



Introduction to Figure Skating

Figure Skating is a sport with many dimensions. Some of the disciplines include: Singles, Pairs, Dance, Synchronized Skating, Figures, and Moves-in-the-Field. More about them later. But first, what about the sport in general?

Skaters normally begin to skate in a group lesson environment, such as a Learn-to-Skate program. Learn to Skate classes are taught on a regular basis throughout the year, and are a very cost-effective way to learn the basics of skating, whether your interest is in competitive figure skating, recreational skating, or hockey. When skaters have learned the basic elements of skating in this group environment they will be eligible for advanced lessons, private lessons, and hockey leagues. The following types of skating are available for testing and/or competitions:

Free Skating / Freestyle

This is the discipline in Figure Skating that most spectators are familiar with. In Freeskating, or "Singles Freestyle" skating, a skater performs a "program" that lasts anywhere from 1 to 4-1/2 minutes, is composed of elements such as jumps and spins, and is usually skated to music.

Ice Dance

Ice Dance emphasizes the techniques of edgework, flow, and motion of 2 skaters together in rhythmic interpretation of music. Ice Dancing has 2 main focus areas, the "Compulsory Dances", and the "Free Dances".

In compulsory dances, skaters are given a very specific pattern to follow. This pattern is shown in the form of a drawing which specifies the skater's moves right down to which foot is doing what particular step during every single "beat" of the music. Dancers are marked on their ability to skate the required pattern with demonstrated musical feeling.

In free dances, skaters get to make up their own "programs", within specified guidelines. These programs must demonstrate basic dance elements and steps in a musical, but not "theatrical" way. No jumps or spins are allowed, and dancers are required to stay close together throughout the course of the dance program.

Traditionally, dance has been a discipline in which 2 skaters compete as partners. In recent years the category of "Solo Dance" has become very popular. In this category skaters perform the same compulsory dances as they would in traditional partnered dance, however Free Dance programs are redesigned to suit the needs of single skaters.

Showcase / Spotlight

Showcase/Spotlight skating is a discipline in which competitors use the medium of skating to present a theatrical program designed primarily to entertain. Skaters in this discipline place more focus on the presentation or performance aspects of the program than on the technical difficulty contained. At many competitions Showcase events are offered in categories of "Light Entertainment" or "Dramatic", or "Duet". Props and costumes are used to enhance the theatrical nature of the program. This event is offered in both ISI and USFS competitions. ISI also offers a couples and family spotlight division.

Artistic

Artistic events are offered in ISI competitions. The focus of an artistic program is choreography, artistic impression, correctness of the elements, pattern, flow, posture, and musicality. Technical proficiency is not the main focus of this program but skaters will be judged on the correctness of the skills they choose to incorporate.

Interpretive or Improvisation

Offered at both ISI and USFS competitions. Similar to Showcase events, these events are designed to allow the skaters to focus on the expression or performance aspects of their program. However in this discipline the skaters must independently DESIGN (or choreograph) their own program to music preselected by the competition committee, and unknown to the skaters until the moment their

flight warmup begins. These events give the skaters the opportunity to demonstrate their ability to CREATE something new. Typically the skaters hear the musical selection twice on warmup then all skaters are sequestered in a "far away" locker room while other skaters from their flight perform their programs.

Pairs

Pairs skating is similar in many respects to singles freeskating, except that 2 skaters perform together. This adds all sorts of opportunities for new moves, such as lifts, throws, and pair spins and jumps. Pairs skating is available for both ISI and USFS skaters. USFS has both "long" and "short" programs, just like singles freeskating, and a test structure which includes: Preliminary, Juvenile, Intermediate, Novice, Junior, and Senior. ISI has Pairs 1-10 where skaters must test and then compete at the last test level passed.

Couples

Couples skating is available in ISI and is similar in many respects to pairs and singles freeskating, except that 2 skaters perform together. Couples skating blends elements of dance, singles skating, and pairs. Couples can be mixed or similar. Skaters must test levels to be eligible to compete.

Moves-in-the-Field

Moves in the Field is a test structure in USFS. Moves-in-the-Field, or "Moves" is a technical discipline, designed to help skaters improve their execution of the basic moves of skating. Edgework, turns, stroking, body control and extension are emphasized, mostly done with "power" as a primary focus. The Moves-in-the-Field discipline is primarily a test discipline, although some competitions are running Moves events. Moves-in-the-Field has test levels matching each singles freestyle level, and it is required that all skaters testing freestyle must pass the equivalent Moves test prior to taking the corresponding test in the freestyle or pairs disciplines. Skaters who pass ISI Delta or LTS-USA Freeski 2 are ready to start working on and testing Moves-in-the-Field.

Synchronized Skating

Synchronized Team Skating (once known as "precision skating") is a "team" event, with teams of 8 to as many as 24 skaters skating complicated routines similar to those performed by marching bands or drum corps. Large teams may execute patterns of incredible complexity and beauty. The teamwork and timing required makes this a challenging sport. Precision skating is another discipline where age is not a significant barrier, and adults nationwide enjoy and compete in this discipline. Synchronized Skating is available in both ISI and USFS

Figures

Figures (or "Patch", as it was commonly called) is the discipline that gave our sport its name but the discipline is no longer part of the mandatory test requirements for USFS. Figures primarily emphasizes body control and edges/turns. Figures are the famous "figure 8s" for which the sport is named, and there are dozens of different ways to modify the basic figure 8 for testing purposes. Each variant emphasizes a certain skill, and all require great concentration and stamina to perform. Figures tests are still part of the ISI test and competitive structure.

Solo Compulsories

Solo compulsory programs are a combination of skills for each level that a skater performs as a mini-program with no music. Competitions list the prescribed elements for each level on a competition announcement. This event is available in both ISI and USFS Competitions.

Other Team Events

ISI has many team events for skaters who may not be comfortable with solo skating or may enjoy participating as part of a team. This



RoseGarden Learn-to-Skate and Future Stars Programs



Most skaters get their earliest training in a "group lesson" environment. This is a very cost-effective way to begin a journey onto the ice -- whether the journey will ultimately move towards figure skating, hockey, speed skating, or just plain recreational skating. Generally, learn-to-skate programs will have class sizes ranging from 5-20 students. The rink offers a range of classes appropriate to a wide range of ages and initial skill levels. Because the costs of the ice and the instructor's fees are spread out over a number of students, the fees are usually quite reasonable.

In the United States, there are 2 primary "programs" of learn-to-skate instruction, depending on the affiliation of your rink. Some rinks utilize both programs to afford their skaters the opportunity to participate in both organizations.

All of the programs develop similar skillsets. They start at the very beginning (fall, get up, stand on the ice), and progress through strong edges, front and back crossovers, stops and turns. Students completing the fundamental sequence in any program will be ready to move onto advanced training in whatever discipline they chose.

Each of the listed programs offers several "grades" or levels. Usually, each level will encompass approx. 8 weeks of instruction with lesson time of about 30 minutes per week. In most programs, the skaters are tested by their instructors or the director during the final week of a session and are either advanced to the next level or retained for further development.

After Learn to Skate, skaters move on to our competitive program called Future Stars. This class prepares skaters for competitive training and incorporates dry land training, on ice drills, technical skating, and programs set to music as part of the curriculum.

Figure skaters generally move into private lessons with a rink approved coaching professional when they are ready to move to a more advanced level of training or when they would like to supplement Future Stars classes. Often, the professional they chose for individual instruction will be one they have met and come to know through the learn-to-skate program. Parents and skaters both should take

advantage of this opportunity to evaluate and develop a relationship with potential future instructors.

Once a skater has a private coach, decisions regarding competitions, testing, music choices, etc will go through the private coach. Skaters may still participate in rink programming with the coaches approval.

Learn to Skate USA	This is the program RoseGarden uses for their Learn to Skate/Tots programs. Skaters are responsible to go to www.learntoskateusa.com to purchase a membership in order to participate in RoseGarden programs. The membership year runs from July 1-June 30 of each calendar year. The levels are Basic 1-6, Snowplow 1-4 for Tots, and Hockey 1-5. Once skaters have passed Basic 2, they are eligible to move to Hockey Learn to Skate. Once a skater passes Basic 3 they are eligible for our Future Stars training program. All skaters must graduate Future Stars once they pass Basic 6. The rink will provide all skaters in our Learn to Skate/Tots with an ISI membership. ISI may send reminders for renewal, but if you continue to register for rink programs, the rink will automatically renew you.
ISI	Once skaters have completed the levels listed above, skaters will receive a program and start their ISI testing and competition track through our Future Stars program. The RoseGarden Ice Arena provides all skaters with their annual membership if they are enrolled in instructional programs (Future Stars, production, Synchro, etc) The membership year runs from Sept 1-Aug 31 annually. ISI may send reminders for renewal, but if you continue to register for rink programs, the rink will automatically renew you. Our Freestyle program requires all skaters to have a current ISI membership. If you are not participating in rink instructional programs (private lessons only), you are required to purchase your ISI membership. ISI Memberships can be purchased at the box office or at www.skateisi.com .

Taking Care of Your Skates

You spend a lot of money on your skates. How do you protect that investment? Those skates can either help you or hinder you as you try to learn new moves. Poorly maintained skates are more likely to hinder than help. What are the best things to do to care for them? The following sections take a look at the Blades, Boots, and Laces separately.

Caring for Your Blades

Your blades are your only contact with the ice. You want that contact to be as effective as possible. Good care will help to ensure this.

Keep them sharp -- but not too sharp: A sharp blade grabs the ice better than a dull one. Sharpen your blades when they start to slide uncomfortably when you land. Keep a log of the number of hours you skate between sharpenings. After a while you'll figure out how many hours you can average between sharpenings, and this will help you to avoid surprises at inconvenient times.

You want a balance here -- if you wait too long, the change when you get them sharpened is pretty dramatic and your performance suffers. If you do it too often, you'll wear out the blade too soon (yes, there is a finite number of times a blade can be sharpened). In my family, we average about 20 hours on a sharpening - you might find that you like either less or more than that though.

Sharpen responsibly too -- be careful of who you trust with your blades. If the place you go doesn't have a specialist in figure skates, be careful. Figure skates are sharpened with very different goals than hockey skates. NEVER have them done by one of those automatic machines you find in some rinks. Figure skates are ground with a "hollow" in the bottom (to give them those "edges" you hear so much about). The radius of that curvature can vary anywhere from 5/16" to about 2" depending upon your weight, the disciplines you skate (FS, dance, patch), and the level of jumps you do. A good sharpener will want to know these things. If he looks like he wonders why you're telling him that stuff, consider finding someone else!

Treat them well, on your feet: Remember that even though steel is hard, it still wears down. The thin whisker of steel that forms those all-important edges can be nicked and worn down very easily.

Blades are made to slide on ice, not walk on floors. When you have to walk on floors, put "hard guards" on the blades. If you can't wear guards, try to tip up your feet and walk on the toe picks instead of the fragile edges (but be very selective about the surfaces you try this on -- rubber floor mats or carpet are ok, but don't try it on concrete, tile, or your mom's good wood floors!)

When you get on and off the rink, be careful of the "threshold" on the entry door. It's often made of steel, and because people don't think about it, it's responsible for an awful lot of nicks on blades. Step OVER the threshold, NOT ON it as you get onto the ice.

Stopping is a part of skating. But those stops are much harder on the blades than straight skating (think about it -- what do you do to purposely wear them down a little when you get them back from the sharpener "just a little too sharp"??) You obviously can't avoid stopping, but you can try to vary the nature of your stops during practice sessions. You can do 1-foot snowplows, T-stops, or Tango stops. And remember you've got two different feet (yes, I know that the left foot T-stop is harder, but hasn't your pro told you that you should learn most moves "both ways" ???) Each of those stops stresses the blade a different way, and a good mixture will help to prolong your sharpening interval.

Treat them well, off your feet: Off the ice, the biggest killer of blades is rust. Rust is much softer than steel, and once a part of your blade is rusted you can never change that part back to "the good stuff". The rusted spot will never hold an edge again. Do your very best to avoid water damage!

Always dry off your blades when you get off the ice. Slide your fingers along both sides to remove "snow" as soon as you get off -- before you slip on those hard guards. Carefully run your finger along the length of the hollow (your skin oil can help to repel moisture).

When you're done for the day, be sure to wipe them down with a towel. Be sure to get the blade area and the mounting surfaces. The screws rust too, and will loosen much more easily when they're rusted or the leather gets rotten. If you've got the time (while you're changing your clothes, perhaps), let them sit for a couple minutes and wipe them down again before you put them in your bag. You'll almost always see some more water form from condensate as they warm up.

When you do put them in the bag, always put them in "soakers". These help to draw off any remaining moisture, but more importantly they provide a cushion for your edges while the skates bounce around inside your bag. NEVER store your blades in hard guards - they hold moisture and are an almost guaranteed rust job.

Finally, maintain your guards. The soakers wear out after a while - they usually get holes at the ends. Replace them when they no longer cover your blade effectively. The hard guards will wear out too -- watch for thin spots or holes in the bottom, and replace them immediately when you see signs of wear. Clean out the insides of the hard guards periodically. They will accumulate grit after a while,

and that grit is very abrasive.

Caring for Your Boots

The boots that hold those blades on your feet are pretty important too. Take care to break them in properly. You'll find lots of advice on this subject -- trust your pro and your bootfitter for good advice here. Replace your boots when they get too badly broken down -- your safety and the quality of your jumps rely on the consistency of support that only a well cared for boot can provide.

The leather of your boots is just as susceptible to water damage as the steel in your blades. Keep your boots well polished all the time -- it makes them look better, but more importantly, it seals the leather and helps it to shed water. This is specially important if you've nicked up the surface quite a bit and unfinished leather is exposed.

As mentioned earlier, always dry off the bottoms (sole) of the boot when you get off the ice. You generate a lot of snow/water when you skate, and it will destroy the soles if you're not careful. This is of special concern around the blade-mounting screws, which need good strong non-rotten leather to bite into .

You might not want to admit it, but your feet probably sweat a little bit when you're skating. That moisture can get pretty well trapped inside the boot and rot it out from the inside. To help avoid this, open up your boot as much as you can when it's off your foot. Loosen the laces as far down as you can. Pull them out of the first couple holes if possible. Pull the tongue up and out from the boot as much as you can to help the inside of the boot breathe. When you get home, if mom permits, let your boots live "outside" of your bag for a little while, til they're nice and dry inside. At least unzip the bag to let it air out if you can't clutter the family room with your skates.

The Mount: If you look at the bottom of your boot, you'll find that the blade is held to the sole with a bunch of screws. It's really important that you maintain the proper tightness of these screws. Due to the stresses and bending while you skate, they will loosen with time. Loose screws are dangerous, and promote quicker wear of the leather too. Don't tighten them too tight though because the leather will strip out easily.

How many screws should there be? When you first get a brand new pair of skates, a good technician will probably do a "trial mount". You'll have two screws in the heel and probably 2 in the slotted holes in the front mounting plate. This mount is to give you a chance to verify that the blade is appropriately positioned for your body and foot geometry, without making it too difficult to adjust if it's "wrong".

Once you've skated a couple times on the trial mount, and are confident that you can skate straight and spin well then you should take the skate back for a permanent mount. That "mount" just adds a couple more screws, to the round non-slotted holes. Don't be alarmed if there's a couple unfilled holes. They provide additional locations for later, if some of the existing holes "strip out".

