



**NON-QUALIFYING
OFFICIAL ANNOUNCEMENT**

OCTOBER 4 – 8, 2017
National Sports Center
Blaine, Minnesota

Proudly hosted by:

Northern Blades



NSC Figure Skating Club

The **2018 UGL Non-Qualifying Competition** will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

The website for this competition is: www.northernblades.org/ns/2018NonQual.php

ELIGIBILITY/TEST LEVEL:

Test level: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Entrants may only enter one event.

Age restrictions/requirements: Skaters entering pre-juvenile and juvenile free skate events (Well Balanced Program) must be under 14 years of age at the close of entries. Skaters entering open pre-juvenile and open juvenile free skate events (Well Balanced Program), must be at least 14 years of age at the close of entries.

Skaters in events with more than one flight will be divided as closely as possible by age.

ENTRIES: Online registration is the **ONLY** method available for entry into the 2018 UGL Non-Qualifying Competition and must be submitted online via Members Only (www.usfsaonline.org) by **11:59 pm on September 1, 2017.**

To enter, please follow the steps below:

- Log on to www.usfsaonline.org
- Input your membership number and password
 - If you do not already have a password, go to www.usfsaonline.org and follow the online instructions.
- Select 'Events' on the top left menu
 - Select 'Competition Profile/Event Registration'
- Select 'Event Registration & Information' – '2018 UGL Non-Qualifying Competition'

If you are experiencing difficult with your registration, please email
EMS Support; emssupport@usfigureskating.org

ENTRY FEES:

Online payment via credit card is the ONLY accepted form of payment for the competition. Each skater's entry fee is inclusive of a USB recording of their performance that will be distributed post-event.

ENTRY FEE: \$150.00

***all entries subject to a credit card processing fee**

REFUND POLICY: Per rule 3048 in the U.S. Figure Skating Rulebook, once entries have closed, entry fees are only refundable if the competition is not held. There will be no refunds for medical withdrawals. The credit card processing fees are non-refundable.

FACILITIES:

Schwan Super Rink

1850 105th Ave NE
Blaine, MN 55449
(763) 717-3880

FACILITIES (cont.):

This competition will be using 4 ice surfaces at the Schwan Super Rink, each measuring 85' x 200'. The facility will house competition events, practice ice, locker rooms and a concession stand. Parking is free.

ADMISSION

The **2018 UGL Non-Qualifying Championships** will be open to the public at a daily charge of \$10 for adults, \$5 for children ages 6-17. Children 5 and under are free. Admission will be charged beginning Thursday October 5, 2017.

Advance sale \$35 all-event passes will be available on the qualifying competition website:
www.uglregionals.com.

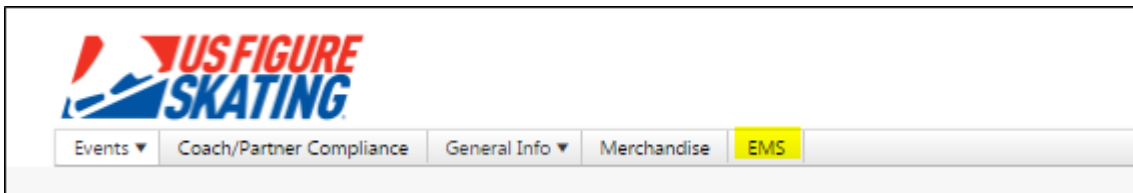
JUDGING SYSTEM:

The 6.0 Majority Judging System will be used for all non-qualifying events.

REGISTRATION: Registration will begin on Wednesday, October 4 during practice ice and will end on Sunday, October 8, contingent upon the competition schedule. The registration desk will be open one hour before the first event and run through the last event of the day. The registration desk will be located on the upper level of the Schwan Super Rink. Please register promptly upon arrival.

COMPETITION PROFILE: All registered competitors are required to complete their competition profile through the [Event Management System \(EMS\)](#) portal **beginning August 1, 2017**.

