

Central Minnesota *Compete USA* Competition Series



We are pleased to announce the 15th annual Central Minnesota Compete USA Competition Series; an exciting skating opportunity for the Learn to Skate skater.

The Central Minnesota Compete USA Competition Series is sponsored equally by the Diamond Edge Figure Skating Club of Willmar, St. Cloud Figure Skating Club, Alexandria Figure Skating Club, Fergus Falls Skating Club, and the Vacationland Figure Skating Club. This is a Learn to Skate approved Compete USA competition series with the approval posted in each participating arena. Competition announcements and packages are available through all participating figure skating clubs and/via the club websites or at our series website www.centralminnesotaseries.org. Each competition has its own online entry forms, please make sure to read the entire announcement for details. Any questions regarding this series are to be directed to any of the contacts listed below.

MISSION STATEMENT:

The purpose of the competition is to promote a FUN, introductory, competitive experience for the beginning skater.

2024 COMPETITION LOCATIONS:

 <p style="text-align: right;">EVENT #1</p> <p style="text-align: center;">LAKES AREA CLASSIC JANUARY 13, 2024 – WILLMAR, MINNESOTA REGISTRATION DEADLINE: DECEMBER 17, 2023 Registration at www.diamondedgeskating.com</p>	 <p style="text-align: right;">EVENT #2</p> <p style="text-align: center;">GRANITE CITY COMPETE USA FEBRUARY 3, 2024 – ST. CLOUD, MINNESOTA REGISTRATION DEADLINE: JANUARY 7, 2024 Registration www.stcloudfigureskatingclub.org</p>
 <p style="text-align: right;">EVENT #3</p> <p style="text-align: center;">SKATE VACATIONLAND COMPETE USA COMPETITION FEBRUARY 17-18, 2024 – BRAINERD, MINNESOTA <small>(INTERPRETIVE EVENTS WILL BE HELD ON SATURDAY NIGHT)</small> REGISTRATION DEADLINE: JANUARY 15, 2024 Registration at www.vacationlandfigureskatingclub.com</p>	 <p style="text-align: right;">EVENT #4</p> <p style="text-align: center;">FERGUS FALLS COMPETE USA MARCH 2-3, 2024 – FERGUS FALLS, MINNESOTA <small>(ONE BEGINNER THRU PRELIMINARY EVENT WILL BE HELD ON SATURDAY NIGHT)</small> REGISTRATION DEADLINE: FEBRUARY 4, 2024 Registration at www.fergusfallsskatingclub.com</p>
 <p style="text-align: right;">EVENT #5</p> <p style="text-align: center;">BATTLE OF THE BLADES MARCH 16, 2024 – ALEXANDRIA, MINNESOTA REGISTRATION DEADLINE: FEBRUARY 11, 2024 Registration at www.alexandriafigureskating.org</p>	 <p style="text-align: center;">FOR ADDITIONAL INFORMATION VISIT OUR WEBSITE AT WWW.CENTRALMINNESOTASERIES.ORG OR FOLLOW US ON FACEBOOK @CENTRALMNSERIES</p>

RULES: These individual competitions will be conducted under the rules set forth by the Learn to Skate USA Competition Manual.

ELIGIBILITY RULES FOR PARTICIPANTS: The competition is open to ALL skaters who are current members of either Learn to Skate USA and/or those who are full members of U.S. Figure Skating (including Aspire). Members of other organizations are eligible to compete but must be a current registered member of Learn to Skate USA or a full member of U.S. Figure Skating. Eligibility will be based on skill level as of the closing date of entries. All **Snowplow Sam and Basic 1-6** skaters must skate at the highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including skating skills or individual dances.

It is very important to the success of the competition that skaters are placed in the correct divisions. This will ensure that every event is as fair as possible to the competitors. Skaters should be placed at a level that challenges them appropriately while fostering and nurturing their continued growth. It is an ethical violation for coaches to sandbag an event.

COMPETITION ENTRIES AND FEES: Each individual competition has its own online registration form and a registration must be completed for each of the individual competitions being entered. All registrations will need to be completed online with a secure credit card payment. Please go to each individual club website and click the individual competition link. Online entries will be accepted until MIDNIGHT of the deadline date noted for each event. Late entries will not be accepted following the deadline date. Space may be limited by site so please submit your registrations early.

Entry fees are per person, U.S. dollars. The first event is \$60, the second event is \$25 and the third and fourth events are \$15. Entry fees are not refundable unless the competition is cancelled. There will be a \$30.00 fee for contested credit card charges.

