



12th Annual Labor Day Invitational

August 29 - August 31, 2014

Sanctioned by US Figure Skating

***Hosted by: The Florida Everblades
Figure Skating Club***

***IJS Judging System for Juvenile - Senior Free and Short Programs
IJS Champion Trophies***

Planned Program Content Form (See page 17 for Instructions), for all IJS events entered.

***Also featuring Competitive Test Track,
Basic Skills,
and Synchronized Skating***

Entry Deadline: August 11, 2014

Held at:

Germain Arena

11000 Everblades Parkway

Estero, Fl 33928

(239) 948-7825

Approved by US Figure Skating Basic Skills; Sanctioned by:



This competition is opened to all qualified skaters and coaches who are members in good standing of the US Figure Skating and their home club. Coaches' credentials will be checked.

The 2014 Labor Day Invitational is sanctioned by U S Figure Skating and will be conducted under the rules published in 2014 rulebook and / or changed or modified and adopted at the 2014 Governing Council.

Events: Free Skate, Short Program, Compulsory, Spins, Jumps, Basic Skills, Showcase, Dance, Synchronized Skating, Competitive Test Track, Skater Seminar (no charge for skater / parent)

Juvenile through Senior singles Short Programs and Free skates will be judged under IJS. All other events will be judged under 6.0.

Entries/Fees:

First IJS Event	\$100	Pre-Juvenile through No Test	\$85
Second IJS Event	\$ 65	All additional Events	\$50
All additional Events	\$ 50	Synchronized Skating per skater	\$25
		Test Track Events	\$85
		Basic Skill 1 st Event/Addt'l Event	\$55/\$25

Entry to the competition is made by signing up on the internet at

<http://comp.entryeeze.com/Home.aspx?cid=93>

Entries will close at 11:59 PM on August 11, 2014

The FEFSC Competition Committee will accept entries on a first-come, first-served basis. Late entries may be accepted at the discretion of the FEFSC and will require an additional late entry fee of \$50. Please note: No refunds will be granted (including medical).

Eligibility:

1. Skaters may enter as many events as they choose and for which the skater is qualified.
2. A skater may compete one level higher than the skater's current test level as of August 11, 2014.
3. Skaters may only enter one level per event (i.e. Juvenile Free Skating or Intermediate Free Skating but not both).
4. Where applicable, the age requirement is as of August 11, 2014
5. Please note: No changes will be allowed. Please double check your entry prior to entering it.
6. Enter program components for IJS events at usfsonline.org under event registration.

Facility:

All events will be held at Germain Arena. It is located at exit #123 off Interstate 75. Germain Arena is conveniently located at the Miromar Outlet Mall. Beautiful beaches, upscale shopping, and restaurants are only minutes away. Naples is located 13 miles south. Germain Arena, the proud home of the Florida Everblades Hockey Team, has two full size recreational rinks which measure 185 ft X 85 ft. The facility also hosts a Snack Bar, Pro Shop, as well as two restaurants. (Please note that the "Blades American Grill" will be the only food service in the Arena open during the Competition.)

Music:

CD-R's will only be accepted. No mini discs, tapes, or DAT's. Music must be clearly marked with the competitor's Name and Event. All CD-R's must be turned in at the registration desk at least one (1) hour prior to the first event. Note that all music should be turned in for that day's events at that time. Please remember to have an extra copy of your music readily available. Music is to be picked up by the conclusion of the Competition. The FEFSC is NOT responsible for any music that is not picked up.

Trophy/Awards:

Medals will be awarded to the First, Second, Third, and Fourth place winners in each group in each event. There will be Trophy Awards for IJS Events if the number of the competitors permits. Trophies will be determined by combining total points from short and long programs. Please note that skater must compete at the same level for both events.

Test Session:

We will be hosting a test session for all levels of both freestyle and dance on 8/30/14. Test form is located on page 18.

Schedules:

The Final Schedule will be posted on www.floridaskating.com no later than one week prior to the competition.

Coaches: Competition is operated under USFSA Rules. Only USFSA credentialed coaches will be allowed in the coaches' area.

Practice Ice:

Practice ice will be available in 20 minute sessions. Cost for each session is \$15.00. Practice ice availability will be determined at the close of entries, but we will accept a maximum of three practice ice reservations per skater until August 18, 2014. Additional practice ice can be purchased at the start of the competition. Practice ice can be purchased through Entryeze. Practice ice fees are non-refundable.

Video:

A professional video service will be available. Individual videotaping will be permitted in designated areas ONLY. Only battery-operated cameras will be permitted with no tripods. FLASH Photography is NOT permitted please.

