



Front Range Invitational, June 1st and 2nd, 2024

Mountain View Skate Club

Greeley Ice Haus, Greeley, CO

I. COMPETITION OVERVIEW

The Front Range Invitational will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the [current rulebook](#), and/or current Compete USA handbook as well as any pertinent updates that 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.

Skaters must be a currently registered member of a U.S. Figure Skating member club, Learn to Skate USA® member, a collegiate club or who is an individual member in accordance with the current rulebook. For non-U.S. citizens, please refer to the [rulebook](#) for more information.

II. ELIGIBILITY

Singles: Excel and Well-Balanced Events:

- Skaters must meet at least the minimum singles test requirements for the event's level. A skater's singles test level may be higher than the minimum requirement.
 - o Skate Up: skaters may skate up one level higher than their minimum test requirement allows.
- Skaters may not register for an event level lower than allowed by their competitive floor. An athlete's competitive floor is set by one of the following scenarios:
 - o If an athlete has a paid EMS series application for the NQS series, the event level registered for in the most recent NQS will become the lowest level they may compete at in any U.S. Figure Skating sanctioned event.

- If an athlete has a paid EMS series application for the Excel Series, the event level registered for in the most recent Excel series will become the lowest level they may compete in any Excel event. For Well-Balanced and Specialty events the skater will be permitted to register at one level lower than the “floor” set by their excel series entry.
- If an athlete has never had a paid EMS series application in the NQS or Excel series, the athlete may select their level based on their goals and technical skills as long as the minimum test requirements are met.
- Skaters are not permitted to enter an Excel free skate and a Well-Balanced free skate event at the same competition (example: Juvenile Girls Free Skate and Juvenile Girls Excel Free Skate). However, they are permitted to enter an Excel and a Well-Balanced event of different types such as a short program (if stand-alone event option), specialty or showcase events (example: Intermediate Women Short Program and Intermediate Women Excel Free Skate).
- For more details about establishing event levels, refer to information sheet [HERE](#) or email events@usfigureskating.org.

All other singles and partner events (such as Adults, Pairs, Ice Dance):

- Skaters must meet the minimum test requirements for the events level, but not exceed the maximum permissible test requirement.

EVENTS OFFERED:

[Program requirements for the events listed below can be found here: usfigureskating.org – Skate – Compete – Program Requirements](#)

SINGLES	JUDGING	1 st Event Price	2 nd Event Price
Excel Free Skate	6.0	\$95.00	\$35.00
Adult Free Skate (Adult Pre-Bronze – Master Jr/Sr)	6.0	\$95.00	\$35.00
Adult Beginner & High Beginner Free Skate	6.0	\$95.00	\$35.00
PAIRS	JUDGING	1 st Event Price	2 nd Event Price
Adult Pairs Free Skate	6.0	\$95.00/team - Cost will be split among skaters	
PARTNERED ICE DANCE	JUDGING	1 st Event Price	2 nd Event Price
Pattern Dance	6.0	\$95.00/team - Cost will be split among skaters	
Adult Pattern Dance	6.0	\$95.00/team - Cost will be split among skaters	
Adult Free Dance	6.0	\$95.00/team - Cost will be split among skaters	
SPECIALTY	JUDGING	1 st Event Price	2 nd Event Price
Compulsory Moves (All Levels)	6.0	\$95.00	\$35.00
Excel Compulsory Moves (Excel Beg.–Excel Prelim.)	6.0	\$95.00	\$35.00