A skater's competition profile consists of their uploaded competition music and if competing in an event using IJS, planned program content. A skater can also update/verify coach(es) that will be attending the event with them.



The Competition Profile for the 2018 UGL Non-Qualifying Competition is due no later than **Wednesday, September 27 10:00 pm ET/9:00 pm CT**. A \$20 late fee will be added to each skater's Competition Profile after this date. Skater's will not receive their credentials, have access to practice ice and/or the competition if the fee has not been paid and Competition Profile is incomplete.

MUSIC UPLOAD AND SUBMISSION: online music submission is the **ONLY** accepted method to submit program music. The uploaded program music **MUST** conform to the following specifications:

Programs per File:

Only one piece of competition program music (e.g. short program, free skate etc.) per file is allowed.

File Format: MP3

If you need assistance formatting your file to MP3, please consider the following free applications listed below. *Please note, U.S. Figure Skating/LOC does not endorse any conversion software.*

[Format Factory](#)

***PC only, not compatible for Apple*

[Audacity](#)

Copyright Information:

U.S. Figure Skating, in compliance with BMI Licensing requirements, must collect the copyright information from each piece of music used in a skater's program. For assistance with this requirement, please click [here](#).

File Specifications:

- Maximum File Size: 12MB
 - Sound Quality: Set up Medium or High!
- Maximum Running time: Five (5) minutes
- Maximum Leader/Trailer: The leader is the silence between the start of the track and the actual start of the program music and the trailer is the silence between the end of the music and track. The Music Committee prefers that neither are included on the file but if necessary, are no more than two (2) seconds respectively.

BACKUP MUSIC AT EVENTS (CD's ONLY)

In addition to submitting music online, all competitors must have at least one (1) backup CD rink-side at practice sessions and during the actual event.

PRACTICE ICE

Practice ice for the 2018 UGL Non-Qualifying Competition will be available for sale to all registered competitors during a pre-purchase period (credits only) and an open sales period. Please review the information below in full prior to emailing the LOC and/or purchasing. As a reminder, practice ice sessions ARE NOT included in the skater's entry fee and are only available via U.S. Figure Skating's [EMS](#) module.

OFFICIAL PRACTICE ICE (OPI) – 30 minutes, music played once:

Official practice ice defined by level and event segment (scheduled by chief referee) will be available starting on Wednesday, October 4 at Schwan Super Rink in 30 minute segments and **must be pre-purchased** online through [EMS](#) at the rate of \$20. Each skater's music will be played once on an official practice ice session. Each skater is allowed one official practice ice session per round.

UNOFFICIAL PRACTICE ICE (UPI) – 30 minutes, no music:

These 30 minute unofficial practices will be scheduled throughout the competition whenever possible depending on the final schedule. Sessions are available for pre-purchase and open sales through [EMS](#).

PRACTICE ICE PRE-PURCHASE:

Skaters can purchase individual credits for UPI (up to two) and OPI (one), or a cost-saving package, beginning Tuesday, August 15, 2017 at 5:00 pm CT. The pre-purchase window will close on Friday, September 1, 2017 at 9:00 pm CT.

AVAILABLE DURING PRE-PURCHASE:

PACKAGE - \$30.00, one UPI & one OPI

ONE OFFICIAL PRACTICE ICE (OPI) CREDIT - \$20.00/30 minutes

UNOFFICIAL PRACTICE ICE (UPI) CREDIT - \$15.00/30 minutes

After the schedule has been finalized, skaters who pre-purchased practice ice credits will be able to schedule their UPI credits beginning Monday, September 11, 2017 at 5:00 pm CT through Wednesday, September 20, 2017 at 9:00 pm CT. Friendly reminder, all OPI sessions will be scheduled by the referee contingent on level and event segment.