Registration:

The Registration Desk will be opened at Germain Arena during scheduled practice times and events. Skaters are required to check in with the Ice Monitor at least one hour before their scheduled event.

Hotels:

**Hampton Inn
Estero
Arena**

**(Interstate 75, exit 123) 10611 Chevrolet Lane way, Estero, Fl
Conveniently located on Corkscrew Road - minutes from Germain**

\$79 per night deluxe double queen room

Call (239) 947-5566

Complimentary Hot Breakfast included

Mention Labor Day Invitational when calling for a reservation

**Embassy Suites
Estero**

**(Interstate 75, exit 123) 10450 Corkscrew Commons, Estero, Fl
conveniently located on Corkscrew - minutes from Germain Arena**

\$109 per night Double or King

Includes full breakfast and Manager's Reception from 5:30–7:30 pm

(239) 949-4222

Mention Labor Day Invitational when calling for a reservation

**Hilton Garden Inn
Fl
Ft. Myers**

(Interstate 75, exit 128) 16410 Corporate Commerce Way, Ft. Myers,

Three miles north of Germain Arena

\$69 per night

Call 239-210-720

Mention Labor Day Invitational when calling for a reservation

COMPULSORY MOVES (Singles)

Category	Requirements	Time max.
No Test/Beginner	Salchow; Waltz Jump/Toe-loop combination; 1-foot upright spin; any forward spiral; clockwise ½ circle forward crossovers	1:00
Pre-Preliminary	Salchow; Loop; Any single/single jump combination (NO Axel); Front scratch spin; Forward spiral any edge	1:00
Preliminary	Loop; Lutz; Any single/single jump combination (Axel Permitted); Sit Spin (3 rev); 1-foot back spin (3 rev); Inside forward Spiral (left or right)	1:30
Pre-Juvenile	Flip; Double salchow or double toe-loop; Jump combination of any single jump with a single loop (Axel Permitted) ; Camel spin (3 rev); Forward Sit to Back sit spin; Circular footwork	1:30
*Juvenile	Axel; Double salchow; Any Double/Single jump combination; Combination spin with only 1 change of foot (4 each); Girls Layback (4 rotations); Boys camel spin (4 rotations); Straight-line footwork. FULL ICE	1:45
*Open Juvenile	Same as Juvenile	1:45
Adult Pre-Bronze	Waltz jump; ½ flip jump; Lunge or Spiral; 2-foot upright spin (3 rev)	1:00
Adult Bronze	Salchow; Waltz Jump/Toe-loop combination; 1-foot upright spin (4rev); Forward spiral (any edge)	1:30
Adult Silver	Flip; Loop; Single/Single combination jump (axel permitted); Sit spin (4 rev); Straight line step sequence	1:30
Adult Gold	Lutz; Axel; Combination jump (single/single or single/double); Camel spin (4 rev); Straight-line or circular step sequence	1:30

Qualifications for Compulsory Moves are the same as stated in the Free Skate Section. Compulsory Moves will be skated without music and without stopping between elements. Elements may be performed in any order but performed only once. Only listed elements may be performed; additional elements or repetition of failed elements will be penalized. Spin revolutions indicated are minimums. No turn or change of foot allowed in jump combinations. An axel is considered a single jump. Unless indicated, connecting steps may be incorporated but will not be judged.

All Compulsory moves will be skated on half ice. *Juvenile & Open Juvenile on full ice.

SPINS ONLY (Singles)

Category	Requirements	Time (max)
Pre-Preliminary	Front scratch spin (3 rev); Back Scratch Spin (3 rev); Sit Spin (3 rev)	1:00
Preliminary	Camel Spin (3 rev); Front to Back Scratch Spin (3 rev per foot); Sit Spin (3 rev)	1:00
Pre-Juvenile	Camel Spin (4 rev); Spin Combination with no change of foot (total 6 rev); Forward Scratch to Back Scratch Spin exit on spinning foot (4 rev per foot)	1:15
Juvenile	Sit Spin (4rev); Girls-Layback or Attitude (4 rev); Boys-Camel Spin (4 rev); Spin Combination with only 1 change of foot and at least 1 change of position (4 rev. each foot)	1:15
Open Juvenile	Same as Juvenile	
Intermediate	Sit Spin/Change foot Sit Spin (4 rev each foot); Flying Camel (5 rev); Spin Combination with only 1 change of foot and at least 1 change of position. (5 rev each foot)	1:30
Novice	Camel, Sit, or Layback Spin (6rev); Any flying spin (6 rev); Spin Combination with only 1 change of foot and at least 1 change of position (5 each foot)	1:40
Junior	Flying Sit or Flying Change (reverse) Sit Spin (6 rev); Layback or Crossfoot Spin (6 rev); Spin Combination with only 1 change of foot and at least 2 changes of position (sit, camel, upright or any variation thereof (5 rev on each foot)	1:40
Senior	Three different spins: (solos, 6 rev); 1 must be a Flying Spin; 1 must be a Spin Combination with only 1 change of foot and at least 2 changes of position (10 total revolutions)	1:40

