on the take-off and lands without assistance from her partner on a backward outside edge.
- Solo jump:** Only the prescribed double jump is permitted;

5. **Solo spin:** Any type of spin is permitted. When the spin is commenced with a jump, no previous rotation on the ice before the take-off is permitted and the chosen position must be attained in the air. There must be no change of foot. A change of position is optional (sit, camel, flying camel, camel/sit). Minimum of 5 revolutions in total. Both partners must achieve a basic position (sit, camel or upright) for at least 2 revolutions. A spin with 3 revolutions is not counted as a spin but as a skating movement. The concluding upright position at the end of the spin is not considered to be another position and revolutions executed in it are not to be counted in the required number of revolutions. Variations of the position of the head, arms or free leg as well as fluctuations of speed are permitted. The exiting from all spins is not prescribed;
6. **Pair spin:** There must be no change of foot in the pair spin. A change of position is optional (sit, camel or tango camel/sit). Minimum of 5 revolutions. The rotation must be continuous and no stop is permitted. The pair spin must not commence with a jump;
7. **Death spirals:** Only the prescribed death spiral is permitted. In the final position while the lady is performing the actual death spiral, both the man and the lady must execute a minimum of one revolution with the knees of the man clearly bent and in full pivot position. The lady simultaneously must skate on a clean edge with her body and head close to the ice surface: however, she must not touch the ice or assist herself with any part of the body.
8. **Step sequences:** Same remarks as for seniors.
9. **Spiral sequence:** Same remarks as for seniors.

#### 4062 The Novice Pairs Well-Balanced Free Skate Must Contain

**Lifts:** Maximum of two lifts from different groups, one of which must be from Group 3 or 4. Variation of the lady's position, no-handed and one-handed lifts, and combination lifts are permitted. Lifts may not include a carry. All lifts must have a minimum of two revolutions of the lady, and a minimum of one and a maximum of three and one-half revolutions by the man.

**Twist lift:** Maximum of one twist lift, single or double

**Throw Jumps:** Maximum of two different throw jumps, single, double or triple.

**Solo Jump:** Maximum of two different jumps, single, double or triple.

**Jump Combination or Sequence:** Maximum of one jump combination or jump sequence. The maximum number of jumps in the jump combination is two. The number of jumps in the jump sequence is free.

**Solo Spin:** Maximum one solo spin or one solo spin combination. Minimum five revolutions. A change of foot and flying entry in the solo spin and solo sin combination are optional. Both partners must achieve a basic position (sit, camel or upright) for at least two revolutions. A spin without three revolutions is not counted as a spin but as a skating movement.

**Pair Spin:** Maximum one pair spin or one pair spin combination. Minimum five revolutions.

**Death Spiral:** Maximum of one death spiral with at least one full revolution by the man in pivot position. In the final position while the lady is performing the actual death spiral, both the man and the lady must execute a minimum of one revolution with the knees of the man clearly bent and in full pivot position. The lady simultaneously must skate on a clean edge with her body and head close to the ice surface: however, she must not touch the ice or assist herself with any part of the body.

**Step Sequence:** Maximum one step sequence (straight line, circular or serpentine) fully utilizing the ice surface. (2010-2011)

\*Note: The step sequences and spiral sequences will alternate annually. In years where the spiral sequence is required in the short program, a step sequence will be required in the free skate program and vice versa.

**Spiral Sequence:** Maximum one sequence of spirals. The number of spirals, the length of hold of positions and edges used must be considered as balanced between the partners. In order to count, spirals must be held for at least three seconds. (2009-2010)

#### 4070 Intermediate Pairs

##### Test and Age Requirements

Test qualifications as of the closing date for entry to the regional championships: Both partners must have passed the intermediate pairs and intermediate moves in the field test. (See note)

**Note:** It is permissible for one or both of the partners to have passed the next higher pairs test and still remain eligible to compete at the lower test level, provided that neither skater has competed at the higher pairs level in qualifying competitions. Further, if the skater chooses to compete at the lower pairs level, they must do so with a partner other than the one with whom they passed the higher pairs test.

Age requirements as of Sept. 1 prior to the regional championships: Under 18 years of age

##### Program Duration

Free Skate 3:00 +/-10 seconds

#### 4071 The Intermediate Pairs Well-Balanced Free Skate Must Contain:

**Lifts:** Maximum two lifts. Lifts are to be selected from the following: Group 1 lifts and the Group 2 waist loop lift. In the alternative, the skaters may select to perform one of their two lifts from among the following additional choices: a forward press lift, a two-handed star or platter lift. Variations of the lady's position, no-handed and one-handed lifts, combination lifts, lifts that include a carry and lifts that turn in both directions are not permitted. However, if a pair executes a platter lift, the release of the lady's hands after the lift extension has achieved is not a violation of this rule. All lifts must have a minimum of two revolutions of the lady, and a minimum of one and a maximum of three and one-half revolutions by the man.

**Twist lift:** Maximum one twist lift (single).

**Throw Jumps:** Maximum two different throw jumps, single or double.

**Solo Jump:** Maximum one solo jump, single or double.

**Jump Combination or Sequence:** Maximum one jump combination or jump sequence. The maximum number of jumps in the jump combination is two. The number of jumps in the jump sequence is free. Only single or double jumps are permitted.

**Solo Spin:** Maximum one solo spin or one solo spin combination. Minimum 5 revolutions. A change of foot and flying entry in the solo spin and solo spin combination are optional. Both partners must achieve a basic position (sit, camel or upright) for at least 2 revolutions. A spin without 3 revolutions is not counted as a spin but as a skating movement.

**Pair Spin:** Maximum one pair spin or one pair spin combination. Minimum 5 revolutions. In a pair spin combination, both partners must change feet and position at least once.

**Death Spiral:** Maximum one death spiral with a regular hand hold. In the final position while the lady is performing the actual death spiral, both the man and the lady must execute a minimum of one-half revolution with the knees of the man clearly bent and in full pivot position. The lady simultaneously must skate on a clean edge with her body and head close to the ice surface; however, she must not touch the ice or assist herself with any part of the body.

**Step Sequence:** Maximum one step sequence (straight line, circular or serpentine) fully utilizing the ice surface.

## 4080 Juvenile Pairs

### Test and Age Requirements

Test qualifications as of the closing date for entry to the regional championships: Both partners must have passed the juvenile moves in the field test or higher and the juvenile pairs test. (See note)

**Note:** It is permissible for one or both of the partners to have passed the next higher pairs test and still remain eligible to compete at the lower test level, provided that neither skater has competed at the higher pairs level in qualifying competitions. Further, if the skater chooses to compete at the lower pairs level, they must do so with a partner other than the one with whom they passed the higher pairs test.

Age requirements as of Sept. 1 prior to the regional championships: Under 16 years of age

### Program Duration

Free Skate 2:30 +/-10 seconds

#### 4081 The Juvenile Pairs Well-Balanced Free Skate Must Contain:

**Lifts:** Maximum two lifts. Both lifts may be selected from Group 1, or one lift may be a waist loop lift from Group 2. The other may be selected from Group 1. Variations of the lady's position, no-handed and one-handed lifts, combination lifts, lifts that include a carry and lifts that turn in both directions are not permitted. All lifts must have a minimum of one revolution of the lady, and a minimum of one and maximum of three and one-half revolutions by the man.

**Throw Jumps:** Maximum one throw jump, single only.

**Solo Jump:** Maximum one solo jump, single or double

**Jump Combination or Sequence:** Maximum one jump combination or jump sequence, single or double jumps only. The maximum number of jumps in the jump combination is two. The number of jumps in the jump sequence is free.

**Solo Spin:** Maximum one solo spin or one solo spin combination. Minimum 5 revolutions. A change of foot and flying entry in the solo spin and solo spin combination are optional. A spin without 3 revolutions is not counted as a spin but as a skating movement.

**Pair Spin:** Maximum one pair spin. Minimum 3 revolutions. Optional change of position. No change of foot.

**Death Spiral:** Maximum one death or pivot spiral. The death spiral and pivot spiral are to be executed with the regular one-hand to one-hand hold position. The pivot spiral is not eligible for features. In the final position while the lady is performing the actual death spiral or pivot spiral, both the man and the lady must execute a minimum of one-half revolution with the man in a pivot position.

**Step Sequence:** Maximum one step sequence (straight line, circular or serpentine) fully utilizing the ice surface.

## 4090 Pre-Juvenile Pairs

**Note:** Pre-juvenile pairs is considered nonqualifying a event and is held at regional championships only at the discretion of the local organizing committee.

### Test and Age Requirements

Test qualifications as of the closing date for entry to the regional championships: Both partners must have passed the pre-juvenile pairs and pre-juvenile moves in the field test. (See note)

**Note:** It is permissible for one or both of the partners to have passed the next higher pairs test and still remain eligible to compete at the lower test level, provided that neither skater has competed at the higher pairs level in qualifying competitions. Further, if the skater chooses to compete at the lower pairs level, they must do so with a partner other than the one with whom they passed the higher pairs test.

Age requirements as of Sept. 1 prior to the regional championships: Under 14 years of age

### Program Duration

Free Skate 2:00 +/-10 seconds

#### 4091 The Pre-Juvenile Pairs Well-Balanced Free Skate Must Contain:

A. One lift selected from Group 1 or a waist loop lift from Group 2

B. One throw jump (optional) single

C. One solo jump, single

D. One jump sequence (optional). The double Axel and triple jumps are not permitted

E. One solo spin. Minimum 3 revolutions

F. One pair spin with no change of foot or change of position (minimum of 3 revolutions)

G. One death spiral or pivot spiral (optional)

H. Stroking both forward and backward, clockwise and counterclockwise. Footwork and connecting moves such as spirals, spread eagles, etc., utilizing one-half the ice surface

**Remarks:** A pre-juvenile pairs program must demonstrate good form with some degree of unison, especially as it pertains to stroking and basic pairs skating.

## 4110 Adult Pairs

Adult pairs events are open to couples in which each partner has reached 21 years of age as of the close of entries.

## 4111 Championship Adult Pairs

### Championship Adult Pairs Test Requirements

Test qualifications as of the closing date for entries: Test qualifications are set forth for either adult masters pairs (see Rule 4115) or adult gold pairs (see Rule 4120).

### Program Duration

Free Skate 3:40 max

### 4112 The Championship Adult Pairs Well-Balanced Free Skate Must Contain:

**Lifts:** Maximum of three different lifts. One may be a twist lift (no limit to the number of revolutions). If lifts are from the same group they must be different (i.e., one star and one platter, both from Group 3). Minimum 1 revolution by the lady; minimum 1/2 and maximum 3 1/2 revolutions by the man. Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are permitted. Carry lifts are not permitted.

**Throw Jumps:** Maximum of two different throw jumps. No limit to the number of revolutions.

**Solo Jump:** Maximum of one solo jump. Single, double or triple jumps are permitted.

**Jump Combination or Sequence:** Maximum of one jump combination or jump sequence. No limit to the number of revolutions. The maximum number of jumps in the jump combination is two. No limit to the number of jumps in the jump sequence.

**Solo Spins or Solo Spin Combination:** Maximum of one solo spin or solo spin combination. Minimum 4 revolutions if not change of foot; minimum 6 revolutions if change of foot. Minimum 2 revolutions in each position.

**Pair Spin or Pair Spin Combination:** Maximum of one\* pair spin or pair spin combination. Minimum 2 revolutions in each position. If pair spin, minimum of 4 revolutions with optional change of position. If pair spin combination, minimum 6 revolutions with at least one change of position and one change of foot by each partner.

**Pivot or Death Spiral:** Maximum of one\* pivot or death spiral. Must be regular hand-hold. At least one-half revolution with man in full pivot position (buttocks not higher than knee of pivot foot). In the death spiral, the lady's lowest hip or buttock and head should not be higher than her skating knee. A slightly higher position of her hip or buttock is acceptable on back outside death spiral. The level of a death spiral without one-half revolution in the described man's and lady's simultaneous positions cannot be more than one.

**Steps or Spiral Sequence:** Maximum of one\* step sequence (i.e. circular, straight line, serpentine) or spiral sequence utilizing the full ice surface.

\***Additional Element:** Maximum of one additional element chosen from the following:

- Pair spin if not already performed or pair combination if not already performed
- Pivot spiral/death spiral (maximum two per program; must be different)
- Step sequence if not already performed or spiral sequence if not already performed

## 4115 Adult Masters Pairs

### Test Requirements

Test qualifications as of the closing date for entries:

The first partner of a team in the adult masters pairs event must have passed at least one of the following tests:

Any standard pairs test at the intermediate level or higher.

Any standard free skate test at the intermediate level or higher

The second partner must meet the requirements for this level or must have passed no more than one level lower than the first partner (that is, the adult gold pairs test, adult gold free skate test, standard juvenile pairs test, or standard juvenile free skate test).

For purposes of these requirements, the adult gold pairs and free skate tests are considered to be one level lower than the standard intermediate pairs and free skate tests.

### Program Duration

Free Skate 3:40 max

### 4116 The Adult Masters Pairs Well-Balanced Free Skate Must Contain:

**Lifts:** Maximum of three different lifts. One may be a twist lift (no limit to the number of revolutions). If lifts are from the same group they must be different (i.e., one star and one platter, both from Group 3). Minimum 1 revolution by the lady; minimum 1/2 and maximum 3 1/2 revolutions by the man. Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are permitted. Carry lifts are not permitted.

**Throw Jumps:** Maximum of two different throw jumps. No limit to the number of revolutions.

**Solo Jump:** Maximum of one solo jump. Single, double or triple jumps are permitted.

**Jump Combination or Sequence:** Maximum of one jump combination or jump sequence. No limit to the number of revolutions. The maximum number of jumps in the jump combination is two. No limit to the number of jumps in the jump sequence.

**Solo Spins or Solo Spin Combination:** Maximum of one solo spin or solo spin combination. Minimum 4 revolutions if not change of foot; minimum 6 revolutions if change of foot. Minimum 2 revolutions in each position.

**Pair Spin or Pair Spin Combination:** Maximum of one\* pair spin or pair spin combination. Minimum 2 revolutions in each position. If pair spin, minimum of 4 revolutions with optional change of position. If pair spin combination, minimum 6 revolutions with at least one change of position and one change of foot by each partner.

**Pivot or Death Spiral:** Maximum of one\* pivot or death spiral. Must be regular hand-hold. At least 1/2 revolution with man in full pivot position (buttocks not higher than knee of pivot foot). In the death spiral, the lady's lowest hip or buttock and head should not

be higher than her skating knee. A slightly higher position of her hip or buttock is acceptable on back outside death spiral. The level of a death spiral without 1/2 revolution in the described man's and lady's simultaneous positions cannot be more than one.

**Steps or Spiral Sequence:** Maximum of one\* step sequence (i.e. circular, straight line, serpentine) or spiral sequence utilizing the full ice surface.

**\*Additional Element:** Maximum of one additional element chosen from the following:

- Pair spin if not already performed or pair combination if not already performed
- Pivot spiral/death spiral (maximum two per program: must be different)
- Step sequence if not already performed or spiral sequence if not already performed

## 4120 Adult Gold Pairs

### Test Requirements

Test qualifications as of the closing date for entries: One partner in the adult gold pairs event must have passed one of the following tests:

- The adult gold pairs test but not the standard intermediate pairs test
- The adult gold free skate test
- The standard juvenile pairs test and no higher standard pairs test
- The standard juvenile free skate test but no higher standard free skate test (see exception)

The other partner must meet the requirements for this level or must have passed no more than one level lower than the first partner (that is, adult silver pairs test, adult silver free skate test, standard preliminary pairs test and/or standard juvenile free skate test).

Exception: Pairs teams in which at least one member has passed the standard juvenile pairs test or the adult gold pairs test may choose to compete in the adult gold pairs event even if one or both members of the team have passed a standard free skate test at the intermediate level or higher.

### Program Duration

Free Skate 3:40 max

## 4121 Adult Gold Pairs Well-Balanced Free Skate Must Contain:

**Lifts:** Maximum of three different lifts. One may be a twist lift (no limit to the number of revolutions). If lifts are from the same group they must be different (i.e., one star and one platter, both from Group 3). Minimum 1 revolution by the lady; minimum 1/2 and maximum 3 1/2 revolutions by the man. Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are permitted. Carry lifts are not permitted.

**Throw Jumps:** Maximum of two different throw jumps. No limit to the number of revolutions.

**Solo Jump:** Maximum of one solo jump. Single, double or triple jumps are permitted.

**Jump Combination or Sequence:** Maximum of one jump combination or jump sequence. No limit to the number of revolutions. The maximum number of jumps in the jump combination is two. No limit to the number of jumps in the jump sequence.

**Solo Spins or Solo Spin Combination:** Maximum of one solo spin or solo spin combination. Minimum 4 revolutions if not change of foot; minimum 6 revolutions if change of foot. Minimum 2 revolutions in each position.

**Pair Spin or Pair Spin Combination:** Maximum of one\* pair spin or pair spin combination. Minimum 2 revolutions in each position. If pair spin, minimum of 4 revolutions with optional change of position. If pair spin combination, minimum 6 revolutions with at least one change of position and one change of foot by each partner.

**Pivot or Death Spiral:** Maximum of one\* pivot or death spiral. Must be regular hand-hold. At least 1/2 revolution with man in full pivot position (buttocks not higher than knee of pivot foot). In the death spiral, the lady's lowest hip or buttock and head should not be higher than her skating knee. A slightly higher position of her hip or buttock is acceptable on back outside death spiral. The level of a death spiral without 1/2 revolution in the described man's and lady's simultaneous positions cannot be more than one.

**Steps or Spiral Sequence:** Maximum of one\* step sequence (i.e. circular, straight line, serpentine) or spiral sequence utilizing the full ice surface.

**\*Additional Element:** Maximum of one additional element chosen from the following:

- Pair spin if not already performed or pair combination if not already performed
- Pivot spiral/death spiral (maximum two per program: must be different)
- Step sequence if not already performed or spiral sequence if not already performed

## 4122 Adult Silver Pairs

### Test Requirements

Test qualifications as of the closing date for entries: One partner in the adult silver pairs event must have passed one of the following:

- The adult silver pairs test and no higher adult pairs test
- The adult silver free skate test but no higher adult free skate test (see exception below)
- The standard pre-juvenile free skate test but no higher standard free skate test (see exception below)

The other partner must meet the requirements for this level or must have passed no more than one level lower than the first partner (that is, the adult bronze pairs test, adult bronze free skate test, and/or standard preliminary free skate test).

Either member of an adult silver pairs team may have passed the standard preliminary pairs test and/or the standard pre-juvenile pairs test but no higher standard pairs test.

Exception: Teams in which at least one member has passed the adult silver pairs test may choose to compete at the adult silver pairs level, even if one or both members of the team have passed the next level adult or standard free skate test (i.e. adult gold free skate test and/or standard juvenile free skate test, but no higher standard free skate test.)

### Program Duration

Free Skate 2:40 max

#### 4123 Adult Silver Pairs Well-Balanced Free Skate Must Contain:

**Lifts:** Maximum of two different lifts, one of which must be from Group 1; the other lift may be a different lift from Group 1, Group 2 or a single twist lift. Minimum 1 revolution by lady; minimum 1/2 and maximum 3 1/2 revolutions by the man. Full extension is optional for Group 2 waist loop lift. Variations of the lady's position, no-handed, one-handed, overhead, carry and combination lifts are not permitted.

**Throw Jumps:** Maximum of one throw jump (single jumps only).

**Solo Jump:** Maximum of one solo jump (single jumps only).

**Jump Combination or Sequence:** Maximum of one jump combination or sequence. Single jumps only. The maximum number of jumps in the jump combination is two. No limit to the number of jumps in the jump sequence.

**Solo Spins or Solo Spin Combination:** Maximum of one solo spin or solo spin combination. Minimum 3 revolutions if no change of foot. Minimum 5 revolutions if change of foot. Minimum 2 revolutions in each position.

**Pair Spin or Pair Spin Combination:** Maximum of one pair spin or pair spin combination. Minimum 2 revolutions in each position. If pair spin, minimum 3 revolutions total with optional change of position. If pair spin combination, minimum 5 revolutions total.

**Pivot or Death Spiral:** Maximum of one pivot or death spiral. Pivot position not required. Skaters may choose the position and hand hold.

**Steps or Spiral Sequence:** Maximum of one step sequence (i.e. circular, straight line, serpentine) or spiral sequence utilizing at least one-half the ice surface. Additional moves in the field and spiral sequences will not be counted as a step sequence but will be counted as transitions and marked as such.