Adult Compulsory Moves (Adult Beginner–Masters Jr/Sr)	6.0	\$95.00	\$35.00
Jumps Challenge (Beginner–Senior)	6.0	\$95.00	\$35.00
Adult Jumps Challenge (Adult Beginner–Masters Jr/Sr)	6.0	\$95.00	\$35.00
Spins Challenge (Beginner–Senior)	6.0	\$95.00	\$35.00
Adult Spins Challenge (Adult Beginner–Masters Jr/Sr)	6.0	\$95.00	\$35.00
Step Sequence (Pre-Pre.–Senior)	6.0	\$95.00	\$35.00
Adult Step Sequences (Adult Pre-Bronze–Masters Sr)	6.0	\$95.00	\$35.00
Skating Skills (Pre-Pre.–Gold)	6.0	\$95.00	\$35.00
Partnered Moves Challenge (Bronze – Gold)	6.0	\$95.00/team - Cost will be split among skaters	
Adult Skating Skills (Adult Pre-Bronze–Masters Sr)	6.0	\$95.00	\$35.00
SHOWCASE	JUDGING	1st Event Price	2nd Event Price
Emotional Performance (All Levels)	6.0	\$85.00	\$30.00
Choreographic Artistry (All Levels)	6.0	\$85.00	\$30.00
Lyrical Pop (All Levels)	6.0	\$85.00	\$30.00
Character Performance (All Levels)	6.0	\$85.00	\$30.00
Comedic Impressions (All Levels)	6.0	\$85.00	\$30.00
Duets/Trios (All Levels)	6.0	\$85.00/team – Cost will be split among skaters	
Theme Event	6.0	\$85.00	\$30.00
Inflatables	6.0	\$85.00	\$30.00
Mini Production Ensemble	6.0	\$85.00	\$30.00
Production Ensemble	6.0	\$85.00	\$30.00
Adaptive Individual Showcase	6.0	\$85.00	\$30.00
Adaptive Unified Partner Showcase	6.0	\$85.00	\$30.00
SOLO DANCE	JUDGING	1st Event Price	2nd Event Price
Solo Pattern Dance (not participating in series)	6.0	\$85.00	\$30.00
Solo Free Dance	6.0	\$85.00	\$30.00
Shadow Dance	6.0	\$85.00	\$30.00
Adult Solo Pattern Dance	6.0	\$85.00	\$30.00
Adult Solo Free Dance	6.0	\$85.00	\$30.00
COMPETE USA EVENTS	JUDGING	1st Event Price	2nd Event Price
Snowplow Sam-Basic 6 Program w/ Music	6.0	\$85.00	\$30.00
Aspire 1-4 Program w/ Music	6.0	\$85.00	\$30.00
Adult 1-6 Program w/ Music	6.0	\$85.00	\$30.00
Snowplow Sam – Basic 6 Elements	6.0	\$85.00	\$30.00
Aspire 1-4 Compulsory Moves	6.0	\$85.00	\$30.00

Adult 1-6 Compulsory Moves	6.0	\$85.00	\$30.00
Compete USA – Spin Challenge	6.0	\$85.00	\$30.00
Compete USA – Jump Challenge	6.0	\$85.00	\$30.00
ADAPTIVE	JUDGING	1st Event Price	2nd Event Price
Special Olympics Badges	6.0	\$85.00	\$30.00
Special Olympics – Free Skate Program, Pairs & Dance	6.0	\$85.00	\$30.00
Skate United Badges	6.0	\$85.00	\$30.00
THEATRE ON ICE	JUDGING	Team Fee	Skate Fee
TOI/CE (1 - 4)	6.0	\$85.00	\$30.00
Preliminary	6.0	\$85.00	\$30.00
Juvenile	6.0	\$85.00	\$30.00
Intermediate	6.0	\$85.00	\$30.00
Novice	6.0	\$85.00	\$30.00
Junior	6.0	\$85.00	\$30.00
Senior	6.0	\$85.00	\$30.00
Open	6.0	\$85.00	\$30.00
Adult	6.0	\$85.00	\$30.00
Adaptive/Unified	6.0	\$85.00	\$30.00

OUR COMMUNITY:

U.S. Figure Skating is dedicated to fostering a culture of belonging and community that is welcoming for all individuals. We are committed to championing diversity, equity and inclusion and understand its value in combating discrimination and challenging inequalities necessary to develop champions both on and off the ice. We are actively working toward developing equitable practices and policies that foster safety and empower all individuals to authentically pursue their unique path in all areas of our sport. We stand firmly on the belief that our members are the most important asset to our organization and that our differences are meaningful and strengthen our sport. We believe that skating is for everyone.

