



2020-21 Adult Competition Series Handbook

**GENERAL COMPETITION SERIES ANNOUNCEMENT,
HANDBOOK AND TECHNICAL RULES FOR ATHLETES,
COACHES, REFEREES, ACCOUNTANTS, JUDGES AND
LOC/PARTICIPATING COMPETITION HOSTS**

2020-21 SEASON

Competition Series: June 1, 2020 – February 21, 2021

Eastern Adult Sectional Nonqualifying:

Panthers FSC – Coral Springs, FL – March 5-7, 2021

Midwestern Adult Sectional Nonqualifying:

Fort Wayne ISC – Fort Wayne, IN – March 12-14, 2021

Pacific Coast Adult Sectional Nonqualifying:

Vegas Golden Knights Center of Excellence – Las Vegas, NV – March 5-7, 2021

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SECTION 1: GENERAL COMPETITION RULES

Adult Competition Series events are held at U.S. Figure Skating nonqualifying competitions, as per Rule 3060 in the current U.S. Figure Skating Rulebook.

OVERVIEW:

U.S. Figure Skating is pleased to announce the 2020-21 Eastern, Midwestern, and Pacific Coast Adult Competition Series. This is the fourth year of the program and it is open to individual adult skaters within the Eastern, Midwestern and Pacific Coast sections. Skaters participating in the Adult Competition Series accumulate points based upon placement in the Free Skate event that will be used to determine the final series placements within each section. Adult Competition Series awards will be presented at the nonqualifying competition held in conjunction with each Adult Sectional Championship.

The mission of this program is to provide a meaningful series of events to encourage skaters in the Adult 1 through Adult Bronze levels to enjoy a fun, yet competitive environment where they can experience the community of Adult Skating and continue to skate for the rest of their lives.

The Adult Competition Series will be conducted in accordance with the rules of U.S. Figure Skating as set forth in the current U.S. Figure Skating Rulebook. Additionally, all participants will be expected to be either Learn to Skate USA members or full U.S. Figure Skating members and abide by the Code of Ethics (GR 1.01) and the Code of Conduct (GR 1.02), as set forth in the current U.S. Figure Skating Rulebook.

A. ADULT COMPETITION SERIES SEASON DATES

The 2020-21 Adult Competition Series season will run from June 1, 2020 – February 21, 2021 with the final event being the corresponding nonqualifying event held in conjunction with each Adult Sectional Championship in the skater's home section in March of 2021. *****Special note: the 2020-21 series, will be starting the series June 1, 2020 so that June competitions may participate.**

Skaters may compete at participating nonqualifying competitions anywhere in the United States during the Series season timeframe to accumulate points based upon placement in the Program/Free Skate event at each competition, however one of their competitions **MUST** be the nonqualifying competition held in conjunction with the Adult Sectional Championship in their home section (see Section E below for definition of home section).

B. EVENT TO BE SKATED (UPDATE FOR 2020-21 SEASON)

Program/Free Skate: The Program/Free Skate includes requirements at each level. A random draw will be held to determine the starting order. This event is offered at the Adult 1 through Adult Bronze levels. (See page 8 for detailed explanation for awarding of points.)

COMPULSORY PROGRAMS ARE NOT REQUIRED TO PARTICIPATE IN THE SERIES BEGINNING WITH THE 2020-21 SEASON

C. MUSIC

Music must be provided for program/free skate events according to requirements in each competition's announcement.

D. AWARDS AND MEDALS

For participating series competitions, awards (trophies, medals, ribbons) will be at the discretion of the hosting organization. We suggest that awards be given to all placements (1-6) in each Adult 1-6 event and places 1st through 4th in all Adult Beginner through Adult Bronze events.

Trophies for the Series will be awarded to places first through fourth and medals will be awarded for fifth and sixth places at each respective nonqualifying competition held in conjunction with each Adult Sectional Championship following the results from the Program/Free Skate event and after the final placements have been calculated.