#### 4124 Adult Bronze Pairs

##### Test Requirements

Test requirements as of the closing date for entries: Each partner in the adult bronze pairs event must have passed one of the following tests:

- The adult bronze pairs test and no higher adult pairs test
- The adult bronze free skate test but no higher adult free skate test (see exception below)
- The standard preliminary pairs test and/or the standard pre-juvenile pairs test
- The standard preliminary free skate test but no higher than the standard pre-juvenile free skate test (see exception below)

Exception: Teams in which at least one member has passed the adult bronze pairs test or the standard preliminary or pre-juvenile pairs test may choose to compete in the adult bronze pairs event even if one or both partners have passed the next level adult or standard free skate test (that is, the adult silver free skate test and/or the standard pre-juvenile free skate test, but no higher adult or standard free skate test)

##### Program Duration

Free Skate 2:10 max

#### 4125 Adult Bronze Pairs Well-Balanced Free Skate Must Contain:

**Lifts:** Maximum of two different lifts. One must be from Group 1. The other lift may be a different lift from Group 1 or a Group 2 waist loop lift. Minimum 1 revolution by lady; minimum 1/2 and maximum of 3 1/2 revolutions by man. Full extension is optional for Group 2 waist loop lift. Variation of the lady's position, no-handed, one-handed, overhead, twist, carry and combination lifts are not permitted.

**Throw Jumps:** Maximum of one throw jump, single only. No throw Axel, double or triple jumps are permitted.

**Solo Jump:** Maximum of one solo jump single only. No Axel permitted.

**Jump Combination or Sequence:** Maximum of one jump combination or sequence. No Axel, double or triple jumps are permitted. The maximum number of jumps in the jump combination is two. No limit on the number of jumps in the sequence.

**Solo Spins or Solo Spin Combination:** Maximum of one solo spin or solo spin combination. Minimum of 3 revolutions if no change of foot. Minimum 5 revolutions if change of foot. Minimum of 2 revolutions in each position.

**Pair Spin or Pair Spin Combination:** Maximum of one pair spin or pair spin combination. Minimum of 2 revolutions in each position. If pair spin, minimum 3 revolutions total with optional change of position. If pair spin combination minimum 5 revolutions.

**Pivot or Death Spiral:** Maximum of one pivot or death spiral. Pivot position not required. Type of hand-hold optional.

**Steps or Spiral Sequence:** Maximum of one step sequence (i.e. circular, straight line, serpentine) or spiral sequence utilizing at least one-half the ice surface. Additional moves in the field and spiral sequences will not be counted as a step sequence but will be counted as transitions and marked as such.

#### 4200 Dance Events

##### 4201 Conduct of Dance Events

U.S. Figure Skating reserves the right to incorporate revisions made by the ISU for junior and senior events. The revisions or clarifications made to the ISU judging system by the ISU may be adopted by U.S. Figure Skating at its discretion at any time after the revision or clarification is issued. For novice events, revisions or clarifications will be posted on the U.S. Figure Skating web site at Technical Notifications and, when applicable, published in the next U.S. Figure Skating Rulebook.

##### 4202 Ice dancing qualifying competitions consist of:

- A. Senior and junior events - a combined event: compulsory dance, original dance and free dance.
- B. All other event levels: compulsory dance and free dance.

##### 4203 Compulsory dance must precede the original dance and the free dance, while the original dance must precede the free dance.

##### 4204 For compulsory dance events, the couples shall dance each dance one couple at a time and all couples shall complete one dance before the next dance is started.

###### A. Rotation of couples:

1. In the initial round and final round of all events with two or more compulsory dances, couples shall be divided for the purpose of rotation into as many groups as there are compulsory dances.

2. If the total number of couples is not evenly divisible by the number of dances, the last group or groups shall be the larger.
  3. All couples shall dance the first compulsory dance in their respective groups, in the order of their drawn starting order.
  4. The second compulsory dance shall be danced first by the couples in the second group, in the order of their drawn starting order, followed by the remaining groups in order. The group that began the first compulsory dance shall be the last group to dance.
  5. The group beginning each subsequent compulsory dance shall be rotated in the same manner.
- B. When four or fewer couples start, these provisions need not be applied but only with the consent of all couples. For warm-up groups, see 3520.

#### **4210 Basic Dance Rules**

**4211** A dance couple shall be composed of a lady and a man. In the case of compulsory dance tests, it is preferred that a couple be composed of a lady and a man. However a test may be taken with a same gender partner, provided that partner is the test skater's same gender coach.

**4212** Introductory steps:

- A. For compulsory dances, whether using ISU music or not, the introductory period may be up to eight measures with an unlimited number of steps.
- B. The judges must penalize couples exceeding an eight-measure introduction. The Finnstep is an exception to this rule due to the introductory phrasing of the ISU's official Finnstep music which is less than eight measures. The deduction for the introductory steps exceeding the introductory phrasing does not apply to this dance.

#### **4220 Music**

**4221** For tests and nonqualifying competitions, compulsory dance music may be either vocal or orchestral, and shall conform to the type and tempo specified in the description of the dance. For qualifying competitions, standardized music from the International Skating Union must be used. For free dance tests and competition, vocal music is permitted for all levels.

**4222** The referee may choose any number of musical selections for each compulsory dance warm-up and event. At least two selections must be chosen when there are more than five couples.

- A. When more than one musical selection is to be played for a compulsory dance, all selections shall be played in numerical order, starting with selection No. 1.
- B. For all compulsory dance events, the warm-up shall be one minute without music followed by three minutes with music. The music selected for the warm-up may not be used for competition. However, the Finnstep warm-up is an exception to this rule and is to be conducted as follows: one minute without music followed by three minutes of all three tunes of the Finnstep (1 minute of each tune will be played.)

**4223** Music registration for the original dance and free dance:

- A. When registering their music for the original dance, couples are required to list the rhythms chosen and the order in which they will be skated. In addition, couples are required to submit the name of the selected music or title or theme of their free dance program.
- B. This information will be given to the referee for distribution to the judges.

#### **4230 Conduct of Compulsory Dance Events**

**4231** In the initial or final round of all dance competitions the number of sequences of the dance to be danced shall be as follows:

- A. Two sequences: Swing Dance, European Waltz, American Waltz, Tango, Starlight Waltz, Westminster Waltz, Argentine Tango, Austrian Waltz, Cha Cha Congelado, Yankee Polka, Ravensburger Waltz, Tango Romantica, Silver Samba, Golden Waltz, Midnight Blues and Finnstep.
- B. Three sequences: Dutch Waltz, Canasta Tango, Rhythm Blues, Cha Cha, Fiesta Tango, Hickory Hoedown, Willow Waltz, Ten-Fox, Blues, Paso Doble and Viennese Waltz.
- C. Four sequences: Fourteenstep, Foxtrot, Rocker Foxtrot, Quickstep and Rhumba.
- D. Six sequences: Kilian.
- E. In the event that a couple does not execute the number of required patterns for the designated compulsory dance:
  - The compulsory dance will be considered finished when the couple has completed its final pose; or the skaters leave the ice; or in the opinion of the referee the skaters have completed the skating of the dance and the music is stopped.
  - The missing patterns/segments will not be entered in the data calculations.
  - Since there will be no data entered for calculation purposes, it will not be necessary for the technical panel to "call" the missing segments.
  - Printed protocol will acknowledge only the patterns/segments skated.
  - The judges are to reflect the missing segments in the component marks.
  - This does not preclude rules 2100-2103.
- F. In a nonqualifying competition the referee may vary the number of sequences to meet current conditions, in which case the judges and all entrants shall be informed before the warm-up of the first dance.
- G. When compulsory dances are included in the final round, the referee shall determine whether the number of sequences is to be the same as those specified for the initial round or increased by one or two sequences taking into account the number of dances and couples and whether the couples are to dance one at a time or in flights of two to four.
- H. The referee shall announce in advance the side of the ice surface on which each compulsory dance shall start.

**4232** Compulsory dancing consists of skating dances with specified steps and holds that are either set pattern dances, which must be placed on the ice surface as diagrammed in the glossary, or optional pattern dances, which may be placed on the ice surface in any relation to the ice surface that the couple desires, provided that the edges and their relationship to the continuous axis are maintained, the pattern is not distorted and is maintained for each repetition and does not place the partners in awkward positions.

**4233** On ice surfaces measuring less than 100 feet wide, an allowance of one-half of the difference in width (from 100 feet) shall be allotted to skaters with respect to midline crossings and the location of pattern re-starts, when the location of such a re-start is specified in the dance

diagram (e.g. the Quickstep). The referee shall inform the judges of this allowance prior to the start of the compulsory dance segment, and the judges shall not deduct for midline crossings and re-starts that fall within that allowance. However, other types of pattern distortions (for set pattern dances) or pattern shifts are not acceptable and must be appropriately penalized by the judges.

**4234** The following special rules shall apply:

- A. When the Fourteenstep is competed (initial round or final round) using the IJS, the dance must be executed using one swing roll. Skaters taking dance tests must use one swing roll.
- B. When two or more couples skate the Fourteenstep as a flight, the dance will be danced with two rolls along each side of the ice surface, i.e., 18 steps in all. Otherwise, only one roll along each side of the ice surface will be permitted, i.e., 14 steps.
- C. The pattern of the American Waltz, European Waltz and Harris Tango have been standardized to the ISU pattern as shown in the diagrams within the glossary. All three are described as optional pattern dances. However, when any of these dances are selected (initial round or final round) to be competed at a competition where the IJS is being used, the starting point of the dance must be as shown in the glossary. In competitions where the IJS is not used, these dances may be skated with optional starting points. Skaters taking any of these tests can also use an optional starting point.

**4235** A. In addition, in initial or final rounds of competitions consisting of

- A. compulsory dances where more than one couple is skating the dance on the same surface at the same time, couples shall be penalized for serious interference with other couples in crossing the midline of the ice surface or through other fault.
- B. If two or more couples desire to start a given dance at substantially the same place on the ice surface, the couples shall start at least three measures of music apart in an order mutually agreed upon or, in the absence of mutual agreement, in an order designated by the referee.

#### **4240 Selection and Posting of Compulsory Dances**

- A. For senior, junior, novice, intermediate, juvenile, pre-juvenile and all adult dance events, the chair of the Dance Committee will draw and announce the compulsory dances for the upcoming competitive season no later than the May Board of Directors meeting.
- B. Unless previously stated in the announcement for a nonqualifying competition, the referee shall make the selection of compulsory dances and the rhythm for the original dance utilizing a closed draw. This information shall be announced and posted at the first official practice session of the competition.
- C. The order that the two compulsory dances of a nonqualifying event will be skated shall be specified in the announcement.

**4242** For the U.S. Collegiate Figure Skating Championships, the senior and junior compulsory dances will be the same as those drawn under 4241.

#### **4243 Compulsory Dances Drawn for 2009–2010**

Event level	Regionals	Sectionals	U.S. Junior Championship	U.S. Championship	U.S. Adult Championship
Senior		Tango Romantica		Golden Waltz	
Junior		Westminster Waltz		Argentine Tango	
Novice		Tango Kilian		Starlight Waltz Kilian	
Intermediate		Fourteenstep American Waltz	Foxtrot American Waltz		
Juvenile		Swing Dance Fourteenstep	Hickory Hoedown Fourteenstep		
Pre-Juvenile <u>Initial</u>	Dutch Waltz Cha Cha				
Pre-Juvenile <u>Final</u>	Rhythm Blues Fiesta Tango				
Championship Adult		Kilian Westminster Waltz			Kilian Westminster Waltz
Adult Gold		Paso Doble Westminster Waltz			Paso Doble Westminster Waltz
Adult Pre-Gold		Rocker Foxtrot Kilian			Rocker Foxtrot Kilian
Masters Open		Westminster Waltz Rhumba			Westminster Waltz Rhumba
Adult Silver <u>Initial</u>		Foxtrot Tango			Foxtrot Tango
Adult Silver <u>Final</u>		American Waltz Blues			American Waltz Blues
Adult Pre-Silver <u>Initial</u>		Willow Waltz Foxtrot			Willow Waltz Foxtrot
Adult Pre-Silver <u>Final</u>		Hickory Hoedown American Waltz			Hickory Hoedown American Waltz
Adult Bronze <u>Initial</u>		Cha Cha Ten Fox			Cha Cha Ten Fox
Adult Bronze <u>Final</u>		Hickory Hoedown Fourteenstep			Hickory Hoedown Fourteenstep
Adult Pre-Bronze <u>Initial</u>		Dutch Waltz Cha Cha			Dutch Waltz Cha Cha
Adult Pre-Bronze <u>Final</u>		Rhythm Blues Swing Dance			Rhythm Blues Swing Dance
Centennial <u>Initial</u>		Fourteenstep Rocker Foxtrot			Fourteenstep Rocker Foxtrot
Centennial <u>Final</u>		American Waltz Blues			American Waltz Blues



**4250 Compulsory Dances**

**4251 General Requirements:** The following must be observed during the skating of compulsory dances: (See ISU Special Regulations Ice Dance Rule 608 (1)):

**A. Technique:**

1. **Accuracy:** The steps, dance positions, timing and movement of the dances must be in accordance with the dance diagrams and descriptions. Subject to general conformity with the basic requirements, some latitude is given to allow a couple to demonstrate their own individual style. This is usually accomplished by the use of a variety of arm and/or leg movements. Footwork must be neat and deep edges should be skated with speed and flow. Obvious two-footed skating must be avoided. On chassés and progressives the feet should be lifted as small a distance from the ice as is consistent with the making of a clean stroke. The skater must carry the weight over the skating foot.
2. **Placement:** The steps of the dances must be skated in accordance with the dance diagrams and descriptions. Maximum utilization of the ice surface is desirable, which requires deep edges and good flow. There should be no apparent struggle for speed. Ice coverage must not be obtained by the use of flat or shallow edges. In a regulation-size arena (100 x 200 ft.) for compulsory dances, the couples may not cross the center line of the rink. In arenas less than regulation size, the couple may cross the center line proportionally to the width of the ice surface.
3. **Style:** Carriage should be upright but not stiff with the head held up. All actions should be easy and flowing and performed in an elegant manner. The dance holds (see the Dance Glossary) should be firm and the fingers neither spread nor clenched. There should be no apparent struggle for speed and speed should not be obtained at the expense of good style. The free leg should be extended; the foot turned out and pointed down.
4. **Unison:** The dance couple should skate as close together as possible, with their movements in unison without apparent effort. The dance holds should be firm and the fingers neither spread nor clenched. Dance positions must be in accordance with the dance descriptions. Arm and hand movements or positions which differ from those specified in the descriptions of the required dance holds are permitted provided that the leading hand of the man remains in the prescribed position. Should a couple be completely out of position, it should be reflected in the marks awarded. The man should show his ability to lead and the lady to follow. Body movements such as leg swings, knee bends and lean should be equal. All movements and changes of position of a couple must be well coordinated. Note: The unison requirement does not apply to solo dance track tests.

**B. Timing/expression**

1. **Timing:** The dances must be skated in strict time to the music with the start of the dance commencing with a major accent. All movement must be coordinated with the rhythm of the music so that all steps are completed without any break in continuity.
2. **Expression:** The dance must be skated smoothly and rhythmically with the character of the music being correctly interpreted. Such interpretation shall be shown by variations in the execution of the dance movements which reflect the patterns in the music. The overall effect should be such that each compulsory dance has a distinct flavor. The partners should relate to one another.

**4260 Original Dance 2009-2010**

JUNIOR AND SENIOR 2:30 +/- 10 SECONDS FOLK/COUNTRY DANCE			
LIFTS	STEP SEQUENCES	TWIZZLES	Additional Information
<p style="text-align: center;">Max 2 (See Note)</p> <p>2 different types of Short Lifts (max 6 seconds) Long Lifts not permitted 2<sup>nd</sup> Lift optional – see Note below.</p> <p>Note: The first performed lift only will be identified and considered in determining level of difficulty. The second lift is optional and, if performed, will be considered by the judges in marking Choreography.</p> <p>If a third lift is performed, it will be considered by the Technical Panel as an extra element and deduction 1.0 will be applied.</p>	<p style="text-align: center;">Max 2</p> <p>1 Midline Not Touching Covering the Full length of the ice surface.</p> <p>Must incorporate mirror and/or matching footwork. Both partners may cross each other's tracing(s) and may switch from matching footwork to mirror and vice versa.</p> <p>The partners should remain as close together as possible but must not touch. Distance between partners should be generally no more than 2 arms lengths apart.</p> <p style="text-align: center;">AND</p> <p>One Step Sequence in hold selected from Diagonal or Circular</p> <p>Diagonal – skated as fully corner to corner as possible Circular - Utilizing the full width of ice surface on the short axis of the rink.</p> <p>Use of variety of dance holds except no hand in hand hold in sustained position with fully extended arms. Any separation to change hold must not exceed one measure of music.</p> <p>Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern retrogressions and loops are <u>not</u> permitted in either step sequence.</p>	<p style="text-align: center;">1 (See Note)</p> <p>One set of Sequential Twizzles</p> <p>Up to one step in between twizzles.</p> <p>No stop(s) allowed before and/or between twizzles.</p> <p>The set of sequential twizzles may be skated in any part of the program except in the required step sequences.</p> <p>Note: Additional sets of sequential twizzles are permitted but only first performed set outside the required step sequence will be identified and considered in determining level of difficulty. Each additional set of sequential twizzles outside the required step sequence will be considered by the judges in marking Choreography if elements reflect character of music/dance.</p>	<p style="text-align: center;">See current season's ISU</p> <p>Communication on music, repeated positions and illegal lifts/elements.</p> <p>Stops: 1 stop of up to 10 sec. duration or 2 stops each of up to 5 sec. duration are permitted.</p> <p>Dance Spin is <u>not included</u> in the requirements. However, a couple may choose to use the spinning movement as part of their choreography. The spinning movement skated by the couple together in any hold around a common axis on one foot or two feet with any number of rotations is permitted. The Technical Panel will ignore these movements and the judges will <u>not</u> consider these movements as the permitted stops.</p> <p>Hops and jumps of not more than one (1) rotation are permitted. Jumps of one rotation are permitted but may not be performed simultaneously. These one rotation jumps are not permitted in either step sequence.</p> <p>Kneeling or sliding on 2 knees is not permitted. It will be considered as a fall and the appropriate deduction will be applied by the Technical Panel.</p> <p>Touching of ice by hand(s) is not permitted</p> <p><u>Props Types- Permitted:</u> Small props as part of a costume and non-detachable. Props may not be thrown or passed from one skater to the other.</p> <p><u>Props Types- Not permitted:</u> Cane (walking stick), umbrella, bouquet etc. Costume deduction of 1.0 will be applied by Referee.</p> <p style="text-align: center;"><u>Illegal elements:</u></p> <ul style="list-style-type: none"> <li>• Jumps of one (1) full rotation performed simultaneously</li> <li>• Jumps of more than one (1) rotation</li> <li>• Lying on the ice</li> </ul>

#### 4261 General Requirements:

If the general requirements do not conform to ISU regulations and as revised by ISU Communication, the ISU prevails. U.S. Figure skating rules referenced do apply.

- A. The original dance is the skating by a couple of a dance of their own creation to dance music they have selected for the designated rhythm(s).
- B. The original dance must reflect the character of the prescribed rhythm(s) and be translated to the ice by demonstrating technical skill in steps and movements along with flow and the use of edges.
- C. Vocal music using lyrics is permitted. The incorrect selection of music for the rhythms/dances chosen must be penalized by the judges.
- D. Only music with a rhythmic beat may be used, and the couple must skate primarily to the rhythmic beat. The musical introduction to the original dance may be without beat or melody for a maximum of ten seconds.
- E. Variations of tempo within one selection of music are permitted. Each selection may have a different tempo.
- F. The couples should list the rhythms/dances of the music chosen when registering their music for the information of the referee and judges of the event.
- G. The time of the original dance program must be reckoned from the moment when one of the couple begins to move or to skate until both partners arrive at a complete stop at the end of the program.
- H. Except during required step sequences, the pattern of the dance must proceed in a generally constant direction (either clockwise or counterclockwise) and must not cross the long axis of the ice surface except once at each end of the rink (not more than 20 meters from the barrier).
- I. Loops in either direction are permitted provided they do not cross the center (long) axis.
- J. All steps, turns, rotations and changes of hold are permitted provided that they are appropriate to the rhythm. Difficult, original, varied and intricate footwork is required for both skaters. For the Linking Footwork/Movements component, a program that relies heavily on the use of chasses and progressives (runs), posing and one-directional skating is considered to be less difficult than one containing changes of edge, rockers, choctaws and other such steps and turns and multi-directional skating.
- K. Hops and jumps of not more than one full rotation are permitted. These jumps with up to one rotation may not be performed simultaneously and are not permitted at all in either step sequence.
- L. Excessive skating on two feet, by either partner or both, is considered as showing the inability to skate or maintain balance. However, one highlight for which one or both partner(s) are on two feet may be included (maximum duration: five seconds).
- M. Kneeling or sliding on two knees is not permitted. This will be considered a fall and the appropriate deduction will be applied.
- N. Touching the ice with hand(s) is not permitted.
- O. A program which is choreographed so that its performance extends to all sides of the arena is preferable to one directed to only the judges' side.
- P. The program must be developed through skating quality rather than through non-skating actions such as sliding on one knee, or use of toe steps which should be used only to reflect the character of the dance and underlining rhythm and nuances of the chosen music.
- Q. Partners must not separate except to change dance hold, to perform the not-touching step sequence or the permitted full stop. Separations at the beginning and/or end of the program may be up to 10 seconds in duration without restrictions on distance of the separations.
- R. There are no restrictions on dance holds. Skating in hand-in-hand hold with fully extended arms is permitted only if in character of the rhythm chosen but must not be used excessively.
- S. After the clock is started with the first movement, the couple must not remain in one place (even if doing brief extra stops which are permitted) for longer than 10 seconds. During the program one full stop (maximum duration: up to 10 seconds) or two full stops (maximum duration up to five seconds each) are permitted. Any choreography appropriate to the music selection (including a separation of not more than two arms length apart) may be included.
- T. If appropriate for the chosen music the lady and the man are permitted to wear trousers and sleeves of any length. Rule 3556 should apply. Decorations on costumes must be nondetachable. If a decoration or a part of the costume or hair decoration such as flowers, headbands, ribbons, etc., which are also part of the costume, falls on the ice during the performance, the costume deduction of 1.0 is required by the referee. Small props that are part of the costume and are characteristic for the chosen music are allowed (hats, head bands, ribbon). Props may not be thrown in any part of the program and/or passed from one skater to the other in any part of the program. The following types of props are not a part of the costume and are not permitted: cane (walking stick), umbrella, bouquet, etc. If used, the costume deduction will be applied.