SPINS ONLY (Singles)

Category	Requirements	Time (max)
Adult Pre-Bronze	2 foot upright spin (3 rev); 1 foot upright spin (optional free foot) (3 rev); Pivot of choice	1:00
Adult Bronze	1 foot upright spin (4rev); 1 foot Back spin entry optional (3 rev); Sit Spin (3 rev)	1:00
Adult Silver	Camel Spin (3 rev); Layback, Attitude or Sit Spin (4 rev); Combination Spin <i>with</i> 1 change of position (change of foot optional) (3 rev in each position)	1:15
Adult Gold	3 Spins: 2 different Solo spins (4 rev); 1 Combination Spin <i>with</i> 1 change of foot, and at least 1 change of position (4 rev on each foot)	1:30
Qualifications for Spins are the same as stated in the Free Skate Section. Spin revolutions indicated are minimums. Spins must be skated exactly as stated but may be skated in any order without music. Connecting steps may be used but will not affect the scoring. All spins will be performed on 1/2 ice. All spins will be performed on 1/2 ice.		

JUMPS ONLY (Singles)

Category	Requirements	Time (max)
Pre-Preliminary	Salchow; flip; Any single-single combination (No axels)	1:00
Preliminary	Axel; Lutz; Flip -Loop combination	1:00
Pre-Juvenile	Axel; Lutz- Loop combination; Double Salchow or Double toe-loop	1:15
Juvenile	Axel; Any double jump (No Double Axel); Any Double-single combination	1:30
Open Juvenile	Same as Juvenile	1:30
Intermediate	Single Axel; Double Loop; any Double-Double jump combination	1:30
Novice	Double Loop; Double Flip; any Double-Double jump combination	1:30
Junior	Double Lutz; Double Axel; Any Double-Double or Triple-Double combination	1:30
Senior	Double Axel; Any Triple jump; Double-double or Triple-Double jump combination	1:30
Adult Pre-Bronze	Waltz Jump; Waltz-Toe-Loop combination; ½ - Flip jump.	1:00
Adult Bronze	Salchow; Toe- Loop jump; Single- single jump combination, (no axel)	1:00
Adult Silver	Flip; Loop; Single-single jump combination, (axel permitted)	1:15
Adult Gold	Lutz; Axel; Combination jump of a single-single (axel permitted) or double –single	1:30

Qualifications for Jumps are the same as stated in the Free Skate Section. **Pre-Preliminary through juvenile, open juvenile and all adult levels will skate on half ice.** Jumps may be performed in any order. Combination jumps must be performed with no turn or change of foot between jumps. The jump combination may consist of the same jump or another jump (single, double, and triple as prescribed). However, the jumps included must be different from the solo jumps unless otherwise stated. Skaters will be given only **one** opportunity to perform each jump.

SHORT PROGRAMS (Singles)

Category	Requirements USFS Rule #	Time (max)
Open Juvenile (14 & over)	Same elements as JUVENILE	2:00
Juvenile under 14	Same as Intermediate with the exception of single axel only. No double axel or triple jumps allowed.	2:00
*Intermediate IJS	4230 Men 4230 Ladies	2:00
*Novice IJS	4220 Men 4220 Ladies	2:30
*Junior IJS	4210 Men 4210 Ladies	2:50
*Senior IJS	4200 Men 4200 Ladies	2:50
Qualifications for the Short Programs are the same as stated in the Free Skate Section. *Will be judged by the IJS scoring system.		

Well Balanced Free Skating Programs (Singles) *Will be judged by the IJS scoring system.

Category	Qualifications USFS rule #	Time +/- 10sec
No Test	No USFSA tests passed 4280	1:00-1:30
Pre-Preliminary	Pre-Preliminary FS 4270	1:00-1:30
Preliminary	Preliminary FS 4260	1:30
Pre-Juvenile	Pre-Juvenile FS 4250	2:00
*Juvenile IJS	Juvenile FS 4240	2:15
Open Juvenile	Juvenile FS 4240	2:15
*Intermediate IJS	Intermediate FS 4230	2:30
* Novice IJS	Novice FS 4220	3:00 L 3:30 M
*Junior IJS	Junior FS 4210	3:30 L 4:00 M
*Senior IJS	Senior FS 4200	4:00 L 4:30 M
Adult Pre-Bronze	Adult Pre-Bronze FS, Standard Pre-Preliminary FS or 1S1 FS3 4600	1:40 (max)
Adult Bronze	Adult Bronze FS, Standard Preliminary FS or 1S1 FS4 4590	1:50 (max)
Adult Silver	Adult Silver FS, Standard Juvenile FS or 1S1 FS5 4580	2:10 (max)
Adult Gold	Adult Gold FS. Standard Juvenile FS or 1S1 FS6 4570	2:40 (max)