Extra Screws: If you need to replace a lost screw for any reason, make sure you select the proper screw to do the job. You will want to get stainless steel (to slow down the rust). The slotted holes need screws with flat "bottoms", but the round holes want the kind with a little bevel on the bottom. You'll need the appropriate lengths, too. Too short and they won't get a good bite, too long and the points will come through the leather and tickle your foot (you don't want this to happen!). The best place to get these screws is from the shop that sold you the skates. Otherwise, a well stocked hardware store can probably supply them. You should have a few spare screws for your "emergency bag".

Caring for Your Laces

Laces sound pretty insignificant, but a lace that breaks at an inopportune time can cause an awful lot of grief, and possibly can cause injury. Treat them with respect, and replace them when they start to wear or to lose "threads", or when the little plastic thingies ("aglets") come off the ends.

Always keep a few spare pairs of laces in your emergency bag. It is important to use the right "length" of lace. Too long and you'll have huge loops left over, which can drag close to the ice and become a hazard. Too short and you'll have a hard time tying them securely. I usually use an indelible fine-tip magic marker and write the proper length on the mounting plates of one of my blades (right next to my name). That way I'll always know the proper length to get in an emergency.

Ice Etiquette, Rink Rules and Safety Guidelines

Skating is basically an individual sport, and activities during most practice sessions are pretty unstructured. It is important to know though, that some basic rules must be observed for safety, and to ensure that everyone can make effective use of their ice time. Your rink/club will have its own set of rules, and you should be sure to know and follow them. This section outlines some basic concepts which are common to most clubs.

Courtesy

First and foremost is courtesy. It is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful! Strive to avoid collisions!

"On Program" and "In Lesson" Get Priority

In most rinks, the skater who is "on program" (who's music is playing) has the right of way at all times, and other skaters are expected to give them free maneuvering room (In many clubs, these persons will be given bright vests or belts to wear, to make them more noticeable). Second in priority are those skaters who are currently in lessons with their pro. Always yield to these skaters as well.

Lutz Corners

Because of the nature of the Lutz jump, it is most commonly performed in the corners of the rink (unless you have a lot of clockwise jumpers in your club). These corners are informally called the "Lutz Corners", and can usually be identified by the unusually large concentration of divots in the ice. Strive to avoid long-term practice activities in these corners, and try to be especially aware of your surroundings when you are in them. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.

Dangerous Singles Moves

When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses to other skaters. Recognize that once you've started the element it will be hard for you to see those around you. Take a good look at your expected "space" before you start the element, and abort it if it looks like you could cause a problem.

Watch out for Pairs and Dance Skaters

If you've got pairs and dance skaters at your rink, and they are practicing on the same session as you, be aware that two skaters moving together take up more room than one, and generally can't react as nimbly or quickly as a single skater. If they are doing lifts, be aware that once a lift is started, the skaters are pretty much committed to their "path", and that getting into that path can be dangerous for both you and them.

Falls and Injuries

If you should fall, get up quickly. Remember that the other skaters will have a much harder time seeing you when you are down low on the ice. Don't stay there any longer than you have to. While falling, remember to keep your fingers away from your blades. And learn to fall properly so that you can protect your head as much as possible. Learn to keep "loose" when you fall and this will help you to avoid breaking things.

If you see someone else is that has fallen and may be injured, don't just drag them off without being certain that doing so won't hurt them further. If you suspect that someone is seriously hurt, the best thing to do is, 1) have someone stand "guard" over them to make sure that other skaters avoid collisions with them, and 2) get a qualified adult to come and help them. A blanket or warmup jacket/sweatshirt laid over them might help to keep them warmer while waiting for qualified help to arrive.

Predictability

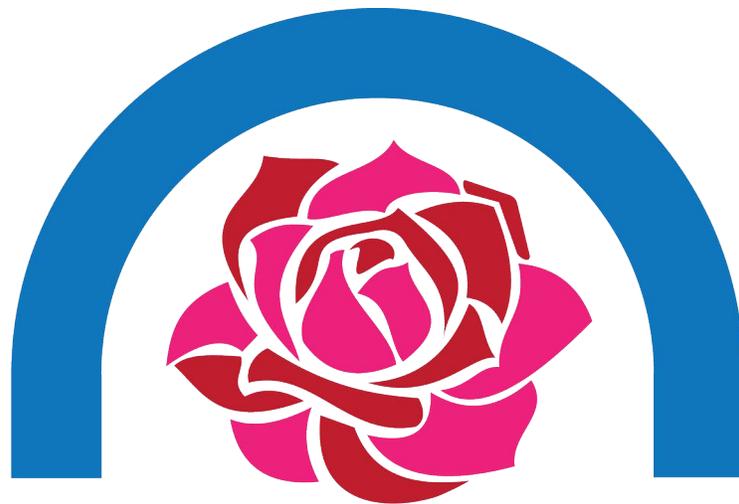
As you skate more, you'll get to the point where you'll recognize that a practice session has a certain "rhythm" to it. People tend to do pretty "expectable" or "predictable" things, and you can usually pretty much guess where somebody else is going, based on what they're doing when you see them (the normal approaches to each jump or spin are pretty recognizable). If you're a "wrong way" skater (clockwise jumper) be aware that other skaters will probably guess wrong about your intentions pretty often. If you have clockwise jumpers in your rink, try to recognize them and adjust your expectations accordingly. Try not to skate or behave in a way that would surprise other skaters. If you're standing near the boards, don't enter the flow of skaters without checking to make sure you're not going to get into someone else's way.

Don't Stand Around

Refrain from standing around and visiting on the ice. This wastes expensive ice and presents an additional hazard for other skaters to avoid.

Facility and Session Rules

Rules for the facility are posted throughout the rink and on www.rosegardenicearena.com. Freestyle rules are also found on the website. Rules may change from time to time based on circumstances that arise. Skaters and coaches are expected to follow the rules at all times.



RoseGarden Ice Arena

NORWICH, CT



Clothing: Lessons, Testing, and Competition

Obviously when you compete or test you'll want to wear something that's a bit special, and comfort won't be your first priority. But what about all those hours you spend practicing?? Here comfort and safety will be more important to you.

It is important that whatever you wear be loose enough to not restrict your motion. It should not be so loose or baggy that it presents a safety hazard however. You should never wear anything that is so loose that it drags on the ice, or close to your blades.

If you're prone to getting cold, consider a layered approach. A couple of thin sweaters or sweatshirts will be better than one really heavy thick one -- and you can shed layers as you heat up.

Girls generally wear thin sparkly tights when competing. But for practice some skaters choose to wear those slightly baggy "jogging suit" or "sweat suit" pants over their tights. Like sweaters, these can be removed as you heat up. Another option is to get the heavier practice tights that some vendors sell. In our area, skaters call these "sweater tights", and get them from [Mondor](#). From a distance, these look just like the regular competition tights.

You might choose to wear a nylon windsuit like runners often wear. These are lightweight, and usually have a felt lining for warmth. These suits are generally nice and loose so they don't restrict you. The nylon tends to shed water, and always keeps it away from your skin, unlike tights or normal pants. And the nylon material is very slippery -- when you fall, it slides very nicely on the ice.

Gloves are appropriate if your hands get cold and are required for all RoseGarden programs. Most skaters wear those stretchy "one-size-fits-all" gloves that you can get at discount stores. You should get lots of pairs because they always seem to disappear even faster than socks and they are often difficult to get during the summer months.

Heavy outdoor coats generally hinder your ability to move, and should probably be avoided unless it's really cold and you have no other options.

Those chemical heat packs that are sold for hunters are often used to keep hands or feet warm (some skaters even put them inside their boots). Be careful though if you use them, because they generate a lot of heat and can burn you if you're not careful. Be careful to dispose of them properly when they're used up.

Parents of small children in early learn-to-skate programs may feel more comfortable if their children wear hockey helmets to protect their heads. Some rinks require this until a certain level of proficiency is attained. In others, it is a matter of personal choice. Full hockey and ski helmets provide the most protection but a bicycle helmet is sufficient for most beginning skaters. The rink does not rent helmets so skaters must come prepared.

Competition and Test Clothing

It's important to realize as you go to tests or competitions that you're going there as a skater, not as a fashion model. The judges will be a lot more interested in what you do than in how you look. You should be neat and tidy, and you should ensure that your clothing is appropriate to your age and skating level.

The USFSA does set some minimal standards for clothing that must be followed, or deductions will be assessed during a competition. These can be found in the Rulebook, as summarized below. A good rule to follow is ALL skaters must have all competition and testing outfits approved by their coach before any ISI or USFS event.

- All clothing must be modest, dignified, not theatrical in design, and appropriate for athletic competition
- Clothing must not give the effect of excessive nudity for athletic sport
- Ladies in singles and pairs may wear skirts, trousers, or tights (including unitards)
- For dance, ladies must wear a skirt or dress
- For synchro, 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
- Men must wear full-length trousers - no tights for men are permitted.
- For dance, men's costumes may not be sleeveless
- Any ornamentation attached to the clothing must be firmly fastened so as not to fall off during skating.
- For dance, decorations on costumes must be non-detachable
- For synchro, sequins, rhinestones, or jeweled trim may be used in moderation on the clothing of senior and junior teams only. It is

allowed on the bodice only. Sleeves and skirts may not be adorned. Feathers or other materials that could be dislodged are not allowed

- Hair pins and bobby pins are prohibited for synchro competition (hair must be sewn to secure it)
- For synchro, the clothing worn in actual competition may not bear any form of advertising. Warmup suits may bear the name of a sponsor when the team is on ice for warmup
- If you buy your clothing from a catalog supplier that caters to the skating market, you can be reasonably confident that these standards are followed. If you make your own, or get a local dressmaker to make your outfits, you should ensure that the above rules are understood.

If you do make your clothing, consider some of the following hints:

- Girl's sleeves usually have a loop at the end which can be "hooked" over a finger to keep the sleeves from sliding up the arms as she moves.
- Similarly, boy's pants usually have a strap on the bottom that goes under the boot to keep them tidy. This strap is generally attached with "Velcro" or by a button.
- Make sure that the material is stretchy enough to permit movement without binding, pulling, or tearing out of the seams.
- Ladies clothing often uses "flesh-colored" fabric to maintain appropriate modesty while creating the illusion of "less cover".
- Hot Glue guns work well for attaching sequins and small decorations, although actual needle-and-thread application is more secure for larger decorations.

Design your clothing so that it hides any underwear that is worn, and provides adequate support and cover for those occasions when it is not. Tights are designed so underwear does not have to be worn and will create a nicer line for the skater. Please check with your coach on policies on wearing underwear with your skating costume.



Figure Skating Associations

Clubs and Rinks

Beginning skaters usually skate in rink-sponsored "general" sessions or in a Learn-to-Skate program, which might be sponsored directly by a rink or by a skating club. Usually, when skaters have advanced beyond the beginner level, they join a skating club and take individual instruction from a private instructor, or "pro". In most cases, skating clubs have an affiliation with a National Governing Body, which coordinates the activities of clubs.

National Governing Bodies

Within the USA, most arenas are affiliated with one or both of the 2 national organizing bodies -- either **United States Figure Skating (USFS)**, or the **Ice Sports Industry (ISI)**. Each association provides an organizational structure for programming, administration, and skater development. While both associations provide a full range of programming to support skaters of all interests, they actually cooperate to each provide a slightly different emphasis. The USFS emphasizes programming for the high level competitive skater, and provides the sanctioned path to World and Olympic competition. The ISI emphasizes programming for both the competitive and recreational skater.

The ISI is actually an organization for rink owners and managers, which defines programming and structure for their figure skating programs. The USFS provides a structure for clubs which are each individually managed by club-member elected Boards of Directors.

The USFS and ISI each define a "Learn-to-Skate" curriculum, as well as a level and test structure for advanced skaters. Both associations sanction competitions at local, national, and world levels.

ISI (Ice Sports Industry) RoseGarden ISI Team and Future Stars	Learn to Skate– USA (LTS-USA) RoseGarden LTS-USA Learn to Skate	US Figure Skating (USFS) Norwich Figure Skating Club
Emphasis: recreational & recreational competitive skater	Emphasis: recreational skater	Emphasis: competitive skater
No path to the Olympics but has their own Open World Competition. USFS Crossover events are available for skaters who are competitive in IS and US	Not the path to the Olympics but can move up to full USFS membership as an individual member or through the Norwich Figure Skating Club	Path to Worlds, Olympics
USA divided into 16 Divisions for competitive purposes. National and Regional events across the country	Individually based in facilities throughout the country	USA divided into 3 Sections, each composed of 3 Regions (total 9 Regions) for competitive purposes
International: ISI itself sponsors competitions internationally	Subdivision of USFS	International: member of ISU
Programming typically managed by rinks and instructors	Programming typically managed by rinks or Figure Skating Clubs	Clubs are independently managed by club-member elected Boards of Directors
Defines "Learn-to-Skate" structure / curriculum		
Defines tests for recognition of accomplishment		
Defines competition levels, elements, structure & sanctioning		

In some cases, your choice of "affiliation" will be determined by the availability of clubs in your area. In most areas, you will have the opportunity to choose a club of either affiliation, and you should choose based upon an understanding of your own needs and goals. The RoseGarden Ice Arena offers all three memberships to its skaters. All skaters must purchase an annual Learn to Skate USA membership to participate in our programs. The rink supplies an ISI membership for all skaters who are enrolled in instructional programs. The Norwich Figure Skating Club is based in our arena and when a skater is ready to start testing or competing in the USFS organization, membership options are available.

Skaters who join a club affiliated with either of these governing bodies automatically become members of the associated governing body as well.

Because of the cooperative agreement between USFS and ISI, skaters affiliated with either of the organizations are generally permitted to compete in competitions and perform in ice shows sanctioned by the other organization without loss of "eligibility" in their own organization. It is possible to have memberships in both organizations. Skaters without a club of the desired "flavor" in their area may join either association as "independent" members.

International Governing Bodies

At the international level, figure skating is organized by the **International Skating Union (ISU)**, which has its headquarters in Switzerland. The ISU defines basic technical and "eligibility" rules and standards for amateur ("eligible") skaters. National Governing Bodies (NGBs) for many countries across the world have become members of the ISU.

The ISU sanctions figure skating competitions internationally, including the annual World Figure Skating Championships. Only skaters who have qualified according to the rules of an NGB affiliated with the ISU are eligible to skate in Worlds and other ISU-sanctioned competitions. All Olympic skaters must be members of ISU affiliated NGBs.

In the USA, the USFSA is a member of the ISU, however the ISI is not.

The **International Olympic Committee (IOC)** works with its affiliated national committees in each member country (for instance, the USOC in the United States) to organize the Olympic Games. For each sport, the IOC recognizes a sport-related governing body to establish the basic structure for competition in that sport. For figure skating, the IOC recognizes the ISU and its member associations as the defining authority.

Professional Associations

The **Professional Skater's Association (PSA)** is an organization of ice skating professionals engaged in the instruction, training, and performance of figure skating. Membership in the PSA is available (but not required) to all professionals in the field of skating. The PSA offers training seminars and classes for instructors, and manages a "rating" system whereby instructors can receive certification of their ability to teach at various levels. Additionally, the PSA makes available insurance, retirement services, and job placement services for professionals.

The **Ice Sports Industry (ISI)** offers professional memberships and the ISI Instructors Training program to educate member coaches. Ice rink management (manager, directors, etc) can also attend the ISI University for training in how to effectively run programming in facilities so that coaches and skaters can maximize training for their skaters. The ISI works in conjunction with PSA (through an organizational agreement) to provide educational opportunities for coaching.