#### 4262 Illegal Elements/Movements

The following elements and movements are not permitted unless otherwise stated in an ISU communication:

- A. Movements and/or poses in the lifts:
  - Lifting hand(s) of the lifting partner higher than his head\*
  - Lying or sitting on the partner's head
  - Sitting or standing on partner's shoulder, back
  - Lifting partner swinging the lifted partner around by holding the skate(s), boot(s) or leg(s) only and/or by holding the hand(s) with full arm extension by both partners
  - Lifted partner in an upside down split pose (with angle between thighs more than 45 degrees)\*\*
- B. Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.
- C. Lying on the ice.
- D. Kneeling on two knees
  - \*It is NOT considered as an illegal lift if:
    - The point of contact of the lifting hand/arm of the lifting partner with any part of the body of the lifted partner is not sustained higher than the lifting partner's head;
    - The lifting hand/arm which is used for support or balancing only or which touches any part of the body of the lifted partner is not sustained by the lifting partner higher than his head for more than two seconds.

\*\*A brief movement through an upside-down split pose (with any angle between thighs) will be permitted if it is not established (sustained) or if it is used only to change pose.

## 4270 Free Dance Rules

### 4271 General Requirements:

If the general requirements do not conform to ISU regulations and as revised by ISU Communication, the ISU prevails. U.S. Figure Skating rules referenced do apply.

- A. A free dance is the skating by the couple of a creative program with dance steps and movements expressing the character of the music chosen by the couple.
- B. The free dance must contain combinations of new or known dance steps and movements including required elements and steps sequences composed into a program displaying good skating technique and the personal ideas of the couple in concept, arrangement, and expression.
- C. The choreography, including required elements, of a free dance should clearly reflect the character, accents and nuances of the chosen music, demonstrate changes of pace, variation in speed and tempo, and utilize the whole ice surface.
- D. The free dance must not have the concept of a pairs free skate program or an exhibition dance.
- E. The choreography of a free dance must not have the concept of a pairs free skate as defined in 4030.
- F. A free dance that is choreographed so that its performance extends to all sides of the arena is preferable to one directed to only side.
- G. A free dance must be developed through skating quality rather than through nonskating actions such as sliding on one knee or use of toe steps which should be used only to reflect the character of the dance and underlining the rhythm and nuances of the chosen music.
- H. Music for free dance may be vocal and must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone. A program that displays a change in tempo and a well-balanced use of melody, rhythmic beat and musical accents and not melody alone is considered to be of a higher quality because it shows a greater variety of dancing skills and reflects the concept of ice dancing as a competitive sport.
- I. The couples should skate primarily in time to the rhythmic beat and not to the melody alone. Skating out of time or out of phase with the music must be penalized.
- J. The time of the free dance program must be reckoned from the moment when one of the couple begins to move or skate until arriving at a complete stop at the end of the program.
- K. All steps and turns are permitted. Deep edges and intricate footwork displaying skating skill, difficulty, variety and originality must be included and performed by both partners. A program that relies heavily on the use of cross cuts, simple stroking and running, one-directional skating, excessive stopping and posing is considered to have insufficient required difficulty, intricacy and variety of linking dance footwork (e.g. threes, mohawks, choctaws, rockers, counters, brackets, twizzles, etc.)
- L. All changes of hold are permitted. Many and varied dance holds increase the difficulty of the program and therefore should be included. Skating face to face is considered to be more difficult than skating side by side, hand in hand, separately or one following the other.
- M. The number of separations to execute intricate footwork is unlimited. The distance between the partners should not exceed two arm lengths. The duration of each separation must not exceed five seconds. The separations at the beginning and/or the end of the free dance may be up to 10 seconds in duration without restriction on the distance of separation.
- N. Full stops, with a maximum duration of five seconds, in which the couple remains stationary on the ice while performing body movements, twisting, posing and the like are permitted.
- O. Free skate elements and movements are permitted provided they are appropriate to the character of the music and to the concept of a well-balanced free dance program.
- P. Lifts, jumps, dance jumps, hops, dance spins, pirouettes and other dance movements must be in accordance with the definitions in the Dance Glossary defining dance terms.
- Q. Pairs skating elements, excluding spirals, spins and step sequences, are not permitted.
- R. Touching the ice with hand(s) is/are not permitted.
- S. Kneeling or sliding on two knees is not permitted. This will be considered a fall and the appropriate deduction will be applied.

### 4272 Illegal Elements/Movements

The following elements/movements are not permitted unless otherwise stated in an ISU communication:

- A. Movements and/or poses in the lifts:
  - Lifting hand(s) of the lifting partner higher than his head\*
  - Lying or sitting on the partner's head
  - Sitting or standing on partner's shoulder, back
  - Lifting partner swinging the lifted partner around by holding the skate(s), boot(s) or leg(s) only and/or by holding the hand(s) with full arm extension by both partners
  - Lifted partner in an upside down split pose (with angle between thighs more than 45 degrees)\*\*
- B. Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners;
- C. Kneeling on two knees on the ice;
- D. Lying on the ice.

\*It is NOT considered as an illegal lift if:

- The point of contact of the lifting hand/arm of the lifting partner with any part of the body of the lifted partner is not sustained higher than the lifting partner's head;
- The lifting hand/arm which is used for support or balancing only or which touches any part of the body of the lifted partner is not sustained by the lifting partner higher than his head for more than two seconds.

\*\*A brief movement through an upside-down split pose (with any angle between thighs) will be permitted if it is not established (sustained) or if it is used only to change pose.

**Note:** Rules concerning music for singles, pairs, dance and synchronized skating; permissible time allowances for free skate, warm-up times and periods; coaching restrictions; clothing; competitor ethics; and filing complaints, appeals and protests are in the General Information Section beginning with rule 3001.

## 4300 Senior Dance

### Test and Age Requirements

Test qualifications as of the closing date for entry to the regional championships: Both partners must have passed the senior moves in the field test, the standard gold dance test or higher and the senior free dance test.

Age requirements as of Sept. 1 prior to the regional championships: None

### Program Durations

Original dance 2:30 +/-10 seconds

Free dance 4:00 +/-10 seconds

### 4301 Selection of Compulsory Dances

4302 Senior dance events, in accordance with the ISU:

A. For 2009-2010, one compulsory dance will be drawn from the following two:

Golden Waltz

Tango Romantica

B. \*For 2010-2011, one compulsory dance will be drawn from the following two:

Ravensburger Waltz

Finnstep

\* Pending the 2010 ISU Congress decision on the Compulsory Dance event.

C. One dance will be drawn per rule 4241 to be skated at U.S. Figure Skating Championships. One different dance will be drawn from the remainder of the group as per rule 4241 to be skated at the sectional championships.

D. The draw for the starting order of the couples shall be made in accordance with 3320;

E. The number of sequences of each dance shall be as specified in 4231.

### 4310 Original Dance

4311 A. For 2009-2010, both senior and junior, the rhythm of the original dance

will be "Folk/Country." Any type of folk/country dance music or typical dance of the country can be used. For the chosen type, there are no restrictions on the number of musical selections. Although the dance may consist of different musical selections - fast and/or slow – there must be a consistent theme based on a specific country or region. The arrangement of the chosen music should give a genuine feel for folk/country dance. It should be very distant from the feeling of the Grand Ballroom. Some examples: Village, Square, Street, Barn dance, Hoedown, Mazurka, Polka, Tarantella, Hula, Hora, Csardas, Kalinka, Gopak, Syrtaky, Scottish, Irish, Jig, Reel, Guajira, Cumbia, Jarabe, Fandango, Aborigines Dance, Chinese dances, Lesginka, Country Waltz, Flamenco, etc.

Argentine Tango is not included in the above mentioned Folk/Country dances and is not permitted.

The folk/country dance character and style must be translated to the ice by flow and use of edges. Vocal music is permitted. Variations of tempo within one selection of music are permitted. Each selection of music may have a different tempo.

B. \*For 2010-2011, both senior and junior, the rhythm of the original dance will be "Rhythms and Dances of the 1950's, 1960's or 1970's." Any variations of tempo or rhythm within a music chosen will be permitted. Vocal music is permitted. Guidelines will be available in the future and posted on both the U.S. Figure Skating web site and the ISU web site.

\* Pending 2010 ISU Congress decision on changing the ice dance event from 3 to 2 segments.

### 4320 Free Dance

4321 Each of the couples in the final round shall present a free dance in accordance with 4270.

A. The draw for the starting order of the couples shall be made in accordance with 3361.

**4322 Elements for Senior Free Dance 2009-2010**

LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Optional Elements*	Additional Information
<p><b>3 (see note)*</b></p> <p>3 different types of lifts. 1 may be a Long lift (max 12 sec) Short lifts are max 6 sec.</p> <p>Note: Up to 2 additional lifts up to 6 secs each without any requirements to level is permitted provided it is not illegal but only first 3 lifts performed will be identified for level.</p> <p>Additional lifts to be considered by the judges in the Choreography component.</p>	<p><b>1*</b></p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs on 1 foot by both partners</p> <p>Combo Spin – min 3 revs on each foot by both partners</p>	<p><b>Max 2</b></p> <p>1 selected from Group A: midline in hold, diagonal in hold and 1 selected from Group B: circular in hold or serpentine (2 or 3 bold curves) in hold</p> <p>Both to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</p> <p>Any separation to change a hold must not exceed 1 measure of music.</p> <p>Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression &amp; loops not to be included in step sequences</p>	<p><b>Max 1*</b></p> <p>Set of Synchronized Twizzles</p>	<p>1 additional dance spin (may be spin or combo) &amp; additional set(s) of synchronized twizzles may be performed. First dance spin &amp; first set of synchronized twizzles performed will be identified for level</p> <p>Additional elements not identified by Technical Panel but considered by judges in Choreography component if elements reflect character of music/dance.</p> <p>If 3<sup>rd</sup> dance spin and/or 6<sup>th</sup> lift is performed it will be considered by Technical Panel as Extra Element</p>	<p>Combined dance spin &amp; lift permitted but are to be counted as separate elements: i.e. as 1 of the permitted lifts and 1 dance spin.</p> <p>Kneeling or sliding on 2 knees is not permitted. It will be considered as a fall and the appropriate deduction will be applied by the technical panel.</p> <p>See current season’s ISU Communication on music, repeated positions and illegal lifts/elements.</p> <p><u>Other illegal elements</u></p> <p>† Jumps of more than 1 revolution or jumps of 1 revolution skated at the same time by both partners.</p> <p>† Lying on the ice</p>

- Notes:** 1. A chosen type of difficult pose or the lifted partner and a chosen type of difficult position for the lifting partner is permitted in only one short lift or in one part of a long lift. Each repeated difficult pose or position will be called by the technical panel as “simple” and will not be considered for the level. An exception is the reverse rotational lift level 4, option 2, where the one-hand lift may be used in both directions.
2. Definitions of all elements may be found in the Dance Glossary.

**4400 Junior Dance**

**Test and Age Requirements**

Test qualifications as of the closing date for entry to the regional championships:  
Both partners must have passed the junior moves in the field test or higher, at least two standard pre-gold dances and the junior free dance test (see note).

**Note:** It is permissible for one or both of the partners to have passed the next higher free dance test and still remain eligible to compete at the lower dance level, provided that neither skater has competed at the higher dance level in qualifying competition. Further, if the skater chooses to compete at the lower dance level, they must do so with a partner other than the one with whom they passed the higher free dance test.

Age requirements as of Sept. 1 prior to the regional championships: None

**Program Durations**

Original dance 2:30 +/-10 seconds  
Free dance 3:30 +/-10 seconds

**4401 Selection of Compulsory Dances**

**4402** Junior dance events, in accordance with the ISU:

- A. For 2009–2010, one compulsory dance will be drawn from the following two:  
Westminster Waltz  
Argentine Tango
- B. \*For 2010-2011, one compulsory dance will be drawn from the following two:  
Quickstep  
Blues

\* Pending the 2010 ISU Congress decision on the Compulsory Dance event.

- C. For each competitive season one compulsory dance will be drawn as per Rule 4241 to be skated at the U.S. Figure Skating Championships. One different dance will be drawn from the remainder of the group as per Rule 4241 to be skated at the sectional championships.
- D. The draw for the skating order of the couples shall be made in accordance with 3320;
- E. The number of sequences of each dance shall be as specified in 4231.

**4403 Original Dance**

**4404** A. For 2009-2010, both senior and junior, the rhythm of the original dance will be “Folk/Country.” Any type of folk/country dance music or typical dance of the country can be used. For the chosen type, there are no restrictions on the number of musical selections. Although the dance may consist of different musical selections - fast

and/or slow – there must be a consistent theme based on a specific country or region. The arrangement of the chosen music should give a genuine feel for folk/country dance. It should be very distant from the feeling of the Grand Ballroom. Some examples: Village, Square, Street, Barn dance, Hoedown, Mazurka, Polka, Tarantella, Hula, Hora, Csardas, Kalinka, Gopak, Syrtaky, Scottish, Irish, Jig, Reel, Guajira, Cumbia, Jarabe, Fandango, Aborigines Dance, Chinese dances, Lesginka, Country Waltz, Flamenco, etc. Argentine Tango is not included in the above mentioned Folk/Country dances and is not permitted.

The folk/country dance character and style must be translated to the ice by flow and use of edges. Vocal music is permitted. Variations of tempo within one selection of music are permitted. Each selection of music may have a different tempo.

- B. \*For 2010-2011, both senior and junior, the rhythm of the original dance will be “Rhythms and Dances of the 1950’s, 1960’s or 1970’s.” Any variations of tempo or rhythm within a music chosen will be permitted. Vocal music is permitted. Guidelines will be available in the future and posted on both the U.S. Figure Skating web site and the ISU web site.
- C. The draw for the starting order of the couples shall be made in accordance with 3361.

\* Pending 2010 ISU Congress decision on changing the ice dance event from 3 to 2 segments.

#### 4405 Free Dance

4406 Each of the couples in the final round shall present a free dance in accordance with 4270.

- A. The draw for the starting order of the couples shall be made in accordance with 3361.

#### 4407 Elements for Junior Free Dance 2009-2010

LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Optional Additional Elements*	Additional Information
<p><b>2 (see note)*</b></p> <p>2 different types of lifts. 1 may be a Long lift (max 12 sec) Short lifts are max 6 sec.</p> <p>Note: 1 additional lift up to 6 secs without any requirements to level is permitted provided it is not illegal but only first 2 lifts performed will be identified for level.</p> <p>Additional lift to be considered by the judges in the Choreography component.</p>	<p><b>1 *</b></p> <p>Spin or Combination Spin</p> <p>Spin-min 3 revs on 1 foot by both partners.</p> <p>Combo spin-min 3 revs on each foot by both partners</p>	<p><b>Max 2</b></p> <p>1 selected from Group A: midline in hold or diagonal in hold and 1 selected from Group B: circular in hold or serpentine (2 or 3 bold curves) in hold</p> <p>Both to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed 1 measure of music.</p> <p>Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression &amp; loops not to be included in step sequences.</p>	<p><b>1*</b></p> <p>Set of Synchronized Twizzles</p>	<p>1 additional dance spin (may be spin or combo) &amp; additional set(s) of synchronized twizzles may be performed. First dance spin &amp; first set of twizzles performed will be identified for level.</p> <p>Additional elements not identified by tech panel but considered by judges in choreography component if elements reflect character of music/dance.</p> <p>If 3<sup>rd</sup> dance spin and/or 4<sup>th</sup> lift is performed it will be considered by tech panel as Extra Element</p>	<p>Combined dance spin &amp; lift permitted but are to be counted as separate elements: i.e. as 1 of the permitted lifts and 1 dance spin.</p> <p>Kneeling or sliding on 2 knees is not permitted. It will be considered a fall and the appropriate deductions will be applied by the tech panel.</p> <p>See current season’s ISU Communication on music, repeated positions and illegal lifts/elements.</p> <p><u>Other illegal elements</u></p> <p>- Jumps of more than 1 revolution or jumps of 1 revolution skated at the same time by both partners.</p> <p>† Lying on the ice</p>

#### Notes:

1. A chosen type of difficult pose or the lifted partner and a chosen type of difficult position for the lifting partner is permitted in only one short lift or in one part of a long lift. Each repeated difficult pose or position will be called by the technical panel as “simple” and will not be considered for the level. An exception is the reverse rotational lift level 4, option 2, where the one-hand lift may be used in both directions.
2. Definitions of all elements may be found in the Dance Glossary.

#### 4410 Novice Dance

##### Test and Age Requirements

Test qualifications as of the closing date for entry to the regional championships: Both partners must have passed the novice moves in the field test or higher, at least one dance of the standard silver dance test and the novice free dance test. (See note).

**Note:** It is permissible for one or both of the partners to have passed the next higher free dance test and still remain eligible to compete at the lower dance level, provided that neither skater has competed at the higher dance level in qualifying competition. Further, if the skater chooses to compete at the lower dance level, they must do so with a partner other than the one with whom they passed the higher free dance test.

Age requirements as of Sept. 1 prior to the regional championships: None

##### Program Duration

Free Dance 3:00 +/-10 seconds

**4411 Selection of Compulsory Dances**

**4412** For each competition season, the following groups of three compulsory dances will alternate in the order shown: The asterisked (\*) dance plus one dance drawn per rule 4241 will be skated at U.S. Figure Skating Championships. The asterisked (\*) dance plus the dance not drawn will be skated at sectional championships:

- 2009–2010 Group B - Starlight Waltz, Tango, Kilian\*  
 2010–2011 Group A - Blues, American Waltz, Paso Doble\*

- A. The dances will be skated in the order listed.  
 B. Draw for the skating order of the couples shall be made in accordance with 4204, 3321 and 3322;  
 C. The number of sequences of each dance shall be as specified in 4231.

**4413 Free Dance**

**4414** Each of the couples in the final round shall present a free dance, one couple at a time, in accordance with 4270;

- A. Draw for the free dance skating order of the couples shall be made in accordance with 3362, 3363, 3365 (A) and (D) and 3366.  
 B. For the applicable required elements, ISU calling specifications and judging instructions apply. Please refer to ISU Communications.

**4415 Elements for Novice Free Dance 2009-2010**

LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Additional Information
<b>Max 3</b>  3 different types of lifts. One may be a Long lift (max 12 sec) Short lifts are max 6 sec.	<b>Max 1</b>  Spin or Combination Spin  Spin-min 3 revs on one foot by both partners.  Combo spin – min 3 revs on each foot by both partners	<b>Max 1</b>  Circular, midline, diagonal or serpentine (2 or 3 bold curves) in hold.  Must used full ice surface  Not Touching Midline sequence NOT permitted  Skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed one measure of music.  Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression & loops not to be included in step sequences.	<b>Max 1</b>  Set of Synchronized Twizzles	Combined dance spin & lift permitted but are to be counted as separate elements: i.e. as 1 of the permitted lifts and 1 dance spin.  Kneeling or sliding on 2 knees is not permitted. It will be considered as a fall and the appropriate deduction will be applied by the tech panel.  See current season's ISU Communication on music, repeated positions and illegal lifts/elements.  <u>Other illegal elements</u>  † Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.  † Lying on the ice

**Notes:**

1. A chosen type of difficult pose or the lifted partner and a chosen type of difficult position for the lifting partner is permitted in only one short lift or in one part of a long lift. Each repeated difficult pose or position will be called by the technical panel as “simple” and will not be considered for the level. An exception is the reverse rotational lift level 4, option 2, where the one-hand lift may be used in both directions.
2. Definitions of all elements may be found in the Dance Glossary.

**4420 Intermediate Dance****Test and Age Requirements**

Test qualifications as of the closing date for entry to the regional championships: Both partners must have passed the intermediate moves in the field test or higher, the standard bronze dance test or higher, and the intermediate free dance test. (See note).

**Note:** It is permissible for one or both of the partners to have passed the next higher free dance test and still remain eligible to compete at the lower dance level, provided that neither skater has competed at the higher dance level in qualifying competition. Further, if the skater chooses to compete at the lower dance level, they must do so with a partner other than the one with whom they passed the higher free dance test.