PRACTICE ICE OPEN SALES:

Following the pre-purchase window, skaters will have the opportunity to purchase up to four additional UPI sessions at a rate of \$20.00. Open Sales will begin on Monday, September 25th at 6:00 pm ET/5:00 pm CT and will have a rolling close of 10:00 pm ET/9:00 pm CT the day prior to the session date (for example sales for Friday, October 6th will close at 9:00 pm on Thursday, October 5th).

QUESTIONS? Email UGLPracticeIce2018@northernblades.org

PHOTOGRAPHY/VIDEOGRAPHY: Action photos by KrPhotogs www.krphotogs.com as well as still awards photos will be available for purchase at the event. **Please note: Flash photography and personal videography of the competition, including practice ice, is strictly prohibited per U.S. Figure Skating policy.**

AWARDS: Medals will be presented to athletes in first through fourth place in each qualifying round. Trophies will be awarded to athletes in first through fourth in each final round event. Awards will be presented on the podium immediately following the posting of results. Awards will be located on the upper level of the Schwan Super Rink.

OFFICIAL NOTICES: An official bulletin board will be maintained on the upper level, near the Registration desk. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Registration

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- A. Current member in good standing with U.S. Figure Skating
- B. Completed Background Check ('green light' status)
- C. CER (B) completed for the 2017-18 Competition Season
- D. Proof of liability insurance

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without proper registration is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

LOCKER ROOM/CHANGING ROOM POLICIES:

The locker room/changing room policy for the 2017-18 U.S. Figure Skating competition season has been updated. All skaters, parents/guardians and coaches are encouraged to review prior to the competition. Additional information can be found [here](#).

CREDENTIALS

Each athlete will receive complimentary credentials for one chaperone and one designated approved coach. The credentials are marked with the individual's name and are non-transferable. Participants must have credentials to enter the Schwan Super Rink, the warm-up area and the locker rooms. Additional approved credentials for compliant coaches may be purchased at the registration desk for \$35.

Please note, additional chaperone badges will not be for sale.

All spectators are encouraged to pre-purchase all-event tickets via the competition [website](#).

At the time of registration, each competitor will receive their credential badges for themselves and their chaperone. The competitor's coach will pick up their credential badge separately at check-in.

A photo ID must be shown by all chaperones and coaches when the credential is picked up.

Badges must be worn at all times while in the Schwan Super Rink. Any lost badges will be replaced for an additional charge of \$35 per badge.

LOCAL ORGANIZING COMMITTEE – CONTACT INFORMATION

Please contact event chairs via email and allow up to 48 hours for responses to be provided.

Competition Chair:	Molly Fitzel UGLRegionalChair@northernblades.org
Competition Co-Chair:	Jane Schaber jschaber@superrink.org
Chief Referee:	Nancy Iida nancy.iida@sbcglobal.net
Practice Ice:	Dennis Kraber UGLPractIce2018@northernblades.org
Registration:	Shari Kraber sharikraber@earthlink.net
Rink Operations:	John Flater jflater@superrink.org
Volunteers:	Sarah Varian skatvarian@gmail.com

OTHER INFORMATION

Information about accommodations, travel, and other event information will be posted on the Qualifying event website: www.UglRegionals.com

INITIAL/FINAL ROUND FOR FREE SKATE EVENTS

Skaters will have the option of competing Free Skate events at either the Well Balanced or Test Track for levels detailed here. Check with your coach before registering. All free-skating events will be divided into flights. Events with more than one flight will have a final round. The number of skaters qualifying for the final round will be determined after the schedule has been finalized. The details will be posted on the official bulletin board.

2018 Upper Great Lakes Tentative NQ Schedule

Please note this schedule is tentative and subject to change after the close of entries. Refer to the competition website for all updates.