Competition Events Available for ISI and USFS

ISI Competitive Events

<u>Solo Events</u>	<u>Pair/Couple Events</u>	<u>Team Events</u>
Freestyle	Pairs	Production
Artistic	Couples	Ensemble
Rhythmic	Couples Spotlight	Pattern
Solo Compulsories	Jump and Spin	Kaleidoskate
Stroking	Dance	Element Team
Footwork	Free Dance	Team Surprise
Interpretive		Team Compulsory
Spotlight		Family Spotlight
Solo Dance		Synchronized Skating
Solo Free Dance		Synchronized Formation
Hockey Skating		Synchronized Dance
Hockey Passing and Shooting		Synchronized Compulsories
Figures		

USFS Competitive Events

<u>Solo Events</u>	<u>Pair/Couple Events</u>	<u>Team Events</u>
Long Program	Pairs	Theatre on Ice
Short Program (Intermediate-Senior)	Dance	Synchronized Skating
Compulsory	Free Dance	
Interpretive		
Showcase		

USFS Skating Clubs...Why join a figure skating club?

Your Learn to Skate USA membership is an introductory membership into U.S. Figure Skating. That membership allows your skater to participate in learn-to-skate activities sponsored by the program and also in Basic Skills competitions. A parent needs to be aware that there is a different type of membership in U.S. Figure Skating that enables a skater to participate in all U.S. Figure Skating activities and also includes a subscription to SKATING magazine. The best way to be a part of U.S. Figure Skating at the Rose Garden Ice Arena is to be a member of the Norwich Figure Skating Club; in other words, membership in a U.S. Figure Skating member club includes a full membership to U.S. Figure Skating.

When should your child join a figure skating club?

You may notice a display or bulletin board at your skating rink with information on joining the skating club affiliated with your ice rink, and you may wonder when your child should join that skating club. Once your child is ready to take official U.S. Figure Skating tests or compete in competitions beyond the Basic Skills level, it is time to join a figure skating club. In other words, in order to take tests and enter competitions beyond the Basic Skills level, a skater must be a FULL member of U.S. Figure Skating.

What activities will a skating club provide?

Some skating clubs will sanction ice shows, competitions or judging critiques. All clubs will usually sponsor test sessions. In order for your child to take skating tests, he or she must be a FULL member of U.S. Figure Skating. If your child takes a test at a club of which he or she is a member, you will be given a discount on testing fees. Volunteering with a skating club Skating clubs are run by volunteers. If possible, take the time to volunteer with your child's skating club. Through involvement, you will learn more about skating and, at the same time, you and your child will make skating friends. The Norwich Figure Skating Club offers a 'Friends of Norwich FSC' Membership which allows families to participate in club social activities. This option is for skaters who want to participate in the club social events but may not be ready for USFS testing and competition.

For more information on the Norwich Figure Skating Club, please check out their website:

www.NorwichFigureSkatingClub.com



Competition Expenses, Budgeting, and Information

Competition Budgeting and Expenses

- **Outfits/costumes:** it is not required to have a different outfit for every event. However, it is always good to have your competition outfit and a backup in case anything goes wrong. Certain events require costumes and/or props. All costumes and/or props should be cleared with the coach prior to purchase. Please plan on these purchases well in advance of the event.
- Skates (for LTS skaters who use our rentals, that option not available for competitions outside our rink) Skaters must have their own skates for events. If skaters need a sharpening, they should make sure they have at least 3 to 4 practices prior to the event to adjust to the sharpening
- **Entry fees:** Fees to enter the competition. For ISI events, they usually break it down to 1st event fees and additional events. Some competitions offer specials for certain events
- **Judges fees:** RoseGarden ISI Team is required to send judges in order for our skaters to compete in the event. This fee is paid to the judges for their time so our skaters can compete
- **Competition Coaches fees:** Fee paid to the coach that warms you up and puts you on the ice. It is like a lesson fee at the event...you are paying for the coaches' time as you would for a lesson
 - Per event fees
 - Travel fee
- Hotel and food for events that are not local
- Other possible expenses
 - Additional lessons prior to event
 - Extra practice time (do not allow programs on public skate)
 - Practice ice at events (with or without lessons)



How many competitions or events do I do?

Things to consider when choosing competitions to attend and how many events to compete in...

- How many events are you eligible for?
- What is your budget when you figure in all the costs of the event?
- Are you on the production or synchro teams and are they doing that competition?
- Does doing multiple events commit you to an overnight stay at a hotel or added travel?
- Do I do many different competitions doing only 1 or 2 events or do I pick a couple competitions and do every event I am eligible for?
- Will it require any additional classes or lessons to prepare for the event?
- Is it a large Regional, National, or World ISI event where you would want to participate in as many events as possible?

If you need assistance in figuring out which competitions to attend and what events to enter, see Tiesha to go over the information in advance of the competition deadlines.

RoseGarden Competition Calendar

Information regarding the current competition calendar can be found on the RoseGarden website:

<http://www.rosegardenicearena.com/isi-competitive-team/>

Competition Checklist

Going to a competition??? Don't forget the following:

- Your skates (BOTH of them!)
- Your dress / tights (or pants and shirt if male)
- A spare set of tights
- Extra scrunchies, bobbie pins, etc
- Any makeup you will require
- Comb, brush, hairspray
- Sweater or warmup jacket
- Your music CD (labeled and tested)
- A backup CD (labeled and tested)
- Guards and soakers
- Your "emergency bag" (this should contain spare screws for your blades, a screwdriver, spare laces, band-aids, aspirin, etc)
- Inhaler (if needed)
- Props (if needed)
- Camera / camcorder or phone charger if you are using your phone (many rinks have bad reception and will drain your battery quickly. You may want to switch to Airplane mode so your phone does not search for a signal constantly and have your charger on hand so you can use your camera/video features of your phone)
- Have your membership numbers (ISI / USFS) and your cards
- Know your event number(s) and time
- Directions to the rink or the rink address for GPS
- Plan to arrive 1 hour before your first warm up unless your coach tells you otherwise.

Air Travel with Skates

Traditionally, skaters usually transport their skates as carry-on items when traveling by air. The additional security restrictions imposed after the 9/11 tragedy have made this ability uncertain for most skaters. Apparently the sharp blades are considered too "knife-like" by most carriers and they are telling their passengers that they may not be carried on.

If you are planning to travel with your skates, you should check in advance with your carrier to see what they say, but I think that even if I was told it was ok, I'd still half-expect someone at the gate to tell me otherwise.

The reason most skaters carry on their skates is because they are concerned that they might become lost or delayed if they are checked. A 24-hour delay in getting your luggage might not be real serious if you're just visiting Aunt Matilda, but it would be a real problem if you arrive 20 hours before you're supposed to skate at Regionals... So what can you do to minimize the possibility of errors if you DO check your skates?

- I would wrap them well to protect them against bumps and bangs during handling. I might even put them in hard guards instead of soakers for the duration of the flight (after making SURE they were real dry first...).
- I'd put them in a suitcase that is unique and very identifiable. I'd mark it loudly with my name and some obvious & unique markings to minimize the possibility that anyone would mistakenly grab it off the conveyor because it looked like theirs (I'd use colored tape to make a pattern of stripes or a big X on the sides).
- I'd make sure to put a tag on the bag that has a phone number that could reach me AT MY DESTINATION (a cellphone or a hotel number).
- When checking the bag, stay until you see the check-in person put the destination tag on the bag, and make sure it says the right destination
- See if the airlines will allow you to "gate" check the bag containing your skates, that way they remain in your possession until you board the plane and you may be able to collect them upon arrival at the gate. (i.e. baby strollers). *(Jim Achtenberg notes that a potential difficulty associated with this idea is that you still have to get them past the concourse x-ray inspectors)*
- And finally, I'd make real sure to keep the little numbered check tags to help track it if it does get misplaced.

Everything skaters learn on the ice soon becomes invaluable off of it.

The Lifelong Rewards of Ice Skating.

For every child who chooses to pursue ice skating, good news. He or she will excel in ways where they will carry them far into life.

- Appreciate active healthy lifestyle
- Develop physical skills: endurance, stronger muscles, better coordination and flexibility
- Develop self-esteem, self-confidence, self-discipline, and self-reliance by mastering and performing skating skills
- Learn how to manage stress, perform under pressure and test emotional and physical balance
- Develop positive, supportive and sustained relationships with other adults
- Contribute to others through their volunteer involvements
- Develop social skills with other children and adults
- Learn about managing success and disappointment
- Learn respect for others

What is Learn to Skate USA?

Our comprehensive, ongoing method teaches everything from the basic fundamentals to advanced skating skills with every class emphasizing mastering the individual elements.

Learn to Skate USA skaters can attend classes anywhere coast to coast, learning the same elements with similar requirements. It's the successful system where many of our World and Olympic Team members had their first starts.

To make this program successful for your child, we ask parents and visitors with young skaters to follow a few rules.

- Please watch from the bleachers for your safety and the safety of the skaters. Any pictures or videos you wish to take should be done here versus rink-side.
- Skaters need to stay focused with their instructors, so it's important to be on time to avoid creating distractions. Have your child's skates tied and fastened a good 15 minutes before class begins. Then bring your child to the representative at the door and we'll take care of the rest.

It is our goal to have your child graduate from the program, fall in love with the wonders of skating, and continue on with this sport for their entire lifetime. So thank you for enrolling in Learn to Skate USA.

Now let's find the program right for your child.

The Learn to Skate USA Curriculums

Look at the many different ways to enjoy the majesty of skating. Find the one that appeals most to your young skater—or give one a try that becomes a lifelong love.

Snowplow Sam

Designed for kids six and younger, Snowplow Sam classes give them confidence early on in a safe, positive environment where fun comes first.

Imagine seeing your little one out on the ice learning the ABCs of skating: Agility, Balance, Coordination and Speed.

Learn to Skate USA 1-6 Program

These classes put the fun in fundamentals as your skaters enjoy learning forward skating, backward skating, stops, edges, crossovers and turns. Their confidence grows as this curriculum sets the stage for exploring activities such as figure skating, hockey and speedskating.

Hockey

TBD (information required)

Free Skate

Transitions, spins and jumps. More progressive skating skills like these gives more determined skaters like yours challenges they crave. This positive, interactive group pushes one another to conquer these skills.

Ice Dance

This is the program that's as beautiful to see as it is to hear. Your skater learns the main components of the magic of ice dancing and reviews edges and turns while skating to music within this exhilarating, heart-pounding test structure.

Find out about the full curriculums at learntoskateusa.com

Your child's first day of skating

We're going to let you in on a little secret. The first time your child skates—he or she will fall. All skaters fall. Olympic medalists have fallen hundreds—even thousands—of times. The best part, your child will get right back up.

Anything's possible when your child skates for the first time. So prepare yourself and your child for the expected and unexpected. You'll know how to plan ahead. You'll relax more. And you'll have more fun knowing you're comfortable and safe.

Be on time.

Arrive a good 20 minutes before class kicks off to check in at the registration desk and lace up your skates.

Bring lots of layers.

Comfort and moving freely about are essential for new skaters. Choose sweatpants or warm-up pants instead of bulkier snow pants. Bring a jacket too, since indoor rinks do set thermostats at a brisk 50°F.

Socks. Thin over thick.

Bulkier, thicker socks limit support and create unwanted bumps inside your boots. Go with lightweight socks or thinner tights.

Keep their hands warm.

Since kids are taught to fall on day one, gloves or mittens are imperative to prevent hands from getting all scraped up. If you forgot to bring a pair, sift through lost and found box to find some your child can borrow during class.

Protect your head.

Wearing helmets for all beginning skaters is strongly recommended. Your neighborhood pro shop will give you advice to find certified helmets that provide a proper fit.

Do:

- Make sure the helmet fits comfortably and snug.
- Wear the helmet low in front to protect the forehead.
- Keep it level and immobile. Avoid tilting back or pulling low.
- Secure chinstrap buckle. Check the adjustment often for protection, in case of a fall or collision.
- Replace your helmet immediately, if signs or damage are visible.
- Clean the helmet with mild soap and water only.
- Store the helmet in a cool, dry place.
- Have the helmet wearer present during purchase to test and ensure a good fit.
- Find recommended helmets through these classifications: ASTM F1447; Snell B-90A, B-95, N-94.

Don't:

- Wear anything under your child's helmet.
- Attach anything to the helmet.
- Wear a helmet that does not fit or cannot be adjusted properly.
- Leave a helmet in direct sunlight or in a car on a sunny day.

Fitting skates

Rule of thumb: the closer the fit, the more control. Find comfortable skates that keep feet snug and immobile yet give toes plenty of wiggle room. Solid support is needed as staying upright takes a lot of strength.

Lacing skates

Tap the heel way back into the boot. Gently pull the tongue up and secure it straight up and down before tucking it beside the foot. Pull the second or third sets of laces from the bottom tightly to close the boot well over the front of the foot. Laces should be snug through the ankle area and bottom two sets of hooks.

The top two hooks meanwhile can be looser to keep the ankle flexible. Cross the two extra laces over hooks neatly. Avoid winding it around the skates as loose flying bows often cause accidents. Effectively laced boots should provide enough room to stick a finger between the back of the boot and your leg.

Rent skates first, buy later.

Find a good fit through a pro shop that knows the ins and outs of ice skating. If you're looking to save money with used skates, check the boot's support level and blade for 'sharpening life.'

Take care of your skates

Never walk on hard surfaces or concrete with uncovered blades. Wear hard guards to protect them. Dry blades with a towel to avoid rusting after every use.

Basic Skills – FUNdamentals

Basic Skills teaches the FUNdamentals of ice skating and provides the best foundation for figure skating, hockey, and speedskating. Six progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns. Upon completion of the Basic Skills 1-6 levels, skaters will be able to confidently advance to more specialized areas of skating. All classes will be well-structured with the focus on proper skill development taught in a positive, FUN, and social environment. Skaters will progress at their own rate and advance after skill mastery is demonstrated.

Discover, Learn and Play – Basic 1 and 2: These introductory levels allow new skaters with no prior skating experience to build confidence while learning to skate.

FUNdamentals – Basic 3–6: These levels develop all of the fundamental skating skills on the ice. Focus is on learning the ABCs of basic athleticism: agility, balance, coordination and speed. Upon completion of these levels, skaters will be able to confidently advance to more specialized areas of skating.

Off-ice orientation:

- Equipment check: proper fit and lacing of skates, appropriate attire, safety helmets
- Practice falling and recovery, marching in place, dips and one-foot balances in skates

Basic 1



- Sit on ice and stand up
 - March forward across the ice
 - Forward two-foot glide
 - Dip
 - Forward swizzles — 6–8 in a row
 - Backward wiggles — 6–8 in a row
 - Beginning snowplow stop on two feet or one foot
- ★ Bonus skill: Two-foot hop in place

Basic 2



- Scooter pushes — R and L
 - Forward one-foot glides — R and L
 - Backward two-foot glide — Glide the length of skater's height
 - Rocking Horse (one forward swizzle, one backward swizzle) — Repeat twice
 - Backward swizzles — 6–8 in a row
 - Two-foot turns from forward to backward in place — clockwise and counterclockwise
 - Moving snowplow stop
- ★ Bonus skill: Curves

Basic 3



- Beginning forward stroking showing correct use of blade
 - Forward half swizzle pumps on a circle — 6–8 consecutive clockwise and counterclockwise
 - Moving forward to backward two-foot turns on a circle — clockwise and counterclockwise
 - Beginning backward one-foot glides — focus on balance
 - Backward snowplow stop — R and L
 - Forward slalom
- ★ Bonus skill: Forward pivots - clockwise and counterclockwise

Basic 4



- Forward outside edge on a circle — R and L
 - Forward inside edge on a circle — R and L
 - Forward crossovers — clockwise and counterclockwise
 - Backward half swizzle pumps on a circle — clockwise and counterclockwise
 - Backward one-foot glides — R and L
 - Beginning two-foot spin — Up to two revolutions
- ★ Bonus skill: Forward lunges — both legs

Basic 5



- Backward outside edge on a circle — R and L
 - Backward inside edge on a circle — R and L
 - Backward crossovers — clockwise and counterclockwise
 - Forward outside three-turn — R and L
 - Advanced two-foot spin — 4–6
 - Hockey stop — both directions
- ★ Bonus skill: Side toe hop — R and L

Basic 6



- Forward inside three-turn — R and L
 - Moving backward to forward two-foot turn on a circle — clockwise and counterclockwise
 - Backward stroking
 - Beginning one-foot spin — 2–4 revolutions, optional free leg position and entry
 - T-stops - R and L
 - Bunny hop
 - Forward spiral on a straight line — R or L
- ★ Bonus skill: Shoot the duck — R or L

Free Skate

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps — all of which build on the previous skill, providing skaters a strong foundation of all elements. These levels will be taught in a positive and interactive group format such as a bridge program, circuit classes or as an introductory training program. Instructors will focus on quality and mastery of skills.