Age requirements as of Sept. 1 prior to the regional championships: Under 18 years of age.

**Program Duration**

Free Dance 2:30 +/-10 seconds

**4421 Selection of Compulsory Dances**

**4422** For each competition season, the following groups of three compulsory dances will alternate in the order shown. The asterisked (\*) dance plus one of the other two dances in the group will be drawn as per Rule 4241 to be skated at the U.S. Junior Championships. The asterisked (\*) dance plus the dance not drawn will be skated at the sectional championships.

- 2009–2010 Group A - Fourteenstep, Foxtrot, American Waltz (\*)  
 2010–2011 Group B - Fourteenstep, Rocker Foxtrot, European Waltz (\*)

- A. The dances will be skated in the order listed.  
 B. Draw for the skating order of the couples shall be made in accordance with 3321 and 3322;  
 C. The number of sequences of each dance shall be as specified in 4231.

**4423 Free Dance**

**4424** In the final round each of the couples shall present a free dance in accordance with 4270.

- A. Draw for the free dance skating order of the couples shall be made in accordance with 3362, 3363, 3365 (A) and (D) and 3366;  
 B. For the applicable required elements, ISU calling specifications and judging instructions apply. Please refer to ISU Communications.

**425 Elements for Intermediate Free Dance 2009-2010**

LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Additional Information
<p><b>Max 2</b></p> <p>2 different types of short lifts. (max 6 seconds)            Long lifts not permitted</p> <p>If a long lift is performed the tech panel will call it &amp; the element(s) will be asterisked as no value. If the lift duration exceeds 6 secs., the referee would take the extended lift deduction.</p>	<p><b>Max 1</b></p> <p>Spin or Combination Spin</p> <p>Spin - min 3 revs on one foot by both partners.</p> <p>Combo spin – min 3 revs on each foot by both partners</p>	<p><b>Max 1</b></p> <p>Circular, midline, diagonal in hold</p> <p>Must use full ice surface</p> <p>Serpentine and Not Touching Midline sequence NOT permitted</p> <p>Skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed one measure of music.</p> <p>Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression &amp; loops not to be included in step sequence.</p>	<p><b>Max 1</b></p> <p>Set of Synchronized Twizzles</p>	<p>Combined dance spin &amp; lift permitted but are to be counted as separate elements: i.e. as 1 of the permitted lifts and 1 dance spin.</p> <p>Kneeling or sliding on 2 knees id not permitted. It will be considered as a fall &amp; the appropriate deduction will be applied by the tech panel.</p> <p>See current season’s ISU Communication on music, repeated positions and illegal lifts/elements.</p> <p><u>Other illegal elements</u></p> <p>† Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</p> <p>† Lying on the ice</p>

**Notes:** Definitions of all elements may be found in the Dance Glossary.

**430 Juvenile Dance****Test and Age Requirements**

Test qualifications as of the closing date for entry to the regional championships: Both partners must have passed the juvenile moves in the field test or higher, the standard preliminary dance test or higher and the juvenile free dance test, or prior to Sept. 2, 2000, the preliminary free dance test. (See note).

**Note:** It is permissible for one or both of the partners to have passed the next higher free dance test and still remain eligible to compete at the lower dance level, provided that neither skater has competed at the higher dance level in qualifying competition. Further, if the skater chooses to compete at the lower dance level, they must do so with a partner other than the one with whom they passed the higher free dance test.

Age requirements as of Sept. 1 prior to the regional championships: Under 16 years of age

**Program Duration**

Free Dance 2:15 +/-10 seconds

**4431 Selection of Compulsory Dances**

**4432** For each competition season, the following groups of three compulsory dances will alternate in the order shown. The asterisked (\*) dance plus one of the other two dances in the group will be drawn as per Rule 4241 to be skated at the U.S. Junior Championships. The asterisked (\*) dance plus the dance not drawn will be skated at the sectional championships.

2009–2010 Group A - Swing Dance, Hickory Hoedown, Fourteenstep(\*)

2010–2011 Group B - Fiesta Tango, Willow Waltz, Ten Fox (\*)

- A. The dances will be skated in the order listed.  
 B. Draw for the skating order of the couples shall be made in accordance with 3321, 3322 and 4204;  
 C. The number of sequences in each dance shall be specified in 4231.

**4433 Free Dance**

**4434** In the final round each of the couples shall present a free dance in accordance with 4270.

- A. Draw for the free dance skating order shall be made in accordance with 3362, 3363, 3365 (A) and (D), and 3366;  
 B. For the applicable required elements, ISU calling specifications and judging instructions apply. Please refer to ISU Communications.



**4435 Elements for Juvenile Free Dance 2009-2010**

LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Additional Information
<p><b>Max 2</b></p> <p>2 different types of short lifts. (max 6 seconds) Long lifts not permitted</p> <p>If a long lift is performed, the tech panel will call it &amp; the element(s) will be asterisked as no value. If the lift duration is longer than the maximum of 6 secs., the referee would take the extended lift deduction.</p>	<p><b>Max 1</b></p> <p>Spin or Combination Spin</p> <p>Spin - min 3 revs on 1 foot by both partners.</p> <p>Combo spin – min 3 revs on each foot by both partners</p>	<p><b>Max 1</b></p> <p>Circular, midline, diagonal in hold</p> <p>Must use full ice surface</p> <p>Serpentine and Not Touching Midline sequence NOT permitted</p> <p>Skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed 1 measure of music.</p> <p>Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression &amp; loops not to be included in step sequences.</p>	<p><b>Max 1*</b></p> <p>Synchronized Twizzle</p> <p>*If a set of synchronized twizzles is performed instead of the required element, a synchronized twizzle, only the first twizzle of the set will be called, using the criteria of ISU Comm. 1331. The additional twizzle &amp; steps can be considered by the judges in the program components.</p>	<p>Combined dance spin &amp; lift permitted but are to be counted as separate elements: i.e. as 1 of the permitted lifts and 1 dance spin.</p> <p>Kneeling or sliding on 2 knees is not permitted. It will be considered as a fall and the appropriate deduction will be applied by the tech panel.</p> <p>See current season's ISU Communication on music, repeated positions and illegal lifts/elements.</p> <p><u>Other illegal elements</u></p> <p>† Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</p> <p>† Lying on the ice</p>

**Note:** Definitions of all elements may be found in the Dance Glossary.

**4440 Pre-Juvenile Dance**

**Note:** Pre-juvenile dance is considered a nonqualifying event and is held at regional championships only at the discretion of the local organizing committee.

**Test and Age Requirements**

Test qualifications as of the closing date for entry to the regional championships: Both partners must have passed the preliminary moves in the field test or higher and two standard preliminary dances but no higher than the standard pre-bronze dance test.

**Note:** It is permissible for one or both of the partners to have passed the next higher free dance test and still remain eligible to compete at the lower dance level, provided that neither skater has competed at the higher dance level in qualifying competition. Further, if the skater chooses to compete at the lower dance level, they must do so with a partner other than the one with whom they passed the higher free dance test.

Age requirements as of Sept. 1 prior to the regional championships: Under 14 years of age

**4441 Selection of Compulsory Dances**

**4442** For each competition season, the initial and final round dances will be from the following groups of two compulsory dances:

- Group A: Initial Round - Dutch Waltz, Cha Cha  
Final Round - Rhythm Blues, Fiesta Tango
- Group B: Initial Round - Rhythm Blues, Canasta Tango  
Final Round - Cha-Cha, Swing Dance

- A. For 2009-2010, Group A will be skated;
- B. For 2010-2011 Group B will be skated;
- C. The dances will be skated in the order listed;
- D. The skating order shall remain the same for each dance of the final round.

**4450 Adult Dance**

**4451** Adult dance events:

- A. Adult dance events are open to skaters at least 21 years of age at close of entries. See 3051. For the adult centennial dance event both partners must be at least 50 years of age at close of entries.
- B. The compulsory dances are selected by the Dance Committee and announced no later than the May Board of Directors meeting.
- C. The draws shall be conducted according to 3321 and 3322. The number of sequences of each dance shall be as specified in 4231.

**4460 Championship Adult Dance Event**

**Test Requirements**

Test qualifications as of the closing date for entry to the regional championships:

One partner must have passed at least one standard, adult or masters pre-gold dance; the other partner must have passed at least one standard, adult or masters silver dance.

**Program Duration**

Free Dance 3:10 max

#### 4461 Selection of Compulsory Dances

For each competitive season, the following groups of initial round dances will rotate in the order shown:

2009–2010	Group 4	Initial Round - Kilian, Westminster Waltz Final Round - free dance
2010–2011	Group 1	Initial Round - Blues, Quickstep Final Round - free dance
2011–2012	Group 2	Initial Round - Paso Doble, Starlight Waltz Final Round - free dance
<u>2012–2013</u>	Group 3	Initial Round - Blues, Silver Samba Final Round - free dance

A. The dances will be skated in the order listed;

B. Draw for the skating order of the couples shall be made in accordance with rules 3321, 3322 and 4204.

#### 4462 Elements for Championship Adult/Adult Gold/Adult Pre-Gold/Masters Open Free Dance 2009-2010

In the final round, each of the couples shall present a free dance in accordance with 4270. The draw for the starting order of the couples shall be made in accordance with 3361. For the applicable required elements, ISU calling specifications and judging instructions apply. Please refer to ISU Communications.

LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Additional Information
<b>Max 2</b>	<b>Max 1</b>	<b>Max 1</b>	<b>Max 1*</b>	Combined dance spin & lift permitted but are to be counted as separate elements: i.e. as 1 of the permitted lifts and 1 dance spin.
2 different types of lifts.	Spin or combination Spin	Circular, Midline, or Diagonal in hold	Synchronized Twizzle	Kneeling or sliding on 2 knees is not permitted. It will be considered as a fall and the appropriate deduction will be applied by the tech panel.
One may be a Long lift (max 12 sec)	Spin - min 3 revs on 1 foot by both partners.	Must use full ice surface	At least 1 full rotation	See current season's ISU Communication on music, repeated positions and illegal lifts/elements.
Short lifts are max 6 sec.	Combo spin – min 3 revs on each foot by both partners	Serpentine and Not Touching Midline sequence NOT permitted	No stop(s) permitted before first twizzle	<u>Other illegal elements</u>
		Skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed 1 measure of music.	*If set of synchronized twizzles is performed instead of the required element, a synchronized twizzle, only the 1st twizzle of the set will be called using the criteria of ISU Comm. 1331. The additional twizzle & steps can be considered by the judges in the program components.	† Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.
		Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression & loops not to be included in step sequence.	When adult free dance is judged using the 6.0 system, the judges must consider the first twizzle in the set of synchronized twizzles for the technical mark and the 2nd twizzle of the series will be included in the determination of the presentation mark.	† Lying on the ice

#### Notes:

1. A chosen type of difficult pose for the lifted partner and a chosen type of difficult position for the lifting partner is permitted in only one short lift or in one part of a long lift. Each repeated difficult pose or position will be called by the technical panel as “simple” and will not be considered for the level. An exception is the reverse rotational lift level 4, option 2, where the one-hand lift may be used in both directions.
2. Definitions of all elements may be found in the Dance Glossary.

#### 4470 Adult Gold Dance Event

##### Test Requirements

Test qualifications as of the closing date for entries: One partner must have passed at least one standard, adult or masters gold dance; the other partner must have passed at least one standard, adult or masters pre-gold dance. Any skater who has passed one or more pre-gold dance(s) prior to age 21 or has competed in any standard track qualifying dance event at sectionals or higher before or after the age of 21 will be ineligible to compete in this event.

##### Program Duration

Free dance 3:10 max

#### 4471 Selection of Compulsory Dances

For each competitive season, the following groups of initial round dances will rotate in the order shown:

2009–2010	Group 4	Initial Round - Paso Doble, Westminster Waltz Final Round - free dance
2010–2011	Group 1	Initial Round - Quickstep, Argentine Tango Final Round - free dance
2011–2012	Group 2	Initial Round - Kilian, Starlight Waltz Final Round - free dance
<u>2012–2013</u>	Group 3	Initial Round - Viennese Waltz, Silver Samba Final Round - free dance

- A. The dances will be skated in the order listed;
- B. Draw for the skating order of the couples shall be made in accordance with rule 4204.

**4472 Free Dance**

In the final round, each of the couples shall present a free dance to be skated in accordance with the provisions of 4462.

- A. The draw for the starting order of the couples shall be made in accordance with 3361.

**4480 Adult Pre-Gold Dance Event**

**Test Requirements**

Test qualifications as of the closing date for entries:

One partner must have passed at least one standard, adult or masters pre-gold dance; the other partner must have passed at least one standard, adult or masters silver dance. Neither partner may have completed the standard, adult or masters gold dance test.

**Program Duration**

Free dance 3:10 max

**4481 Selection of Compulsory Dances**

For each competitive season, the following groups of initial round dances will rotate in the order shown:

2009–2010	Group 4	Initial Round - Rocker Foxtrot, Kilian Final Round - free dance
2010–2011	Group 1	Initial Round - Blues, Starlight Waltz Final Round - free dance
2011–2012	Group 2	Initial Round - American Waltz, Paso Doble Final Round - free dance
<u>2012–2013</u>	Group 3	Initial Round - Tango, Blues Final Round - free dance

- A. The dances will be skated in the order listed;
- B. Draw for the skating order of the couples shall be made in accordance with rule 4204.

**4482 Free Dance**

In the final round, each of the couples shall present a free dance to be skated in accordance with the provisions of 4462.

- A. The draw for the starting order of the couples shall be made in accordance with 3361.

**4483 Masters Open Dance Event**

**Test Requirements**

Test qualifications as of the closing date for entries: One partner must have passed at least one standard, adult or masters gold dance; the other partner must have passed at least one standard, adult or masters pre-gold dance.

**Program Duration**

Free Dance: 3:10 max

**4484 Selection of Compulsory Dances**

For each competitive season, the following groups of initial round dances will rotate in the order shown:

2009–2010	- Group 3	Initial Round – Westminster Waltz, Rhumba Final Round – free dance
2010–2011	- Group 4	Initial Round – Quickstep, Tango Romantica Final Round – free dance
2011–2012	- Group 1	Initial Round – Starlight Waltz, Cha Cha Congelado Final Round – free dance
<u>2012–2013</u>	- Group 2	Initial Round – Silver Samba, Viennese Waltz Final Round – free dance

- A. The dances will be skated in the order listed;
- B. Draw for the skating order of the couples shall be made in accordance with Rule 4204.

**4485 Free Dance**

In the final round, each of the couples shall present a free dance to be skated in accordance with the provisions of 4462.

- A. The draw for the starting order of the couples shall be made in accordance with 3361.

**4490 Adult Silver and Lower Dance**

**Note:** For the following dance events:

1. The compulsory dances will be skated in the order listed
2. The draw for the skating order of the couples in the initial round shall be made in accordance with 3321, 3322 and 4204;
3. The draws shall be conducted according to 3362, 3363, 3365 (A) and (D) and 3366;
4. The skating order shall remain the same for each dance of the final round.

#### **4491 Adult Silver Dance Event**

##### **Test Requirements**

Test qualifications as of the closing date for entries: One partner must have passed at least one standard, adult or masters silver dance; the other partner must have passed at least one standard, adult or masters pre-silver dance. Neither partner may have passed more than one standard, adult or masters pre-gold dance.

#### **4492 Selection of Compulsory Dances**

For each competitive season, the following groups of initial and final round dances will rotate in the order shown:

- |                          |   |
|--------------------------|---|
| 2009–2010 Group 1        | Initial Round - Foxtrot, Tango<br>Final Round - American Waltz, Blues                 |
| 2010–2011 Group 2        | Initial Round - European Waltz, Rocker Foxtrot<br>Final Round - American Waltz, Tango |
| <u>2011–2012</u> Group 3 | Initial Round - European Waltz, Tango<br>Final Round - Fourteenstep, Blues            |

- A. The dances will be skated in the order listed;
- B. Draw for the skating order of the couples shall be made in accordance with rule 4204.

#### **4495 Adult Pre-Silver Dance Event**

##### **Test Requirements**

Test qualifications as of the closing date for entries: Both partners must have passed at least one standard, adult or masters pre-silver dance. Neither partner may have passed more than one standard, adult or masters silver dance.

#### **4496 Selection of Compulsory Dances**

For each competitive season, the following groups of initial and final round dances will rotate in the order shown:

- |                          |  |
|--------------------------|--|
| 2009–2010 Group 1        | Initial Round - Willow Waltz, Foxtrot<br>Final Round - Hickory Hoedown, American Waltz |
| <u>2010–2011</u> Group 2 | Initial Round - Ten-Fox, European Waltz<br>Final Round - Fourteenstep, Tango           |

- A. The dances will be skated in the order listed;
- B. Draw for the skating order of the couples shall be made in accordance with rule 4204.

#### **4500 Adult Bronze Dance Event**

##### **Test Requirements**

Test qualifications as of the closing date for entries: One partner must have passed at least one standard, adult or masters pre-silver dance; the other partner must have passed at least one standard, adult or masters bronze dance. Neither partner may have passed more than one standard, adult or masters silver dance.

#### **4501 Selection of Compulsory Dances**

For each competitive season, the following groups of initial and final round dances will rotate in the order shown:

- |                          |   |
|--------------------------|---|
| 2009–2010 Group 1        | Initial Round - Cha Cha, Ten-Fox<br>Final Round - Hickory Hoedown, Fourteenstep       |
| <u>2010–2011</u> Group 2 | Initial Round - Swing Dance, Fiesta Tango<br>Final Round - Willow Waltz, Fourteenstep |

- A. The dances will be skated in the order listed;
- B. Draw for the skating order of the couples shall be made in accordance with rule 4204.

#### **4505 Adult Pre-Bronze Dance Event**

##### **Test Requirements**

Test qualifications as of the closing date for entries: Both partners must have completed the standard, adult or masters pre-bronze dance test but no higher than the standard, adult or masters bronze dance test.

#### **4506 Selection of Compulsory Dances**

For each competitive season, the following groups of initial and final round dances will rotate in the order shown:

- |                          |  |
|--------------------------|--|
| 2009–2010 Group 1        | Initial Round - Dutch Waltz, Cha Cha<br>Final Round - Rhythm Blues, Swing Dance        |
| <u>2010–2011</u> Group 2 | Initial Round - Canasta Tango, Swing Dance<br>Final Round - Fiesta Tango, Willow Waltz |

- A. The dances will be skated in the order listed;
- B. Draw for the skating order of the couples shall be made in accordance with rule 4204.

## 4510 Adult Centennial Dance Event

### Test and Age Requirements

Test qualifications as of the closing date for entries: Both partners must have passed one standard, adult or masters pre-silver dance test with no maximum limit on tests passed.

Both partners must be 50 years of age or older at close of entries. See rule 4451 A

### 4511 Selection of Compulsory Dances

For each competitive season, the following groups of initial and final round dances will rotate in the order shown:

2009–2010 Group 1	Initial Round - Fourteenstep, Rocker Foxtrot Final Round - American Waltz, Blues
2010–2011 Group 2	Initial Round - Foxtrot, Tango Final Round - European Waltz, Paso Doble
<u>2011–2012</u> Group 3	Initial Round - Fourteenstep, American Waltz Final Round - Tango, Rocker Foxtrot

- A. The dances will be skated in the order listed;
- B. Draw for the skating order of the couples shall be made in accordance with rule 4204.

## 4600 Synchronized Skating

Synchronized skating involves a team of eight or more skaters skating various elements and formations to music.

### 4601 Conduct of Events

U.S. Figure Skating reserves the right to incorporate revisions made by the ISU for junior and senior events. The revisions or clarifications made to the ISU judging system by the ISU may be adopted by U.S. Figure Skating at its discretion at any time after the revision or clarification is issued. Revisions or clarifications will be posted on the U.S. Figure Skating web site at Technical Notifications, and when applicable, published in the next U.S. Figure Skating Rulebook.