SERIES ENTRIES AND FEES: **Entry into the Central Minnesota Compete USA Series is OPTIONAL and not a requirement to participate in any of the hosting clubs' competitions.** To be included in the Central Minnesota Compete USA Series and eligible for the 2024 season-end awards ceremony, you must be a Central Minnesota Compete USA Series participant and pay a **ONE-TIME FEE** of \$30. You may enter the Series at any point during the season. Your points will not begin to accumulate until the **ONE-TIME FEE** is recorded. Each hosting club registration form will have a space to enter the Series and/or a check-box to acknowledge those already participating as a part of the Central Minnesota Compete USA Series to ensure points are tracked accordingly. Skaters participating in all FIVE (5) individual competitions will be eligible for a drawing for a FREE Zuca Bag.

PRACTICE ICE: No official practice ice is included in your registration fee. Practice ice will be available at each of the individual club sites for purchase. Practice ice will be 20 minutes in length and cost \$10.00. Details are provided for each competition on the individual competition online sign-up.

MUSIC: The music for all programs must be uploaded to the competition site. Skaters should have a duplicate copy of their music and appropriate adapter if needed on day of competition readily available at all event times requiring music.

JUDGING: The 6.0 Majority Judging System will be used. Individual Judging Worksheets are private and will not be shared with Skating Professionals or Parents.

SCHEDULE OF EVENTS: Information regarding groups and skating times will be emailed to you. Event schedules will be posted on each hosting clubs' website within a week prior to the competition. There will be no more than six competitors maximum in an event.

REGISTRATION: The registration table at each location will be open 1 hour before the competition begins. Skaters will not be allowed to compete until they have registered. Please register at least 45 minutes before your competition time. All schedules will be posted at each individual competition. It is the responsibility of each competitor to check the postings for official schedules and notices.

VIDEOTAPING AND PHOTOGRAPHS: Personal photography and videotaping may be done of your skater(s). No parents/spectators or skating professionals will be allowed within the judges' area of the rink.

ON-ICE RINK DOOR AREA: The area by the on-ice rink door gets very busy during a competition. No parents/spectators will be allowed in the area.

INDIVIDUAL COMPETITION AWARDS: All competitors will receive an award at each of the individual competitions. Skaters should report to awards immediately following the conclusion of their event. Compulsory, Spins and Interpretive event participants will be awarded medals. Freeskate event participants will be awarded a trophy.

CENTRAL MINNESOTA COMPETE USA SERIES POINT SYSTEM/AWARDS: During the competition season, skaters have the opportunity to compete at five different arenas and earn points towards a final standing. Skaters must be registered with the Central Minnesota Compete USA Series to be eligible for accumulating points.

The point system used to calculate skater points to determine Series placement will be as follows:

1 st place	6 points
2 nd place	5 points
3 rd place	4 points
4 th place	3 points
5 th place	2 points
6 th place	1 point

If an event has 2 – 6 skaters, points will be awarded as if there were six skaters in the group. If an event has only one skater, they will be awarded three points only.

In addition, a skater will earn three additional points toward their overall standing for each level of advancement throughout the duration of the series. In order to be awarded the extra three points, he/she must compete at the new level in at least one competition. All points follow the skater throughout the series, so as a skater moves up to higher levels, the points follow the skater. Once a skater moves on to a new level, they may not compete at any time at a lower level. The points for skaters moving up levels will be awarded at the conclusion of their events at the Battle of the Blades Competition in Alexandria.

Final Central Minnesota Compete USA Series trophies will be awarded for 1st through 3rd places in each level from Snowplow Sam through test levels. Skaters who place 4th and beyond will receive a participation trophy. The Central Minnesota Compete USA Series trophies are awarded to skaters based on the last level they competed in during the Central Minnesota Compete USA Series. Final trophies will be handed at the conclusion of events throughout the Alexandria Battle of the Blades Competition held on March 16, 2024. You need not be present at the season-end ceremony to receive your award.

CENTRAL MINNESOTA COMPETE USA SERIES TRAVELING TEAM TROPHY: The traveling team trophy will be awarded to the figure skating club with the most combined series skater entries throughout the Series competitions. This is open to any figure skating club participating in the series at each individual competition and is not limited to the five hosting sites. The current traveling team trophy winner is the Diamond Edge Figure Skating Club for having the most series participants during the 2023 skating season.