Pre-Free Skate (combination of Basic 7 and 8)



Skating Skills:

- A. Forward inside open mohawk from a standstill position (R to L and L to R)
- B. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise

C. Backward outside edge to a forward outside edge transition, clockwise and counterclockwise

D. Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise

Spins:

E. One-foot upright spin, optional entry and free-foot position (minimum three revolutions)

Jumps:

F. Mazurka (R and L)

G. Waltz jump

★ Bonus Skill: Backward inside pivots, clockwise and counterclockwise

Free Skate 1



Skating Skills:

- A. Forward power stroking, clockwise and counterclockwise
- B. Basic forward outside and forward inside consecutive edges (four to six consecutive edges)
- C. Backward outside three-turns (R and L)

Spin:

D. Upright spin, entry from back crossovers (min. four to six revolutions)

Jumps:

E. Half flip

F. Toe loop

★ Bonus Skill: Waltz jump-side toe hop-waltz jump sequence, or waltz jump-ballet jump-toe loop sequence

Free Skate 2



Skating Skills:

- A. Alternating forward outside and inside spirals on a continuous axis (two sets)
- B. Basic backward outside and backward inside consecutive edges (four to six consecutive edges)
- C. Backward inside three-turns (R and L)

Spin:

D. Beginning back spin (up to two revolutions)

Jumps:

E. Half Lutz

F. Salchow

★ Bonus Skill: Variation of a forward spiral, skater's choice

Free Skate 3



Skating Skills:

- A. Alternating backward crossovers to back outside edges - Four sets
- B. Alternating mohawk/crossover sequence (R to L and L to R)
- C. Waltz three-turns (forward outside three turn, backward outside edge glide), clockwise and counterclockwise

Spin:

D. Advanced back spin with free foot in crossed leg position (min. three revolutions)

Jumps:

E. Loop jump

F. Waltz jump-toe loop or Salchow-toe loop combination

★ Bonus Skill: Toe step sequence, skater's choice, using a variety of toe steps

Free Skate 4



Skating Skills:

- A. Forward power three-turns (R and L), 3 sets each
- B. Waltz eight, clockwise and counterclockwise

Spins:

C. Forward upright spin to backward upright spin (3 revs., each foot)

D. Sit spin (minimum three revolutions)

Jumps:

E. Half loop

F. Flip

★ Bonus Skill: Split jump, stag jump or split falling leaf

Free Skate 5



Skating Skills:

- A. Backward outside three-turn, mohawk (backward power three-turns), clockwise and counterclockwise
- B. Five-step mohawk sequence, clockwise and counterclockwise

Spins:

C. Camel spin (minimum three revolutions)

Jumps:

D. Waltz jump-loop jump combination

E. Lutz jump

★ Bonus Skill: Loop-loop combination

Free Skate 6



Skating Skills:

- A. Forward power pulls (R and L)
- B. Creative step sequence, skater's choice, using a variety of three-turns, mohawks and toe steps

Spins:

C. Camel-sit spin combination (minimum two revolutions each position)

D. Layback or attitude spin or cross-foot spin (three revolutions)

Jumps:

E. Waltz jump-half loop-Salchow jump sequence

F. Axel

★ Bonus Skill: Backward outside pivot, entry optional

Note: The Skating School has the authority to add classes to continue skater development under the umbrella of Learn to Skate USA beyond Free Skate 6. Sample lesson plans and programming ideas are available in the Skating School Administrative Tool.

Snowplow Sam – Discover, Learn and Play

The Snowplow Sam levels are introductory classes divided into four progressive levels allowing children with no prior skating experience to build confidence while learning the basic skills of skating. These classes are designed to help children six and younger develop the ABCs of movement – Agility, Balance, Coordination and speed. The ABCs are essential for developing fundamental movement skills and physical literacy. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all.

Off-ice orientation prior to the first skating class:

Equipment check – Proper fit and lacing of skates, appropriate attire, and safety helmets.

Practice falling and recovery, marching in place, dips and one-foot balances.

Snowplow Sam 1



- A. Sit and stand up with skates on – off-ice
- B. Sit and stand up – on-ice
- C. March in place
- D. March forward (8-10 steps)
- E. March, then glide on two feet
- F. Dip in place

Snowplow Sam 2



- A. March followed by a long glide
- B. Dip while moving
- C. Backward walking, toes turned inward, shifting weight (4-6 steps)
- D. Backward wiggles (6 in a row)
- E. Forward swizzles (2-3 in a row)
- F. Beginning snowplow stop motion – in place or holding onto barrier
- G. Two-foot hop, in place (optional)

Snowplow Sam 3



- A. Forward skating (8-10 strides)
- B. Forward one-foot glide, two times skater's height (R and L)
- C. Forward swizzles (4-6 in a row)
- D. Backward swizzles (2-3 in a row)
- E. Moving forward snowplow stop (two-foot)
- F. Curves

Snowplow Sam 4



- A. Forward skating
- B. Backward two-foot glide, length of skater's height
- C. Backward swizzles (4-6 in a row)
- D. Rocking horse – one forward, one backward swizzle, repeat twice
- E. Two-foot turns from forward to backward, in place (both directions)
- F. Two-foot hop, in place

Based on the age and ability of the child after completion of Snowplow Sam 3, they can successfully advance to Basic 2 or Hockey 2, or progress to Snowplow Sam 4.

Hockey

The Hockey curriculum is designed to teach the fundamentals of hockey skating. In four badge levels, skaters will learn how to be more proficient and agile on the ice. Proper skating techniques for the game of hockey are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the basic hockey stance, stride, knee bend, use of edges and other necessary fundamentals to be successful in hockey practices and game situations.

Necessary equipment:

- Hockey skates
- HECC Approved Hockey Helmet

Hockey 1



- Falling and recovery to a balanced, standing position
- Proper basic hockey stance (Forward and Backward)
- March Forward across the ice, 8-10 steps
- Two-foot glides and dips from forward marching across the ice
- Forward swizzles / double c-cuts (4 to 6 in a row)
- T-Push to a two-foot glide (hold 2-4 seconds) on a straight line, alternating feet
- Snowplow Stop, stationary

★ Bonus Skill: Front to Back and Back to Front turns (Stationary)

Hockey 2



- Forward strides using 45 degree V-Push, focus on good recovery and alternating arm drive
- Forward one-foot push and glide (right and left)
- Forward C-Cuts: single leg (right and left) and alternating feet (right and left) in a straight line
- Backward hustle or march, then glide on two feet
- Backward swizzles / double c-cuts (4 to 6 in a row)
- Backward C-Cuts, single leg (right and left) and alternating feet (right and left) in a straight line
- Two-foot moving Snowplow stop

★ Bonus Skills: Scooting or Skateboard push, on circle (Right & Left)

Hockey 3



- Lateral crossover march (both directions)
- Forward C-Cuts (1/2 swizzle pumps) on a circle, both directions
- Forward outside edges on half circles (large C's), alternating feet on the short or long axis of the rink
- Forward inside edges on half circles (large C's), alternating feet on the short or long axis of the rink
- Backward C-Cuts (1/2 swizzle pumps) on a circle, both directions
- Backward snowplow stops: One foot and two feet V-stop
- One-foot moving snowplow stop (Right and Left), introduce 1/4 turn with hips to hockey stop

★ Bonus Skill: Forward stops and starts

Hockey 4



- Quick starts using forward V-Start
- Backward one-foot glide, right and left
- Forward Crossover glides (clockwise and counter-clockwise). Hold feet in crossed position for 2 counts
- Backward Crossover glides (clockwise and counter-clockwise). Hold feet in crossed position for 2 counts
- Forward Crossovers on circle, clockwise and counterclockwise (4-6 each)
- Backward crossovers on circle, clockwise and counterclockwise (4-6 each)
- Hockey Stops (stopping to the left and to the right, with speed)

★ Bonus Skill: Forward to backward Mohawk pivots (both directions, right and left) from powerful, full strides

Power Skating



- Powerful backward C-Cuts
- Forward Alternating Crossovers down the length of the ice, with wide step transitions (3 to left and 3 to right)
- Backward Alternating Crossovers down the length of the ice, with wide step transitions (3 to left and 3 to right)
- Forward power hockey turns / tight glide turns, 180 degrees and 360 degree turns
- Lateral pivots: forward to backward and backward to forward
- Fast stops and starts using powerful, full strides and quick hockey stops (right and left foot)
- Fast backward skating with quick backward V-stops (two-foot stops and one-foot stops, alternating feet)

ISI Freestyle Test / Competitive Levels

Pre-Alpha	Alpha	Beta	Gamma	Delta
Two foot glide One foot glide (L&R) Forward Swizzles Back Wiggles Back Swizzles	Forward Stroking Right Forward Crossovers Left Forward Crossovers One Foot Snowplow stop	Back Stroking Back Right Crossovers Back Left Crossovers T-Stop Right T-Stop Left	Right forward outside 3-turn Left forward outside 3-turn Right forward inside Mohawk combination Left forward inside Mohawk Combination Hockey Stop	Right forward inside 3-turn Left forward inside 3-turn Forward Inside Edges Forward Outside Edges Shoot the Duck or Lunge Bunny Hop
Freestyle 1	Freestyle 2	Freestyle 3	Freestyle 4	Freestyle 5
Forward inside pivot 2 foot spin Forward spiral Back outside edges Back inside edges One half flip Waltz jump	Ballet Jump Jump Sequence One Half Lutz One foot spin 2 different forward spirals Dance Step	Back Pivot Salchow jump Change foot spin Back spiral Toe loop/toe walley Dance Step	Flip Jump Loop Jump Sit Spin One Half Loop Jump 2 Back Spirals (one ea. Foot) Dance Step	Lutz Jump Axel Jump Camel Spin Camel-Sit-Upright Spin Fast Back Scratch Spin Dance Step
Freestyle 6	Freestyle 7	Freestyle 8	Freestyle 9	Freestyle 10
Split Jump Split Falling Leaf Jump Jump Sequence Choice: Cross foot spin, lay-back, or sit-change-sit Spin combo with 3 positions and a change of foot Dance Step	Double toe loop jump/ double toe walley jump Two walleys in a row Combo spin with change of foot and position Flying Camel Jump Sequence Jump in opposite direction Dance Step	Double loop jump Double flip jump Split lutz jump Flying sit or axel sit Jump Sequence Camel jump camel spin Dance Step	Opposite spin Double lutz jump Axel-Double loop combo Axel in opposite direction or Double axel jump Jump Combo Flying Camel-jump front sit Dance Step	Double axel-double toe Triple edge jump Death drop Four alternating axels in a row or triple toe jump Double jump to left and right or triple toe jump/double loop Three Arabian cartwheels or butterfly jumps in a row Creative dance step

About ISI Levels and Testing

All skaters who are members of ISI through the RoseGarden Ice Arena belong to the RoseGarden ISI Skating Team. Skaters who are in Future Stars and/or taking private lessons will start ISI testing and competitions. Skaters must pass Delta to be eligible for many of the competitive levels in ISI.

The ISI defines a system of "Tests" which allow a skater to progress through a sequence of logical steps in his or her competitive development. The Tests also establish a benchmarking structure for competitive purposes. All ISI sanctioned competitions group skaters according to levels of Tests passed. This allows skaters of similar abilities to compete against each other.

Judged Tests: A more formal test structure is designed for skaters who have advanced past the basics. These tests are judged by ISI Judges that are approved to administer tests for their facility. The results are forwarded to ISI which keeps official records of each skater's test accomplishments.

In each skating discipline, many levels of achievement are defined. See the ISI Handbook for more information on the specifics for each level. Note that a skater's age does not figure into his or her skating level -- only the demonstration of his/her proficiency through the passing of tests (note though that for competitive purposes there are some age limits placed upon skaters at certain levels -- see Competitive Qualification Requirements for more information).



<u>Basic Levels</u>
Pre-Alpha
Alpha
Beta
Delta



<u>Freestyle</u>	<u>Open Freestyle</u>	<u>Dance</u>	<u>Free Dance</u>	<u>Solo Free Dance</u>	<u>Pairs</u>	<u>Couples</u>	<u>Figures</u>
Freestyle 1	Bronze	Dance 1	Free Dance 1	Bronze	Pairs 1	Couples 1	Figures 1
Freestyle 2	Silver	Dance 2	Free Dance 2	Silver	Pairs 2	Couples 2	Figures 2
Freestyle 3	Gold	Dance 3	Free Dance 3	Gold	Pairs 3	Couples 3	Figures 3
Freestyle 4	Platinum	Dance 4	Free Dance 4	Platinum	Pairs 4	Couples 4	Figures 4
Freestyle 5		Dance 5	Free Dance 5	Diamond	Pairs 5	Couples 5	Figures 5
Freestyle 6		Dance 6	Free Dance 6		Pairs 6	Couples 6	Figures 6
Freestyle 7		Dance 7	Free Dance 7		Pairs 7	Couples 7	Figures 7
Freestyle 8		Dance 8	Free Dance 8		Pairs 8	Couples 8	Figures 8
Freestyle 9		Dance 9	Free Dance 9		Pairs 9	Couples 9	Figures 9
Freestyle 10		Dance 10	Free Dance 10		Pairs 10	Couples 10	Figures 10

A summary of ISI Test levels and Test disciplines is shown below:

Skaters must pass through the Delta level in order to pass any of the advanced tests with the exception of Dance. Skaters who can meet the requirements of the Dance tests can test without having passed Pre-Alpha through Delta.

Most competitive levels for additional events (artistic, spotlight, compulsories, etc) are based on your Basic/Freestyle level.

How are Tests Conducted?

ISI tests are conducted during Future Stars classes for those skaters who are registered and on Freestyle sessions for skaters who have private lessons. As of September 1, 2017, all tests will be \$5.00 per test in addition to the cost of the class and/or ice fees. This fee is charged for ISI for admin and for the cost of the badge that is sent to the rink for any passed test. If the rink has enough tests to have a dedicated test session, additional fees may be charged for ice time.

Pre-Alpha through Level 7 (Freestyle 7, Dance 7, Free Dance 7, Figure 7, Couples 7, and Pairs 7) tests may be taken at your arena. Level 7 tests must be judged by 3 qualified ISI judges. Level 8 and 9 tests must be taken at a District Judging session or can be videotaped and sent to the ISI office for testing if your district does not have a testing program. RoseGarden is part of District 3 and District does offer high level testing. Level 10 tests can be taken at National ISI events only and a video must be submitted to the ISI office prior to the booking of the test to make sure the skater can perform the elements at a passing standard before the test session is set up.