### 4602 Synchronized skating qualifying competitions consist of:

- A. Senior and junior events - a combined event: short program and free skate
- B. All other event levels: free skate only

### 4610 Synchronized Skating Procedures

#### 4611 Synchronized Skating Definitions

1. Definition of Terms
  - a. Additional Features  
A term used for describing technical content that increases the difficulty of an element within a specified difficulty group of an element. Additional features are features which may become part of the difficulty groups of elements and step sequences. Some additional features are required in a short program. Additional features are optional in the free skate.  
Examples of additional features are: body movement, change of axis, change of configuration, change of rotational direction, pivoting, traveling etc. The additional features for each element will be yearly updated and published in an ISU Communication.
  - b. Axis  
Axis refers to the imaginary line(s) which divide the ice surface (long axis, short axis, diagonal axis, continuous axis). A turn(s) or pattern(s) is executed on an axis.
  - c. Configuration (Arrangement/Form):  
A configuration is the arrangement and/or form of the element. By arrangement, it is meant that the skaters must change the team member beside whom they skate. By form, it is meant the number of lines in an element (for example block or wheel etc.).
  - d. Difficulty Groups of Elements  
All elements in synchronized skating are divided into groups of difficulty based on the number of additional features included.
  - e. Element  
An element is a component that is part of a synchronized skating short program and/or free skate. Elements are divided into groups of difficulty.
  - f. Fall  
A fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice being supported by any other part of the body other than the blades. e.g., hand(s), knee(s), back, buttock(s) or any part of the arm.
  - g. Features  
A term used for describing technical content that increases the difficulty of an element. Features such as step sequences, free skate moves and free skate elements and point of intersection are divided into the groups according to their difficulty.
  - h. Highlighting  
A term used when a skater(s) performs a movement that is distracting from of the rest of the team. Highlighting movements are illegal and not permitted in synchronized skating.
  - i. Mirror Image Pattern (applies to moves in the field in the free skate only)  
Only one free skate move may use a mirror image pattern. A mirror image pattern is shown when the team uses a combination of both clockwise and counterclockwise directions.
  - j. Pair Element  
A pair element is defined as a free skate move when one skater attaches to another skater by the use of one or both hands.
  - k. Point of Intersection

The point of intersection is defined as being the area approximately three feet before and after the exact point where skaters pass each other. In the case of a collapsing intersection (box, triangle, etc.), the point of intersection is defined as being the area when the majority of the skaters have reached approximately the halfway point of that intersection.

- l. Retrogression  
The team shows a movement in a direction opposite to that of the initial direction. The team must show a reverse of the first direction.
  - m. Skating direction  
Skating direction refers to skating either forwards or backwards (e.g., forward spirals and backward spirals).
  - n. Sub-grouping  
Sub-grouping refers to a subordinate or smaller group(s) without close relationship to the rest of the team; a division of the team into several smaller groups.
  - o. Transition  
In the short program, transitions may be comprised of varied and/or intricate footwork, linking steps and movements to link the required elements, which also include the entrances and exits of elements. No other connecting elements are allowed to link the required elements of a short program. In the free skate, transitions may be comprised of varied and/or intricate footwork, linking steps, movements, formations and other connecting elements linking all of the well-balanced program required elements, which also include the entrances and exits of elements.
2. Definitions of Steps and Turns
    - a. Edge - The visible tracing on the ice produced by a skater skating on one foot that is on a distinct curve;
    - b. Flat – The visible double tracing on the ice that is straight (imprinted by the skater skating on one foot on both edges of the blade);
    - c. Turn – A rotational movement in which the skater moves from forward to backward or backward to forward using either just one foot or two feet, and on an edge and axis.
    - d. Turning Method - A technique in which a rotational movement occurs using either the same/one lobe (bracket, three turn, twizzle) or using two different lobes (counter, rocker) during the entry and exit of each turn. See the respective turns in paragraph 2e–2 j below;
    - e. Three – A turn executed on one foot from an outside edge to an inside edge or an inside edge to an outside edge, with the exit curve continuing on the same lobe as the entry curve. The skater turns in the direction of the curve;
    - f. Bracket – A turn executed on one foot from an outside edge to an inside edge or an inside edge to an outside edge, with the exit curve continuing on the same lobe as the entry curve. The skater turns in the direction opposite to the curve;
    - g. Rocker – A turn executed on one foot from an outside edge to an outside edge or an inside edge to an inside edge, with the exit curve on a different lobe from the entry curve. The skater turns in the direction of the entry curve;
    - h. Counter – A turn executed on one foot from an outside edge to an outside edge or an inside edge to an inside edge, with the exit curve on a different lobe from the entry curve. The skater turns in the direction opposite to the entry curve (i.e. in the direction of the exit curve);
    - i. Swing Rocker or Swing Counter – A type of rocker or counter in which the free foot swings smoothly past and close to the skating foot before the turn and after the turn is either moved past the skating foot and held behind over the tracing or allowed to swing forward;
    - j. Twizzle - A traveling turn on one foot with one or more rotations which quickly rotates with a continuous (uninterrupted) action. The weight remains on the skating foot with the free foot in any position during the turn, then is placed beside the skating foot to skate the next step. A series of checked three turns is not acceptable, as this does not constitute a continuous action. If the traveling action stops during the execution, the twizzle becomes a solo spin;
    - k. Linking Steps - The visible tracing on the ice that is executed on one or two feet. They may consist of an edge, change of edge, chasses, cross rolls, crossovers, progressives, toe steps moving, dance jumps and small hops. Linking steps may be used as connecting steps between turns in the required step sequence;
    - l. Loop – A one foot movement where the skater skates an oval pattern using the same edge. The entry and exit of the loop must cross. The loop must be clean cut without scraps or points;
    - m. Change of Edge - The visible tracing on the ice that changes from one distinct curve to another distinct curve with no change of foot;
    - n. Chasse – A series of two edges (usually outside, inside) in which on the second edge the free foot is placed on the ice beside the skating foot but not ahead of it, and the free foot is lifted with the blade parallel to the ice;
    - o. Choctaw - A turn from one foot to the other in which the curve of the exit edge is opposite to that of the entry edge. The change of foot is from outside edge to inside edge or inside edge to outside edge. The entry and exit edge are of equal depth;
    - p. Mohawk - A turn from one foot to the other in which the entry and exit curves are continuous and of equal depth. The change of foot is from an outside edge to an outside edge or an inside edge to an inside edge;
    - q. Cross Roll - A roll started with the action of the free foot approaching the skating foot from the side so as to strike the ice almost at right angles to the skating foot, started forward with the feet crossed in front or backward with the feet crossed behind;
    - r. Dance Jump - A small jump of not more than one-half revolution used to change feet or skating direction;
    - s. Small hop - A small jump without revolution;
    - t. Progressive/Run – A step sequence of steps in which the free foot passes the skating foot before it is placed on the ice, thereby bringing the new free foot off the ice trailing the new skating foot;
    - u. Toe Steps moving – A step where the skaters move from one toe to the other without jumping as they travel down the ice.
  3. Definition of Features and Requirements
    - a. **Step Sequence feature**  
A combination/series of different turning methods such as three turn, bracket, choctaws, counter, loop, mohawk, rocker, twizzle and linking steps such as progressives, chasses, cross rolls, change of edges, toe steps moving, small hops, dance jumps and short free skate moves.
      - Use of crossovers must be kept at a minimum, and only one crossover in a row may be included.
      - A step sequence can be used several times during the whole element; however, only the first step sequence that fulfills the requirements for step sequences will determine the difficulty.

- All skaters must execute the same linking steps and turns at the same time.
- The step sequence may be executed on opposite feet, and the skaters may skate in either a forward or backward direction.
- Short free skate moves are allowed within step sequences but must be held for less than three seconds.
- The requirements for the levels of step sequences must be executed correctly in order for the step sequence feature to be counted.

1. Ice Coverage Requirements

To receive a step sequence feature, the requirements of ice coverage must be fulfilled:

- The step sequence in a block must cover a minimum of two-thirds of the length of the ice surface or comparable distance using other pattern.
- The step sequence in a circle must cover a minimum of two-thirds (240°) of the circle or a comparable distance if changing rotational direction.
- The step sequence in a no hold block must cover a minimum of two-thirds of the length of the ice surface.

2. Turn Requirements

To receive a step sequence feature, the requirements of turns are as follows:

- Step sequences that do not have sustained edges due to a quicker tempo shall be counted.
- Teams that use a good quality of skating but have shorter and quicker edges should not be penalized in the GOE.
- Turns and linking steps are used in a step sequence. The turns and linking steps must be balanced in their distribution throughout the step sequence.

**b. Definition of Free Skate Elements**

Free skate elements such as jumps, jump combinations, jump sequences, assisted jumps, spins, lifts, death spirals, pair pivot and vaults are examples and are permitted in some levels in synchronized skating. Free skate elements are allowed in elements such as, movements in isolation and pair element or as a transitional move between elements to increase the difficulty of transitions and add variety/complexity to the program. To get credit for the free skate element(s), each element must be executed correctly.

1. Assisted Jump

A jump, of not more than one revolution, in which a skater(s) provides passive assistance to another skater(s) in a non-supportive manner. The takeoff must be done by the skater who jumps. In this action, there is a continuous ascending and descending movement. The hands of a skater(s) providing the passive assistance may rise higher than shoulder level height. Assisted jumps are allowed in the free skate only.

2. Butterfly (pair or individual)

The body is already in a nearly horizontal position at the take-off. The free leg makes a wide, powerful rotational swing upwards so that it is higher than the upper part of the body and head. During the flight and on the landing, the body remains in a horizontal position. There is no number of revolutions required after the landing.

3. Dance Jump

A small jump of not more than one-half revolution used to change feet or direction.

4. Jump

A rotational type of movement of at least one revolution during which both feet leave the ice. For seniors, jumps of maximum of 1-1/2 revolutions are permitted. For all other levels, only jumps of one revolution are permitted. Jumps are not permitted at the pre-juvenile level or below.

5. Jump Sequence

Consists of any number of jumps of no more than one or 1-1/2 rotations that may be linked with small hops and dance jumps, immediately following each other while maintaining the jump rhythm (knee); there can be no crossovers or stroking between jumps during the sequence.

6. Jump Combination

Consists of any number of jumps of no more than one or 1-1/2 rotations that may be linked with turns, steps or with a slight touch down.

7. Lifts

An action in which skater(s) is elevated to any height and set down by the lifting skaters or an action in which skater(s) are elevated to any height by themselves using body support from other skaters. Lifts may be executed stationary or while gliding. Any rotations and/or positions and changes of positions during the lift are permitted. The lifting skaters may rotate but not more than 2-1/2 revolutions. Lifts should enhance the music chosen and express its character, but not be a display of acrobatics. Undignified actions and poses are forbidden. The lifts are permitted in the senior free skate only.

a. *Pair lift* used in the synchronized skating is an action in which one skater is elevated by one other skater and set down. Pair lifts performed by only one lifting skater who fully extends their lifting arms above the head are illegal.

b. *Group lift* used in synchronized skating - An action in which one or more skaters are elevated to any height by two or more skaters and set down. A lifting skater(s) must have at least one skate on the ice at all times.

- Group lift with two supporting skaters.
- Group lift with three supporting skaters.
- Group lift with four supporting skaters.

c. *Types of lifts (pair lift or group lift)* used in synchronized skating

i. Stationary lift is a lift that is executed on the spot (stationary location) by the lifting skater(s).

ii. Lifts that glide during the preparation, lift and exit

- All skaters in a group lift or both skaters in pair lift must be skating or gliding as they prepare the lift.
- The supporting/lifting skater(s) must continue to glide as the lift is executed.
- All skaters in a group lift or both skaters in pair lift must continue to glide during the exit of the lift.
- The lift must be "landed" and continue to glide upon "landing."
- If the gliding stops at any time during a lift that glides, the gliding will not be counted.

iii. Rotational lift only (rotation of at least 180° by the supporting skaters in a group lift or lifting skater in pair lift)

- A lift that remains stationary as it rotates.

- All supporting skaters in a group lift or lifting skater in pair lift must turn at least 180° once the lifted skater is in the elevated position.
  - The supporting skaters in a group lift or lifting skater in pair lift must turn from forwards to backwards or visa versa using Mohawk-like steps.
- iv. Rotational Lifts that glide and rotate at the same time
- Rotational Lifts are lifts in which lifting skater(s) rotate in clockwise or counterclockwise direction while gliding/traveling across the ice.
  - All skaters in a group lift or both skaters in pair lift must be skating or gliding as they prepare for the lift. The lift must glide during the rotation. There is no minimum amount of ice coverage required for gliding either before, during or after the rotation.
  - The supporting skaters in a group lift or lifting skater in pair lift must rotate by turning of at least 180° once the lifted skater is in the elevated position.
  - The supporting skaters in a group lift or lifting skater in pair lift must turn from forwards to backwards or visa versa using two-footed, Mohawk-like steps.
  - All skaters in a group lift or both skaters in pair lift must continue to glide during the exit of the lift. The lift must be “landed” and continue to glide upon “landing.” If the gliding stops at any time during a rotational lift that glides and rotates, the gliding will not be counted.
- d. *Acrobatic lifts* are not allowed in synchronized skating. Acrobatic lifts are defined as:  
 Moves in which the skater is held only by either the blade(s), foot (feet), leg (s) or arm(s) and swung around.
- All lifts where the lifted skater(s) is in a totally vertical sustained position with the head down are considered as expression of acrobatics and therefore illegal.
  - Lifts where the lifting skater is rotating around herself/himself are allowed, provided there is no sustained, totally vertical position with the head down.
  - Lifts performed by only one lifting skater who fully extends their lifting arms above the head are illegal. However, lifts where there are two or more lifting skaters (group lifts) that use full extension of their lifting arms are allowed.
8. Pair Pivot and Death Spiral
- a. Pair Pivot  
 A pair pivot is executed by two skaters where one of the skaters is pivoting with the toe pick in the ice, and the supported skater is gliding around that pivot. Both skaters must rotate for at least 360°. Any variation of the pivoting skater is allowed (backward or forward) as long as she/he keeps the pivot position (toe pick in ice).  
 The supported skater may be gliding using a variety of positions. These positions may include an upright position, spiral or another position (not upright). The difficulty of this position will determine the difficulty level of the pair pivot.
- b. Death Spiral  
 The skater executing the death spiral must skate on a clean edge with the body and head close to the ice surface; however, the skater must not touch the ice with the head or assist themselves with the free hand or any part of the body. Variations of arm hold and pivot position (backward or forward) are possible.
9. Spins  
 A spinning movement with at least three revolutions without interruption performed on one foot on the spot (except a cross foot spin) and in the correct position.
- a. *Types of Spins*
- i. Solo spins:  
 The skaters are spinning as individuals on one foot without interruption.
  - ii. Spin with a change of foot or position:  
 A spin with a change of foot or position must consist of one change of foot or of one change of position with not less than three revolutions on each foot respective in each position.
  - iii. Spin combination:  
 The spin combination must consist of one change of foot and at least two different changes of position (sit, camel, upright or any variation thereof) with not less than three revolutions on each foot. The minimum number of revolutions required in each position is two without interruption. The change of foot and the change of position may be made either at the same time or separately. The change of foot may be executed in the form of a step over but not a jump.
  - iv. Pair spin:  
 A spin skated by two skaters performed on the spot around a common axis simultaneously for three revolutions without interruption. This spin must be started and completed on one foot. One or both of the partners may be in different spinning positions and in any hold.
- b. *Types of Spinning Positions*
- i. Camel spin  
 The skater remains in a spiral position while rotating. The free leg (including the knee and foot) must be held at hip level or higher.
  - ii. Sit spin  
 The skater remains in a sit position while rotating. The supporting leg must be bent at least to a 90° angle. The thigh of the skating foot must be parallel to the ice surface.
  - iii. Upright spin  
 The skater is in an upright position spinning a minimum of three revolutions. The arms and free foot may be held in a variety of positions.
- c. *Variations of an Upright Spin*
- i. Cross foot spin  
 An upright spin position where both of skaters feet are on the ice while spinning. The feet may be crossed in front or behind.
  - ii. Layback spin



The skater must be leaning backwards with the head leaning away from the core axis of the body. The body must show a definite arch in the back.

iii. Sideways leaning spin

The sideways leaning spin must have at least a 45° angle from the torso to be credited.

d. *Difficult Variation of an Upright Spin*

A difficult variation is a movement of the free leg which requires more physical strength, flexibility of the upright spin and therefore has an effect on the balance of the main body core.

i. Biellmann spin

A spin where the skater's free foot is pulled, by one hand or both, from behind to a position higher than the head and towards the top of the head close to the central axis of the skater.

ii. Spiral 135° spin

A spin where the skater's body remains upright with the free leg held at a 135° angle to the skating leg. The free leg may be held to the front or to the side. The free leg and skating leg should be straight. The free leg may be supported or unsupported.

e. *Flying Spins*

This spin must "fly" during the entry of the spin. No previous rotation on the ice before take-off is permitted. The "flying position" may be executed in any position, but all skaters must be in the same flying position. A three turn executed before the flight does not demonstrate a flying spin. After landing, all skaters must be in the same and correct spinning position for three revolutions for the spin to be counted.

10. Throw Jumps

Throw jumps are partner-assisted jumps in which one of the skaters is thrown into the air by another skater on the take-off and lands without assistance from the partner on a backward outside edge and are considered an illegal element.

11. Vault

A vault of not more than one revolution, in which a skater(s) provides passive assistance to another skater(s) in a non-lifting manner. The takeoff must be done by the skater who vaults. In this action, there is a continuous ascending and descending movement. The hands of a skater(s) providing the passive assistance may rise higher than shoulder-level height. Vaults are allowed in the junior, collegiate and senior free skate only. Two vaults are allowed during a junior, collegiate or senior free skate program.

c. **Definition of Free skate Moves**

Free skate moves such as lunges, spirals, Ina Bauers, spread eagles, hydroblading, Biellmann spiral, Charlotte and shoot the duck are examples of free skate moves permitted in synchronized skating. Free skate moves are allowed in elements such as movements in isolation, pair element, moves in the field or as transitional moves between elements to increase the difficulty of transitions and add variety/complexity to the program. To get credit for performing free skate move(s), each move must be held in the correct position and on the correct edge for at least three seconds.

A free skate move with change of edge must be held for four seconds. In this case, the leading skater (s) must hold the free skate move for at least two seconds on each edge.

1. *Hydroblading*

The skaters must show a low sit-like position that is counter balanced, where the supporting leg is bent to at least 90° (parallel to the ice) and the free leg is not resting on the ice surface. The skater's torso, including the shoulders, are leaning far in toward the center of the circle and the free leg is placed to the outside of that circle. The move must be executed on an edge and on one foot.

2. *Ina Bauer*

An Ina Bauer is a two-footed movement in which the skater travels along the ice with one foot on a forward edge/tracing and the other on a matching backward edge on a different but parallel edge/tracing. An inside Ina Bauer is considered to be different than an outside Ina Bauer. An outside Ina Bauer is not considered to be a different free skate move than an outside or inside Ina Bauer with a change of edge.

3. *Lunges (forward or backward)*

A lunge is a movement in which a skater travels along the ice with one leg bent (with at least 90° between the thigh and shin of the skating leg) and the other leg directed behind with the boot/blade touching the ice. The skater's torso may be upright, bent forward, leaning backward or to the side. The free leg may be straight or bent and may be held to the back or side. The free foot may be in any position. The move must be skated on an edge.

4. *Shoot the Duck*

The skaters must show a low position, where the supporting leg is bent to at least 90° (parallel to the ice) and the free leg is not resting on the ice surface. The skater's torso may be upright, bent forward. The free leg may be straight or bent and may be held to the front or to the side. The move must be skated on an edge and on one foot.

5. *Spirals*

A spiral is a glide on a long forward or backward, inside or outside edges in arabesque position. To be counted as a spiral, the free leg (including knee and foot) must be held at least at hip level or higher than hip level. The position of free leg may be backward, forward or sideways. Spirals executed on a forward edge shall be considered different than Spirals skated on a backward edge.

i. Biellmann Spiral

To be called as a Biellmann position, the skater's free foot is pulled from behind to a position higher than the head and toward the top of the head close to the central axis of the skater. The position needs to be held and maintained for at least three seconds. A Biellmann skated on a forward edge shall be considered different than a Biellmann skated on a backward edge.

ii. Charlotte

A Charlotte is a glide either forward or backward on an edge or a flat. The skater's body must bend forward so that the head and chest is close to the supporting leg. The free leg and supporting leg should be straight, with the free leg extended behind and held at a minimum of 135°. The body should be bent forward more than 135° from upright. The free leg may be supported or unsupported.

iii. **Spiral with a Change or Edge and Free Leg Position**

In a spiral with a change of edge and free leg position, the free leg must remain at least at hip level or higher as it changes position. The free leg position may change from front, to side, or to the back, or any combination thereof.

iv. **Spiral 135°**

A spiral 135° is a glide on a forward or backward inside or outside edge. The skater's body remains upright with the free leg held at a 135° angle to the skating leg. The free leg may be held to the front or to the side. The free leg and skating leg should be straight. The free leg may be supported (either by the same or another skater) or unsupported.

v. **Spiral Variation**

A Spiral position either to the front, side or to the back where the free leg is supported (either by the same or another skater) or unsupported. The free leg must be held higher than hip level (including the knee and foot).

6. **Spread Eagle**

A Spread Eagle is a curving, two-footed movement in which the skater skates with one foot on a forward edge and the other on a matching backward edge on the same curve (e.g. outside and outside). An inside spread eagle is considered to be different than an outside spread eagle. An outside spread eagle is not considered to be a different free skate move than an outside or inside spread eagle with a change of edge.

**d. Point of Intersection**

- The point of intersection is defined as being the area approximately three feet before and after the exact point where skaters pass each other. In the case of a collapsing intersection (box, triangle etc.), the point of intersection is defined as being the area when the majority of the skaters have reached approximately the half-way way point of that intersection.
- There are various difficulty groups for the point of intersection which are updated in ISU communications.