PAIRS SHORT PROGRAM

Category	Qualifications	Requirements USFS Rule #	Time (max)
*Intermediate IJS	Intermediate Pair	5230	2:30
*Novice IJS	Novice Pair	5220	2:50
*Junior IJS	Junior Pair	5210	2:50
*Senior IJS	Senior Pair	5200	2:50

***Will be judged by the IJS scoring system.**

PAIRS FREE SKATING PROGRAM

***Will be judged by the IJS scoring system.**

Category	Qualifications	Requirement	USFS Rule #	Time +/- 10 sec
Pre-Juvenile	Preliminary Pair (under 14 years of age)		5250	2:00
*Juvenile IJS	Juvenile Pair (under 16 years of age)		5240	2:30
*Intermediate IJS	Intermediate Pair (under 18 yrs of age)		5230	3:00
*Novice IJS	Novice Pair		5220	3:30
*Junior IJS	Junior Pair		5210	4:00
*Senior IJS	Senior Pair		5200	4:30
Adult Gold Pairs			5530	3:40 max
Adult Silver Pair			5540	2:40 max
Adult Bronze Pair			5550	2:10 max

SOLO DANCE EVENTS

Category	Qualifications	Dances
Category	Testing Requirements	Dances
Preliminary	No test or passed Preliminary	Dutch Waltz, Rhythm Blues
Pre-Bronze	Passed Preliminary or Pre-Bronze	Cha-Cha, Fiesta Tango
Bronze	Passed Pre-Bronze or Bronze	Hickory Hoedown, Ten Fox
Pre-Silver	Passed Bronze or Pre-Silver	Foxtrot, Fourteenstep
Silver	Passed Pre-Silver or Silver	Tango, Rocker Foxtrot
Pre-Gold	Passed Silver or Pre-Gold	Killian, Paso Doble

This event is for Solo Dancers only. The combined score of both dances will determine places. Test level may be either standard or solo dance. Adult dance, adult solo dance, master's dance and master's solo dance do not fulfill the testing requirements for this event. Male and female dancers will be combined in the same level. Skaters may either compete at their test level or one level above their highest completed dance test. The test level is determined by a skater completing all of the dance tests within that level. The 6.0 judging system will be used.

The number of patterns to be skated for each dance will be in accordance with the USFS Rulebook.

ADULT SOLO DANCE EVENTS

Adult Preliminary	Same as the Preliminary above	Dutch Waltz, Rhythm Blues
Adult Pre- Bronze	Same as Pre-Bronze above	Fiesta Tango, Swing Dance
Adult Bronze	Same as above Bronze above	Hickory Hoedown, Ten Fox
Adult Pre-Silver	Same as Pre- Silver above	Foxtrot, Fourteenstep
Adult Silver	Same as Silver above	Rocker Foxtrot, Tango
Adult Pre- Gold	Same as Pre- Gold above	Paso Doble, Blues

All dance events will be judged by the 6.0 system.

PATTERN COUPLES DANCE EVENTS

Category	Qualifications	Dances
Pre-Juvenile	Both passed Preliminary MIF or higher, 2 Preliminary Dances but no higher than Pre-Bronze Dance (14 & under) 6251	Rhythm Blues Canasta Tango
Juvenile	Both passed Juvenile MIF or higher, Preliminary Dance or higher and Juvenile Free Dance. 1 or both can have passed Intermediate Free Dance but no higher, provided neither has competed at Intermediate Dance in qualifying competition. 1 who has passed must compete with different partner than one tested with. (16 & under) 6241	Willow Waltz Fiesta Tango
Intermediate	Both passed Intermediate MIF or higher, the Bronze Dance or higher, and the Intermediate FreeDance. 1 or both can have passed Novice Free but no higher, provided neither has competed at Novice Dance in qualifying competition. 1 who has passed must compete with different partner than one tested with. (18 & under) 6231	Fourteenstep Rocker Foxtrot
Novice	Both passed Novice MIF or higher, at least 1 Silver Dance and Novice FreeDance. 1 or both can have passed Junior Free but no higher, provided neither has competed at Junior Dance in qualifying competition. 1 who has passed must compete with different partner than one tested with. 6221	Starlight Waltz Paso Doble

These events are for **Couple Dance only**. Numbers of patterns are as set by the current USFSA Rulebook.