QUESTIONS: Your questions and concerns are important to us so please feel free to get in touch with any of the contacts listed regarding individual competitions or participation in the Series. You can visit our website at www.centralminnesotaseries.org or contact any of the following Series organizers:

Lakes Area Classic: Beth Fischer | Email: diamondedgefsc@outlook.com
Michelle Behl 320-220-5541 | jmabehl@gmail.com

Granite City Compete USA: Janelle Honer 320-493-6362 | Email: stcloudlts@gmail.com

Skate Vacationland: Megan Bistodeau 218-330-5633 | Email: skatevacationland@gmail.com

Fergus Falls Compete USA: Traci Finseth 218-332-0196 | Email: ffscopsdirector@gmail.com

Battle of the Blades: Nicole Arvidson 218-639-7880 | Email: info@alexandriafigureskating.org
Lewis Waack | Email: louis.waack@gmail.com



Event Name	Central Minnesota Compete USA Competition Series
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Competition Dates	Lakes Area Classic - Willmar, MN: January 13, 2024 Granite City Compete USA - St Cloud, MN: February 3, 2024 Skate Vacationland Compete USA - Brainerd, MN: February 17-18, 2024 Fergus Falls Compete USA - Fergus Falls, MN: March 2-3, 2024 Battle of the Blades - Alexandria, MN: March 16, 2024
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Series Website	http://www.centralminnesotaseries.org
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Event Name	Central Minnesota Compete USA Competition Series
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Judging	6.0	Requirements	January 1-June 30, 2024
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Event Cost	1st Event - \$60	2nd Event - \$25	3rd Event - \$15	4th Event - \$15
Series Fee	\$30			

Competition Events - Eligible for Series Points	
Snowplow Sam -Basic 6 Elements	Snowplow Sam-Basic 6 Program w/ Music
Aspire 1-4 Compulsory Moves	Aspire 1-4 Program w/Music
Excel Compulsory Moves	Excel Free-Skate (Pre-Preliminary-Preliminary Plus)
	No-Test-Preliminary Free Skate
Competition Events - Not Eligible for Series Points	
Compete USA - Spins Challenge	Interpretive

Snowplow Sam - Basic 6 Elements

THERE ARE TWO FORMAT OPTIONS FOR THE ELEMENTS EVENT:

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)
 Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.
 - To be skated on 1/3 to 1/2 ice (determined by the LOC)
 - No music
 - Divide Snowplow Sam skaters by level (1-4), if registrations warrant
 - ***All elements must be skated in the order listed.***
 - Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
SNOWPLOW SAM	1:00 max	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
BASIC 1	1:00 max	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward swizzles, 6-8 in a row • Beginning snowplow stop on one or two feet • Backward wiggles, 6-8 in a row
BASIC 2	1:00 max	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward swizzles, 6-8 in a row
BASIC 3	1:00 max	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
BASIC 4	1:00 max	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, clockwise and counterclockwise, 4-6 consecutive • Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
BASIC 5	1:00 max	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, clockwise and counterclockwise, 4-6 consecutive • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
BASIC 6	1:00 max	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Mohawk, right to left and left to right • Bunny hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position • T-stop, right or left

FORMAT: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- A deduction will be taken for each element performed from a higher level
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
Aspire 1	1:15 max	<ul style="list-style-type: none"> • Waltz Jump • ½ Flip • One-foot upright spin • Choreographic step sequence
Aspire 2	1:15 max	<ul style="list-style-type: none"> • Single Salchow • Single Toe Loop • Sit spin • Choreographic step sequence
Aspire 3	1:15 max	<ul style="list-style-type: none"> • Single Loop • Salchow/Toe loop jump combination • Forward upright spin to back upright spin • Choreographic step sequence
Aspire 4	1:15 max	<ul style="list-style-type: none"> • Single Flip • Waltz Jump-Euler-Salchow jump combination • Camel-Sit spin combination • Choreographic step sequence

Excel Compulsory

FORMAT: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than free skate program*
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
EXCEL PRE- PRELIMINARY	1:15 max	<ul style="list-style-type: none"> • Flip jump • Loop-loop jump combination • Camel spin, minimum 3 revolutions • Choreographic step sequence
EXCEL PRELIMINARY	1:15 max	<ul style="list-style-type: none"> • Lutz jump • Flip-loop jump combination • Camel-sit combination spin, minimum 6 revolutions total • Choreographic step sequence