U.S. FIGURE SKATING ADULT LIFETIME COMPETITOR RECOGNITION PROGRAM

Skaters who qualify in the Series by skating in the minimum required events and competitions will automatically be registered in the U.S. Figure Skating Adult Lifetime Competitor Recognition Program. Each year a participant qualifies in the Adult Competition Series (or competes in any event at the U.S. Adult Championships) adds another year of credit to their competitive history. Only one year of competition credit per season will be added to a participant's competitive history. More information on the Lifetime Competitor Recognition Program is available on the Adult Competition Series website: <https://www.usfigureskating.org/skate/skating-opportunities/adult-skating>.

E. ELIGIBILITY TO COMPETE

Athletes must be eligible members in good standing of U.S. Figure Skating and may be members of the figure skating club of their choice, an Individual Member of U.S. Figure Skating, or Learn to Skate USA (Adult 1-6, Beginner, High Beginner levels). The home section in which the skater accumulates points and is eligible to receive an award will be based upon either the location of the skater's home figure skating club at the time of registration, the legal residence of the Individual Member, or the physical address of the Learn to Skate USA program in which the skater is registered. Skaters may not switch sections during the season even if their home club changes.

Athletes must be 18 years of age or older as of June 1 each year in order to participate.

F. SERIES REGISTRATION

Skaters interested in participating in the 2020-21 Adult Competition Series will also need to complete the online Series registration form and pay a \$20.00 fee to U.S. Figure Skating between May 15 and December 31, 2020. This fee will be used to provide the trophies/medals to each level winner within each section. The online form can be accessed through your Members Only profile. Login with your USFS or LTS USA number and password, then select Skating Opportunities, then Adults, then Series Info.

For skaters to earn points within the Series, they must be registered with U.S. Figure Skating as a participant prior to competing in the Adult Competition Series event from which the skaters plan to earn placement points.

G. ENTRY FEES

Entry fees MUST accompany each individual competition's entry form(s). The form with the specified fees will be provided to the skaters and must be submitted to the host club before the

individual competition deadline. All skaters must register for the individual Adult Competition Series events through the LOC hosting each individual event.

The Adult Competition Series event entry fees will be set by the LOC hosting the individual competition and will be listed within the LOC's announcement. Skaters are responsible for registering directly with each competition.

H. WARM-UP GROUPS

Warm-up groups are at the discretion of the Chief Referee and skaters will be notified prior to the start of the event if there will be more than one warm-up group.

I. GROUP SIZES

1. For the Adult 1 through Adult High Beginner levels, groups will consist of not more than 6 skaters.
2. For the Adult Pre-Bronze through Adult Bronze levels, groups will consist of not more than 12 skaters.
3. Groups of more than the maximum number of skaters must be split into multiple groups even if some of the skaters in the event are NOT participating in the series.
4. Groups of fewer than the max number of skaters in a level may be split at the discretion of the Chief Referee who should take into account the Adult age groupings listed below and combine age classes and genders in such a way to provide the competitors with the opportunity to achieve the highest amount of points.

Young Adult	18 – 20 years
Class I	21 – 35 years
Class II	36 – 45 years
Class III	46 – 55 years
Class IV	56 – 65 years
Class V	66 years and over

Male competitors:

- Adult 1 through Adult High Beginner will be combined with female competitors in the same level.
- Adult Pre-Bronze and Adult Bronze levels
 - A Single male competitor in a level must be combined with the female competitors to allow for higher point possibilities
 - 2 or more male competitors in a level may be combined regardless of age classification and may skate in their own group OR may be combined with the female competitors of the same level to allow for higher point possibilities

For events divided into groups, no final rounds will be skated.

J. JUDGING SYSTEM

The 6.0 judging system will be used for the Adult 1 through Adult Pre-Bronze levels and events at the participating 2020-21 Adult Competition Series competitions. For Adult Bronze, either the 6.0 judging system or the international judging system (IJS) may be used at the discretion of the LOC. You can find an explanation of both judging systems at <https://www.usfigureskating.org/about/scoring-system>

Specific deductions and judging references may be found in the reference section of this handbook beginning on page 17.

K. COSTUME REQUIREMENTS

The Adult Competition Series will follow all costume rules and requirements as stated for singles events in the current U.S. Figure Skating Rulebook. (Rules 4030-4035).