There will be no final round. They will be Judged by the 6.0 system.

SHORT DANCE EVENTS

Category	Rhythm	Time +/- 10 sec
Junior	6211	2:50
Senior	6201	2:50
Requirements are per current USFSA Rulebook and current ISU requirements. 2013-2014 and judged by the 6.0 system Qualifications are the same as the Pattern Dances		

FREE DANCE EVENTS

(Will be judged by the 6.0 system)

Category	Time +/- 10sec	Qualifications
Juvenile	2:15	6242
Intermediate	2:30	6232
Novice	3:00	6222
Junior	3:30	6212
Senior	4:00	6202
Adult Pre- Gold	3:10 max	6512
Adult Gold	3:10 max	6512

SHOWCASE EVENTS

Category	Qualifications	Time (max)
No Test/Beginner	No USFSA Free Skating test passed	1:30
Pre-Preliminary	Pre-Preliminary FS	1:40
Preliminary	Preliminary FS	1:40
Pre-Juvenile	Pre-Juvenile FS	2:00
Juvenile/Open Juvenile	Juvenile FS	2:10
Intermediate /		
Open Intermediate	Intermediate FS	2:30
Novice/Junior/ Senior	At least the Novice FS	2:30
Adult	Adult Pre-Bronze FS	2:00
Ladies, men, mixed pairs, and like pairs can enter the showcase events. Competitors will be judged on technical merit, costume (its suitability to the music), music interpretation, choreography (suitability of the program sequence and elements to the music), and audience appeal (overall compositions, appearance and style). Live props are not permitted. Props may not be flame or smoke oriented or any other substance that will alter the ice surface.		

BASIC ELEMENTS- Snowplow Sam /Tots to Basic 8 levels

Format choice of the host: Each skater will perform each element when directed by a judge or referee OR have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: 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 ½ ice.
- No music
- **All elements must be skated in the order listed.**
- Time 1:00 minute or less

Snowplow Sam 1-3 (Tots)

1. March followed by a two-foot glide and dip
2. Forward two-foot swizzles - 2-3 in a row
3. Forward snowplow stop
4. Backward wiggles - 2-6 in a row

Basic 1

1. Forward two-foot glide and dip
2. Forward two-foot swizzles - 6-8 in a row
3. Forward snowplow stop
4. Backward wiggles - 6-8 in a row

Basic 2

1. Forward one-foot glide - *either* foot
2. Forward alternating ½ swizzle pumps, in a straight line- 2-3 each foot
3. Moving snowplow stop
4. Two-foot turn in place - forward to backward
5. Backward two-foot swizzles - 6-8 in a row

Basic 3

1. Forward stroking
2. Forward 1/2 swizzle pumps on a circle, *either* clockwise or counter clockwise 4-6 consecutive
3. Forward Slalom
4. Backward one foot glide- *either* foot
5. Two-foot spin – minimum three revolutions

Basic 4

1. Standstill forward outside three-turn- R & L
2. Forward outside edge on a circle- clockwise *or* counterclockwise
3. Forward crossovers- 4-6 consecutive- both directions
4. Backward stroking 4-6 strokes
5. Backward snowplow stop - R *or* L

Basic 5

1. Backward outside edge on a circle- clockwise *or* counterclockwise
2. Backward crossovers – 4-6 consecutive- both directions
3. Basic one foot spin-free leg held to side of spinning leg-minimum three revolutions
4. Side Toe hop - *either* direction
5. Hockey stop

Basic 6

1. Standstill forward inside three-turn - R & L
2. Bunny Hop
3. Forward spiral on a straight line - R *or* L
4. Lunge - R *or* L
5. T-stop- R *or* L

Basic 7

1. Standstill forward inside open Mohawk - R to L and L to R
2. Ballet jump - *either* direction
3. Backward crossovers to a back outside edge landing position, clockwise and counterclockwise
4. Forward inside pivot

Basic 8

1. Moving forward outside or forward inside three turns R & L
2. Waltz Jump
3. Mazurka- either direction
4. 1 Combination move- clockwise or counter clockwise- two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge.
5. Beginning one-foot upright spin- free foot held to side of spinning leg or crossed position-minimum three revolutions.

BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

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
- Vocal music is allowed
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:00 +/- 10 seconds

Snowplow Sam 1-3 - Tots:

1. March followed by a two foot glide and dip
2. Forward two foot swizzles 2-3-in a row
3. Backward wiggles 2-6 in a row
4. Forward snowplow stop

Basic 1

1. Forward two foot glide
2. Forward two foot swizzles 6 -8 in a row
3. Backward wiggles 6-8 in a row
4. Forward snowplow stop

Basic 2

1. Forward one foot glide - either foot
2. Two foot turn in place - forward to backward
3. Backward two foot swizzles 6 - 8 in a row
4. Forward alternating ½ swizzle pumps, in a straight line- 2-3 each foot
5. Moving snowplow stop

Basic 3

1. Forward stroking
2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive.
3. Backward one foot glide - either foot
4. Forward slalom
5. Two foot spin-minimum three revolutions

Basic 4

1. Forward crossovers 4-6 consecutive in both directions
2. Standstill forward outside three turn- R & L
3. Backward stroking- 4-6 strokes
4. Backward snowplow stop- R or L

Basic 5

1. Backward crossovers 4-6 consecutive in both directions
2. Basic one foot spin –free leg held to side of spinning leg- min of three revolutions
3. Side Toe hop -either direction
4. Hockey stop

Basic 6:

1. Standstill forward inside 3-turn - R & L
2. Bunny Hop
3. Forward spiral on a straight line R or L
4. Lunge - R or L
5. T-stop - R or L

Basic 7:

1. Standstill forward inside open Mohawk - R to L and L to R
2. Ballet Jump either direction
3. Back crossovers to a back outside edge landing position clockwise and counter clockwise
4. Forward inside pivot

Basic 8

1. Moving forward outside or forward inside three turns R & L
2. Waltz jump
3. Mazurka in either direction
4. 1 Combination move-clockwise or counter clockwise- two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge
5. Beginning one-foot upright spin-free foot held to side of spinning leg or crossed position-minimum of three revolutions.

COMPULSORY ELEMENTS - FREESKATE 1 THROUGH 6

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

- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

Freeskate level 1 Compulsory

1. Advanced forward stroking – 4-6 consecutive strokes
2. Backward outside three-turns R & L
3. One-foot upright scratch spin from backward crossovers-minimum three revolutions
4. Waltz jump from backward crossovers
5. Half Flip jump

Freeskate level 2 Compulsory

1. Forward outside or inside spiral - R or L
2. Waltz Three's- R or L, 2-3 sets
3. Beginning back spin- entry optional minimum two revolutions
4. Waltz jump, side toe hop, waltz jump series
5. Toe loop jump

Freeskate level 3 Compulsory

1. Forward crossovers in a figure 8
2. Backward inside three-turns, R & L
3. Back spin-minimum three revolutions
4. Salchow jump
5. Waltz jump/toe loop or Salchow/toe loop jump combination

Freeskate level 4 Compulsory

1. Forward power 3's, 2-3 consecutive sets,- R or L
2. Sit spin- minimum three revolutions
3. Loop jump
4. Waltz jump/loop jump combination

Freeskate level 5 Compulsory

1. Camel spin- minimum three revolutions
2. Forward upright spin to back upright spin-minimum three revolutions, each foot
3. Loop/loop jump combination
4. Flip jump

Freeskate level 6 Compulsory

1. Five step Mohawk sequence- 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6)
2. Camel, sit spin combination-minimum of four revolutions total
3. Split jump or stag jump
4. Waltz jump, ½ loop, Salchow jump sequence
5. Lutz Jump

FREESKATE PROGRAM 1 through 6 (Solo program with music)

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 moves and steps should be demonstrated throughout the program.

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec
- To be skated on full ice.

Programs must contain the following required elements:

Freeskate level 1

1. Advanced forward stroking (4-6 consecutive strokes)
2. One-foot upright scratch spin from backward crossovers- minimum three revolutions
3. Waltz jump from backward crossovers
4. Half Flip jump

Freestyle level 2

1. Forward outside spiral - R or L
2. Beginning back spin- minimum two revolutions
3. Waltz jump, side toe hop, waltz jump sequence
4. Toe loop jump

Freestyle level 3

1. Forward crossovers in a figure 8
2. Back spin- minimum three revolutions
3. Salchow jump
4. Waltz jump/toe loop or Salchow/toe loop jump combination

Freestyle level 4

1. Forward power 3's, 2-3 consecutive sets R or L
2. Sit spin-minimum three revolutions
3. Loop jump
4. Waltz jump/loop jump combination

Freestyle level 5

1. Camel spin-minimum three revolutions
2. Forward upright spin to back upright spin-minimum 3 revolutions each foot
3. Loop/loop jump combination
4. Flip jump

Freestyle level 6

1. Camel/ sit spin combination- minimum four revolutions total
2. Split or stag jump
3. Waltz jump/ ½ loop/ Salchow jump sequence
4. Lutz jump

SHOWCASE EVENT – BASIC SKILLS - Time: 1:30 +/- 10

1. Theme of skater's choice
2. Judging to emphasize interpretation of music and artistic value instead of technical elements
3. Costumes that compliment music
4. May use hand props or must be able to get on and off ice without assistance in a total of 1 minute

BASIC A: No rotation of jumps and only two footed spins.