Wednesday, October 4

Practices

Thursday, October 5

Test Track

Pre-Juvenile Girls QR FS

Juvenile Girls QR FS

Novice Ladies QR FS

Well Balanced

Pre-Juvenile Girls QR FS

Open Pre-Juvenile QR FS

Open Juvenile Girls QR FS

Friday, October 6

Test Track

Pre-Preliminary Girls QR FS

Intermediate Ladies QR FS

Well Balanced

Preliminary Girls QR FS

Saturday, October 7

Test Track

Preliminary Girls QR FS

Pre-Juvenile Girls CR FS

Juvenile Girls CR FS

Intermediate Ladies CR FS

Novice Ladies CR FS

Well Balanced

Pre-Preliminary Girls QR FS

Pre-Juvenile Girls CR FS

Open Pre-Juvenile CR FS

Open Juvenile Girls CR FS

Sunday, October 8

Test Track

Pre-Preliminary Boys FS
Preliminary Boys FS
Juvenile Boys FS
Pre-Preliminary Girls CR FS

Test Track

Preliminary Girls CR FS
Junior Ladies FS
Senior Ladies FS

Well Balanced

Pre-Preliminary Girls CR FS
Preliminary Girls CR FS
Pre-Preliminary Boys FS
Preliminary Boys FS
Pre-Juvenile Boys FS
Open Juvenile Boys FS
Open Pre-Juvenile FS



U.S. Figure Skating Nonqualifying Competitions

EVENT: 2017-18 Test Track Free Skate – Pre-Preliminary 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
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 (<i>front to back or back to front including half-loop</i>) • 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
Preliminary 1:30 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <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 	<i>Maximum of 2 spins:</i> <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) 	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test
Pre-Juvenile 2:00 +/- 10 sec.	<i>Maximum of 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • 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"> • 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. 	One step sequence fully utilizing ice surface	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test
Juvenile	<i>Maximum of 5 jump elements:</i>	<i>Maximum of 2 spins:</i>		Skaters must

<p>2:20 +/- 10 sec.</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 	<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>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>
<p>Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></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><i>Maximum of 3 spins, of a different nature:</i></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) <i>All spins may fly</i> 	<p>One step sequence or spiral sequence fully utilizing ice surface (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 Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></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 	<p><i>Maximum of 3 spins of a different nature:</i></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 	<p>One step sequence fully utilizing ice surface (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</p>

	<ul style="list-style-type: none"> Max. 2 of any same type jump 	change of foot (2 per position, min. 5) revolutions per foot)		test
<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec. Men: 4:30 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></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><i>Maximum of 3 spins of a different nature:</i></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><i>Men:</i> Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p><i>Ladies:</i> One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 & 4105 for remarks.)</p>	Skaters must have passed at least the U.S. Figure Skating junior free skate test

2017-18 Well Balanced Singles Free Skating Requirements – This chart has been updated with the changes from the

U.S. Figure Skating Governing Council that will go into effect July 1, 2017.



2017-18	JUMP ELEMENTS	SPINS	STEP SEQUENCES
<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 ○ No double, triple or quadruple jumps allowed <ul style="list-style-type: none"> ○ 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 ○ Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed <ul style="list-style-type: none"> ○ 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 ○ Must use one-half the ice surface <ul style="list-style-type: none"> ○ 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) ○ Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed <ul style="list-style-type: none"> ○ 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 ○ 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 <ul style="list-style-type: none"> ○ 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 ○ Must use one-half the ice surface <ul style="list-style-type: none"> ○ 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 and OPEN 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 ○ No double Axels, triple or quadruple jumps allowed <ul style="list-style-type: none"> ○ 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 ○ 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 <ul style="list-style-type: none"> ○ 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* ○ 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>

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

2017-18 Well Balanced Singles Free Skating Requirements – This chart has been updated with the changes from the

U.S. Figure Skating Governing Council that will go into effect July 1, 2017.



<p style="text-align: center;">OPEN JUVENILE</p> <p style="text-align: center;"><u>2:20</u> +/- 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> <ul style="list-style-type: none"> 1 spin combination; with or without change of foot* <ul style="list-style-type: none"> ○ Min 8 revs ○ Min 2 revs in each position • 1 spin with only 1 position; no change of foot* <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
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