**4. Definition of Additional Features**

a. **Back to Back Preparation and Approach**

The skaters' back (including shoulders and hips) are facing toward the point of intersection. Skaters may be skating either forward or backward. When the skaters are skating backward and their shoulders are twisted to face forward toward the point of intersection, the preparation and/or approach will not be considered to be back-to-back. A pivoting entry with backward skating is also considered to be a back to back preparation and approach as long as the lines pivot more than 90°.

b. **Body Movement**

Body movement is the visible use of the body parts (arms, legs, head, torso) to the rhythm of the music when executing the turns and linking steps. Levels in space are divided into high, medium and low levels. The torso must visibly move away from its vertical axis and must be clearly recognized as having an influence on the balance on the blade.

High level: is the area above the shoulders (high kicks and use of the arms over the head or hops with arms over the head plus movement of the torso will meet the requirements for a high level).

Medium level: the area of space between the shoulders and waist (spiral or spiral like positions with the majority of the skater's body filling the medium level in space plus movement of the torso will meet the requirements for a medium level).

Low level: is the area of space below the waist (lunges, plus movement of the torso such as bending over at the waist and other such movements with the majority of the skater's body trying to fill the low level in space will meet the requirements for a low level).

c. **Change of Rotational Direction**

Change of rotational direction refers to such elements as a wheel or a circle changing from clockwise to counterclockwise. Change of rotational direction must be executed at the same time by all skaters. Different linking steps/turns, holds and free skate moves may be executed during the change of rotational direction.

d. **Change of Configuration during a Free Skate Move**

An action where the skaters must change their arrangement while executing a free skate move. Definition for "configuration" – see paragraph 1c).

e. **Difficulty of Holds**

A change of hold that will increase or decrease the length of a line, spoke or the size of a circle. Basket weave, catch, hand, elbow, shoulder and no hold are some examples of different holds that may be used during synchronized skating routines.

f. **Interacting Lines**

An action where two lines change their position in relationship to each other.

g. **Interacting and Pivoting Line**

Both lines pivoting at least 180°. The pivoting must occur at the same time as they are interacting. The lines must pivot 90°, when compared to each other, from their starting angles. The lines must stay in close proximity to each other as they change positions during the whole element.

h. **Pivoting**

An action where an element such as a line or block turns/rotates around the same point for a required distance.

i. **Three Different Patterns**

A pattern of skating that may be curved, diagonal or in a straight line along the long or short barrier of the ice surface.

j. **Travel**

An action where a rotating element such as a circle or wheel is caused to move in a given direction or path for a required distance. The rotation and travel must occur at the same time. The path may be curved or straight. All skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time during traveling.

k. **Two (or Three) Different Configurations**

An action where the skaters must change their formation or arrangement while executing a synchronized skating element. Definition for "configuration" – (see paragraph 1c).

#### 4620 Synchronized Skating Short Program Standards

- A. The senior and junior short program consists of seven required elements. The sequence of elements is optional.
- B. In the short program, the required step sequences must include and meet the requirements for linking steps and turns.
- C. Free skate moves (such as lunges, spirals, Ina Bauers, spread eagles, hydroblading, shoot the duck) are not considered as linking steps but may be used as identifiable/recognizable connecting movements during transitions and as a short free skate move (less than three seconds) during the step sequences.
- D. The team must use a variety of holds. A minimum of three different clearly recognizable holds is required in junior and senior short programs. The holds may be done either in elements or transitions.
- E. Any music including vocal music using lyrics is permitted. However, the teams must skate the program in time to the music. Additions of the sounds of applause or cheers are not permitted.
- F. Unprescribed or additional elements or repetitions, even of elements which have failed, are not allowed and will not be marked, and a deduction must be made if any of those elements are included.
- G. Transitions necessary to link the required elements are permitted provided they cover less than one half of the length of the ice surface.
- H. Features and additional features will be prescribed for each required element in a short program. Features other than those prescribed and recommended for each required element in the short program will not be taken into consideration.
- I. The choreography and elements should be executed facing toward all sides of the ice rink and not excessively facing one side only.

#### 4630 Synchronized Skating Free Skate Standards

- A. The free skate consists of a well-balanced program composed of elements and other linking movements skated to music of the team's own choice. A good program contains elements such as blocks, circles, intersections, lines, movements in isolation, moves in the field, no hold block, pair element, spins and wheels linked together harmoniously by a variety of transitions and executed with a minimum of two-footed skating. Synchronized skating refers to the quality of skating, importance of unison, the accuracy of formations and preciseness of the team, all incorporated into a program of a specified time limit.
- B. Other elements may be incorporated into the free skate program and will be judged as transitions and/or choreography components.
- C. Features and additional features are optional in a free skate well-balanced program. In order to increase the difficulty of the required elements in the free skate, features and additional features may be incorporated into the free skate elements and will be called by the technical panel and evaluated by the judges.
- D. Step sequences of an intricate variety may be used both in the elements and during transitions. Those step sequences must be clearly recognizable and may not incorporate more than one cross-over in a row.
- E. Turns and linking steps may be used during the whole element; however, only the first step sequence that fulfills the requirements for step sequence will determine the difficulty.
- F. All skaters must execute the same linking steps and turns at the same time.
- G. The step sequence may be executed on opposite feet and the skaters may skate in either a forward or backward direction.
- H. Adding one or two additional features to a step sequence will move a step sequence to a higher group of difficulty.
- I. Mirror Image Pattern (applies to moves in the field in free skate only). Only one free skate move may use a mirror image pattern. A mirror image pattern is shown when the team uses a combination of both clockwise and counterclockwise directions.
- J. The team must use a variety of holds. Four different clearly recognizable holds in the senior free skate; three difference clearly recognizable holds are required in all other levels juvenile and above. The holds may be done either in elements or transitions.
- K. Lifts may be used in the senior free skate but limited to a maximum of three lifts. One of those three lifts may be a pair lift where lifting skaters may not have their lifting hand(s) higher than shoulders, and the remaining two lifts may be group lifts or all three lifts may be group lifts.
- L. Vaults may be used in the senior, collegiate and junior free skate but limited to a maximum of two vaults.
- M. The choreography and elements must be executed facing toward all sides of the rink and not excessively facing one side. Otherwise, a two-point deduction will be assessed by the referee.
- N. The team must predominately act as one unit. Division of the team into several units is allowed during the required movements in isolation. Additionally, several units can be used as short transitions if the element following the transition so requires (i.e. preparation for an Intersection or beginning of a movement in isolation). Excessive division into small groups without the reasons mentioned above is not according to the requirements and two-point deduction will be given by the referee. Also a two-point deduction should be applied if more than half of the program is sub-grouping.
- O. Syncopated choreography may be used. (Syncopating choreography means that the skaters are performing the same moves but with time delay. For example, half of the team at one music phrase and the second half at the next music phrase).
- P. Any music including vocal music using lyrics is permitted. However, the teams must skate the program in time to the music. Additions of the sounds of applause or cheers are not permitted.
- Q. The programs not fulfilling the above mentioned requirements will be penalized.

#### 4631 RESERVED

#### 4632 Criteria for Free Skate Well-Balanced Program Elements

The detailed criteria for requirements of the junior and senior free skate well-balanced program elements will be updated together with features and additional features yearly and published in an ISU communication.

##### Block

##### a. The block element must meet the following criteria:

- The block element begins once the shape is recognized and all skaters are in the configuration.
- A block element must have a minimum of three lines.
- Creative innovations and variations are permitted in the free skate. Blocks may be open or closed.
- Different heights and free leg extensions may be used.
- Dance jumps and free skate moves are allowed but not required.
- Free skate moves, if used, must be done at the same time in all lines but need not be the same by all skaters.

- All skaters must execute the same linking steps/turns/edges, in the same skating direction, at the same time except during free skate moves.
- Variety of different holds may be used.
- All skaters must be attached (for most of the time) and using the same hold at the same time while executing the step sequence feature.
- The element ends when the block configuration is broken by the transition into a different element.

**b. Ice Coverage/Pattern Requirements:**

The block element must travel at least the full length of the ice surface or comparable distance to be counted.

Patterns:

At least one of the following patterns must be used in order to fulfill the above requirement:

- Straight Line Pattern;**
  - If the block element only has a straight line pattern, then the back line of the block must start behind the red hockey goal line and the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface.
- Diagonal Pattern;**
  - If the block element only has a diagonal pattern, then the block must begin at one corner of the ice surface and end at the opposite end across from the starting point showing the same angle.
  - At least one skater must start behind the red hockey goal line and at least one skater must end behind the red hockey goal line at the opposite end of the ice surface.
- Circular Pattern;**
  - If the block element only has a circular pattern, then the block must complete a minimum of one bold curve that creates 360° of a circle to be counted.
  - The circular pattern must be as round as possible, and the skaters must skate close to each of the side barriers.
- Serpentine Pattern;**
  - If the block element only has a serpentine pattern, then the block must complete a minimum of two bold curves that each creates 180° of a circle to be counted.
  - The bold curves must fill the width of the ice surface and cover at least two-thirds of the length of the ice surface.
- Complex Pattern;**
  - The block element that combines parts of circular or straight or diagonal patterns must cover a distance comparable to one length of the ice to be counted.

**Circle**

**a. The circle element must meet the following criteria:**

- The circle element begins once the circle is recognized and starts to rotate with all skaters participating.
- Any configuration may be used.
- A circle must have a minimum of four skaters.
- Creative innovations and variations are permitted in the free skate.
- Dance jumps and free skate moves are allowed but not required.
- Step sequence, if executed, must be completed while all skaters are in the circle formation.
- Variety of different holds may be used.
- The element ends when the configuration is broken, stops rotating and begins a transition into a different element.

**b. Ice Coverage/Pattern Requirements:**

- To fulfill the requirement for a circle element, a circle must rotate a total of at least 360°. The size of the circle must be no larger than one-third of the length of the ice surface.
- If using multiple circles, then all circles must be within half of the length of the ice surface.

**Intersection**

**a. The intersection element must meet the following criteria:**

- The intersection element begins once the skaters begin to approach each other, and all skaters must participate in the intersection.
- The skaters may pass each other simultaneously or separately as long as every skater is involved in the intersection.
- Intersection #1 and intersection #2 must be different.
- Intersection # 1 and intersection #2 may occur separately or be executed one after the other.
- A collapsing intersection is an intersection where skaters pass each other at different times. All skaters must intersect. Examples of a collapsing type of intersection are a box and a triangle. When using multiple lines, the number of skaters in each of the lines must be as equal as possible.

**Examples:**

- Whip intersection has two lines, and on a team of 16, each line must have eight skaters.
- Triangle intersection has three lines, and on a team of 16 skaters, each line has five, five and six skaters.
- All skaters may execute the same turns/linking steps/moves at the point of intersection or if one-half of the team executes the same turns/linking steps/moves at the point of intersection, then the other half of the team may execute a different turn/linking steps/move. The lowest level will count.
- Jumps (except for dance jumps) and back spirals during intersection are illegal (forbidden elements.)
- The intersection element ends upon the start of the transition into a different element.

**b. Phases of an Intersection Element:**

Intersections have been described using four phases. Each of these four phases must be included and executed correctly.

Phase 1 – Preparation

Phase 2 – Approach

Phase 3 – Point of Intersection

Phase 4 – Exit of Intersection

#### Phase 1: Preparation

- The preparation phase is defined as establishing the shape of the intersection. The shape of the intersection must be maintained before the point of intersection. There is no required length of time that each shape must be held.

#### Phase 2: Approach

- The approach to the intersection is defined as the moment that the team starts moving toward the point of intersection.

#### Phase 3: Point of Intersection

- The point of intersection is defined as being the area approximately three feet before and after the exact point where skaters pass each other. The exact point of intersection phase is defined as the instant when the skaters are passing each other.
- In the case of a collapsing intersection (box, triangle etc.), the point of intersection is defined as being the area when the majority of the skaters have reached approximately the halfway point of that intersection.
- In the case of the collapsing intersection, a team may include several steps, turns and/or moves consisting of various levels.

#### Phase 4: Exit of Intersection

- The exit phase of the intersection is defined as the moment following the point of intersection.
- The shape of the intersection must be maintained after the point of intersection.
- There is no required length of time that each shape must be held.

#### c. Ice Coverage/Pattern Requirements

The maximum distance between the lines of an intersection must be approximately one-third the length of the ice surface during the preparation and approach phase of the intersection.

#### Line

##### a. The line element must meet the following criteria:

- The line element begins once the shape is recognized and all skaters are participating.
- Line may move horizontally, diagonally and/or vertically.
- Some minor deviation in the straight line(s) is permitted when changing from horizontal, vertical or reverse.
- There may be one line or two lines.
- If there are two lines, these two lines may be joined or separate and may pass by each other.
- The number of skaters in each line must be as equal as possible.
- Creative innovations and variations are permitted in a free skate
- The skaters must use the same linking steps, turns/edges at the same time except during free skate moves.
- Dance jumps and free skate moves are allowed but not required.
- Variety of different holds may be used.

##### b. Ice Coverage/Pattern Requirements:

- The line element must cover at least the full length of the ice surface or comparable distance to be counted, except when lines are interacting and pivoting at the same time.
- The two lines must be in close proximity to each other, within half of the ice surface.
- Retrogression is permitted.

#### Moves in the Field

##### a. Moves in the field element must meet the following criteria:

- This element is a sequence of only three different free skate moves that must not be repeated, and which can be connected with linking steps/turns. A free skate move on an inside edge is considered a different free skate move than the same free skate move on an outside edge.
- Forward and backward free skate moves are considered different.
- A free skate move with a change of edge is considered different than a free skate move in the same position without a change of edge.
- The element begins with the first free skate move.
- Any formation(s) is permitted.
- The team must act as a unit throughout the whole element.
- Skaters may pass by each other in order to change position, but this pass by may not resemble any intersection.
- All skaters must perform a free skate move at the same time.
- One half of the team may perform one type of a free skate move, and the other half of the team may perform another type of a free skate move.
- In this case, the lowest level free skate move will be counted.
- In this case, neither of the free skate moves may be repeated.
- Variety of different holds may be used.
- The element ends with the completion of the third free skate move.

##### b. Ice Coverage/Pattern Requirements:

- Any pattern is permitted.
- The element may begin and end anywhere on the ice surface. The team must stay within one-half of the length of the ice surface from each other.
- The transition between each of the free skate moves must not be longer than one-third of the length of the ice surface or comparable distance.
- One-third of the ice surface will be determined by the lead skater.
- Mirror image is permitted.

## Movements in Isolation

### a. Movement in isolation element must meet the following criteria:

- The movement in isolation element begins with the transition from the previous element and ends with a transition into a different element.
- The movement in isolation element is a presentation of a free skate element or free skate move.
- The free skate elements/moves to be counted for evaluation may be marked on the program content sheet.
- Only one free skate element/move will be evaluated at one time.
- The rest of the team must also participate in the movements in isolation element by presenting/supporting the free skate element or free skate move and must not be a distraction.
- The difficulty of the element depends on the difficulty of the free skate element/move performed and the number of skaters executing the free skate element/move.
- The same free skate element/move must be completed by:
  - At least three individual skaters to maximum of no more than half of a team (eight individual skaters is a maximum on a team with 16 skaters).
  - At least two – four pairs.
  - At least one – four group lifts

### i. The senior free skate program includes:

- One free skate element.
- Other free skate elements and free skate moves may be used but will not be counted.
- When two free skate elements and/or free skate moves are executed at the same time, the lowest level free skate element/move will be counted if not specified on the program content sheet.
- If the team chooses to execute a second movement in isolation element for the well-balanced program, then the free skate element must be different from the free skate element used in the first movement in isolation. Two group lifts are permitted if they are different from each other.

### ii. The junior free skate program includes:

- One free skate element or one free skate move.
- Other free skate elements and free skate moves may be used but will not be counted
- When two free skate elements and/or free skate moves are executed at the same time, the lowest level free skate element/move will be counted if not specified on the program content sheet.

### iii. For both the junior and senior free skate programs:

- The rest of the team must also participate in the movements in isolation element by presenting/supporting the free skate move. The difficulty of the element depending upon the difficulty of the free skate element(s)/move(s) performed and the number of skaters executing the free skate element(s)/move(s).
- The same free skate element(s)/move(s) must be completed by:
  - At least three individual skaters to maximum of no more than half of a team (eight individual skaters is a maximum on a team with 16 skaters);
  - At least two - four pairs;
  - At least one - four group lifts, where permitted.

### b. Ice Coverage/Pattern Requirements:

The whole team must stay within one-half of the ice surface during a movement in isolation including the reparation and execution of the free skate element/move.

## No Hold Block

### a. The no hold block element must meet the following criteria:

- The no hold block (NHB) element must be executed in a closed block.
- The closed block must consist of four skaters in four lines.
- Creative innovations and variations are permitted in the free skate.
- The NHB must start and end in a no hold.
- All skaters must execute the same linking steps/turns/edges in the same skating direction, at the same time.

### b. Ice Coverage/Pattern Requirements:

The no hold block element must begin at one end of the ice surface and end at the opposite end across from the starting point.

#### Pattern:

- The pattern must only be a straight or diagonal axis.
- The axis must not change once it has been established at the start of the NHB.
- Curves and deep edges executed during the step sequence are not considered a change of axis as long as the team begins and ends the NHB element correctly.
  - i. Straight Block Pattern;
    - The back line of the block must start behind the red hockey goal line, and the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface.
  - ii. Diagonal Block Pattern;
    - The block must begin at one corner of the ice surface and end at the opposite end across from the starting point showing the same angle.
    - At least one skater must start behind the red hockey goal line and at least one skater must end behind the red hockey goal line at the opposite end of the ice surface.

## Pair Element

### a. The pair element must meet the following criteria:

- This element consists of pairs, incorporating all team members. For teams with 16 skaters, the element consists of eight pairs.
- The pair element begins once the eight pairs are formed.

- The pairs must act as a unit.
  - The pairs are permitted to intersect or pass each other.
  - If three pairs fail to attempt the element, then the pair element will not be counted.
  - The pair element ends once the eight pairs break apart.
- b. Ice Coverage/Pattern Requirements:**
- The eight pairs must stay within one-half of the ice surface.
  - Any formation is allowed.
  - Any pattern is allowed.

### Spin

- a. The spin element must meet the following criteria:**
- The spin element begins with the entry edge into the spin.
  - Any solo or pair spins can be used.
  - All skaters must perform the same spin at the same time.
  - Variations of the head, arms or free leg as well as fluctuations of speed are permitted as long as it is done at the same time by all skaters.
  - Each skater/pair must rotate at least three revolutions (or meet the criteria established for the spin).
  - The rotation of the spin can be clockwise, counterclockwise or a combination of both directions.
  - The movements of the skaters during all phases of approaching, spinning and exiting from the spin should be completely synchronized.
  - Entry and exit from a spin must be done at the same time by all skaters and must be clearly recognizable.
  - Flying spins are illegal when executed by the entire team.
  - The spin element ends when the skaters stop spinning and exit the spin (exit edge included).
- b. Ice Coverage/Pattern Requirements:**
- All skaters must spin within one-half of the ice surface. Any formation is permitted.

### Wheel

- a. The wheel element must meet the following criteria:**
- The wheel element begins once the configuration is recognized and starts to rotate with all skaters participating in the configuration.
  - Only one wheel may be executed, to a maximum of three wheels executed at the same time.
  - If there are two or more wheels, there must be at least three skaters in a spoke with a team of 16 skaters.
  - Creative innovations and variations are permitted in the free skate.
  - The skaters who are closest to the pivot point may or may not be joined.
  - Variety of different holds may be used.
  - The skaters within the spokes may or may not be joined.
  - Spokes may be straight or curved and be of different lengths.
  - A variation of a wheel configuration is defined as: a deviation of a basic wheel shape where skaters are attached to the wheel or a spoke and rotating around a pivot point. The skaters nearest the pivot point may or may not be joined at the center of the wheel or its variation.
  - Dance jumps and free skate moves are allowed but not required.
  - The wheel ends when the wheel configuration is broken, stops rotating and begins a transition into a different element.
- b. Ice Coverage/Pattern Requirements:**
- To fulfill the requirements for the wheel element, a wheel must rotate at least 360°.
  - The skaters at one end of each spoke closest to the pivot point must remain close to each other to a maximum distance of one-sixth of the length of the ice surface, even during a change of rotational direction.
  - It is not necessary to maintain the same wheel configuration after a change of rotational direction if changing the configuration at the same time. It is necessary to keep the same wheel configuration after a change of rotational direction if there is no change of configuration.
  - If traveling a wheel must travel for at least one-fourth of the length of the ice surface.
  - The wheel must continue to rotate as it travels.
  - Travel must be uninterrupted.

**4633** Men and women may skate on the same team.

**4634** A team is prohibited from chanting and/or cheering while on the ice.

**Note:** Rules concerning music for singles, pairs, dance and synchronized skating; permissible time allowances for free skate, warm-up times and periods; coaching restrictions; clothing; competitor ethics; and filing complaints, appeals and protests are in the General Information Section starting with rule 3001.