Coaches who are not comfortable testing their own skaters can set up a time with a rink director to have that skater tested or can submit a video to Tiesha to be scored. Skaters who submit videos will be notified of their passing status once the video has been submitted with the test forms. Any coach with a current ISI Coaches membership can administer a test and submit to Tiesha. Test forms are available on www.skateisi.com under forms and must be submitted for a test to be judged.

When to Test?

If you feel your skater is ready to test and move up to the next level, please talk with your coach. Coaches will get skaters ready for their next test usually at the end of the competition season. Some skaters will need to move up in the middle of the season if they are progressing quickly. Please remember if your skater competes, that we have to consider the following standards:

- ◆ **Class Standard:** Level proficient enough to move up to the next class level. May have skills that are weaker that still need to be perfected during practice to help continue progression of levels
- ◆ **Test Standard:** The minimum level required to pass the test.
- ◆ **Competition Standard:** Must be able to perform the level to a high standard and during a program (not just in isolation by itself). Once a skater passes a test, they must move up for the competition level as well so skills must be a higher level for those skaters who compete.

Clothing for Tests

A Test is a pretty formal occasion, but is not a competition. There is no audience to impress. You don't need to wear your fanciest dress or clothing. You should dress neatly though (no sweats!). A nice practice dress is more than adequate for any test. If you need it, a sweater or light gloves are fine.

About USFS Levels and Testing

Skaters who have reached ISI Level Freestyle 1 or LTS-USA Level Freeski 2 may want to consider joining USFS and starting their testing structure. USFS membership and testing tends to be for the more serious skater who is planning to commit more time and financial resources to their skating. USFS is the road to the Olympics and is for the more serious minded skater. Skaters may also want to consider testing if they would like to consider being a coach. Many facilities use USFS and ISI tests and competition history when hiring for their arena.

The USFSA defines a system of "Tests" which allow a skater to progress through a sequence of logical steps in his or her competitive development. The Tests also establish a benchmarking structure for competitive purposes. All USFSA sanctioned competitions group skaters according to levels of Tests passed. This allows skaters of similar abilities to compete against each other.

Judged Tests: A much more formal test structure is designed for skaters who have advanced past the basics. These tests are judged by USFSA-appointed judges at formal "test sessions". The results are forwarded to the USFSA which keeps official records of each skater's test accomplishments.

In each skating discipline, many levels of achievement are defined. See USFSA Test Requirements for more information on the specifics for each level. Note that a skater's age does not figure into his or her skating level -- only the demonstration of his/her proficiency through the passing of tests (note though that for competitive purposes there are some age limits placed upon skaters at certain levels -- see Competitive Qualification Requirements for more information).

A summary of USFSA Test levels and Test disciplines is shown below:

Moves in the Field	Singles FS	Pairs	Dance
Pre-Preliminary	Pre-Preliminary	Preliminary	Preliminary
Preliminary	Preliminary	Juvenile	Pre-Bronze
Juvenile	Juvenile	Novice	Pre-Silver
Intermediate	Intermediate	Junior	Silver
Novice	Novice	Senior	Pre-Gold
Junior	Junior		Gold
Senior	Senior		Junior International
			Senior International

Moves-in-the-field is a technical discipline designed to improve skater's abilities in areas such as stroking, turns, edge work, etc. It is necessary for all skaters to take and pass the Moves-in-the-Field (MIF) test associated with a particular level before taking the Freestyle or Pairs test at that level. It is not possible for a skater to "opt out" of the Moves-in-the-Field tests. It is ok to have a higher MIF test level than you do FS level, if that is your choice.

How are Tests Conducted?

Test Sessions are held on a regular basis by most USFSA affiliated clubs. A test session is usually a very official event at which many skaters will test. All Tests are judged by a panel of USFSA appointed judges who may not be related to the skater or the skater's coach. All results from a Test Session are sent by the host club's Test Chairperson to the USFSA headquarters, which registers the skater's accomplishment and publishes a notice of that accomplishment in Skating magazine.

Skaters who are ready to test make application to the Test Chairperson of their club (or to another area club if their own club does not hold test sessions). There is a fee associated with the taking of tests. This covers ice time, administrative expenses associated with the paperwork, and the judge's travel expenses (judges are not paid for their work, however inasmuch as many have to travel quite a distance to get to test sessions, they do receive reimbursement for the costs of their travel). Generally, the Test Chairperson will post a schedule of skater's test times a few days before the test day. Skaters should be at the rink and ready to skate at their appointed time.

Your coach may be present at a test session, but should not disrupt the flow of the test.

Usually, a test session is an "all-day" event. You will probably be scheduled in a grouping with several other skaters taking the same or similar tests. Your group will be scheduled for a "warm-up" time, followed immediately by the skating of the tests within that group. Usually, you will be the only one on the ice during your actual test, but for some tests (some moves-in-the-field, and the pre-preliminary freestyle) you may share the ice with others.

There will be judges there to evaluate your performance. Usually, there are 3 judges for all tests. For some tests (lower-level) it is acceptable for a single high-level judge to judge your test, and this is sometimes done when ice-time is limited. The judges are usually off the ice in a hockey-box or similar area, and will usually have clipboards with your test papers on them. Usually, there will be one judge called the "judge-in-charge". If your test requires "instruction" (i.e. if the judges need to talk to you), then it is this judge that does the talking.

When it is time for your Test, the judges or an announcer will inform you of your opportunity.

If this is a Freestyle or Pairs program, or a Dance test, you should skate to your starting position and wait for your music to start. If it is a Moves test or Pre-Preliminary or Adult PreBronze Freestyle test you should go to the judges for instructions on how they will conduct the test.

When you have finished your test, you should stay on the ice until the judges dismiss you. You should approach the judges, but not "too close" (sometimes they will need to discuss aspects of your test privately). The judges might ask you to "reskate" an element or two from the test. If this is done, it is because that element was "not quite right", and the judges want to give you another chance to try it. Usually, they will tell you what it was about the element that they would like to see improved. If you are asked to reskate an element, you will be given the opportunity to "warm it up" before you do it for real, if you choose to do so. If you do want to warm it up, you need to tell the judges before you do it that you are doing a warmup.

After you are dismissed, you will need to wait for your results. Usually, the judges will complete a group of skaters before handing in their paperwork. Eventually though, you will get copies of your "Test Papers". These will have the judge's comments on your performance, and at the bottom will have an indication of your "Pass" or "Retry" status. With a 3-judge panel, you must receive a passing mark from at least 2 judges in order to pass the test. Usually, you are allowed to keep copies of your test papers, and you and your coach should use them as a tool for developing your instructional plans.

If you should fail to pass a test, you are required to wait a minimum of 28 days before retrying the test (see section TR 19.02 in the Rulebook).

Clothing for Tests

A Test is a pretty formal occasion, but is not a competition. There is no audience to impress. You don't need to wear your fanciest dress or clothing. You should dress neatly though (no sweats!). A nice practice dress is more than adequate for any test. If you need it, a sweater or light gloves are fine.

Finally, note the following about judges

Please be aware that judges are not terrible horrible people, and they don't bite! Judges are often skaters themselves, or past skaters, or parents of skaters. They have your best interests at heart, and really want you to pass (they will not however pass a test for which the skater is not adequately prepared). Don't be afraid of them, and don't let them make you feel nervous. Just skate your best and show them what you can do.

USFS Competition:

Test Track vs Well Balanced Program

TEST TRACK (FROM USFS WEBSITE)

The test track is a new event for all non-qualifying competitions that limits the difficulty of skating elements performed in each level. The test track will line up the test structure requirements with the competition levels, giving skaters a fair playing field to continue competing and testing according to their abilities. There are no age restrictions for any of the levels included in the test track curriculum.

Test track is designed for skaters whose main focus is testing rather than competition but still enjoy competing. Test track requirements are the same as the test for each level.

Skaters may not enter both a Well-Balanced Free Skate or Introductory Level event and a Test Track Free Skate event at the same non-qualifying competition. The 6.0 judging system will be used for all test track events.

Adding an alternative track for restricted competition will encourage skaters, offer them opportunities for success in a competitive atmosphere while they continue to progress through the test structure, gain credentials for future endeavors and retain membership in U.S. Figure Skating. Competitions that host these events will be offering more opportunities to keep skaters motivated along the pipeline and keep them enthusiastic about their abilities in hopes of retaining skaters who may be discouraged by the high level of technical elements at all levels.

WELL BALANCED PROGRAM (WBP)

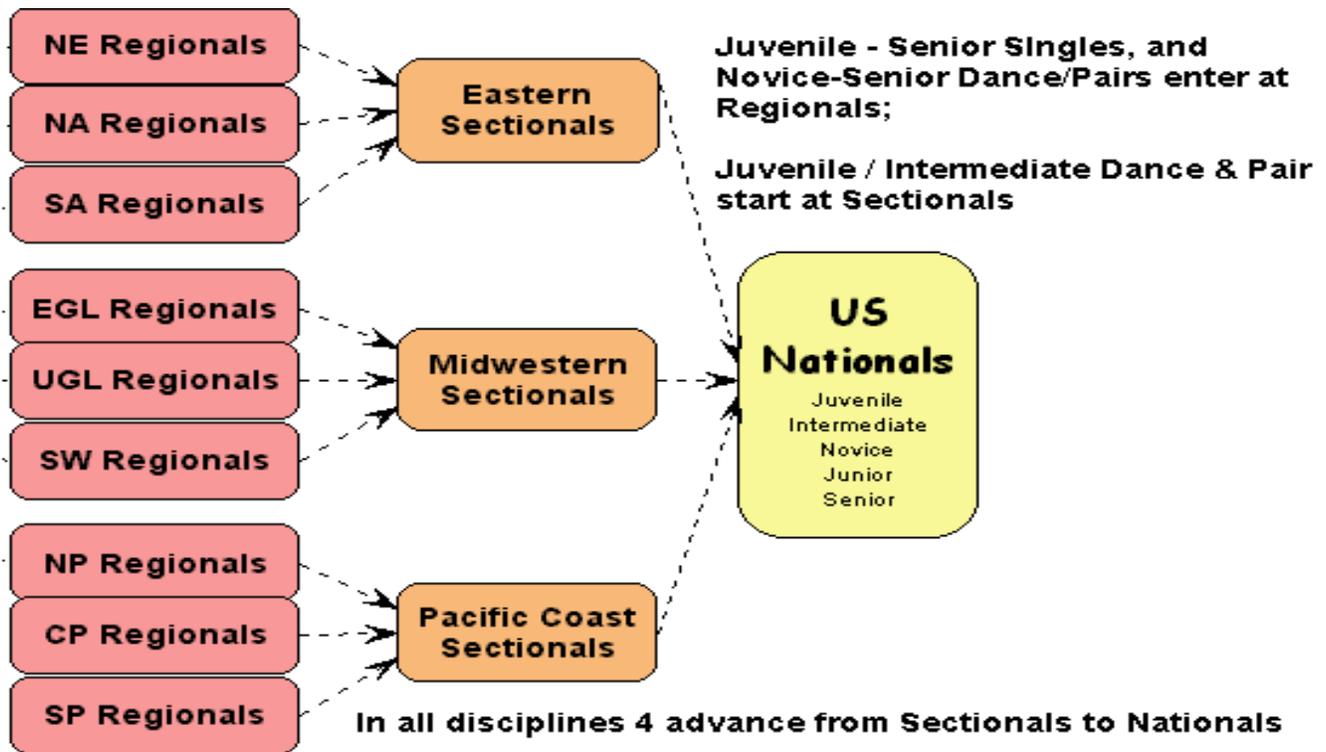
USFS Well Balanced program is designed for the competitive skater who is on the track toward Regionals and qualifying competitions. The skating standard is far above the test level. Skaters who choose to compete in this more aggressive track may decide not to test USFS Freestyle tests to maintain age and level eligibility for qualifying events.

See Included charts for the requirements for both Test Track and Well Balanced Program requirement.

USFS Qualifying Competition Progression and Age/Test Rules

Qualifying Competitions in the USFSA include Regionals, Sectionals, and Nationals.

Qualifying events at each Regional range from Juvenile through Senior in singles and from Novice through Senior in Dance and Pairs. The top 4 competitors in each division advance to Sectionals. The top 4 competitors from each division at Sectionals advance to Nationals. Juvenile and Intermediate Pairs and Dance skaters enter directly into their appropriate Sectional event, then the top 4 move on to Nationals.



AGE & TEST QUALIFICATIONS SINGLES SKATING

	Juvenile	Intermediate	Novice	Junior	Senior
Age Qualifications as of September 1 prior to the regional championships	Under 14 years of age	Under 18 years of age	None	None	None
Test Qualifications as of the closing date for entry to the regional championships	Juvenile moves in the field test or higher and the juvenile free skate test but no higher	Intermediate moves in the field test or higher and the intermediate free skate test but no higher	Novice moves in the field test or higher and the novice free skate test but no higher	Junior moves in the field test or higher and the junior free skate test but no higher	Senior moves in the field test and the senior free skate test

Comparison of Judging Systems

There are 2 systems of judging in use within USFSA

6.0 Scoring System

Traditional Scoring System

Simple; inexpensive to use

Always used for low level events and Test Track events; sometimes used for Juvenile and up at smaller competitions. **Used at all Basic Skills competitions**

Results are strictly Comparative

Results have meaning only in context of current competition; no long-term history is meaningful

Skaters get little info about WHY they were placed where they were

IJS International Scoring System

Newer judging system

Complicated; expensive to use

Used at all “Qualifying” competitions, and for higher level events at many local competitions

Results are “absolute”, and represent a figure of merit for a program.

Resulting SCORE has relevance over time – skaters can see a progression in their skills

Skaters get a great deal of information about how their score was achieved – which elements were strong, which were weak, etc

Understanding Your Scores

Introduction to 6.0 Scoring System

In the 6.0 system, judges give each skater an overall “score” between 0.0 and 6.0

Bigger numbers are better

The score represents their overall assessment of the skater’s performance

For some types of events a SINGLE score is awarded to each skater, for other types 2 scores are awarded

If 2 scores, then one is a score for the TECHNICAL aspects of the performance and one is for the PRESENTATION

The United States Figure Skating Association
Referee and Judges Record Sheet - Basic Skills Competitions

Event Name: Pre-Preliminary Well Balanced
 Notes: All single jumps - axel allowed
 Axel may be repeated as single jump, combo or sequence
 Jump comb or seq. 3 MAX, only one may have 3 jumps
 Maximum 5 Jump elements
 Spins 2 MAX - must be of different nature, may fly and change feet
 Step sequence
 Time limit 1:30 +/- 10 sec.
 Vocal music allowed

Event # _____
 Referee _____
 Judge 1 _____
 Judge 2 _____
 Judge 3 _____

Signature: *Carolyn Clavin* USFSA # _____

Start _____
 End _____

#	Skater	Jumps	Jump Combinations	Spins and spin combinations Min 3 rev	Connecting moves and steps	Additional comments	MARKS	
							Technical merit	Presentation
1	Skater #1	L L2 F	L2-T F-L	C S bs	✓+		2.7	2.8
2	Skater #2	P S L	L-L S-T	C S	✓-		2.2	2.3
3	Skater #3	L2 F S	F-T L2-T	S C/S	✓		2.6	2.5
4	Skater #4	F L L2	S-T L-L	C S	✓		2.4	2.4
5	Skater #5	L S L2	L2-T F-L	C/S S	✓+		2.6	2.7
6	Skater #6	F L2 S	L-L F-T	S C	✓		2.3	2.4

The United States Figure Skating Association
Referee and Judges Record Sheet - Basic Skills Competitions

Event Name
Pre-Preliminary Well Balanced

Event # _____

Notes

All single jumps - axel allowed
Axel may be repeated as single jump, combo or sequence
Jump comb or seq. 3 MAX, only one may have 3 jumps
Maximum 5 Jump elements
Spins 2 MAX - must be of different nature, may fly and change feet
Step sequence
Time limit 1:30 +/- 10 sec.
Vocal music allowed

Referee _____
Judge 1 _____
Judge 2 _____
Judge 3 _____

Start _____

End _____

Signature *Carolyn Clemons*

USFSA # _____

#	Skater	Jumps	Jump Combinations	Spins and spin combinations Min 3 rev	Connecting moves and steps	Additional comments	MARKS	
							Technical merit	Presentation
1	Skater #1	L L2 F	L2-T F-L	C S bs	✓+		2.7	2.8
2	Skater #2	F S L	L-L S-T	C S	✓-		2.2	2.3
3	Skater #3	L2 F S	F-T L2-T	S C/S	✓		2.6	2.5
4	Skater #4	F L L2	S-T L-L	C S	✓		2.4	2.4
5	Skater #5	L S L2	L2-T F-L	C/S S	✓+		2.6	2.7
6	Skater #6	F L2 S	L-L F-T	S C	✓		2.3	2.4

When the event is over, each judge's scores are sorted into descending order

If the event had 2 scores awarded for each skater, the values are added to form a total score which is used for sorting

The resulting sorted "place value" (or rank) for each skater is called that Judge's ORDINAL for that skater

From this point forward, only ORDINAL values are used in placing the skater.