SECTION 2: EVENT RULES, TESTS, LEVELS AND EVENT REQUIREMENTS

A. PROGRAM/FREE SKATE EVENT

The Program/Free Skate includes requirements at each level. A random draw will be held to determine the starting order. This event is offered at the Adult 1 through Adult Bronze levels.

Points will be awarded to each skater based on the skaters' placement in the event. (Refer to page 8, Awarding of Points.)

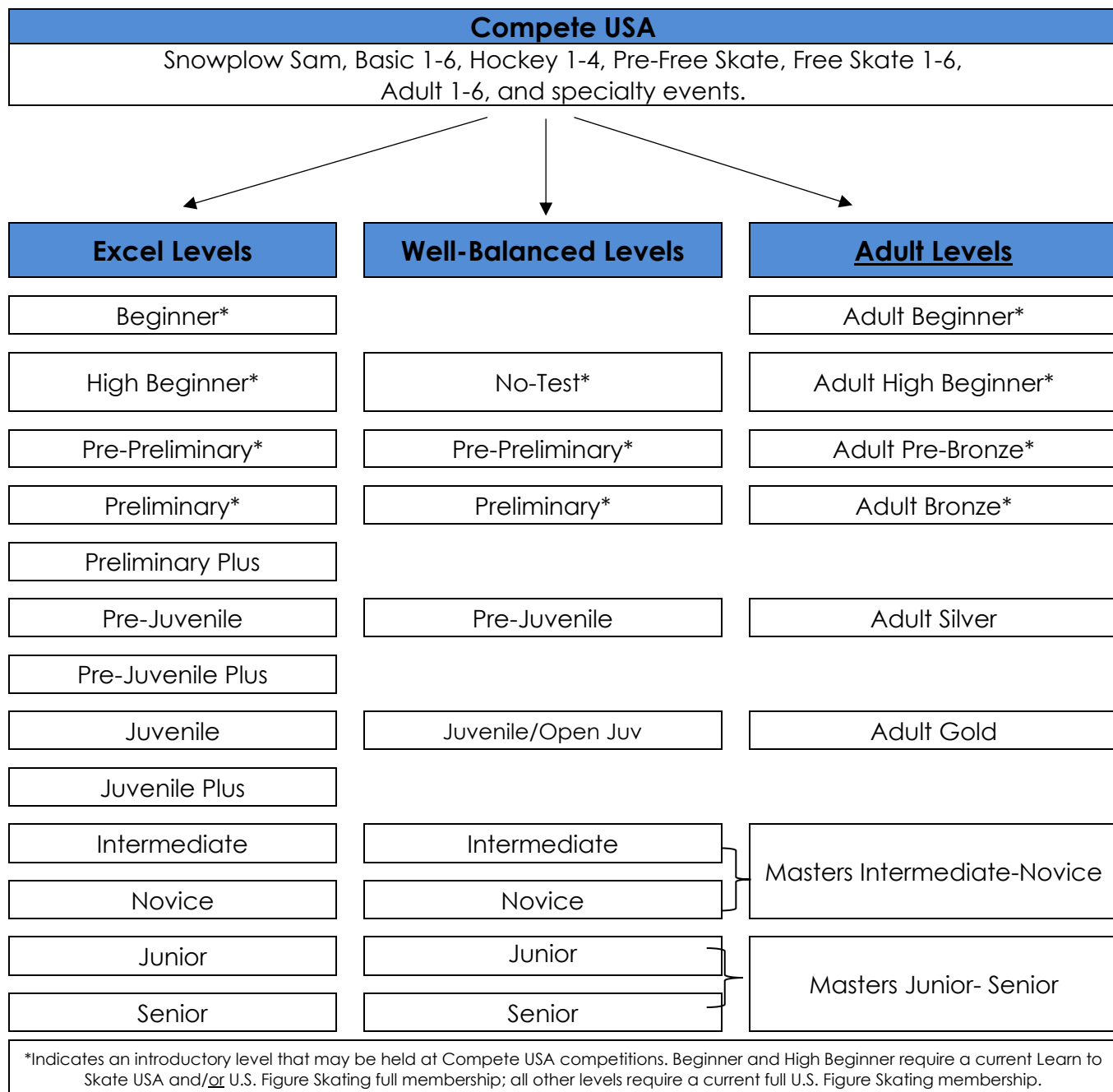
1. All skaters must either compete at their test level or one level above of their highest completed Learn to Skate USA adult class level or U.S. Figure Skating test passed as of the close of entries of the competition.
2. Skaters may move up levels in the 2020-21 Series and receive "Move Up Points" – see Awarding of Points section for more information. The skater's points will follow them to the next level.
3. Test level may be either standard or adult. See progression chart below for crossover from standard track.