NON-DISCRIMINATION:

U.S. Figure Skating commits in policy, principle and practice to sustain a non-discriminatory approach on and off the ice for all members. We strive to provide equal opportunity for all despite their varied backgrounds, experiences and identities, and want all members to feel valued and respected at every level of organization. U.S. Figure Skating’s SkateSafe® Program receives, investigates and addresses allegations of discrimination or harassment throughout its membership and the organization. Please refer to the [SkateSafe® Program Handbook](#) for further definition of harassment, discrimination and abuse.

By attending this event, all participants are willingly committing to upholding U.S. Figure Skating’s Code of Ethics (*GR 1.01*) and Code of Conduct (*GR 1.02*), as detailed within the [U.S. Figure Skating Rulebook](#).

To report a concern of discrimination or harassment to U.S. Figure Skating, please visit www.USFigureSkating.org/SkateSafe or email SkateSafe@USFigureSkating.org.

COMPLIANCE:

For full details about participant compliance requirements, refer to the U.S. Figure Skating SkateSafe® webpage: <https://www.usfigureskating.org/skatesafe#compliance>.

COACHES

To be an eligible coach at a nonqualifying competition, coaches must meet the applicable compliance requirements and verified by U.S. Figure Skating. Coach compliance falls into two categories, Coach Compliance (includes choreographers) and Learn to Skate USA® Instructor Compliance. Details regarding compliance requirements can be found [HERE](#). All compliance requirements must be met at the time of check-in to access the competition, no exceptions.

MANDATORY ATHLETES

Athletes age 18+ as of the competition start date who will be competing on a team (i.e., synchro, ice dance, pairs, shadow dance, theatre, etc.) with at least one Minor Athlete must complete SafeSport™ Training. *

Minor athletes who turn 18 mid-season are encouraged to seek parental consent to take the online SafeSport™ Training early to avoid any disruptions in their ability to participate as the training is required upon turning 18. The athlete will not be compliant until they have completed the training and their Members Only portal reflects completion. Please email skatesafe@usfigureskating.org for instructions or questions regarding parental consent.

III. REGISTRATION INFORMATION

Please provide details about your registration process here. If you are using EMS, please utilize the instructions provided below. Be sure to include information about music/PPC submission and all relevant deadlines.

ONLINE REGISTRATION:

Online registrations will be accepted via EntryEzee. Payment must be made at the time of registration by credit card only. Each transaction includes a 3% transaction fee.

Registration Deadline: 05/04/2024 at 11:59 PM MT

Late Registration Deadline: 05/11/2024 at 11:59 PM MT + \$20 Late Fee

1. Go to www.entryeeze.com
2. Click for “Skaters and Parents”
3. Find the 2024 Front Range Invitational “Competition Registration”
4. Follow the steps to sign skaters up.
 - a. If you need assistance completing your registration, contact Lyndsay Buxman and Sarah Mitchell at Competition@mountainviewskating.com

PARTNERED EVENTS:

Only one partner will complete registration for the team. During the registration process, you will be asked to identify your partner and verify their test information. **The registered partner will be responsible for managing all aspects of the competition for the team including music/PPC upload, practice ice sales, etc.**

FOREIGN SKATERS:

Non-U.S. skaters intending to register for this competition must set up a non-member account prior to registering for the competition ([click here for HOW TO](#)). This can be done by choosing the “Non-Member? Create Account” option on the [Members Only](#) login page.

MUSIC SUBMISSION/UPLOAD:

Upload your music by 5/11/2024 or a late fee will be a \$10.00 Fee

If you need assistance, please contact competition@mountainviewskating.com

Competitors must also have available a backup copy of their competition music on a cell phone and it must be immediately available rinkside whenever the skater competes. If the phone does not have the standard round headset connector, an appropriate adapter, such as an Apple Lightning connector or Samsung USB-C adapter is required to be attached. The phone should be presented to the music person with the file ready to play, phone in airplane mode and volume turned to maximum.