Skater 1 2.7 + 2.8 = 5.5 1
Skater 2 2.2 + 2.3 = 4.5 6
Skater 3 2.6 + 2.5 = 5.1 3
Skater 4 2.4 + 2.4 = 4.8 4
Skater 5 2.6 + 2.7 = 5.3 2
Skater 6 2.3 + 2.4 = 4.7 5

This eliminates any bias due to a judge who places consistently too high, too low, or who has an overly broad or narrow "range" of marks.

Combining the Results; Multiple Judges

There is always an odd number of judges; typically 3 or 5 nowadays.

We do not average the scores, we do not throw out the high or the low. We look for a reflection of the majority opinion, ignoring scores which are not part of a majority assessment.

In the simplest case, the skater with the most 1's wins. The skater with the most 2's gets the Silver medal, and so on.

Of course, its never REALLY that simple...

Combining the Results; Multiple Judges

First Place:

Usually pretty straightforward. Whoever gets a **majority** of “1’s” gets it

Second Place

Once you’ve figured out First Place, you can take that skater “out of the pot”. You look at the remaining skaters. You mentally change remaining “1” votes into “2’s”. Then you find the skater with a **majority** of “2’s”. That skater gets Second Place.

Third Place, and lower

You do these by the same mechanism you did Second Place. You always convert “remaining” higher valued scores to the value of the level you’re looking for. Then you look for a **majority** at that level.

Majority ??

Combining the Results; Multiple Judges

Majority Rules !

Majority does not mean “Most”.

To earn a place, you must have MORE THAN HALF of the votes representing that place

Combining the Results; Example 2

SUMMER CHILL 2011
Basic 8 Program with Music

Final Standings

1 Emily Fisher, Novi, MI	2 Kelsey McInnes, Novi, MI
3 Kim Nelson, Mt. Pleasant, MI	4 Katrina Stack, Novi, MI
5 Susi Wehrli, Colorado Springs, CO	

	-1-	-2-	-3-	-4-	-5-	Maj.
1. Rachel Bigelow, Mt Pleasant FSC	1	2	2	1	1	3/1
2. Emma Lavelle, Ice Mountain FSC	3	1	1	3	3	5/3
3. Kacie Beck, Lansing SC	4	3	3	2	2	4/3
4. Nina Harvest, SC of Novi	2	4	4	5	4	4/4
5. Adriana Callahan, Ice Mountain FSC	5	5	5	4	5	5/5

Don Korte*, Flushing, MI
Referee

Maureen Dalton*, Laingsburg, MI
Accountant

No and Greater Majority

In this example, no skater has a Majority of 2's

Both Emma and Kacie have 2 ordinals that would be counted as "2", but nobody has 3 ordinals that could be counted as "2".

Since nobody has at least 3 2's (a majority on a 5-judge panel), we look for 3's instead (NO majority)

Here, we see that Emma has 5 ordinals that would count as a "3", and Kacie only has 4 (notice the legends "5/3" and "4/3" on the right side).

Since Emma has a **GREATER MAJORITY** at the current level than Kacie, she takes 2nd place and Kacie earns 3rd place

Combining the Results; Example 3

Total of Majority

When looking for “2’s” we find 2 skaters with 3 ordinals which count as 2 (see the “3/2?”)

	-1-	-2-	-3-	-4-	-5-	Maj.
1. Sarah Simpson, Ice Mountain FSC	1	1	3	4	1	3/1
2. Madalynn Elliott, Alpine Edge FSC	3	4	2	1	2	3/2
3. Sara Nitschke, Mt Pleasant FSC	2	2	4	2	3	3/2
4. Nikki Siciliano, Kensington Valley Ice...	4	3	1	3	4	3/3
5. Emma Belveal, Arctic Edge Ice Arena	5	5	5	5	5	5/5

This apparent tie is resolved by looking for the **Total of Majority**

When there is an apparent tie at the level for which we are counting, you add up the ACTUAL values of the marks which you COUNTED as the target value.

So here, Madalynn has 3 “2’s” (the 2, 1, and 2 which are circled). We add their actual values up to get a total of 5 (see the “**TOM 5**”?)

Sara’s 3 “2’s” (the 2, 2, and 2 which are circled) add up to 6 (see the “**TOM 6**”?)

So in this example Madalynn, with the LESSER Total of Majority earns the higher placement.

Combining the Results; Example 4

	-1-	-2-	-3-	-4-	-5-	Maj.
1. Aria Schalter, The Summit	2	2	2	1	3	4/2
2. Brittany Raymond, The Peaks Ice Arena	1	3	3	2	1	3/2
3. Natalie Polehna, Ice Mountain FSC	4	1	1	3	2	3/2
4. Molly Doyle, Compuware Sports Arena	3	4	4	4	4	5/4

[Handwritten signatures in red ink are visible below the table.]

Total of Ordinals

Here, when looking for 2nd place, we had 2 skaters each with 3 “2’s”

Applying TOM rules we find that each has a TOM of 4 (Brittany has $(1 + 2 + 1 = 4)$ and Natalie has $(1 + 1 + 2 = 4)$. So TOM is unable to resolve the tie.

So now we total the actual value of ALL of the ordinals and find that:

- Brittany receives a total of $(1 + 3 + 3 + 2 + 1 = 10)$ see the “TO 10” note
- Natalie receives a total of $(4 + 1 + 1 + 3 + 2 = 11)$ see the “TO 11” note

So Brittany, with the lesser total receives the better placement, based on **Total of Ordinals**

Combining the Results; Example 4a

Interesting Tidbit

	-1-	-2-	-3-	-4-	-5-	Maj.
1. Aria Schalter, The Summit	2	2	2	1	3	4/2
2. Brittany Raymond, The Peaks Ice Arena	1	3	3	2	1	3/2
3. Natalie Polehna, Ice Mountain FSC	4	1	1	3	2	3/2
4. Molly Doyle, Compuware Sports Arena	3	4	4	4	4	5/4

[Handwritten signatures in red ink are visible below the table.]

It is interesting to note here that the 2nd and 3rd place skaters actually got more “1” votes than the skater who placed 1st.

None of the 3 skaters had a MAJORITY of 1’s though, so they don’t count. If you really study the results you will recognize that more judges thought the first place skater should place WELL, even though only one of them thought the skater should earn Gold.

That’s the way the system is intended to work, and you should understand this in case anyone questions it when they see it on the wall.

Combining the Results; Example 5

SUMMER CHILL 2011
Pre Preliminary TT Free Skate - Group B

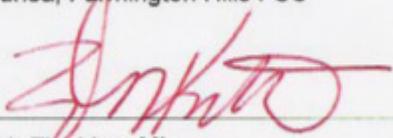
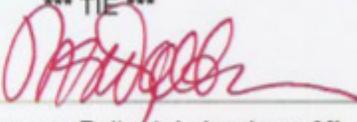
Final Standings

1 Mary Chapman, Trenton, MI	2 Brenda Glidewell, Colorado Springs, CO
3 Kelsey McInnes, Novi, MI	4 Ginni Phillips, Mt. Pleasant, MI
5 Chelsea Walker, Novi, MI	

	-1-	-2-	-3-	-4-	-5-	Maj.
1. Natasha Pavlovski, Sk8 Bay FSC	1	1	1	2	1	4/1
2. Sophia Lyons, Farmington Hills FSC	4	2	2	1	3	3/2
3. Lorena Gonzalez-Galindo, SC of Novi	3	3	4	4	2	3/3
3. Melanie Zburlea, Farmington Hills FSC	2	4	3	3	4	3/3

*** TIE ***

*** TIE ***

	
Don Korte*, Flushing, MI Referee	Maureen Dalton*, Laingsburg, MI Accountant

Really Tied !!

Here, in this final example, when looking for 3rd place we have 2 skaters each with 3 3's. Applying TOM each skater gets (3+3+2 = 8) points, so TOM cannot resolve the tie. Applying TO, each skater gets (3 + 3 + 4 + 4 + 2 = 16) points, so TO cannot resolve the tie. **So the skaters are just.... TIED !!**

Understanding Your Scores

Understanding the IJS Scoring System

International Judging System
As defined by ISU

Understanding IJS Scoring

Unlike the 6.0 system, the IJS system gives each skater an actual SCORE, which is an absolute reflection of the quality of their skating performance.

Incidental to the value of the score, the scores that each skater in an event receive place them in an order.

The absolute score has relevance from competition to competition as a reflection of improved (or not...) performance and growth.

Ann Arbor Springtime Invitational

RESULTS

205 NOVICE LADIES B FINAL RESULT

Pl.	Name	Nation	Total Score	SP
1	Elizabeth Vian Skokie Valley SC		32.71	1
2	Madison Deluca Arctic FSC		30.19	2
3	Vivian Yim DuPage FSC		29.96	3
4	Kimberly Berkovich Pavilion SC of Cleveland Hgts		29.57	4
5	Livvy Shilling Columbus FSC		29.05	5
6	Delaney Hoberecht Arctic FSC		28.93	6
7	Bradie Tennell Wagon Wheel FSC		28.22	7
8	Joy Sandon Central Florida FSC		26.82	8
9	Kaitlin Budd International Center For Excellence In Skating		26.70	9
10	Kaytlynn Thomsen South Metro Shores FSC		25.52	10
11	Katie Hochrein Detroit SC		24.95	11
12	Gretta Gast Lansing SC		24.26	12
13	Linde Lachance Nashville FSC		23.53	13
14	Megan Haase Detroit SC		21.67	14
15	Isabelle Daskas Onyx-suburban SA		21.61	15
16	Alexandra Smola Pavilion SC of Cleveland Hgts		21.49	16
17	Laura Nakhle Winterhurst FSC		19.90	17
18	Genevieve Milne Granite Club of Toronto		18.66	18
19	Holly Arneil St. Clair Shores FSC		16.95	19
Withdrawn				
	Caitlin Collmar			
	Strongsville SC			

Understanding IJS Scoring

Ann Arbor Springtime Invitational

RESULTS

205 NOVICE LADIES B FINAL RESULT

Pl. Name	Nation	Total Score	SP
1 Elizabeth Vian		32.71	1
2 Madison Deluca		30.19	2
Arctic FSC			
3 Vivian Yim		29.96	3
DuPage FSC			
4 Kimberly Berkovich		29.57	4
Pavilion SC of Cleveland Hgts			
5 Livvy Shilling		29.05	5
Columbus FSC			
6 Delaney Hoberecht		28.93	6
Arctic FSC			
7 Bradie Tennell		28.22	7
Wagon Wheel FSC			
8 Joy Sandon		26.82	8
Central Florida FSC			
9 Kaitlin Budd		26.70	9
International Skating Union			
10 Kaytlyn			
South M			
11 Katie			
Detroit			
12 Gretta			
Lansie			
13 Linda			
Nash			
14 Mega			
Detroit			
15 Isabe			
Onyx			
16 Alexan			
Pavilion			
17 Laura			
Winterhur			
18 Genevieve			
Granite Club of			
19 Holly			
St. Clair Shores FSC			
Withdrawn			
Caitlin Colmar			
Strongsville SC			

After an event, the posted results show not only the final scores in placement order, but also provide each skater a complete breakdown of how their scores were generated.

Shows what they did that was good, what they did that needs improvement.

Pl. Name	Nation	Start No	Total Segment Score	Total Element Score	Total Program Score (factored)	Component	Deductions							
7 Bradie Tennell		9	28.22	14.63	14.59		-							
# Executed Elements	Info	Base Value	GOE	J1	J2	J3	J4	J5	J6	J7	J8	J9	Ref	Scores of Panel
1	3S	4.20	-1.40	-2	-2	-1	-2	-2	-2					2.80
2	2Lz+2T	3.50	0.00	0	0	1	0	-1	0					3.50
3	LSp2	1.90	0.38	0	1	-1	1	1	2					2.28
4	ChSp1	2.00	0.50	1	1	0	0	2	0					2.50
5	2A	3.30	0.25	0	0	1	1	1	0					3.55
6	CCoSp	0.00	0.00	-	-	-	-	-	-					0.00
		14.90												14.63
Program Components			Factor											
Skating Skills			0.75	4.00	4.00	4.00	4.50	4.00	4.00					4.00
Transitions			0.75	4.25	3.75	4.25	4.00	4.00	3.75					4.00
Performance/Execution			0.75	3.50	3.75	3.75	4.25	3.75	3.25					3.69
Choreography			0.75	4.00	4.00	4.00	4.25	3.75	3.75					3.94
Interpretation			0.75	3.75	3.75	4.00	4.25	3.75	3.50					3.81
Judges Total Program Component Score (factored)													14.59	
Deductions				Falls: -1.00									-1.00	

Understanding IJS Scoring

An IJS score is created by combining the results of 2 separate means of analysis.

The **GOE** or **Grade of Execution** score is a very objective and mathematical evaluation of the technical quality of the specific elements – combining in a very formulaic way the level of difficulty of the elements chosen with an analysis of the quality of their performance.

PI. Name	Nation	Start No	Total Segment Score	Total Element Score	Total Program Component Score (factored)	Deductions
7 Bradie Tennell		9	28.22	14.63	14.59	1.00

# Executed Elements	Info	Base Value	GOE	J1	J2	J3	J4	J5	J6	J7	J8	J9	Ref	Scores of Panel
1 3S		4.20	-1.40	-2	-2	-1	-2	-2	-2					2.80
2 2Lz+2T		3.50	0.00	0	0	1	0	-1	0					3.50
3 LSp2		1.90	0.38	0	1	-1	1	1	2					2.28
4 ChSp1		2.00	0.50	1	1	0	0	2	0					2.50
5 2A		3.30	0.25	0	0	1	1	1	0					3.55
6 CCoSp		0.00	0.00	-	-	-	-	-	-					0.00
		14.90												14.63
Program Components			Factor											
Skating Skills			0.75	4.00	4.00	4.00	4.50	4.00	4.00					4.00
Transitions			0.75	4.25	3.75	4.25	4.00	4.00	3.75					4.00
Performance/Execution			0.75	3.50	3.75	3.75	4.25	3.75	3.25					3.69
Choreography			0.75	4.00	4.00	4.00	4.25	3.75	3.75					3.94
Interpretation			0.75	3.75	3.75	4.00	4.25	3.75	3.50					3.81
Judges Total Program Component Score (factored)														14.59
Deductions			Falls: -1.00											-1.00



Understanding IJS Scoring

An IJS score is created by combining the results of 2 separate means of analysis.