B. EVENT LEVELS AND ELIGIBILITY/TEST REQUIREMENTS

Level	Requirement
Adult 1	Have completed or are currently taking Adult 1 level in LTS
Adult 2	Have completed or are currently taking Adult 2 level in LTS
Adult 3	Have completed or are currently taking Adult 3 level in LTS
Adult 4	Have completed or are currently taking Adult 4 level in LTS
Adult 5	Have completed or are currently taking Adult 5 level in LTS
Adult 6	Have completed or are currently taking Adult 6 level in LTS
Adult Beginner	Must not have passed higher than Learn to Skate Free Skate 1
Adult High Beginner	Must not have passed any US Figure Skating Free Skate Test
Adult Pre-Bronze	Passed Adult Pre-Bronze or Pre-Preliminary Free Skate and no higher
Adult Bronze	Passed Adult Bronze or Preliminary Free Skate and no higher

COMPETITIVE PROGRESSION THROUGH THE LEVELS OF U.S FIGURE SKATING

Singles athletes begin with Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well-Balanced or Adult levels as appropriate for their ability, test level, and age. Test requirements are the same for the Excel and Well-Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development, but may not enter the same type of event in multiple tracks. Competitive level is determined by highest free skate test passed.



Minimum age 18 for young adult age category in all levels. 21 for adult testing

SECTION 3: AWARDING OF POINTS

A. DETERMINING POINTS

Points will be awarded by U.S. Figure Skating based upon the 2020-21 Adult Competition Series Point Calculation Chart for the Program/Free Skate event (see chart below).

PROGRAM/FREE SKATE EVENT POINTS

The points awarded to each skater in the Program/Free Skate events will be based upon the skaters' placement in the event. Please see the TIES section on page 8-9.

NOTE: while skaters may compete in as many of the series events as they choose, only the top 3 scores will be used in the final point standings.

MOVE UP POINTS

A skater will earn three points toward their overall standing each time they enter a level that is higher than the level competed in at the previous competition throughout the duration of the series. In order to keep the extra three points he/she must compete in that level or higher in all subsequent competitions. Move up points will be awarded for all series events even though only the top 3 scores count toward the series point totals. **A skater may NOT move up into a level that is NOT included in the Adult Competition Series and still qualify for series awards.**

If there is only one skater in an event, the skater will have the choice to skate alone OR move up a level to compete against other skaters. In this case, those skaters will be allowed to move back to their original level to compete at the next competition and shall not be awarded the 3 point move up credit.

All points follow the skater throughout the series, so if a skater moves up to higher levels, the points follow the skater. Once a skater moves up a level, they may not compete at a lower level unless they moved up as a result of having no other skaters in their group. Point totals from each section will be maintained by the Adult Skating Committee and posted on the Adult Skating Competition Series Page on the U.S. Figure Skating website.

Adult Competition Series Point Calculation Chart (UPDATED FOR 2020-21)												
Program/Free Skate Event												
	Number of Skaters											
Place	1	2	3	4	5	6	7	8	9	10	11	12
1	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5
2		7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5
3			7	7.5	8	8.5	9	9.5	10	10.5	11	11.5
4				6.5	7	7.5	8	8.5	9	9.5	10	10.5
5					6	6.5	7	7.5	8	8.5	9	9.5
6						5.5	6	6.5	7	7.5	8	8.5
7							5	5.5	6	6.5	7	7.5
8								4.5	5	5.5	6	6.5
9									4	4.5	5	5.5
10										3.5	4	4.5
11											3	3.5
12												2.5

B. TIES

Ties in overall finish in the Program/Free Skate events will not be broken at the participating Series season competitions. In the case of a tie, skaters will share the available points.