REFUND POLICY

Entry fees will not be refunded after entry deadline unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. Pre-Purchased Practice Ice will not be refunded for any reason.

LIABILITY:

U.S. Figure Skating, Learn to Skate USA®, Mountain View Skating Club and Greeley Ice Haus accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

IV. COMPETITION DETAILS

FACILITIES:

Facility Name: Greeley Ice Haus

Facility Address: 900 8th Ave., Greeley, CO 80631

Facility Website: greeleyrec.com/ice-haus

200'x85' rink, there is snack bar on the premises and restaurants within walking distance, the skate club will also provide food options.

LOCKER ROOMS AND CHANGING AREAS:

Locker rooms and changing areas will not be available this competition. All athletes are expected to arrive at the arena ready (costumes, hair, make-up etc.). Athletes will be provided with an area to put skates on but changing will not be permitted in these spaces.

U.S. Figure Skating Travel Policy:

All travel must strictly adhere to Two-Deep Leadership requirements. An Adult Participant cannot transport a Minor Athlete one-on-one and Two-Deep Leadership requirements must be adhered to at all times during In-Program travel, by transporting at least two minors or a second Adult Participant. An Adult Participant cannot share a hotel room or other sleeping arrangement with a Minor Athlete(s). Full details of the SkateSafe® Travel Policy and any exceptions can be found starting on page 12 of the [SkateSafe® Handbook](#).

OFFICIAL WEBSITE & UPDATES:

It is the responsibility of each competitor, parent, and coach to check the Mountain View Skating Club website, under the competition section on the events tab frequently for any schedule changes and/or additional information pertaining to the competition.

Mountainviewskating.com

SCHEDULE

Competitors may be scheduled on any day or time during the announced dates of the competition. The competition and practice ice schedule will be available after the close of entries. All participants will be notified via email once available.

PRACTICE ICE:

Each skater will be able to purchase up to TWO sessions of practice ice. This will be available at the time of registration until the registration deadline and then the day of competition. Each practice ice session will be 20 minutes long. They will cost \$25.00 per session. Once the schedule is set by the accountant you will be notified when practice ice times are available for sign up.

Pre-Purchase: Practice ice credits may be purchased after participants complete their event registration, via EntryEeze. Skaters who purchase credits during the pre-purchase period will be able to select sessions during the selection period, after the schedule has been completed and posted.

- Open: 5/11/2024
- Close: 5/18/2024
- Maximum credits per registered skater:
 - 2
- Cost per credit: \$25.00

Open Sales: IF there are still practice ice sessions available on the day of competition, they can be purchased day of. Maximum of TWO per skater at the cost of \$30.00.

- Open: June 1st and/or June 2nd
- Close: June 1st and/or June 2nd
- Maximum sessions per registered skater:
 - 2
- Cost per session: \$30.00

ONSITE CHECK-IN:

Check-in will open on June 1st, 2024 and or June 2nd, 2024, in the lobby of the Greeley Ice Haus.

If you are participating in a role requiring compliance, please be sure to [download or print your compliance card](#) to verify your compliance status on-site, if requested. If you believe your compliance card does not accurately reflect your compliance status, please contact skatesafe@usfigureskating.org at least 2 business days prior to the competition for assistance.

AWARDS:

Awards will be presented in a traditional ceremony the day of competition for places 1st through 6th.

CONTACT INFORMATION:

Competition website: Mountainviewskating.com

For questions, please contact the following individuals:

E-mail correspondence is a preferred method of communication.