BASIC B: Half jumps only and one foot upright spins

BASIC C: Whole jumps (no axel) and open spins (may not have passed any USFS tests)

EVENT: Introductory Levels Free Skate Program

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
2. Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
3. Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:30 +/- 10 sec.	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner 1:30 +/- 10 sec.	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
No-Test 1:30 +/- 10 sec.	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Up to 2 may be jump combos or sequences • Jump combos are limited to 2 jumps • Jump sequences are limited to 3 single jumps (half-loop is not considered a single jump at this level) • No Axels or double jumps are permitted 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Spins must be of different character. • Each spin must have a Minimum of 3 revolutions. • Spins may change feet, position and start with a fly. 	One step sequence that utilizes ½ of the ice surface	

EVENT: Test Track Free Skate

General event parameters:

Skaters may not enter both a Well-Balanced Free Skate event and a Test Track Free Skate event at the same nonqualifying competition.

Skaters will skate to the music of their choice. Vocal music is permitted at all levels.

Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.

Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.

The following deductions will be taken:

0.1 from each mark for each technical element included that is not permitted in the event description.

0.2 from the technical mark for each extra element included.

0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level_Jumps_Spins_Step Sequences_Qualifications__

<p>Pre-Preliminary</p> <p>1:30 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i> Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) Single rotation jumps: Salchow, toe loop and loop only. Max. 2 jump combinations or sequences Max. 2 of any same type jump</p>	<p><i>Maximum of 2 spins:</i> Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions)</p>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test</p>
<p>Preliminary</p> <p>1:30 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i> Jumps with not more than one rotation (no Axels). Max. 2 jump combinations or sequences Max. 2 of any same type jump</p>	<p><i>Maximum of 2 spins:</i> One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</p>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test</p>

<p>Pre-Juvenile 2:00 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i> Jumps with not more than one rotation (no Axels). Max. 2 jump combinations or sequences Max. 2 of any same type jump</p>	<p><i>Maximum of 2 spins:</i> One spin in one position, no change of foot (Min. 3 revolutions) One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly.</p>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test</p>
<p>Juvenile 2:15 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i> Any single jumps, including Axel, are permitted. Max. 2 jump combinations or sequences Max. 2 of any same type jump</p>	<p><i>Maximum of 2 spins:</i> One solo spin in one position, no change of foot (Min. 4 revolutions). One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot) <i>Only solo spin may fly</i></p>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>

<p>Intermediate</p> <p>2:30 +/- 10 sec.</p>	<p><i>Maximum of 6 jump elements:</i> Any single jumps. Double jumps permitted: double Salchow and double toe loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump</p>	<p>Maximum of 2 spins: One must be a flying spin (min 5 revolutions), One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot).</p>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p>
<p>Novice</p> <p>Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i> Any single jumps. Double jumps permitted: double Salchow, double toe loop and double loop. Maximum of 3 jump combinations or sequences Max. 2 of any same type jump</p>	<p><i>Maximum of 3 spins, of a different nature:</i> One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot) The other spins are the option of the skater (min 6 revolutions per foot) <i>All spins may fly</i></p>	<p>One step sequence or spiral sequence fully utilizing ice surface (see rule 4104 & 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>
<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec. Men: 4:00 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i> Any single jumps. Double jumps permitted: double Salchow, double toe loop, double loop and double flip Maximum of 3 jump combinations or sequences Max. 2 of any same type jump</p>	<p><i>Maximum of 3 spins of a different nature:</i> One spin in one position (Min. 6 revolutions) One flying spin (Min. 6 revolutions) One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot)</p>	<p>One step sequence fully utilizing ice surface (See rule 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>

<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec.</p> <p>Men: 4:30 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <p>Any single jumps.</p> <p>Must include at least four different double jumps, one must be a double Lutz.</p> <p>Triple jumps are not permitted</p> <p>Maximum of 3 jump combinations or sequences</p> <p>Max. 2 of any same type jump</p>	<p><i>Maximum of 3 spins of a different nature:</i></p> <p>One spin in one position (Min. 6 revolutions)</p> <p>One flying spin (Min. 6 revolutions)</p> <p>One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot)</p>	<p><i>Men:</i></p> <p>Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. <i>(See rule 4105 for remarks)</i></p> <p><i>Ladies:</i></p> <p>One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. <i>(See rule 4104 & 4105 for remarks.)</i></p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>
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Synchronized Team Skating

Skaters must meet the age requirements as set forth below.