Well-Balanced Levels Compulsory

FORMAT: To be skated on half-ice

- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than free skate program*
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
NO TEST	1:15 max	<ul style="list-style-type: none"> • Loop jump • Jump combination to include a toe loop (may not use a loop or Axel) • Upright spin with change of foot, minimum 3 revolutions on each foot • Choreographic step sequence
PRE- PRELIMINARY	1:15 max	<ul style="list-style-type: none"> • Lutz jump • Single jump-single jump (no Axel) combination • Spin with one change of position and no change of foot, minimum 6 revolutions total • Choreographic step sequence
PRELIMINARY	1:15 max	<ul style="list-style-type: none"> • Axel jump • Single jump-single jump (may not include Axel) combination • Spin combination with one change of foot, minimum 3 revolutions on each foot • Choreographic step sequence

Snowplow Sam – Basic 6 Program with Music

FORMAT: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

- To be skated on full ice with music
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
SNOWPLOW SAM	1:10 max	<ul style="list-style-type: none"> • March followed by a two-foot glide and dip • Forward swizzles, 2-3 in a row • Forward snowplow stop • Backward wiggles, 2-6 in a row
BASIC 1	1:10 max	<ul style="list-style-type: none"> • Forward two-foot glide and dip • Forward swizzles, 6-8 in a row • Beginning snowplow stop on one or two feet • Backward wiggles, 6-8 in a row
BASIC 2	1:10 max	<ul style="list-style-type: none"> • Forward one-foot glide (no variations), either foot • Scooter pushes, right and left foot, 2-3 each foot • Moving snowplow stop • Two-foot turn in place, forward to backward • Backward swizzles, 6-8 in a row
BASIC 3	1:10 max	<ul style="list-style-type: none"> • Beginning forward stroking showing correct use of blade • Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Forward slalom • Moving forward to backward two-foot turn on a circle • Beginning backward one-foot glide, either foot
BASIC 4	1:10 max	<ul style="list-style-type: none"> • Forward outside edge on a circle, clockwise or counterclockwise • Forward crossovers, clockwise and counterclockwise, 4-6 consecutive • Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive • Backward one-foot glides (no variations), right and left • Beginning two-foot spin, maximum 4 revolutions
BASIC 5	1:10 max	<ul style="list-style-type: none"> • Backward outside edge on a circle, clockwise or counterclockwise • Backward crossovers, clockwise and counterclockwise, 4-6 consecutive • Forward outside three-turn, right and left • Advanced two-foot spin, minimum 4 revolutions • Hockey stop
BASIC 6	1:10 max	<ul style="list-style-type: none"> • Forward inside three-turn, right and left • Mohawk, right to left and left to right • Bunny hop • Basic forward spiral on a straight line (no variations), right or left • Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position • T-stop, right or left

	JUMPS	SPINS	STEP SEQUENCE
Aspire 1 Free Skate 1:40 Max	<p>Maximum 5 jump elements: <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> • Waltz jump • ½ flip • ½ lutz <p>Max 1 jump sequence <i>Permitted sequence:</i></p> <ul style="list-style-type: none"> • Waltz jump/waltz jump with no turns or hops in between 	<p>Maximum 2 spins: <i>Permitted spins:</i></p> <ul style="list-style-type: none"> • Two-foot spin • Forward one foot spin (free foot optional) 	<p>Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> • One ½ of the ice
Aspire 2 Free Skate 1:40 Max	<p>Maximum 5 jump elements: <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> • Any jump from Aspire 1 • Single Salchow • Single Toe loop <p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence <i>Permitted combinations:</i></p> <ul style="list-style-type: none"> • Waltz jump/toe loop • Salchow/toe loop <p><i>Permitted jump sequence:</i></p> <ul style="list-style-type: none"> • Waltz jump/waltz jump with no turns or hops in between 	<p>Maximum 2 spins: <i>Permitted spins:</i></p> <ul style="list-style-type: none"> • Any spin from Aspire 1 • Back upright spin • Sit Spin 	<p>Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> • One ½ of the ice
Aspire 3 Free Skate 1:40 Max	<p>Maximum 5 jump elements: <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> • Any jump from Aspire 1 and 2 • Euler (half-loop) • Single loop <p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</p>	<p>Maximum 2 spins: <i>Required spin:</i></p> <ul style="list-style-type: none"> • Forward upright spin to back upright spin <p><i>Permitted spins:</i></p> <ul style="list-style-type: none"> • Any spin from Aspire 1 and 2 • Camel Spin 	<p>Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> • One ½ of the ice
Aspire 4 Free Skate 1:40 Max	<p>Maximum 5 jump elements: <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> • Any jump from Aspire 1, 2 and 3 • Single Flip • Single Lutz <p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</p>	<p>Maximum 2 spins: <i>Required spin:</i></p> <ul style="list-style-type: none"> • Forward camel to sit spin combination <p><i>Permitted spins:</i></p> <ul style="list-style-type: none"> • Any Spin from Aspire 1, 2 and 3 	<p>Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> • One ½ of the ice