Competition Chair:	Lyndsay Buxman	competition@mountainviewskating.com	303-332-7868
Chief Referee:	Janna Blanter	jblanter@yahoo.com	719-492-7566
Practice Ice Chair/Co-Chair:	Sarah Mitchell	president@mountainviewskating.com	970-978-3192
Additional Contact:	Sheldrin Zhu	Sheldrin@gmail.com	970-214-0350



2024 Skate Colorado Compete USA Series

<p>Aspen Invitational (Lewis Arena) Date: Dec 1-3, 2023 www.aspenfigureskatingclub.com 0861 Maroon Creek Rd Aspen, CO Competition Chair: Janette Buchanan janettebuchanan@yahoo.com (650) 465-1720 Competition Application Deadline: October 27, 2023</p>	<p>Denver Invitational (South Suburban Sports Complex) Date: March 7-10, 2024 www.denverfsc.org 4810 E. County Line Road Littleton, CO 80126 Competition Chair: Lisa May di@dcfsc.org (720) 272-0290 Competition Application Deadline: Feb 4, 2024</p>
<p>Ft. Collins Classic (EPIC) Date: April 4-7, 2024 www.fortcollinsfsc.org 1801 Riverside Fort Collins, CO 80525 Competition Chair: Amy Aspelund aspelua@gmail.com 970-556-4850 Competition Application Deadline: March 21, 2024</p>	<p>Funtastics (APEX) Date: April 12-14, 2024 www.alpinesc.org 13150 W 72nd Ave Arvada, CO 80005 Competition Chair: Carol Zeles / Mary Lynn Conway cmzeles@gmail.com / marylynn.conway@gmail.com (303) 979-0802 Competition Application Deadline: TBD</p>
<p>Centennial Spring Classic (Monument Ice Rinks) Date: May 3-4, 2024 www.centennialskatingclub.org 16240 Old Denver Highway Monument, CO 80132 Competition Chair: Lisa Landon lisa_landon@comcast.net (719) 659-0912 Competition Application Deadline: April 3, 2024</p>	<p>Front Range Invitational (Greeley Ice Haus) Date: May 31-June 2, 2024 www.mountainviewskatingclub.com 900 8th Avenue Greeley, CO 80633 Competition Chair: Lyndsay Buxman / Sarah Mitchell competition@mountainviewskating.com (303) 332-7868 / (970) 978-3192 Competition Application Deadline: TBD</p>
<p>Broadmoor Open (World Arena) Date: June 23, 2024 www.broadmoorskatingclub.com 3185 Venetucci Blvd Colorado Springs, CO 80906 Competition Chair: Barbara Bradley HoneyB23@aol.com (719) 540-5655</p>	<p>Vail Invitational (Dobson Arena) Date: July 14, 2024 www.skateclubvail.com 321 E. Lionshead Cir Vail, CO 81657 Competition Chair: Kelly Deimund kellydeimund@hotmail.com (970) 376-3945</p>

<p>Competition Application Deadline: May 8, 2024</p>	<p>Competition Application Deadline: TBD</p>
<p>Cup of Colorado/Colorado Gold (South Suburban Sports Complex) Date: Aug 15-18, 2024 www.denverfsc.org 4810 E. County Line Road Littleton, CO 80126 Competition Chair: Cassy Papajohn cup@dcfsc.org (303)910-0303</p>	<p>Colorado Springs Invitational/RMSG (Monument Ice Rinks) Date: Sep 13-14, 2024 www.centennialskatingclub.org 16240 Old Denver Highway Monument, CO 80132 Competition Chair: Lisa Landon lisa_landon@comcast.net (719) 659-0912</p>
<p>Competition Application Deadline: July 14, 2024</p>	<p>Competition Application Deadline: Aug 11, 2024</p>
	<p>*** All 2024 Skate Colorado Compete USA Competition Series awards will be presented at this competition ***</p>

MISSION STATEMENT: To provide an opportunity for Colorado skaters to develop their skating skills in a fun, competitive environment.

AWARDS: During the competition season, skaters and teams/clubs will have the chance to compete at 10 different competitions and earn points for a final standing. Trophies and medals will be awarded at the Skate Colorado Compete USA competition at the 2024 Colorado Springs Invitational.