The **Program Components** score is slightly more subjective analysis by the judges of the throughout-the-program quality of a skater's (or coach's) performance in 5 general categories – Skating Skills, Transitions, Performance/Execution, Choreography, and Interpretation.

PI.	Name	Nation	Start No	Total Segment Score	Total Element Score	Total Program Component Score (factored)		Deductions						
7	Bradie Tennell		9	28.22	14.63	14.59		1.00						
# Executed Elements	Info	Base Value	GOE	J1	J2	J3	J4	J5	J6	J7	J8	J9	Ref	Scores of Panel
1	3S	4.20	-1.40	-2	-2	-1	-2	-2	-2					2.80
2	2Lz+2T	3.50	0.00	0	0	1	0	-1	0					3.50
3	LSp2	1.90	0.38	0	1	-1	1	1	2					2.28
4	ChSp1	2.00	0.50	1	1	0	0	2	0					2.50
5	2A	3.30	0.25	0	0	1	1	1	0					3.55
6	CCoSp	0.00	0.00	-	-	-	-	-	-					0.00
		14.90												14.63
Program Components		Factor												
Skating Skills		0.75		4.00	4.00	4.00	4.50	4.00	4.00					4.00
Transitions		0.75		4.25	3.75	4.25	4.00	4.00	3.75					4.00
Performance/Execution		0.75		3.50	3.75	3.75	4.25	3.75	3.25					3.69
Choreography		0.75		4.00	4.00	4.00	4.25	3.75	3.75					3.94
Interpretation		0.75		3.75	3.75	4.00	4.25	3.75	3.50					3.81
Judges Total Program Component Score (factored)														14.59
Deductions		Falls: -1.00												-1.00



Calculating GOE

In simple terms, each element in the program receives a separate score, then the scores of all elements are added to obtain a final composite GOE for the program.

Every recognized element has a pre-established “Base Value” which is received when the element is performed.

Before adding, the Base Value is adjusted according the judge’s assessment of the quality of the performed element.

The judges give each element an integer score between +3 (very good) to -3 (very poor) according to pre-established criteria of evaluation

The judge’s integer scores are translated by the computer into an adjustment factor which alters the Base Value before it is added to the final GOE. Note that the adjustment effect varies according to the difficulty of the element.

		+3	+2	+1	BASE	BASE<	-1	-2	-3
SINGLE AND PAIR SKATING									
Jumps									
Toeloop	1T	0,6	0,4	0,2	0,4	0,3	-0,1	-0,2	-0,3
Salchow	1S	0,6	0,4	0,2	0,4	0,3	-0,1	-0,2	-0,3
Loop	1Lo	0,6	0,4	0,2	0,5	0,4	-0,1	-0,2	-0,3
Flip	1F	0,6	0,4	0,2	0,5	0,4	-0,1	-0,2	-0,3
Lutz	1Lz	0,6	0,4	0,2	0,6	0,4	-0,1	-0,2	-0,3
Axel	1A	0,6	0,4	0,2	1,1	0,8	-0,2	-0,4	-0,6
Double Toeloop	2T	0,6	0,4	0,2	1,3	0,9	-0,2	-0,4	-0,6
Double Salchow	2S	0,6	0,4	0,2	1,3	0,9	-0,2	-0,4	-0,6
Double Loop	2Lo	0,9	0,6	0,3	1,8	1,3	-0,3	-0,6	-0,9
Double Flip	2F	0,9	0,6	0,3	1,8	1,3	-0,3	-0,6	-0,9
Double Lutz	2Lz	0,9	0,6	0,3	2,1	1,5	-0,3	-0,6	-0,9
Double Axel	2A	1,5	1,0	0,5	3,3	2,3	-0,5	-1,0	-1,5
Triple Toeloop	3T	2,1	1,4	0,7	4,1	2,9	-0,7	-1,4	-2,1
Triple Salchow	3S	2,1	1,4	0,7	4,2	2,9	-0,7	-1,4	-2,1
Triple Loop	3Lo	2,1	1,4	0,7	5,1	3,6	-0,7	-1,4	-2,1
Triple Flip	3F	2,1	1,4	0,7	5,3	3,7	-0,7	-1,4	-2,1
Triple Lutz	3Lz	2,1	1,4	0,7	6,0	4,2	-0,7	-1,4	-2,1
Triple Axel	3A	3,0	2,0	1,0	8,5	6,0	-1,0	-2,0	-3,0
Quad Toeloop	4T	3,0	2,0	1,0	10,3	7,2	-1,0	-2,0	-3,0
Quad Salchow	4S	3,0	2,0	1,0	10,5	7,4	-1,0	-2,0	-3,0
Quad Loop	4Lo	3,0	2,0	1,0	12,0	8,4	-1,0	-2,0	-3,0
Quad Flip	4F	3,0	2,0	1,0	12,3	8,6	-1,0	-2,0	-3,0
Quad Lutz	4Lz	3,0	2,0	1,0	13,6	9,5	-1,0	-2,0	-3,0
Quad Axel	4A	3,6	2,4	1,2	15,0	10,5	-1,2	-2,4	-3,6

Calculating GOE

# Executed Elements	Info	Base Value	GOE	J1	J2	J3	J4	J5	J6	J7	J8	J9	Ref	Scores of Panel
1 3S		4.20	-1.40	-2	-2	-1	-2	-2	-2					2.80
2 2Lz+2T		3.50	0.00	0	0	1	0	-1	0					3.50
3 LSp2		1.90	0.38	0	1	-1	1	1	2					2.28
4 ChSp1		2.00	0.50	1	1	0	0	2	0					2.50
5 2A		3.30	0.25	0	0	1	1	1	0					3.55
6 CCoSp		0.00	0.00	-	-	-	-	-	-					0.00
		14.90												14.63

Sample calculation of the GOE for a single element.

For this skater's Layback Spin, called as a Level 2 spin (the Level is an assessment of the number of features included in the spin)

Spin in one position and no change of foot (upright, layback, camel or sit)									
Upright Level 1	USp1	1,5	1,0	0,5	1,2		-0,3	-0,6	-0,9
Upright Level 2	USp2	1,5	1,0	0,5	1,5		-0,3	-0,6	-0,9
Upright Level 3	USp3	1,5	1,0	0,5	1,9		-0,3	-0,6	-0,9
Upright Level 4	USp4	1,5	1,0	0,5	2,4		-0,3	-0,6	-0,9
Layback Level 1	LSp1	1,5	1,0	0,5	1,5		-0,3	-0,6	-0,9
Layback Level 2	LSp2	1,5	1,0	0,5	1,9		-0,3	-0,6	-0,9
Layback Level 3	LSp3	1,5	1,0	0,5	2,4		-0,3	-0,6	-0,9
Layback Level 4	LSp4	1,5	1,0	0,5	2,7		-0,3	-0,6	-0,9

The Base Value for a Level 2 Layback is 1.9, with adjustment factors as shown above.

The 6 judges awarded: 0 +1 -1 +1 +1 +2;
 Throw out hi/low, leaving: 0 +1 +1 +1
 These translate to GOE adjustments 0 +0.5 +0.5 +0.5
 Totalling (1.5); Average adjustment $(1.5 / 4) = 0.38$
 Actual GOE received by skater for this element is Base + Adjustment $(1.9 + 0.38) = 2.28$

Throwing out is optional, and is done only if enough judges to make it appropriate to do so (starts with 5 or more judges). This is called a Trimmed Mean

Calculating GOE - Jumps

Jump Combos:

When jumps are used in combination, the SOV Base values of each of the jumps are ADDED to determine the value for the combination (note jump combinations are listed jumps where each succeeding jump takes off from the same edge/foot that the previous jump landed on)

Jump Sequences:

When jumps are used in sequence, the Base Values of the 2 highest value jumps are added, then the total is multiplied by 0.8 to determine the value used for the sequence (note jump sequences are jumps connected by non-listed jumps, maintaining the jump rhythm; sequence ends at any turn or crossover, or stroking)

Jumps in 2nd half of program:

The Base Value of any jump performed in the 2nd half of the program is multiplied by 1.1, giving a 10% bonus to these jumps. Jumps receiving this bonus are marked with a "*" on the scoresheet

Calculating GOE - Jumps

Under-Rotated Jumps:

A jump under-rotated by $\frac{1}{4}$ turn or less receives full Base Value. A jump under-rotated by $\frac{1}{4}$ to $\frac{1}{2}$ revolution is called “Under-Rotated”. It is marked by a symbol “<” on the scoresheet. Its Base Value is reduced to 70% (0.7) of the Base Value of the intended jump

Downgraded Jumps:

A jump under-rotated by more than $\frac{1}{2}$ revolution is called “Downgraded”. It is marked by a symbol “<<” on the scoresheet. The jump receives the Base Value of the same-named jump with one fewer revolution. For example a downgraded triple flip (3F<<) receives the Base Value of a double flip

Non-Permitted Elements:

Elements that are not in conformance with program requirements (ie too many combos, excessive repetition of doubles or triples, spins not permitted) are marked with a “**” on the scoresheet. They receive no value (a Base Value of 0)

Calculating Program Component Score

Program Components	Factor							
Skating Skills	0.75	4.00	4.00	4.00	4.50	4.00	4.00	4.00
Transitions	0.75	4.25	3.75	4.25	4.00	4.00	3.75	4.00
Performance/Execution	0.75	3.50	3.75	3.75	4.25	3.75	3.25	3.69
Choreography	0.75	4.00	4.00	4.00	4.25	3.75	3.75	3.94
Interpretation	0.75	3.75	3.75	4.00	4.25	3.75	3.50	3.81
Judges Total Program Component Score (factored)								14.59

The judges award a score in each of the 5 named categories. Their scores range from 0.0 (very poor) to 10.0 (outstanding), in 0.25 increments

The high and low values are thrown out (if there are enough judges), then the remaining scores are averaged to form the composite value for that component.

That composite value is adjusted by a **factor** which varies according to skating level. This factor exists because at high levels the possible GOE score is much higher than at low levels, whereas the Program Components score tends to remain more constant. The factor attempts to keep the relative effects of GOE and PC approximately consistent across all levels.

For this skater, on Performance/Execution component

The 6 judges awarded 3.50 3.75 3.75 4.25 3.75 3.25

Throw out hi/low, leaving: 3.50 3.75 3.75 3.75

Totalling (14.25) Average $(14.25 / 4) = 3.69$

For this skater, the total of all PC scores is 19.44. Multiplying by the 0.75 factor gives 14.59 which is the factored total

Calculating Total Score

PI. Name	Nation	Start No	Total Segment Score	Total Element Score	Total Program Component Score (factored)	Deductions							
7 Bradie Tennell		9	28.22	14.63	14.59	1.00							
# Executed Elements	Info Base Value	GOE	J1	J2	J3	J4	J5	J6	J7	J8	J9	Ref	Scores of Panel
1 3S	4.20	-1.40	-2	-2	-1	-2	-2	-2					2.80
2 2Lz+2T	3.50	0.00	0	0	1	0	-1	0					3.50
3 LSp2	1.90	0.38	0	1	-1	1	1	2					2.28
4 ChSp1	2.00	0.50	1	1	0	0	2	0					2.50
5 2A	3.30	0.25	0	0	1	1	1	0					3.55
6 CCoSp	0.00	0.00	-	-	-	-	-	-					0.00
	14.90												14.63
Program Components		Factor											
Skating Skills		0.75	4.00	4.00	4.00	4.50	4.00	4.00					4.00
Transitions		0.75	4.25	3.75	4.25	4.00	4.00	3.75					4.00
Performance/Execution		0.75	3.50	3.75	3.75	4.25	3.75	3.25					3.69
Choreography		0.75	4.00	4.00	4.00	4.25	3.75	3.75					3.94
Interpretation		0.75	3.75	3.75	4.00	4.25	3.75	3.50					3.81
Judges Total Program Component Score (factored)													14.59
Deductions	Falls:	-1.00											-1.00

All GOE values are added to arrive at a total. Note that jumps in the 2nd half of a program receive a 10% bonus.

The total here is 14.63

The totaled and factored Program Component Score is added to the Element scores. Here the Program Component Score is 14.59

Deductions are used to reduce the score if appropriate. Falls receive a deduction of 1.0 apiece. There are additional deductions for timing violations, clothing violations, etc. Here a single Fall deduction of 1.0 is taken.

The skater's total score is $(14.63 + 14.59 - 1.00) = 28.22$

Evaluation Criteria

How does the Judge evaluate the program?

For GOE – those judge's +3 to -3 marks; how are they generated??

For an element performed just about exactly **as you would expect a skater of that level to perform it**, the judge awards a score of **0** (0 means “average” in this case).

When specific **Good Things** are observed in the performance of the element, the judge may award “**plus points**”

When specific **Bad Things** are observed in the performance, the judge reduces the mark by “**minus points**”.

The score awarded is a combination of the Plus and Minus points. The charts on the next slide outline recommended Plus and Minus items.

Evaluation Criteria GOE

Updated Guidelines for marking +GOE of Single Elements (positive aspects)

Merged document of 1611 and 1672

FOR + 1: 2 bullets FOR + 2: 4 bullets FOR + 3: 6 or more bullets

Jump Elements	1) unexpected / creative / difficult entry 2) clear recognizable steps/free skating movements immediately preceding element 3) varied position in the air / delay in rotation 4) good height and distance 5) good extension on landing / creative exit 6) good flow from entry to exit including jump combinations / sequences 7) effortless throughout 8) element matched to the musical structure
Spins	1) good speed or acceleration during spin 2) ability to center a spin quickly 3) balanced rotations in all positions 4) clearly more than required number of revolutions 5) good position(s) (including height and air position in flying spins) 6) creativity and originality 7) good control throughout all phases 8) element matched to the musical structure
Step Sequences	1) good energy and execution 2) good speed or acceleration during sequence 3) good clarity and precision 4) deep clean edges (including entry and exit of all turns) 5) good control and commitment of whole body to accuracy of steps 6) creativity and originality 7) effortless throughout 8) element matched to the musical structure
Choreo Step Sequences	1) good energy and execution 2) good speed or acceleration during sequence 3) good clarity and precision 4) good control and commitment of whole body to accuracy of steps 5) creativity and originality 6) effortless throughout 7) reflecting concept/character of the program 8) element matched to the musical structure
Choreo Spiral Sequences	1) good flow, energy and execution 2) good speed during sequence 3) good body line and full extension 4) good flexibility 5) creativity and originality 6) ability to attain positions and variations quickly and effortlessly 7) reflecting concept/character of the program 8) element matched to the musical structure

III. Updated Guidelines in establishing GOE for errors in Short Program and Free Skating

Elements with no Value are indicated to the Panel of Judges. GOE of such elements does not influence the result. In case of multiple errors the corresponding reductions are added.