Clarifications:

Jumps:

All Levels

- Maximum 2 of any same jump

Aspire 1 and 2

- Euler is not permitted

Jump Sequence:

Aspire 3 and 4

- A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump

Jump Combinations:

Aspire 3 and 4

- Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps

Spins:

All Levels

- Minimum 3 revolutions
- No flying entry
- A Spin may not be repeated
- Basic positions only

Aspire 3 and 4

- One spin must be the required spin
- Second spin must be a spin in one position

Step Sequence:

All Levels

- Jumps may be included in the step sequence
- Moves in the field and spiral sequences are allowed but will not be counted as elements

2024 Excel Program Requirements

<p><u>Excel Beginner</u> & <u>Excel High Beginner</u></p>	<p><u>To reduce redundancy and to create a clearer pipeline, Excel Beginner and Excel High Beginner have been folded into the Aspire Program pipeline.</u></p> <p><u>Excel Beginner most closely matches Aspire 2.</u> <u>Excel High Beginner most closely matches Aspire 3.</u></p> <p><u>Please see the Aspire charts for specific program requirements and more information</u></p>		
<p>Excel Pre-Preliminary 1:40 Max</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> ○ No single Axels, double, or higher jumps allowed ○ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps ○ A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position with no change of foot* <ul style="list-style-type: none"> ○ No flying entry ○ Minimum 3 revolutions • <u>One spin may be either a single position spin with no change of foot or a combination spin with or without a change of foot</u> <ul style="list-style-type: none"> ○ No flying entry • Spins must be of a different character <p><i>Max Level: 1</i></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • <u>One Choreographic Sequence (pChSq)</u> <ul style="list-style-type: none"> ○ <u>Must be clearly visible</u>
<p>Excel Preliminary 2:00 +/- 10 sec</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> ○ No single Axels, double, or higher jumps allowed ○ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps ○ A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be a camel or layback spin with no change of foot and no change of position* <ul style="list-style-type: none"> ○ No flying entry ○ Minimum 3 revolutions • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry <p><i>Max Level: 1</i></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • <u>One Choreographic Sequence (pChSq)</u> <ul style="list-style-type: none"> ○ <u>Must be clearly visible</u>

*Denotes required element

2024 Excel Program Requirements

<p><u>Excel Beginner</u> & <u>Excel High Beginner</u></p>	<p><u>To reduce redundancy and to create a clearer pipeline, Excel Beginner and Excel High Beginner have been folded into the Aspire Program pipeline.</u></p> <p><u>Excel Beginner most closely matches Aspire 2.</u> <u>Excel High Beginner most closely matches Aspire 3.</u></p> <p><u>Please see the Aspire charts for specific program requirements and more information</u></p>		
<p>Excel Pre-Preliminary 1:40 Max</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> ○ No single Axels, double, or higher jumps allowed ○ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps ○ A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be in a single position with no change of foot* <ul style="list-style-type: none"> ○ No flying entry ○ Minimum 3 revolutions • <u>One spin may be either a single position spin with no change of foot or a combination spin with or without a change of foot</u> <ul style="list-style-type: none"> ○ No flying entry • Spins must be of a different character <p><i>Max Level: 1</i></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • <u>One Choreographic Sequence (pChSq)</u> <ul style="list-style-type: none"> ○ <u>Must be clearly visible</u>
<p>Excel Preliminary 2:00 +/- 10 sec</p>	<p>Maximum 5 jump elements:</p> <ul style="list-style-type: none"> • All single jumps allowed, except for the Axel <ul style="list-style-type: none"> ○ No single Axels, double, or higher jumps allowed ○ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence • Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> ○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps ○ A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump 	<p>Maximum 2 spins:</p> <ul style="list-style-type: none"> • One spin must be a camel or layback spin with no change of foot and no change of position* <ul style="list-style-type: none"> ○ No flying entry ○ Minimum 3 revolutions • 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> ○ Minimum 6 revolutions ○ No flying entry <p><i>Max Level: 1</i></p>	<p>Maximum 1 Sequence:</p> <ul style="list-style-type: none"> • <u>One Choreographic Sequence (pChSq)</u> <ul style="list-style-type: none"> ○ <u>Must be clearly visible</u>