*Skate Colorado Compete USA Series Team Banner (3x4) – 1st, 2nd, and 3rd place banners will be awarded to the club/skating school with the most points scored throughout the entire series (all 10 competitions) by skaters representing that club/skating school (points for clubs and skating schools located at the same rink will be added together to enhance and create more of a “team” concept). Points will be awarded based upon the same system as the individual points. **Only the top 10 team members’ OVERALL scores FOR THE ENTIRE SEASON (including move up points) will count toward the team points for the determination of the team trophy.** Tie breakers will be the same as the individual tie breakers.*

Free Skate Program and Elements/Compulsory Series Point System

A skater must enter **BOTH** the Free skate Program **AND** the Elements/Compulsory event **IN THE SAME LEVEL** in each of at least TWO (2) of the 10 registered Skate Colorado Compete USA Competitions to be eligible for accumulating points. Skaters must compete in a minimum of TWO (2) competitions. **Only up to the best 4 scores (free skate and compulsory/elements added together) of the season will be totaled for the final score in the series.** Each event will have a maximum of six skaters. Both youth and adults may accumulate points!

The system for scoring points for the trophies 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

** A skater will earn three points toward their overall standing each time the skaters competes in 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 events 2-9 in the series (even though the event point scores may not be one of the final four best scores).*

In the event that 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, **HOWEVER, THE SKATER WILL HAVE TO MOVE UP IN BOTH THE ELEMENTS/COMPULSORY MOVES AND THE PROGRAMS W/MUSIC EVENTS**. 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.

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

In case of a tie, the total number of skaters that the competitor has skated against throughout the series (all competitions and not just the competitions with the 4 best scores) will be the 1st tie breaker. The total score for all free skate events during the season will be the 2nd tie breaker, the total score for all compulsory events during the season will be the 3rd tie breaker, and the number of levels increased throughout the season will be the 4th tie breaker.

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.

Trophies will be awarded 1-3 in each level from Snowplow Sam through Free Skate 6 and Adult 1-6. The trophies will be awarded to the skaters at their level as of the last competition in which they compete.

Rules and Format:

COMPETITION ANNOUNCEMENT

The **Skate Colorado Compete USA Series** is sponsored equally by the 10 participating ice rinks and/or U.S. Figure Skating member clubs. Competition packages will be available at all participating ice rinks and/or via the club or rink websites. Each competition will have its own entry forms and specific rules so please make sure to read the entire announcement for each competition.

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Learn to Skate USA Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Learn to Skate USA Program/Club or any other Learn to Skate USA Program/Club.

Eligibility will be based on skill level as of the closing date of entries.

All Snowplow Sam through Basic 6 skaters are eligible to skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition and **NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.**

All Aspire 1 - 4 may compete at the level that best fits their skill level and may NOT have passed the USFS Preliminary Singles test.

It is very important to the success of the series that skaters are placed in the correct divisions. If, for whatever reason, the local organizing committee and/or their Chief Referee discover that a skater has been placed in a category that is below their class level, the chair and referee will have the option to move the skater to the proper division, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors.

Elements: Snowplow Sam – Basic 6

Format: Each skater will perform one element at a time (in program format) in the order listed below (no excessive connecting steps or choreography)

- To be skated on ½ ice, no music
- **All elements must be skated in the order listed – no additional elements are allowed**
- The skater **must demonstrate** the required elements as described
- Each element may only be attempted once
- Time: 1:00 MAX

Compulsory: Aspire 1-4 and Adults 1-6

Format: In program format, using a **limited number** of connecting steps, the skating order of the required elements is optional

- To be skated on ½ ice, no music
- Each element may only be attempted once
- May use any additional elements from previous levels as connecting steps.
- A .2 deduction will be taken for each element missing, repeated or from a higher level
- Time: 1:15 MAX Pre-Free Skate – Free Skate 6; 1:30 MAX Adult 1-6

Programs with Music: Snowplow Sam – Basic 6

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 must demonstrate the required elements as described and may use any additional elements from their current level or a previous level**
- If the description of a required move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- A .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
- Time: 1:10 MAX

Programs with Music: Adult 1 – 6

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting steps and transitions should be demonstrated throughout the program.