**4635** Entry onto the ice should be orderly and neat.

## 4660 Senior

### Test, Team Size and Age Requirements

Test qualifications as of the closing date for entries: Novice moves in the field

Requirements as of the preceding July 1:

16 skaters who are 14 years of age or older

### Program Durations

Short program 2:50 max

Free skate 4:30 +/-10 seconds

### 4661 Short Program Technical Elements

### 4662 Requirements Synchronized Skating Senior Short Program

The senior short program shall consist of the following seven elements:

- A. One block
- B. Two different circles (2010–2011)
- C. Two different Intersections
- D. One moves in the field
- E. One no hold block
- F. Two different wheels (2009–2010)

### 4663 Senior Short Program Features - Group A 2010-2011

#### a. Block

Block must include:

- i. **Feature:**
  - Step sequence is required
- ii. **Additional Features:**
  - Additional features are permitted and will be counted

#### b. Circle (Group A 2010-2011)

Circle must include:

Two different circle elements required. Circle element #1 and circle element #2 must be executed one after the other but may be in any order.

**Circle #1** must be one circle and must include:

- i. **Feature:**
  - Step sequence is required
- ii. **Additional Features:**
  - Only one configuration is permitted and must be one circle
  - Travel is not permitted
  - Change of rotational direction is only permitted in order to change configurations (if necessary) and will not be counted
  - No other additional features are permitted

**Circle #2** must be a circle in a circle opposite directions and must include:

- i. **Feature:**
  - Step sequence is permitted but not counted
- ii. **Additional Features:**
  - Only one configuration is permitted and must be circle in a circle opposite directions
  - Travel is required
  - Change of rotational direction is required
  - No other additional features are permitted

#### c. Intersection (Group A 2010-2011)

Two different intersection elements are required. Intersection element #1 and intersection element #2 may occur separately or as a sequence of two elements.

**Intersection #1** must be a whip intersection and must include:

- i. **Feature:**
  - The point of intersection is required
- ii. **Additional Features:**
  - Back-to-back preparation and approach is required

**Intersection #2:** a required intersection of team's choice must include:

- i. **Feature:**
  - The point of intersection is required
- ii. **Additional Features:**
  - Back-to-back preparation and approach is required

#### d. Moves in the field

Moves in the field must include:

- i. **Feature:**
  - Three different free skate moves are required
- ii. **Additional Features:**
  - One free skate move must be a spiral (any type of spiral)
  - Additional features are permitted and will be counted

#### e. No Hold Block

The no hold block may be from any group and must include:



- i. **Feature:**  
Step sequence is required
- ii. **Additional feature:**  
Additional features are permitted and will be counted

**4664 Senior Short Program Features - Group B 2009-2010**

**a. Block**

Block must include:

- i. **Feature:**
  - Step sequence is required
- ii. **Additional Features:**
  - Additional features are permitted and will be counted

**b. Intersection (Group B 2009-2010)**

Two different intersection elements are required. Intersection element #1 and intersection element #2 must be executed one after the other but may be skated in any order.

**Intersection #1** must be a triangle intersection and must include:

- i. **Feature:**
  - The point of intersection is required
- ii. **Additional Features:**
  - Back-to-back preparation and approach is required

**Intersection #2:** required intersection of team's choice and must include:

- i. **Feature:**
  - The point of intersection is required
- ii. **Additional Features:**
  - Back-to-back preparation and approach is required

**c. Moves in the field**

Moves in the field must include:

- i. **Feature:**
  - Three different free skate moves are required
- ii. **Additional Features:**
  - One free skate move must be a spiral (any type of spiral)
  - Additional features are permitted and will be counted

**d. No Hold Block**

The no hold block may be from any group and must include:

- i. **Feature:**
  - Step sequence is required
- ii. **Additional feature:**
  - Additional features are permitted and will be counted

**e. Wheel**

Wheel must include:

Two different wheel elements are required. Wheel element #1 and wheel element #2 must be executed one after the other but may be skated in any order.

**Wheel #1** must be a two-line parallel wheel and must include:

- i. **Feature:**
  - None
- ii. **Additional Features:**
  - Only one configuration is permitted and must be two- line parallel wheel
  - Travel is required
  - One other additional feature - change of rotational direction is permitted but not required for the short program and will be counted if executed correctly.
  - No other additional features are permitted

**Wheel #2** must be a three-spoke wheel and must include:

- i. **Feature:**
  - None
- ii. **Additional Features:**
  - Only one configuration is permitted and must be three- spoke wheel
  - No other additional features are permitted

**4665 RESERVED**

**4666 Criteria for Senior Short Program Elements**

**Block**

**a. The block element must meet the following criteria:**

- The block element begins once the shape is recognized and all skaters are lined up in the configuration.
- A block element must have a minimum of three lines.
- Creative innovations and variations are not permitted in the short program.
- Blocks must be closed.
- Different heights and free leg extensions may be used.
- Dance jumps and free skate moves are allowed but not required.

- Free skate moves, if used, must be done at the same time in all lines but need not be the same by all skaters.
- All skaters must execute the same linking steps/turns/edges in the same skating direction at the same time, except during the change of direction and free skate moves.
- Variety of different holds may be used, but all skaters must use the same hold at the same time except during free skate moves.
- All skaters must be attached (for most of the time) and using the same hold at the same time while executing the step sequence feature.
- The element ends when the block configuration is broken by the transition into a different element.

**b. Ice Coverage/Pattern Requirement**

The block element must travel at least the full length of the ice surface or comparable distance to be counted.

Pattern:

At least one of the following patterns must be used in order to fulfill the above requirement;

- Straight Line Pattern**
  - If the block element only has a straight line pattern, then the back line of the block must start behind the red hockey goal line, and the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface.
- Diagonal Pattern**
  - If the block element only has a diagonal pattern, then the block must begin at one corner of the ice surface and end at the opposite end across from the starting point showing the same angle.
  - At least one skater must start behind the red hockey goal line, and at least one skater must end behind the red hockey goal line at the opposite end of the ice surface.
- Circular Pattern**
  - If the block element only has a circular pattern, then the block must complete a minimum of one bold curve that creates 360° of a circle to be counted.
  - The circular pattern must be as round as possible, and the skaters must skate close to each of the side barriers.
- Serpentine Pattern**
  - If the block element only has a serpentine pattern, then the block must complete a minimum of two bold curves that each creates 180° of a circle to be counted.
- v. The bold curves must fill the width of the ice surface and cover at least two-thirds of the length of the ice surface.
- Complex Pattern**
  - The block element that combines parts of circular or straight or diagonal patterns must cover a distance comparable to one length of the ice to be counted.

**Circle #1 (Group A – One Circle)**

**a. The circle element must meet the following criteria:**

- The circle element begins once the circle is recognized and starts to rotate with all skaters participating in the element.
- Creative innovations and variations are not permitted in the short program.
- Dance jumps and free skate moves are allowed but not required.
- All skaters must execute the same linking steps/turns/edges in the same skating direction at the same time, except during the change of rotational direction and free skate moves.
- All skaters must execute the change of rotational direction at the same time.
- Step sequence must be executed and completed while all skaters are in the circle formation.
- Variety of different holds may be used, but all skaters must use the same hold at the same time, except during the change of direction and free skate moves.
- The element ends when the configuration is broken, stops rotating and begins a transition into a different element.
- Un-prescribed or additional circles are not permitted.

**b. Ice Coverage:**

- All skaters in the circle must rotate a minimum of 360°.
- The size of the circle must be no larger than one-third the length of the ice surface.

**Circle #2 (Group A – Circle in a Circle in the Opposite Direction)**

**a. The circle element must meet the following criteria:**

See Circle #1 (Group A) paragraph a. for criteria.

- There must be a minimum of four skaters in the center circle.
- Both circles must change direction at the same time.

**b. Ice Coverage:**

- All skaters in the circles must rotate a minimum of 360°.
- The size of the circle must be no larger than one-third the length of the ice surface.
- The circle in a circle opposite direction configuration must be maintained both before and after the change of rotational direction for at least 180°. If the circle configuration rotates at first 360°, then the configuration may be maintained for only 90° after the change of rotational direction.
- Some of the skaters are permitted to execute a second change of rotational direction in order to transition from circle #1 to circle #2.
- The circles must travel for at least one-fourth the length of the ice surface or comparable distance.
- The circles must continue to rotate as they travel.
- Travel must be uninterrupted.

**Intersection #1 and #2**

**a. The intersection elements must meet the following criteria:**

- The intersection element begins once the skaters prepare to approach each other, and all skaters must participate in the intersection.
- All skaters must execute the same turns/linking steps/moves at the same time at the point of intersection.
- The skaters may pass each other simultaneously or separately as long as every skater is involved in the intersection.

- Intersection #1 and intersection #2 may occur separately or as a sequence of two elements.
- A combined intersection is not permitted.
- Unprescribed or additional intersections are not permitted.
- Collapsing intersections are intersections where skaters will pass each other at different times. All skaters must intersect. Examples of a collapsing type of intersection are box and triangle.
- When using multiple lines the number of skaters in each of the lines must be as equal as possible.

Group A

Whip intersection has two lines, and on a team of 16, each line has eight skaters.

Group B

Triangle Intersection has three lines, and on a team of 16, each line has five, five and six.

- Jumps (except for dance jumps) and back spirals during intersection are illegal (forbidden) elements.
- The intersection element ends upon the start of the transition into a different element.

**b. Phases of an Intersection Element:**

Intersections have been described using four phases. Each of the four phases must be included and executed properly.

Phase 1 – Preparation

Phase 2 – Approach

Phase 3 – Point of Intersection

Phase 4 – Exit of Intersection

Phase 1: Preparation

- The preparation phase is defined as establishing the shape of the intersection.
- The shape of the intersection must be maintained before the point of intersection.
- There is no required length of time that each shape must be held.

Phase 2: Approach

- The approach to the intersection is defined as the moment that the team starts moving towards the point of intersection.

Phase 3: Point of Intersection

- The point of intersection is defined as being the area approximately three feet before and after the exact point where skaters pass each other. The exact point of intersection phase is defined as the instant when the skaters are passing each other.
- In the case of a collapsing intersection (box, triangle etc.), the point of intersection is defined as being the area when the majority of the skaters have reached approximately the halfway point of that intersection.
- In the case of the collapsing intersection, a team may include several steps, turns and/or moves consisting of various levels.

Phase 4: Exit of Intersection

- The exit phase of the intersection is defined as the moment following the point of intersection.
- The shape of the intersection must be maintained after the point of intersection.
- There is no required length of time that each shape must be held.

**c. Ice Coverage / Pattern Requirement:**

- The maximum distance between the lines of an intersection must be approximately one-third of the length of the ice surface during the preparation and approach phase of the Intersection.

**Moves in the Field**

**a. Moves in the field element must meet the following criteria:**

- This element is a sequence of only three different free skate moves that must not be repeated and which can be connected with linking steps/turns.
- A free skate move on an inside edge is considered a different free skate move than the same free skate move on an outside edge.
- Forward and backward free skate moves are considered different.
- A free skate move with a change of edge is considered different than a free skate move in the same position without a change of edge.
- One of the free skate moves must be a spiral and may be skated in any order.
- All skaters must execute the same free skate move, in the same position, on the same edge at the same time.
- The element begins with the first free skate move.
- Any formation(s) is permitted.
- The team must act as a unit throughout the whole element.
- Skaters may pass by each other in order to change position, but this pass by may not resemble any intersection.
- Variety of different holds may be used.
- The element ends with the completion of the third free skate move.

**b. Ice Coverage / Pattern Requirements:**

- Any pattern is permitted.
- The element may begin and end anywhere on the ice surface.
- The team must stay within a maximum of one-half the length of the ice surface from each other.
- The transition between each of the free skate moves must not be longer than one-third of the length of the ice surface.
- The one-third of the ice surface will be determined by the lead skater.
- Mirror image is not permitted.

**No Hold Block**

**a. The no hold block element must meet the following criteria:**

- The no hold block (NHB) element must be executed in a closed block.
- The closed block must consist of four skaters in four lines.
- Creative innovations and variations are not permitted in the short program.
- The NHB must start and end in a no hold.
- All skaters must execute the same linking steps/turns/edges in the same skating direction at the same time.

**b. Ice Coverage/Pattern Requirements:**

The no hold block element must begin at one end of the ice surface and end at the opposite end across from the starting point.  
Pattern

- The pattern must only be a straight or diagonal axis.
- The axis must not change once it has been established at the start of the NHB.
- Curves and deep edges executed during the step sequence are not considered a change of axis as long as the team begins and ends the NHB element correctly.
  - i. Straight Block Pattern;
    - The back line of the block must start behind the red hockey goal line, and the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface.
  - ii. Diagonal Block Pattern;
    - The block must begin at one corner of the ice surface and end at the opposite end across from the starting point showing the same angle.
    - At least one skater must start behind the red hockey goal line, and at least one skater must end behind the red hockey goal line at the opposite end of the ice surface.

**Wheel #1 (Group B – 2 Line Parallel Wheel)**

**a. The wheel element must meet the following criteria:**

- The wheel element begins once the configuration is recognized and starts to rotate with all skaters participating in the configuration.
- There may be only one wheel at a time. Creative innovations and variations are not permitted in the short program.
- The spokes must be as equal as possible.
- The skaters who are closest to the pivot point may or may not be joined and will be permitted to use a different hold at the pivot point than the hold that the skaters within the spokes use.
- The skaters within the spokes may or may not be joined as long as they are all using the same hold.
- All skaters must execute the change of rotational direction at the same time.
- All skaters must execute the same linking steps/turns/edges in the same skating direction at the same time, except during a change of rotational direction and free skate moves.
- Dance jumps and free skate moves are allowed but not required.
- Variety of different holds may be used.
- The wheel ends when the wheel configuration is broken, stops rotating and begins a transition into a different element.

**b. Ice Coverage/Pattern Requirements:**

- To fulfill the requirements for the wheel element, a wheel must rotate at least 360°.
- The skaters at the one end of each spoke closest to the pivot point, must remain close to each other to a maximum distance of one-sixth the length of the ice surface even during a change of rotational direction.
- The wheel configuration must be maintained both before and after the change of rotational direction for at least 180°. If the wheel configuration rotates at first 360°, then the configuration may be maintained for only 90° after the change of rotational direction.
- The wheel must travel for at least one-fourth of the length of the ice surface or comparable distance.
- The wheel must continue to rotate as it travels.
- Travel must be uninterrupted.

**Wheel #2 (Group B Three-Spoke Wheel)**

**a. The wheel element must meet the following criteria:**

- See Wheel #1 paragraph 1a and 1b.
- No other additional features are permitted.

**4667 Senior Synchronized Skating Well-Balanced Free Skate**

The well-balanced senior free skate must contain the following 10 elements:

- A. One block
- B. One circle
- C. Two different intersections
- D. One line
- E. One movement in isolation (MI)
- F. One moves in the field (MIF)
- G. One no hold block (NHB)
- H. One wheel
- I. One element selected from a pair element, spin or movement in isolation

**4668 Illegal Elements in Senior Free Skate**

- i. Lifts other than as defined in rule 4611 3-b-7
- ii. Solo jumps, jump combinations or jump sequences of any variety performed by the entire team (for example split jump, waltz jump, stag jump and variations thereof where the skaters are elevated)
- iii. Jumps of more than 1-1/2 revolutions
- iv. Throw jumps
- v. Assisted jumps of more than one revolution
- vi. Intersections incorporating back spirals
- vii. Prolonged lying (longer than three seconds) or kneeling (one or both knees) on the ice at the beginning, end and/or during the program
- viii. Highlighting (one group lift is permitted)
- ix. Sub-grouping
- x. Flying camel spin executed by the entire team

## 4670 Junior

### Test, Team Size and Age Requirements

Test qualifications as of the closing date for entries: Intermediate moves in the field

Requirements as of the preceding July 1:

12-16 skaters who are 12 years of age or older but under age 19

### Program Durations

Short program 2:50 max

Free Skate 4:00 +/-10 seconds

**Note:** For ISU competitions, the team must have 16 skaters.

### 4671 Requirements Junior Short Program

The junior short program shall consist of the following seven elements:

- A. One block
- B. One circle
- C. Two different intersections
- D. One no hold block
- E. Two different wheels

### 4672 Junior Synchronized Skating Short Program Features

#### a. Block

Block must include:

##### i. Feature:

- Step sequence is required.

##### ii. Additional Features:

- Additional features are permitted and will be counted.

#### b. Circle must be one circle and must include:

##### i. Feature:

- Step sequence is required.

##### ii. Additional Features:

- Only one configuration is permitted.
- One circle is the required configuration. Creative innovations and variations are not permitted in the short program.
- Travel must be included.
- Change of rotational direction is permitted but not required and will be counted if executed correctly.
- No other additional features are permitted.

#### c. Intersection

Two different intersection elements are required. Intersection element #1 and intersection element #2 may occur separately or as a sequence of two elements.

**Intersection #1:** required intersection of the team's choice and must include:

##### i. Feature:

- The point of intersection is required.

##### ii. Additional Features:

- Back-to-back preparation and approach is required.

**Intersection #2:** required intersection of the team's choice and must include:

##### i. Feature:

- The point of intersection is required.

##### ii. Additional Features:

- Back-to-back preparation and approach is permitted but not required and will be counted if executed correctly.

#### d. No Hold Block

The no hold block may be from any group and must include:

##### i. Feature:

- Step sequence is required.

##### ii. Additional feature:

- Additional features are permitted and will be counted.

#### e. Wheel

Wheel must include:

Two different wheel elements of the team's choice are required. Wheel element #1 and wheel element #2 must be executed one after the other but may be skated in any order.

##### Wheel #1

##### i. Feature:

- None

##### ii. Additional Features:

- Only one configuration is permitted.
- Travel is required.
- One other additional feature, change of rotational direction, is permitted but not required for the short program and will be counted if executed correctly.

## Wheel #2

### i. Feature:

None

### ii. Additional Features:

Only one configuration is permitted.

No other additional features are permitted.

## 4673 Criteria for Junior Short Program Elements

The detailed remarks for the requirements of short program elements will be updated together with features and additional features yearly and published in an ISU communication.

### Block

#### a. The block element must meet the following criteria:

- The block element begins once the shape is recognized and all skaters are lined up in the configuration.
- A block element must have a minimum of three lines.
- Creative innovations and variations are not permitted in the short program.
- Blocks must be closed.
- Different heights and free leg extensions may be used.
- Dance jumps and free skate moves are allowed but not required.
- Free skate moves, if used, must be done at the same time in all lines but need not be the same by all skaters.
- All skaters must execute the same linking steps/turns/edges in the same skating direction at the same time except during free skate moves.
- Variety of different holds may be used, but all skaters must use the same hold at the same time except during free skate moves.
- All skaters must be attached (for most of the time) and using the same hold at the same time while executing the step sequence feature.
- The element ends when the block configuration is broken by the transition into a different element.

#### b. Ice Coverage/Pattern Requirement;

The block element must travel at least the full length of the ice surface or comparable distance to be counted.

Pattern:

At least one of the following patterns must be used in order to fulfill the above requirement:

##### i. Straight Line Pattern

- If the block element only has a straight line pattern, then the back line of the block must start behind the red hockey goal line, and the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface.

##### ii. Diagonal Pattern

- If the block element only has a diagonal pattern, then the block must begin at one corner of the ice surface and end at the opposite end across from the starting point showing the same angle.
- At least one skater must start behind the red hockey goal line, and at least one skater must end behind the red hockey goal line at the opposite end of the ice surface.

##### iii. Circular Pattern

- If the block element only has a circular pattern, then the block must complete a minimum of one bold curve that creates 360° of a circle to be counted.
- The circular pattern must be as round as possible, and the skaters must skate close to each of the side barriers.

##### iv. Serpentine Pattern

- If the block element only has a serpentine pattern, then the block must complete a minimum of two bold curves that each create 180° of a circle to be counted.
- The bold curves must fill the width of the ice surface and cover at least two-thirds the length of the ice surface.

##### v. Complex Pattern

- The block element that combines parts of circular or straight or diagonal patterns must cover a distance comparable to one length of the ice to be counted.

### Circle (One Circle)

#### a. The circle element must meet the following criteria:

- The circle element begins once the circle is recognized and starts to rotate with all skaters participating in the element.
- Creative innovations and variations are not permitted in the short program.
- Dance jumps and free skate moves are allowed but not required.
- All skaters must execute the same linking steps/turns/edges in the same skating direction at the same time except during the change of direction and free skate moves.
- Step sequences must be completed while all skaters are in the circle formation.
- All skaters must execute the change of rotational direction at the same time.
- Variety of different holds may be used but all skaters must use the same hold at the same time, except during the change of direction and free skate moves.
- The element ends when the configuration is broken, stops rotating and begins a transition into a different element.
- Unprescribed or additional circles are not permitted.

#### b. Ice Coverage/Pattern

- All skaters in the circle must rotate a minimum of 360°.
- The size of the circle must be no larger than one-third of the length of the ice surface.
- The circle configuration must be maintained both before and after the change of rotational direction for at least 180°. If the circle configuration rotates at first 360°, then the configuration may be maintained for only 90° after the change of rotational direction.
- The circles must travel for at least one-fourth of the length of the ice surface or comparable distance.