For example, if two competitors are tied for first place at the conclusion of the event, the first place points plus the second place points will be added together and then divided by two.

In the case of a tie in the final series standings, in order to determine the winners in each section, the ties will be broken in the following manner:

1. The total number of series competitions the competitor has competed in during the season (must actually skate)
2. The total points for all events during the season (not just the 3 top points)
3. The total number of skaters that the competitor has skated against in all free skate events (all competitions and not just the competitions with the 3 top points)
4. The number of levels the skater has moved up throughout the season
5. The oldest skater in the level

C. ADJUSTMENTS IN AVAILABLE POINTS DUE TO WITHDRAWALS

The number of athletes in an event will be based on entries as of 7 days prior to the official start of the competition regardless of when the events take place; withdraws after this date will not affect the number of available points to the athletes who compete in the competition. The points will be awarded based upon the number of skaters listed on the skate order posted prior to the start of the competition.

Example: The competition starts on Friday, June 14th. The number of competitors would be as of 12:01am Saturday, June 8th. Any withdraws after that point should be listed in the final results as "withdrawn".

Points will only be awarded to athletes who complete the competition. No points will be awarded to an athlete who withdraws for any reason or is not registered as a participant in the Series by 11:59 pm the day before the start date of the competition or by the December 31, 2020 Adult Competition Series entry deadline, whichever is earlier.

SECTION 4: FINAL PLACEMENTS WITHIN EACH SECTION FOR AWARD WINNERS

A. HOW TO QUALIFY

At each Adult Competition Series event, skaters will earn qualifying points based on their points earned at the competition. Refer to Section 3: Awarding of Points on Page 8 for more details. Skaters must compete in the free skate event in at least two participating competitions during the Adult Competition Series season with one of the competitions being the nonqualifying competition held in conjunction with the Adult Sectional Championship **in their home section**; however only the skater's top three point finishes will be used towards their total point accumulation to determine the final Adult Competition Series winners in each section.

Trophies/Medals for the Adult Competition Series in each section will be awarded at each sectional nonqualifying competition held in conjunction with each Adult Sectional Championship following the events. Adult Competition Series trophy winners (places first through fourth) will hold the title of Pacific Coast/Midwestern/Eastern (section as appropriate) Adult Competition Series (level as appropriate) Gold Medalist, Silver Medalist, Bronze Medalist, and Pewter Medalist.

LOC/ Participating Competition Information

SECTION 5: PARTICIPATING ADULT COMPETITION SERIES EVENT INFORMATION

For the 2020-21 season, please apply online on the U.S. Figure Skating website ([Click Here](#)) between May 1st and December 31, 2020 if you are interested in having your competition participate. You may be running a full nonqualifying competition or you may be running a Compete USA competition. The only requirement is that you offer all the listed levels in the series for Program/Free Skate events. *****Special note to competitions who want to be part of the 2020-21 series, we will be starting the series June 1, 2020 so that June competitions may participate.**

This handbook contains all the rules, details, specifics and guidelines that will be in effect for the 2020-21 Adult Competition Series. Rather than require each LOC to list all of the Adult Competition Series specific information in their individual competition announcements, the LOC announcements will direct skaters and coaches to the online Adult Competition Series Handbook, which will contain the event rules and specifics with which the Adult Competition Series competition events will be run in accordance.

SECTION 6: ITEMS NEEDED FROM PARTICIPATING SERIES COMPETITIONS

Thank you for participating in the 2020-21 Adult Competition Series. We appreciate your willingness to add the Adult Competition Series into your nonqualifying or Compete USA competition this season and appreciate your enthusiasm for this U.S. Figure Skating program.