*Denotes required element

Well-Balanced Free Skate Program

GENERAL EVENT PARAMETERS:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up one level higher.
- Skaters with physical disabilities may register for standard track or Skate United Track for events
- Step sequence clarification: Implementation date December 1, 2023: pChSq (confirmed or no value)

NO TEST — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> • Only single jumps allowed except single Axel <ul style="list-style-type: none"> o No single Axels o 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"> o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed o Jump sequence is any listed jump immediately followed by a waltz jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs. 	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> o Must use one-half the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence If IJS is used, then pChSq

PRE-PRELIMINARY — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> • All single jumps, including single Axel, allowed <ul style="list-style-type: none"> o No double, triple or quadruple jumps allowed o Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels) o 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"> o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed o Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs. 	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> o Must use one-half the ice surface o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence If IJS is used, then pChSq

PRELIMINARY — 2:00 +/- 10 SECONDS

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> • 1 must be an Axel-type jump or a waltz jump* • All single jumps, including 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"> o Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed o An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination o 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"> o 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 o Jump sequence is any listed jump immediately followed by an Axel-type jump 	Max 2 Spins <ul style="list-style-type: none"> • Spins must be of a different character • One spin MUST be a spin in one position • One spin may change positions • Spins may change feet • Spins may start with a flying entry • Min 3 revs. 	Max 1 Sequence <ul style="list-style-type: none"> • Step sequence <ul style="list-style-type: none"> o Choreographic step sequence full ice o Moves in the field and spiral sequences are allowed but will not be counted as elements o Jumps may be included in the step sequence If IJS is used, then pChSq

Spin Challenge

GENERAL EVENT PARAMETERS:

- Spins may be skated in any order
- Connecting steps are allowed but will not be taken into consideration when scoring
- Spins may not be repeated; only required elements may be included
- All events are skated on half-ice
- Minimum number of revolutions are noted in parentheses
- **Unless stated, spins may not change feet**
- Max spin level:
Aspire low/Aspire high: Base
No test/Pre-Preliminary: Level 1
Preliminary: Level 2
- Spins may not fly
- Skaters with physical disabilities may register for standard track or Skate United Track for events

ASPIRE LOW — 1:30 MAX

ELEMENTS

- Upright one-foot spin (3)
- Upright back spin (3)
- Sit spin (3)

PRELIMINARY — 1:30 MAX

ELEMENTS

- Spin combo with change of foot - all 3 basic positions required (3 revs)
- Sit spin with change of foot (min 3. each foot)
- Spin in one position, skater's choice (upright, sit or camel) (4)

ASPIRE HIGH — 1:30 MAX

ELEMENTS

- Upright one-foot spin (4)
- Upright spin with change of foot (3 each foot)
- Sit spin (3)

ADULT BEGINNER — 1:30 MAX

ELEMENTS

- Pivot, forward or backward
- Upright two-foot spin (2)

NO TEST — 1:30 MAX

ELEMENTS

- Upright spin with change of foot (3 each foot)
- Sit spin (3)
- Camel spin (3)

ADULT PRE-BRONZE — 1:30 MAX

ELEMENTS

- Upright one-foot spin (3)
- Upright two-foot spin (3)

PRE-PRELIMINARY — 1:30 MAX

ELEMENTS

- Spin combo - all 3 basic positions required (3 revs)
- Backward sit spin (3)
- Camel spin (4)

ADULT BRONZE — 1:30 MAX

ELEMENTS

- Upright one-foot spin (3 revs.)
- Solo spin (3 revs.), must be different from the upright spin (sit, camel or layback)

INTERPRETIVE PROGRAM:

Each site will be offering an Interpretive Showcase event that is not eligible for series points but will be recognized with medals at each individual competition.

Competition Format

The host competition will pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

Judging Rules: Skaters are judged on originality, pattern, technical (the ability to include jumps and spins), and music interpretation/expression. Spins and jumps performed must be appropriate to competition level. The maximum number of jumps is three.

Time: Music Duration: Snowplow Sam – Basic 3: 1:00 Max
Basic 4-Basic 6: 1:00 Max
Aspire 1 - 4: 1:00 Max
No Test - Preliminary: 1:30 Max

Coaching: There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. The staging area must be kept clear except for the ice monitor and listening competitor.