SINGLE SKATING

Errors for which final GOE must be in the minuses	Reduction/other	Errors for which final GOE is not restricted	Reduction/other
JUMP ELEMENTS			
SP: One or more rev. less than required	GOE -3	Poor speed, height, distance, air position	-1 to -2
SP: Combo consisting of one jump only	GOE -3	Lacking rotation (no sign)	-1
Downgraded (sign <<)	-2 to -3	Under-rotated (sign <)	-1 to -2
SP: No required steps/movements preceding jump	-3	SP: Break between required steps/movements & jump/only one step/movement preceding jump	-1 to -2
Fall	-3	Poor take-off	-1 to -2
Landing on two feet in a jump	-3	Loss of flow/rhythm between jumps (combo/seq.)	-1 to -2
Stepping out of landing in a jump	-2 to -3	Weak landing (bad pos./wrong edge/scratching etc)	-1 to -2
Touch down with both hands in a jump	-2	Long preparation	-1 to -2
2 three turns in between (jump combo)	-2	Touch down with one hand or free foot	-1
Starting from wrong edge in F/Lz (sign "e")	-2 to -3	Unclear edge at take-off in F/Lz (sign "e")	-1 to -2
SPINS			
Fall	-3	Less than required revolutions	-1 to -2
SP: Position in the air not attained (flying spin)	-2 to -3	Poor/awkward position(s), slow, traveling	-1 to -3
Touch down with both hands	-2	FS: Pos. in the air not attained (flying spin/entry)	-1 to -3
		Change of foot poorly executed (curve of entry/exit, moving to intermediate position etc.)	-1 to -3
		Incorrect take-off or landing in a flying spin	-1 to -2
		Touch down with free foot or one hand	-1
STEPS			
Fall	-3	SP: Incorrect pattern	-1 to -2
Less than half of the pattern doing steps/turns	-2 to -3	Poor quality of steps, turns, positions	-1 to -3
		Stumble	-1 to -2
		Does not correspond to the music	-1 to -2
		SP: Listed jumps with more than half rev. included	-1
SPIRALS			
Fall	-3	Poor positions	-1 to -3
		Stumble	-1 to -2
		Poor edge quality	-1 to -2

GOE must BE -3; in other cases the value shown is a REDUCTION

Evaluation Criteria

Program Components

Skating Skills

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 use of effortless power to accelerate and vary speed.

Criteria:

- Balance, rhythmic knee action and precision of foot placement
- Flow and effortless glide
- Cleanness and sureness of deep edges, steps, 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 and ice dancing)
- Balance in skating ability of individual skaters (synchronized)

In 6.0 judging, these items would be reflected in the **Technical** mark

Transitions/Linking Footwork & Movement

Definition: The varied and/or intricate footwork, positions, movements and holds that link all elements. In singles, pairs and synchronized skating, this also includes the entrances and exits of technical elements.

Criteria:

- Variety
- Difficulty
- Intricacy
- Quality (including unison in pairs, ice dancing and synchronized skating)
- Balance of workload between partners (pairs and ice dancing)
- Variety of holds (not excessive side by side and hand in hand in ice dancing)
- Conformity to pattern and stop requirements in ice dancing, original dance only
- Variation of speed and linking steps (synchronized)
- Variation of changes of direction and hold (synchronized)
- Difficulty and variety of entrances/exits from elements/preparation phase (synchronized)

Evaluation Criteria

Program Components

Performance/Execution

Definition: Performance is the involvement of the skater/couple/teams physically, emotionally and intellectually as they translate the intent of the music and choreography. Execution is the quality of movement and precision in delivery. This includes harmony of movement in pairs, ice dancing and synchronized skating.

Criteria:

- Physical, emotional and intellectual involvement
- Carriage (and body alignment - synchronized)
- Style and individuality/personality
- Clarity of movement
- Variety and contrast
- Projection

Interpretation

Definition: The personal and creative translation of the music to movement on ice.

Criteria:

- Effortless movement in time to the music
- Expression of the music's style, character, rhythm
- Use of finesse* to reflect the nuances of the music

Choreography/Composition

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.

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

In 6.0 judging, these items would be reflected in the **Presentation** mark



U.S. Figure Skating Nonqualifying Competitions

EVENT: 2017-18 Test Track Free Skate – Introductory through Senior levels

General event parameters:

1. Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
4. Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
5. The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner 1:40 maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Pre-Preliminary 1:40 maximum	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<i>Maximum of 2 spins:</i> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test

<p>Preliminary 1:30 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test</p>
<p>Pre-Juvenile 2:00 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position, no change of foot (Min. 3 revolutions) • One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly. 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test</p>
<p>Juvenile 2:20 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps, including Axel, are permitted. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One solo spin in one position, no change of foot (Min. 4 revolutions). • One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) • <i>Only solo spin may fly</i> 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>
<p>Intermediate 2:40 +/- 10 sec.</p>	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> • Any single jumps. • Double jumps permitted: double Salchow and double toe loop. • Maximum of 3 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One must be a flying spin (min 5 revolutions), • One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot). 	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p>

Level	Jumps	Spins	Step Sequences	Qualifications
<p>Novice</p> <p>Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p>Maximum of 7 jump elements for men and 6 for ladies:</p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p>Maximum of 3 spins, of a different nature:</p> <ul style="list-style-type: none"> One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) The other spins are the option of the skater (min 6 revolutions per foot) All spins may fly 	<p>One step sequence or spiral sequence fully utilizing ice surface</p> <p>(see rule 4104 & 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>
<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p>	<p>Maximum of 8 jump elements for men and 7 for ladies:</p> <ul style="list-style-type: none"> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p>Maximum of 3 spins of a different nature:</p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot) 	<p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>
<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p>	<p>Maximum of 8 jump elements for men and 7 for ladies:</p> <ul style="list-style-type: none"> Any single jumps. Must include at least four different double jumps, one must be a double Lutz. Triple jumps are not permitted Maximum of 3 jump combinations or sequences Max. 2 of any same type jump 	<p>Maximum of 3 spins of a different nature:</p> <ul style="list-style-type: none"> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot) 	<p>Men: Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p>Ladies: One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>NO TEST</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> All single jumps allowed except for the single Axel <ul style="list-style-type: none"> No single Axels, double, triple or quadruple jumps allowed Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE-PRELIMINARY</p> <p>1:40 maximum</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> All single jumps, including the single Axel, allowed <ul style="list-style-type: none"> No double, triple or quadruple jumps allowed Axel may be repeated once as a solo jump or part of a jump sequence or jump combination (maximum of 2 single Axels) Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or jump sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed Jump sequences limited to a maximum of 3 single jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRELIMINARY</p> <p>1:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump or a waltz jump* All single jumps, including the single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop) <ul style="list-style-type: none"> Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed An Axel plus up to two different, allowable double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed Jump sequences limited to a maximum of 3 single or double jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> Spins may change feet and/or position Spins may start with a flying entry Min 3 revs. <p>These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must use one-half the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> 1 must be an Axel-type jump* All single and double jumps allowed except for the double Axel <ul style="list-style-type: none"> No double Axels, triple or quadruple jumps allowed An Axel plus up to 3 different double jumps may be repeated once (but no more) as solo jumps or part of a jump sequence or jump combination Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded Max 2 jump combinations or sequences <ul style="list-style-type: none"> Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed Jump sequences limited to a maximum of 3 single or double jumps 	<p>Max 2 Spins</p> <ul style="list-style-type: none"> 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> Min 6 revs 1 spin with only 1 position* <ul style="list-style-type: none"> No change of foot Min 4 revs <p>Both spins may start with a flying entry These spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> Must fully utilize the ice surface Moves in the field and spiral sequences are allowed but will not be counted as elements Jumps may be included in the step sequence <p>If IJS is used, then: ChSt</p>

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>JUVENILE and OPEN JUVENILE</p> <p>2:20 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single and double jumps, including the double Axel, allowed <ul style="list-style-type: none"> ○ No triple or quadruple jumps allowed ○ No more than 3 different double jumps may be repeated and, if repeated, at least one attempt must be in a jump combination or a jump sequence <ul style="list-style-type: none"> ▪ If both executions (of the double) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump can be included more than twice • Max 2 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination with a maximum of 2 double jumps and 1 single jump is allowed ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <p>1 spin combination; with or without change of foot*</p> <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position <p>• 1 spin with only 1 position; no change of foot*</p> <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One choreographic step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>INTERMEDIATE</p> <p>2:40 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> ○ No more than 2 different jumps with 2 ½ or 3 revolutions may be repeated ○ If any double or triple jumps, including double Axel, are repeated, at least one attempt must be part of a jump combination or sequence <ul style="list-style-type: none"> ▪ If both executions (of the double or triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in jump sequence is not limited 	<p>Max 2 Spins</p> <p>1 spin combination; with or without change of foot*</p> <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position <p>• 1 spin with only 1 position; no change of foot*</p> <ul style="list-style-type: none"> ○ Min 5 revs <p>Both spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • <u>One leveled step sequence*</u> • <u>Max Level 2. Only Minimum Variety (5 turns) & Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level.</u> <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>NOVICE LADIES</p> <p>3:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 6 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least 1 attempt must be as part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>NOVICE MEN</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • All single, double and triple jumps are allowed. No quadruple jumps allowed. <ul style="list-style-type: none"> ○ No more than 1 double Axel and 2 different triple jumps may be repeated, and if repeated, at least one attempt must be part of a jump combination or sequence. <ul style="list-style-type: none"> ▪ If both executions (of the double Axel or same triple) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ There is no limit to the number of different double jumps that can be repeated, but no double or triple jump can be included more than twice • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in jump sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ Min 2 revs in each position • 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> ○ Min 6 revs • 3rd spin is option of skater <p>All spins may start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface

2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<p>JUNIOR LADIES</p> <p>3:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>JUNIOR MEN</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 1 Sequence</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface
<p>SENIOR LADIES</p> <p>4:00 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 7 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible
<p>SENIOR MEN</p> <p>4:30 +/- 10 sec</p> <p>*means element is required</p>	<p>Max 8 Jump Elements</p> <ul style="list-style-type: none"> • 1 must be an Axel-type jump* • Jumps can contain any number of revolutions <ul style="list-style-type: none"> ○ Of all the triples or quads, only 2 can be executed twice <ul style="list-style-type: none"> ▪ If both executions (of the same triple or quad) are as solo jumps, the second of these jumps will receive 70% of its original base value ○ No double jump, including double Axel, can be included more than twice in total as solo jump or part of a combination/sequence • Max 3 jump combinations or sequences <ul style="list-style-type: none"> ○ Jump combinations limited to 2 jumps except one 3-jump combination is allowed ○ Number of jumps in a sequence is not limited 	<p>Max 3 Spins</p> <ul style="list-style-type: none"> • 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 10 revs ○ All 3 basic positions with min 2 revs in each position for highest base value • 1 spin with a flying entry* <ul style="list-style-type: none"> ○ Min 6 revs • 1 spin with only 1 position* <ul style="list-style-type: none"> ○ Min 6 revs <p>All spins may change feet and start with a flying entry Spins must be of a different character (For definition see U.S. Figure Skating rule 4103 (E))</p>	<p>Max 2 Sequences</p> <ul style="list-style-type: none"> • One leveled step sequence* <ul style="list-style-type: none"> ○ Must fully utilize the ice surface • One choreographic sequence* <ul style="list-style-type: none"> ○ Must be clearly visible



EDUCATION

Carol Rossignol, MD, MS, MG, MPD, MFF

Levelling the Playing Field: The Benefits of Test Track

BY CLAUDIA BROWN

Jessica Hart loved to skate and compete. But with only one or two practice sessions a week, it became impossible to stay competitive once she advanced from basic skills to preliminary free skate. Additional skating sessions were not an option due to other demands in her life. In a previous era, Jessica would have focused entirely on testing or quit the sport completely. But now she—and many skaters like her—have the option of Test Track.

Unlike Well-Balanced events where skaters perform elements far beyond the required test elements for their level, Test Track events line up with the test structure requirement. Judged under the 6.0 system, Test Track events limit the difficulty of the skating elements to create a “fair playing field to continue competing and testing according to their abilities,” according to U.S. Figure Skating.

For Jessica, Test Track provided motivation. She took four skating tests in one year in order to move “up” from pre-preliminary Well-Balanced Free Skate to Test Track juvenile, the first Test Track level where Axels are allowed. She went on to place 1st, not only in her initial Test Track competition, but also in a field of 15 skaters at the State Games of America.

Now 20 and a junior at University of Illinois majoring in aerospace engineering, she speaks highly of her skating experiences. “Test Track levels the playing field and makes it a more even competition between skaters, which in turn makes it more fun in my opinion,” says Jessica.

Kathy Hart adds, “As a parent I feel that following the Test Track program was beneficial to my daughter. It allowed her to be more competitive with those on her level. It boosted her confidence! I will always be grateful to her coach for knowing her skaters’ abilities and helping them to learn and love figure skating!”

Test Track events evolved from a task force developed “to look at the needs of all members and to create more opportunities for beginners, youth, teenagers and collegiate skaters. The philosophy was to create a two-track structure for nonqualifying events at all U.S. Figure Skating sanctioned competitions, encouraging both recreational and competitive skaters to participate,” according

to a Skating Magazine article by Susi Wehrli, Carolyn Clausius, and Emily Feltes.

Test Track was piloted in 2006, and many competitions now offer test track events; however, it remains unfamiliar in some coaching circles where landing a clean Axel is equated to pre-preliminary free skate.

Test Track may be recommended to skaters for a variety of reasons: reduced practice/lesson time, goals in line with testing, and even dwindling success in Well-Balanced events.

Another benefit of the Test Track is that it provides a clear stepping-stone of progression, from basic skills badge levels into the testing structure. Wehrli, Clausius and Feltes share this example: “In the competitive test track the first level Limited Beginner only allows half revolution jumps and upright spins, there are four levels with only single jumps allowed, an Axel in the juvenile test level and stair steps to a double Lutz at the senior test level. Spin requirements match the test requirements, with a step sequence and connecting steps in each level for a well-rounded program.”

“Skaters may ‘bounce’ tracks from competition to competition during the season based upon test level and skill mastery,” adds U.S. Figure Skating, “Skaters may choose to participate in either the Test Track or the Well-Balanced Free Skate program events as described in the rulebook, but not both during the same nonqualifying competition.”

Test Track events also provide competitive skaters with opportunities early in the skating development. Heather Piepenburg, a skating coach at Ice World in Abingdon, Maryland, says test track has been beneficial for many of her skaters. “I have been using Beginner and High Beginner levels for a long time. I have used the Test Track levels often for my young skaters who aren’t quite ready for No Test,” says Piepenburg.

“Low level Test Track events are a great introduction to competitions for newer skaters who are curious about competitive skating,” she adds. “High level Test Track events provide an opportunity to continue competing while also working on higher level tests.”

Adding a Test Track event to a nonqualifying competition



Jessica Hart, shown here with her 1st place medal from the State Games of America, found success and enjoyment as a Test Track competitor.

is as simple as cutting and pasting the paperwork from the U.S. Figure Skating web site. Including Test Track events benefits clubs by increasing enrollment in competitions and retaining membership. "Competitions that host these events will be offering more opportunities to keep skaters motivated along the pipeline and keep them enthusiastic about their abilities in hopes of retaining skaters who may be discouraged by the high level of technical elements at all levels," states U.S. Figure Skating.

Test Track also keeps skaters motivated to reach their testing goals while providing an opportunity to perform their test program in a competitive environment.

Since its development, the program has continued to evolve. Most recently, a change was made to the Intermediate Free Skate requirements. On February 1, an additional 10 seconds was added to match the new program length for Intermediate Free Skate Test and Intermediate Well-Balanced Free Skate—making the length 2:40 +/- 10 seconds.

Additional modifications may be forthcoming or may have been published since the time of printing. While there is no timeline set, Elise Preston, Chair of the U.S. Figure Skating Program Development Committee, confirms that modifications are under discussion. Continue to check the U.S. Figure Skating web site for updates and encourage your skaters to give Test Track a try. ❖

Claudia is a coach in the Baltimore, MD area.

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