1. **You must offer a young adult age category for skaters 18-20**
2. **Immediately following your event:** In order to help us calculate and post the point standings of the Adult Competition Series participants, please request that your Chief Accountant email the Final Placement Results Sheet to the Adult Skating Committee at adultcompetitionseries@gmail.com for point calculation purposes.

IMPORTANT ADDITIONAL REQUIREMENTS FOR THE NONQUALIFYING COMPETITIONS HELD IN CONJUNCTION WITH THE ADULT SECTIONAL CHAMPIONSHIPS – Please have your **Chief Accountant email the results for each individual event immediately after they have been verified and signed by the event referee and accountant.** This is crucial so that the final series winners in each section can be determined and communicated to the LOC in time for the award ceremony.

AWARD PRESENTATIONS: Adult Series Awards will be presented at the nonqualifying competitions held in conjunction with the Adult Sectional Championships. For these competitions, please allow at least 2 hours between the end of the free skate events for Adult 1 through Adult Bronze to schedule the awards ceremony for the Adult Competition Series medalists. The final series standings will be emailed to the LOC chair and the Chief Accountant of the competition to be used in the awards ceremony.

You will receive the Adult Competition Series awards from headquarters along with any sectional championship awards – there is no additional investment required from the LOC for the awards. Please make this a special occasion for these skaters as we want to encourage them to come back and participate next year as well as to keep them skating for the rest of their lives.

Technical Information For Officials

SECTION 7: QUALIFICATIONS & DUTIES OF CHIEF REFEREE

A. QUALIFICATIONS

Each competition in the series must designate a Chief Referee.

B. RESPONSIBILITIES

1. Ensure judges on the panel have the correct requirements and deduction sheets
2. Ensure that competitors for the series are signed up for the free skate event
3. Ensure results are sent to the Adult Skating Committee
 - a. The Adult Skating Committee will tabulate results. Please email results to adultcompetitionseries@gmail.com

Please be sure to email the following after each competition (exception when the nonqualifying competition is held in conjunction with each Adult Sectional Championship – see below for information on results from that competition):

- From Hal2 – Competition Survey Report or Internet Data Component Standings .htm file
- From IJS Companion – Results Summary from IJS Companion
- A "results" sheet providing the final placements of the skaters signed by the event referee and the event accountant if not using one of the two systems above

Additional requirements for results from the nonqualifying competition held in conjunction with each Adult Sectional Championship:

1. As trophies/medals for the series will be presented at the competition, please email the results **after EACH Program/Free Skate event** to the Adult Skating Committee and they will calculate results
2. Adult Skating Committee will email the appropriate Chief Accountant and the LOC chair for each section with the final results for the Series
3. Remind the LOC chair and Chief Referee that the awards ceremony should be approximately 2 hours after the end of the last series event

SECTION 8: SCHEDULING

A. REQUIRED EVENT GROUP SIZES

1. For the Adult 1 through Adult High Beginner levels, groups will consist of not more than 6 skaters.
2. For the Adult Pre-Bronze through Adult Bronze levels, groups will consist of not more than 12 skaters.
3. Groups of more than the maximum number of skaters must be split into multiple groups even if some of the skaters in the event are NOT participating in the series.
4. Groups of fewer than the max number of skaters in a level may be split at the discretion of the Chief Referee who should take into account the adult age groupings listed below and combine age classes and genders in such a way to provide the competitors with the opportunity to achieve the highest amount of points.

Young Adult	18 – 20 years
Class I	21 – 35 years
Class II	36 – 45 years
Class III	46 – 55 years

Class IV	56 – 65 years
Class V	66 years and over

Male competitors:

- Adult 1 through Adult High Beginner will be combined with female competitors in the same level.
- Adult Pre-Bronze and Adult Bronze levels
 - A Single male competitor in a level must be combined with the female competitors to allow for higher point possibilities
 - 2 or more male competitors in a level may be combined regardless of age classification and may skate in their own group OR may be combined with the female competitors of the same level to allow for higher point possibilities

For events divided into groups, no final rounds will be skated.

Nonqualifying competition being held in conjunction with each Adult Sectional Championship: please work with your LOC chair to schedule the Adult Competition Series awards ceremony approximately 2 hours after the last series event so that the Adult Skating Committee has enough time to calculate the final results.