- To be skated on full ice
- Vocal music is allowed.
- **The skater must demonstrate the required elements as described and may use, but is not required to use, any additional elements from their current level or a previous level**
- A .2 deduction will be taken for each element missing, repeated or from a higher level
- Time 1:40 MAX

Free Skate: Aspire 1-4

- To be skated on full ice
- Vocal music is allowed
- Time 1:40 MAX

Required Descriptions for Elements & Compulsories

Level	Skating rules / standards	Level	Skating rule/ standards
Snowplow Sam	<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 	Adult 1	<ul style="list-style-type: none"> • Forward marching • Forward two-foot glide • Forward swizzle (4-6 in a row) • Forward snowplow stop on one or two feet
Basic 1	<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 	Adult 2	<ul style="list-style-type: none"> • Forward skating across the width of the ice • Forward one-foot glides, both feet • Forward slalom • Backward skating • Backward swizzles, 4-6 in a row
Basic 2	<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 	Adult 3	<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 • Forward chasses on a circle, clockwise and counterclockwise • Backward skating to a long two-foot glide • Backward snowplow stop, right and left

Basic 3	<ul style="list-style-type: none"> Beginning forward stroking showing correct use of blade Forward half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Forward slalom Moving forward to backward two-foot turn on a circle Beginning backward one-foot glide, either foot 	Adult 4	<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 Hockey stop, both directions Backward one-foot glides, right and left
Basic 4	<ul style="list-style-type: none"> Forward outside edge on a circle, clockwise or counter clockwise Forward crossovers, 4-6 consecutive, clockwise and counterclockwise 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 	Adult 5	<ul style="list-style-type: none"> Backward outside edge and 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 (min 2 revolutions)
Basic 5	<ul style="list-style-type: none"> Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, clockwise and counterclockwise Forward outside three-turn, right and left Advanced two-foot spin, min 4 revolutions Hockey stop 	Adult 6	<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)
Basic 6	<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, max 3 revolutions, optional free leg and entry position T-stop, right or left 		

Aspire 104 Compulsory Moves

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 combination 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

Required Descriptions for Programs with Music

Level	Skating rules / standards	Level	Skating rule/ standards
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Snowplow Sam	<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 	Adult 1	<ul style="list-style-type: none"> Forward marching Forward two-foot glide Forward swizzle (4-6 in a row) Forward snowplow stop, one or two feet
Basic 1	<ul style="list-style-type: none"> Forward two-foot glide and dip Forward swizzles, 6-8 in a row Beginning snowplow stop on two-feet or one-foot Backward wiggles, 6-8 in a row 	Adult 2	<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
Basic 2	<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 two-foot swizzles, 6-8 in a row 	Adult 3	<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
Basic 3	<ul style="list-style-type: none"> Beginning forward stroking showing correct use of blade Forward half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Forward slalom Moving forward to backward two-foot turn on a circle Beginning backward one-foot glide, either foot 	Adult 4	<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
Basic 4	<ul style="list-style-type: none"> Forward outside edge on a circle, clockwise or counter clockwise Forward crossovers, 4-6 consecutive, clockwise and counter clockwise Backward half swizzle pumps on a circle, either clockwise or counter clockwise, 4-6 consecutive Backward one-foot glides (no variations), right and left Beginning two-foot spin, maximum 4 revolutions 	Adult 5	<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
Basic 5	<ul style="list-style-type: none"> Backward outside edge on a circle, clockwise or counterclockwise Backward crossovers, 4-6 consecutive, clockwise and counter clockwise Forward outside three-turn, right and left Advanced two-foot spin, min 4 revolutions Hockey stop 	Adult 6	<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 one foot)
Basic 6	<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, max 3 revolutions, optional free leg and entry position T-stop, right or left 		

ASPIRE FREE SKATE REQUIREMENTS

	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 combination <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