- The circles must continue to rotate as they travel.
- Travel must be uninterrupted

### **Intersection #1 and #2**

#### **a. The intersection elements must meet the following criteria:**

- The intersection element begins once the skaters prepare to approach each other, and all skaters must participate in the intersection.
- The skaters may pass each other simultaneously or separately as long as every skater is involved in the intersection.
- Intersection #1 and intersection #2 may occur separately or one after the other but may be skated in any order.
- All skaters must execute the same turns/linking steps/moves at the same time at the point of intersection.
- A combined intersection is not permitted.
- Unprescribed or additional intersections are not permitted.
- Collapsing intersections are intersections where skaters will pass each other at different times. All skaters must intersect. Examples of a collapsing type of intersection are a box and a triangle.
- When using multiple lines the number of skaters in each of the lines must be as equal as possible.
- Example: triangle intersection has three lines, and on a team of 16, each line has five, five and six.
- Jumps (except for dance jumps) and back spirals during intersection are illegal (forbidden) elements.
- The intersection element ends upon the start of the transition into a different element.

#### **b. Phases of an Intersection Element:**

Intersections have been described using four phases. Each of the four phases must be included and executed properly.

Phase 1 – Preparation

Phase 2 – Approach

Phase 3 – Point of Intersection

Phase 4 – Exit of Intersection

##### **Phase 1: Preparation**

- The preparation phase is defined as establishing the shape of the intersection.
- The shape of the intersection must be maintained before the point of intersection.
- There is no required length of time that each shape must be held.

##### **Phase 2: Approach**

- The approach to the intersection is defined as the moment that the team starts moving toward the point of intersection.

##### **Phase 3: Point of Intersection**

- The point of intersection is defined as being the area approximately three feet before and after the exact point where skaters pass each other. The exact point of intersection phase is defined as the instant when the skaters are passing each other.
- In the case of a collapsing intersection (box, triangle etc.), the point of intersection is defined as being the area when the majority of the skaters have reached approximately the halfway point of that intersection.
- In the case of the collapsing intersection, a team may include a several steps, turns and/or moves consisting of various levels.

##### **Phase 4: Exit of Intersection**

- The exit phase of the intersection is defined as the moment following the point of intersection.
- The shape of the intersection must be maintained after the point of intersection.
- There is no required length of time that each shape must be held.

#### **c. Ice Coverage/Pattern Requirements**

- The maximum distance between the lines of an intersection must be approximately one-third of the length of the ice surface during the preparation and approach phase of the intersection.

### **No Hold Block**

#### **a. The no hold block element must meet the following criteria:**

- The no hold block (NHB) element must be executed in a closed block.
- The closed block must consist of four skaters in four lines. Creative innovations and variations are not permitted in the short program.
- The NHB must start and end in a no hold.
- All skaters must execute the same linking steps/turns/edges in the same skating direction at the same time.

#### **b. Ice Coverage/Pattern Requirements:**

The no hold block element must begin at one end of the ice surface and end at the opposite end across from the starting point.

##### **Pattern**

- The pattern must only be a straight or diagonal axis.
- The axis must not change once it has been established at the start of the NHB.
- Curves and deep edges executed during the step sequence are not considered a change of axis as long as the team begins and ends the NHB element correctly.

##### **i. Straight Block Pattern**

- The back line of the block must start behind the red hockey goal line, and the front line of the block must end behind the red hockey goal line at the opposite end of the ice surface.

##### **ii. Diagonal Block Pattern**

- The block must begin at one corner of the ice surface and end at the opposite end across from the starting point showing the same angle.
- At least one skater must start behind the red hockey goal line, and at least one skater must end behind the red hockey goal line at the opposite end of the ice surface.

### **Wheel #1 (Team's choice of configuration)**

#### **a. The wheel element must meet the following criteria:**

- The wheel element begins once the configuration is recognized and starts to rotate with all skaters participating in the configuration.
- There may be only one wheel at a time.
- Creative innovations and variations are not permitted in the short program.
- The spokes must be as equal as possible.
- The skaters who are closest to the pivot point may or may not be joined and will be permitted to use a different hold at the pivot point than the hold that the skaters within the spokes use.
- The skaters within the spokes may or may not be joined as long as they are all using the same hold.
- All skaters must execute the change of rotational direction at the same time.
- All skaters must execute the same linking steps/turns/edges in the same direction at the same time, except during a change of rotational direction and free skate moves.
- Dance jumps and free skate moves are allowed but not required.
- Variety of different holds may be used.
- The wheel ends when the wheel configuration is broken, stops rotating and begins a transition into a different element.

#### **b. Ice Coverage/Pattern**

- To fulfill the requirements for the wheel element, a wheel must rotate at least 360°.
- The skaters at one end of each spoke closest to the pivot point must remain close to each other to a maximum distance of one-sixth of the length of the ice surface, even during a change of rotational direction.
- The wheel configuration must be maintained both before and after the change of rotational direction for at least 180°. If the wheel configuration rotates at first 360°, then the configuration may be maintained for only 90° after the change of rotational direction.
- The wheel must travel for at least one-fourth of the length of the ice surface or comparable distance.
- The wheel must continue to rotate as it travels.
- Travel must be uninterrupted.

### **Wheel #2 (Teams choice of configuration)**

The wheel element must meet the following criteria:

- See wheel #1 paragraph a) and b) for criteria.
- No additional features are permitted.

### **4674 Junior Synchronized Skating Well-Balanced Free Skate**

The well-balanced junior free skate must contain the following nine elements:

- A. One block
- B. One circle
- C. Two different intersections
- D. One line
- E. One moves in isolation (MI)
- F. One no hold block (NHB)
- G. One wheel
- H. One element selected from a spin or moves-in-the-field element

### **4675 RESERVED**

### **4676 Illegal Elements in the Synchronized Free Skate – All Levels Except Senior**

- i. Lifts of any variety
- ii. Solo jumps, jump combinations or jump sequences of any variety performed by the entire team (for example split jump, waltz jump, stag jump and variations thereof where the skaters are elevated).
- iii. Jumps of more than one revolution performed in movements in isolation
- iv. Throw jumps
- v. Assisted jumps of more than one revolution
- vi. Intersections incorporating back spirals or stepping over clasped hands
- vii. Prolonged lying (longer than three seconds) or kneeling (one or both knees) on the ice at the beginning, end and/or during the program
- viii. Highlighting
- ix. Sub-grouping
- x. Flying camel spin executed by the entire team

When illegal elements are included, a deduction will be made from the total score by the technical panel in IJS events and by the judges in 6.0 events.

### **4680 Novice**

#### **Test, Team Size and Age Requirements**

Test qualifications as of the closing date for entries: Juvenile moves in the field

Requirements as of the preceding July 1:

12-20 skaters who are under age 16 with the exception that up to 4 team members may be 16 or 17

#### **Program Duration**

Free Skate 3:30 +/-10 seconds



**4681 Well-Balanced Free Skate**

A well-balanced novice free skate must contain the following seven elements:

- A. One block element
- B. One circle element
- C. One intersection element
- D. One line element
- E. One wheel element
- F. One movement in isolation (one free skate move or one free skate element)
- G. One no hold block

**4690 Intermediate****Test, Team Size and Age Requirements**

Test qualifications as of the closing date for entries: Pre-juvenile moves in the field

Requirements as of the preceding July 1:

12-20 skaters who are under age 18

**Program Duration**

Free Skate 3:30 +/-10 seconds

**4691 Well-Balanced Free Skate**

A well-balanced intermediate free skate must contain the following seven elements:

- A. One block element
- B. One circle element
- C. Two intersection elements
- D. One line element
- E. One wheel element
- F. One movement in isolation (one free skate move or one free skate element)

**4700 Juvenile****Test, Team Size and Age Requirements**

Test qualifications as of the closing date for entries: Preliminary moves in the field

Requirements as of the preceding July 1:

12-20 skaters who are under age 13

**Program Duration**

Free Skate 3:00 +/-10 seconds

**4701 Well-Balanced Free Skate**

A well-balanced juvenile free skate must contain the following six elements:

- A. One block element
- B. One circle element
- C. One intersection element
- D. One line element
- E. One wheel element
- F. One movement in isolation

**4710 Preliminary****Test, Team Size and Age Requirements**

Test qualifications as of the closing date for entries: None

Requirements as of the preceding July 1:

8-16 skaters who are under age 12 with the majority of skaters under age 10

**Program Duration**

Free Skate 2:00 +/-10 seconds

**4711 Well-Balanced Free Skate**

A well-balanced preliminary free skate must contain the following five elements:

- A. One block element
- B. One circle element
- C. One intersection element (forward only)
- D. One line element
- E. One wheel element

## 4720 Collegiate

### Test, Team Size and Age Requirements

Test qualifications as of the closing date for entries: Juvenile moves in the field

Requirements as of the entry deadline: 12-20 skaters. Team members must be enrolled in a degree program at a college or university and must be full-time students as recognized by the college or university they attend.

### Program Duration

Free Skate 4:00 +/-10 seconds

#### 4721 Well-Balanced Free Skate

A well-balanced collegiate free skate must contain the following nine elements:

- A. One block
- B. One circle
- C. Two different intersections
- D. One line
- E. One movement in isolation (one free skate move or one free skate element)
- F. One no hold block
- G. One wheel
- H. One element selected from a spin or moves-in-the-field element

## 4730 Adult

### Test, Team Size and Age Requirements

Test qualifications as of the closing date for entries: Preliminary or adult bronze moves in the field or preliminary dance or preliminary figure

Requirements as of the preceding July 1: 12-20 skaters who are 21 years of age or older.

### Program Duration

Free Skate 3:30 +/-10 seconds

#### 4731 Well-Balanced Free Skate

A well-balanced adult free skate must contain the following seven elements:

- A. One block element
- B. One circle element
- C. One intersection element
- D. One line element
- E. One wheel element
- F. One movement in isolation (one free skate move or one free skate element)
- G. One element to be selected from moves in the field or spin

## 4740 Masters

### Test, Team Size and Age Requirements

Test qualifications as of the closing date for entries: None

Requirements as of the preceding July 1: 12-20 skaters who are 25 years of age or older with the majority of skaters 35 years of age or older.

### Program Duration

Free Skate 3:00 +/-10 seconds

#### 4741 Well-Balanced Free Skate

A well-balanced masters free skate must contain the following six elements:

- A. One block element
- B. One circle element
- C. One intersection element
- D. One line element
- E. One wheel element
- F. One movement in isolation

## 4760 Pre-Juvenile

### Test, Team Size and Age Requirements

Test qualifications as of the closing date for entries: None

Requirements as of the preceding July 1: 8-12 skaters with the majority of the team under 12 years of age.

### Program Duration

Free Skate 2:00 +/-10 seconds

**4761 Well-Balanced Free Skate**

A well-balanced pre-juvenile free skate must contain the following five elements:

- A. One block element
- B. One circle element
- C. One intersection element (forward only)
- D. One line element
- E. One wheel element

**4770 Open Juvenile****Test, Team Size and Age Requirements**

Test qualifications as of the closing date for entries: Pre-preliminary moves in the field

Requirements as of the preceding July 1: 8-12 skaters with the majority of the team under age 19.

**Program Duration**

Free Skate 2:30 +/-10 seconds

**4771 Well-Balanced Free Skate**

A well-balanced open juvenile free skate must contain the following six elements:

- A. One block element
- B. One circle element
- C. One intersection element
- D. One line element
- E. One wheel element
- F. One movement in isolation

**4780 Open Adult****Test, Team Size and Age Requirements**

Test qualifications as of the closing date for entries: None

Requirements as of the preceding July 1: 8-12 skaters with the majority of the team 19 years of age or older.

**Program Duration**

Free Skate 2:30 +/-10 seconds

**4781 Well-Balanced Free Skate**

A well-balanced open adult free skate must contain the following five (5) elements:

- A. One block element
- B. One circle element
- C. One intersection element
- D. One line element
- E. One wheel element

**4790 Open Collegiate****Test, Team Size and Age Requirements**

Test qualifications as of the closing date for entries: None

Requirements as of the entry deadline: 8-16 skaters

Team members must be enrolled in a degree program at a college or university and must be full-time students as recognized by the college or university they attend.

**Program Duration**

Free Skate 3:00 +/-10 seconds

**4791 Well-Balanced Free Skate**

A well-balanced open collegiate free skate must contain the following six elements:

- A. One block element
- B. One circle element
- C. One intersection element
- D. One line element
- E. One wheel element
- F. One movement in isolation

## LIST OF JUMPS

**Definitions:**

Half revolution jump – any jump of one-half (180 degrees) revolution in the air

Single jump – any jump of 1 or more, but less than 2, revolutions in the air

Double jump – any jump of 2 or more, but less than 3, revolutions in the air

Triple jump – any jump of 3 or more, but less than 4, revolutions in the air

Quadruple jump – any jump of 4 or more, but less than 5, revolutions in the air

**Comment:**

f – forward

b – backward

o – outside

i – inside

T – rotation as in a 3-turn (natural

rotation)

C – rotation as in a counter (counter rotation)

! – toe push

^ – split position in air

Description	Name	Code
fo ½ Tbo	Three jump (waltz jump)	-
fo 1 ½ Tbo	Axel	1A
fo 2 ½ Tbo	Double Axel	2A
fo 3 ½ Tbo	Triple Axel	3A
fo 1 ½ Tbi	One-foot Axel	1A
fo 2 ½ Tbi	Double one-foot Axel	2A
fi 1 ½ Tbo	Inside Axel	-
fi 2 ½ Tbo	Double Inside Axel	-
bi 1 Tbo	Salchow	1S
bi 2 Tbo	Double Salchow	2S
bi 3 Tbo	Triple Salchow	3S
bi 4 Tbo	Quadruple Salchow	4S
bi! ½ T!fi	Half Flip (half toe Salchow)	-
bi! 1 Tbo	Flip (toe Salchow)	1F
bi! 2 Tbo	Double flip (double toe Salchow)	2F
bi! 3 Tbo	Triple flip (triple toe Salchow)	3F
bi! 4 Tbo	Quadruple flip	4F
bo 1 Tbi	Half loop (Thoren)	-
bo 1 Tbo	Loop (Rittberger)	1Lo
bo 2 Tbo	Double loop	2Lo
bo 3 Tbo	Triple loop	3Lo
bo 4 Tbo	Quadruple loop	4Lo
bo! 1 Tbo	Toe loop	1T
bo! 2 Tbo	Double toe loop	2T
bo! 3 Tbo	Triple toe loop	3T
bo! 4 Tbo	Quadruple toe loop	4T
bi! ½ ^ T!fi	Split	-
bi! 1 ^ Tbo	Split flip (split toe Salchow)	1F
bo! 1 Cbo	Lutz	1Lz
bo! 2 Cbo	Double Lutz	2Lz
bo! 3 Cbo	Triple Lutz	3Lz
bo! 4 Cbo	Quadruple Lutz	4Lz
bo! 1 ^ Cbo	Split Lutz	1Lz
bo! 2 ^ Cbo	Split double Lutz	2Lz
bi 1 Cbo	Walley	-
bi! 1 Cbo	Toe Walley	1T
bi! 2 Cbo	Double toe Walley	2T
bi! 3 Cbo	Triple toe Walley	3T
bi! 4 Cbo	Quadruple toe Walley	4T

## List of Pairs Lifts

Pairs lifts are organized into groups based on the hold positions of the partners at the beginning of the lifting motion. Lifts are typically named after the lady's solo jump takeoff and the hold position of the partners. The groups are arranged in ascending order of difficulty, however, Groups 3 and 4 are of the same difficulty. In any Group one hand hold may increase the difficulty of the lift. A simple one-hand hold (not less than 1/2, but less than 1 revolution of the man) will count once for levels 2–3 and a difficult one-hand hold (1 revolution of the man) will count for all the levels as many times as there are full revolutions.

<p><b>Group 1</b> Armpit hold position</p> <p>1Li</p>	<ul style="list-style-type: none"> <li>• Lutz Lift</li> <li>• Flip Lift</li> <li>• Axel Lift</li> </ul>	<p>The man places one hand under one arm in the armpit of the lady. The lady may place her hand on the man's shoulder. The man holds the lady's other hand with one hand to assume the hold. The man may also support the lady with both his hands placed under both her armpits. The lady is lifted from a Lutz, flip, loop, Axel or toe jump takeoff. During the lift the lady may assume a simple split or cross split position, and she may release the hand on the shoulder or release both hands when supported under both armpits. Both partners should exit the lift on one foot.</p>
<p><b>Group 2</b> Waist hold position</p> <p>2Li</p>	<ul style="list-style-type: none"> <li>• Waist Lift</li> <li>• Twist Lift</li> </ul>	<p>The waist loop lift begins with both partners skating backward. The man places both hands on the lady's waist and she places both hands on his wrists. The lady must take off in a loop jump position on one foot, but the lady's position in the air is free. Full extension of the man's lifting arms is not mandatory unless specified. Both partners should exit the lift on one foot. In the twist lift, the man places both hands on the lady's waist and she places both hands on his wrists. As the man lifts, the lady executes a Lutz toe pick takeoff (twist lifts may also begin from an Axel edge takeoff by the lady, but are less common). At the top of the lift, the lady completes a twist, rotating freely in air. While the lady is rotating, the man turns a half turn to catch the lady at the waist for an assisted landing. The lady's rotation may be preceded by a split and may include multiple revolutions. Both partners should exit the lift on one foot.</p>
<p><b>Group 3</b> Hand-to-hip position</p> <p>3Li</p>	<ul style="list-style-type: none"> <li>• Cartwheel lift</li> <li>• Star/toe loop hip lift</li> <li>• Platter/swan lift/table top lift</li> </ul>	<p>Both partners begin the star and cartwheel lifts skating backward. The man places one hand on the lady's hip and holds the lady's opposite hand with his free hand. The lady's other hand is on the man's shoulder. The lady picks as in a toe loop jump and the man turns together with the lady. The lady may assume a stag, split or closed leg position. Unlike the star lift, a cartwheel lift consists of only a half rotation by both partners. Both partners should exit the lift on one foot. The platter lift begins with both partners facing each other. The man places his hands on the lady's hips, and the lady may place her hands on the man's wrists or shoulders. The lady must take off on one foot, and her full extension position should be arched or parallel to the ice. Both partners should exit the lift on one foot.</p>
<p><b>Group 4</b> Hand-to-hand position Press lift type</p> <p>4Li</p>	<ul style="list-style-type: none"> <li>• Press lift</li> <li>• Loop press/back press</li> </ul>	<p>In the starting position the partners may face each other (press lift) or follow each other (loop press). Both hands of the man and lady are clasped. The lady must take off on one foot, but the lady's position in the air is free. There is no rotation on the part of the lady prior to the support position in hand-to-hand press type lifts. Both partners should exit the lift on one foot.</p>
<p><b>Group 5</b> Hand-to-hand position Lasso lift type</p> <p>5Ali 5SLi 5TLi 5RLi</p>	<ul style="list-style-type: none"> <li>• Lasso/Axel (edge) lift</li> <li>• Step up lasso/step overhead lift</li> <li>• Toe lasso/tap overhead lift</li> <li>• Reverse lasso (backward edge) lift</li> </ul>	<p>The difference between hand-to-hand press lifts and hand-to-hand lasso type lifts is that in the press lifts there is no rotation of the lady on her way to the top, while in the lasso lifts the lady does rotate on the way up. There are four different entries into lasso type lifts: toe entry, step entry, Axel edge entry and reverse entry. Both partners should exit the lift on one foot. The toe entry, the step entry and the reverse lasso backward edge entry require a half rotation turn by the lady on takeoff. The Axel or "true" lasso lift requires a full revolution by the lady on the takeoff. Both partners should exit the lift on one foot.</p>

### Clarification of "carries" in pairs free skate

#### Carry lift (senior and junior only):

- A carry lift consists of the simple carrying of a partner without rotation of the carried partner. Only one-half rotation by the man is allowed on the takeoff and/or exit of the carry.
- All holds in the carry lift are unrestricted.
- The carrying of one partner by the other on the back, shoulders or knees is allowed in the carry lift.
- The carry lift shall not be counted in the number of overhead lifts, nor does it count in the technical mark. It is assessed by the judges as a transition and receives no technical points.
- A carry lift does not need to be fully extended although most carries do have full extension.
- Carry lifts are unrestricted in number for the senior and junior pairs free skate program.
- Teams below the junior level are not allowed to perform carry lifts.

#### Carries in a lift (senior and junior only):

- "Carries in a lift" are lift elements which contain a carry. The lift must have a legal hold and must rotate according to the rules (the lady must rotate two times the man must rotate at least 1 revolution continuously, but not more than 3-1/2 revolutions in total).
- One of the maximum allowed three lifts in the junior or senior free skate may, at the option of the skaters, contain a carry, but no more than one.
- A carry in a lift may happen before the man rotates, in the middle of his rotations or at the end of the lift.
- While the carry in the lift may occur at any point in the lift, to receive consideration for enhanced difficulty, the carry portion of the lift should occur once the lift has reached full extension