We are aware of the many constraints on Chief Referees. When possible, please schedule at least five judges per panel.

IMPORTANT

- Withdrawals: The number of athletes in an event will be based on entries as of 7 days prior to the official start of the competition regardless of when the events take place; withdrawals after this date will not affect the number of available points to the athletes who compete in the competition. The points will be awarded based upon the number of skaters listed on the skate order posted prior to the start of the competition.
- Example: The competition starts on Friday, June 14th. The number of competitors would be as of 12:01am Saturday, June 8th. Any withdrawals after that point should be listed in the final results as "withdrawn."

SECTION 9: WARM-UP GROUPS, WARM-UP TIMES, START ORDERS

In order to standardize events so that the skaters know what to expect from one competition to the next, please use the following

- Warm-up groups should be no more than 6 skaters
- Warm-up times as follows:
 - Adult 1-6: 4 minutes
 - Adult Beginner – Adult Bronze: 5 minutes
- Start Orders: all are random draws – no separate draws are necessary

SECTION 10: SCORING SYSTEMS

The 6.0 judging system will be used for the Adult 1-6, Adult Beginner, Adult High Beginner and Adult Pre-Bronze Program/Free Skate events at the participating 2020-21 Adult Series Competition. For the Adult Bronze Free Skate events, either 6.0 or IJS may be used at the discretion of the LOC.

Note: 6.0 scoring can be done via several software tools or can be done manually. The only true requirement is a "results" sheet providing the final placements of the skaters signed by the

event referee and the event accountant be sent to the Adult Skating Committee via the email address provided below. The instructions below cover the two scoring systems currently endorsed and supported by U.S. Figure Skating.

The only event in which Adult Competition Series skaters are required to compete in during the 2020-21 season is the Program/Free Skate:

- The Program/Free Skate includes requirements at each level. A random draw will be held to determine the starting order. This event is offered at the Adult 1 through Adult Bronze levels.
- See page 8 for detailed explanation for awarding of points.
- The templates and required elements for this event can be found in the reference materials section below.

HAL2 Setup Information:

Program/Free Skate

1. This event consists of a choreographed program that contains required (Adult 1-6) or standardized requirements (Adult Beginner to Adult Bronze)
 - a. Adult 1-6 are available from the Compete USA manual
 - b. Adult Beginner and Adult High Beginner are available from either the Compete USA manual or from the standard nonqualifying competition announcement or in the reference materials section below
 - c. These should be set up as standard program/free skate events in Hal2
 - d. Two marks are given
 - e. Music is required and vocals are allowed
2. Results from Hal2 for the Adult Competition Series Program/Free Skate event will be posted at the competition
3. These results are sent to the Adult Skating Committee and points are awarded to the skater from their placement in the Program/Free Skate Event

IJS Setup Information (if competition has chosen to use this judging system for Adult Bronze Free Skate events):

Program/Free Skate

1. Adult Bronze events will be called according to the standard rules of IJS and the Adult Calling Clarifications posted on the Adult Technical Information Page of the U.S. Figure Skating website
2. All competitors in IJS Free Skate events are required to submit their Planned Program Content (PPC) form online based upon the directions in each competition's announcement

Adult Competition Series Reference Material

Program/Free Skate

Program/Free Skate events will be awarded two marks. The first mark shall be for the technical score. The second mark shall be for program components.

General event parameters:

- The skating order of the required elements is optional.
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.
- The minimum number of required spin revolutions is indicated in parentheses following the spin description. Revolutions must be in position.
- Vocal music is allowed
- To be skated on full ice
- For Adult 1-6, the skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.

Level	Time	Elements
Adult 1	1:40 MAX	<ul style="list-style-type: none"> • Forward Marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop – two feet or one foot
Adult 2	1:40 MAX	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Adult 3	1:40 MAX	<ul style="list-style-type: none"> • Forward stroking using the blade properly • Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise • Backward skating to a long two-foot glide • Forward chasses on a circle, clockwise and counterclockwise • Backward snowplow stop, Right and Left
Adult 4	1:40 MAX	<ul style="list-style-type: none"> • Forward outside edge on a circle, right and left • Forward inside edge on a circle, right and left • Forward crossovers, clockwise and counterclockwise • Backward one-foot glides, right and left • Hockey stop, both directions
Adult 5	1:40 MAX	<ul style="list-style-type: none"> • Backward outside edge on a circle, right and left • Backward inside edge on a circle, right and left • Backward crossovers, clockwise and counterclockwise • Forward outside three-turn, right and left • Beginning two-foot spin
Adult 6	1:40 MAX	<ul style="list-style-type: none"> • Forward stroking with crossover end patterns • Backward stroking with crossover end patterns • Forward inside three-turn, right and left • T-stop • Lunge • Two-foot spin into one-foot spin (min 2 revs on 1 foot)

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements <ul style="list-style-type: none"> Jumps limited to bunny hop, mazurka, ballet, waltz Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same jump 	Max. 2 spins <ul style="list-style-type: none"> Two forward upright spins, no change of foot (Min. 3 revolutions) Spins with a flying entry are not permitted 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1 Badge Test
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none"> Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ Flip, ½ Lutz, Toe Loop Max 1 combination or sequence consisting of only the allowed listed jumps Max. 2 of any same type jump. 	Max 2 spins: <ul style="list-style-type: none"> Two upright spins, change of foot optional (Min. 3 revolutions) Spins with a flying entry are not permitted 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
Adult Pre-Bronze 1:40 Maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> Max 2 combinations or sequences <ul style="list-style-type: none"> 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump) Only single and half-revolution jumps are permitted No single Lutz, single Axel or double or triple jumps are permitted 	Max 2 Spins: <ul style="list-style-type: none"> Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs Spins with a flying entry are not permitted 	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate
Adult Bronze 1:50 maximum	Max 4 Jump Elements: <ul style="list-style-type: none"> Max 2 combinations or sequences <ul style="list-style-type: none"> 1 combination may contain 3 jumps, and the other may contain only 2 jumps Jump sequence is any listed jump immediately followed by an Axel-type jump Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump) All single jumps are permitted (except single Axel) No single Axel, double or triple jumps are permitted 	Max 2 Spins: <ul style="list-style-type: none"> Max Level 1 Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E)) Min 3 revs total if no change of foot Min 3 revs each foot if change of foot Min 2 revs in each position Spins with a flying entry are not permitted 	Max 1 Sequence: <ul style="list-style-type: none"> 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals) Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such. 	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

Program/Free Skate 6.0 Marking Guide

Base marks are derived from assessing the quality of the following:

Technical Score:

1. Skating skills
2. Execution of correct take off edge, air position, and landing edge for jumps
3. Execution of correct spin positions and correct minimum number of required revolutions

Program Components:

1. Skating Skills including overall skating quality, flow and glide, speed and power;
2. Transitions including steps and movements that connect each element together; difficulty and variety of the steps/movements
3. Performance/Execution including execution of elements; body alignment, carriage and style; the ability to project the story of the program;
4. Choreography including ice usage; multi-directional skating; linkage to the music
5. Interpretation including expression of the character of the music; ability of the skater to enhance the musicality of the program by using movement in time with music

General Deductions from Base Mark

Technical Score:

REQUIRED element MISSING	0.2 for each occurrence
Elements performed from a higher level	0.2 for each occurrence
Spin revolutions less than required minimums	0.1 for each occurrence
Time or interruption violation	0.1 for each occurrence

Program Components:

Time or interruption violation	0.1 for each occurrence
Inappropriate clothing (costume violation)	0.1 for each occurrence

Free Skate IJS Marking Guide

1. Can only be used by LOC for Adult Bronze free skate events
2. IJS Adult Bronze will be called according to the standard rules of IJS and the Adult Calling Clarifications posted on the Adult Technical Information Page of the U.S Figure Skating website.
3. All competitors in IJS Free skate events are required to submit their Planned Program Content (PPC) form online based upon the directions in the competition's announcement.