EVENT/LEVEL REQUIREMENTS DURATION IN MINUTES

Basic Youth 6-24 skaters; majority of skaters age 9 and under, no awkward intersections or pass-throughs

Free Skate 2:00 +/- 10 sec

Basic Open 6-24 skaters; no age restrictions; no backward intersections or pass-throughs

Free Skate 2:00 +/- 10 sec

Youth/Preliminary/Pre-Juvenile 6-16 skaters; no skaters over age 13

Free Skate 2:00 +/- 10 sec

Juvenile 8-24 skaters; no skaters over age 13

Free Skate 3:00 +/- 10 sec

Open Juvenile 8–24 skaters; majority of skaters under age 18

Free Skate 2:30 +/- 10 sec

Intermediate/Novice 12–24 skaters; majority of skaters age 18 & under

Free Skate 3:30 +/- 10 sec

Junior/Open Junior 8–24 skaters; no skater younger than 12 years of age or older than 18

Short Program: 2:50 Max / Free Skate: 4:00 +/- 10 sec.

Senior/Collegiate 8 –24 skaters; no skater younger than 14 years of age or older

Short Program: 2:50 Max / Free Skate: 4:30 +/- 10 sec.

Adult 8-24 skaters; no skater younger than 19 years of age

Free Skate 3:30 +/-10 seconds

Masters

Free Skate 3:00 +/-10 seconds

The 12th Annual Labor Day Invitational

Planned Program Content Forms — IJS events (Intermediate through Senior Short and Juvenile through Senior Free Skate Programs)

PLANNED PROGRAM FORMS MUST BE COMPLETED BY AUGUST 20, 2014 IN THE MEMBERS ONLY SECTION OF USFS WEBSITE - www.usfigureskating.org
PLEASE COMPLETE THE FORM ONLINE

Club:

Category:

Name of competitor:

Level Skating:

	Elements SP/ OD

	Elements FS/ FD

Date, Signature: _____

Florida Everblades Figure Skating Club

USFS Test Session

Name: _____
Address: _____
Phone: _____
Email Address: _____

USFS#: _____
Home Club: _____
Parents Signature: _____
Coaches Signature: _____

Moves In the Field:

Please circle:

Pre-Preliminary \$55
Preliminary \$60
Pre-Juvenile \$65
Juvenile \$70
Intermediate \$80
Novice \$85
Junior \$90
Senior \$95
Adult Pre-Bronze \$60
Adult Bronze \$65
Adult Silver \$70
Adult Gold \$75

Free Skating:

Please circle:

Pre-Preliminary \$45
Preliminary \$50
Pre-Juvenile \$55
Juvenile \$60
Intermediate \$65
Novice \$70
Junior \$75
Senior \$80
Adult Pre-Bronze \$50
Adult Bronze \$55
Adult Silver \$60
Adult Gold \$65

DANCE: (Per skater)

Please Circle:

Preliminary Dance @\$45 each
Dutch Waltz – Canasta Tango – Rhythm Blues

Pre-Bronze Dance @ \$50 each
Swing Dance – Cha-Cha – Fiesta Tango

Bronze Dance @ \$55 each
Hickory Hoedown – Ten Fox – Willow Waltz

Pre-Silver Dance @ \$60 ea
Fourteen Step – Foxtrot – European Waltz

Silver Dance @ \$65 each
Rocker Foxtrot – American Waltz – Tango

PreGold Dance @ \$70 each
Blues -- Starlight Waltz
Kilian – Paso Doble

Gold Dance @ \$75 each
Quickstep – Westminster Waltz
Argentine Tango – Viennese Waltz

FREE DANCE: (Per Skater)

Juvenile \$50 Junior \$70
Intermediate \$55 Senior \$80
Novice \$60

Non- Member Test Fees are 1 ½ the Normal Fee

Skaters must have home clubs other than FEFSC must submit a permission to test form.

Test Fee Subtotal: \$ _____
Hospitality Fee of \$ 5.00
Total Due: \$ _____

Make check payable to : FEFSC

Applications and payments must be mailed to: Sandra James
9935 Colonial Walk N
Esteros, FL 33928

All Applications must be received two weeks prior to testing date. NO REFUNDS.

12th Annual Labor Day Invitational

August 29 - August 31, 2014

We invite both business and proud supporters of participating skaters to advertise in our competition program. We ask that all ads be camera ready. The deadline for ads is August 18th, 2014. If you have any questions regarding an ad, please contact Robin Gentile at rbgentil@comcast.net. Thank you for your support and look forward to seeing you at the competition.

Advertising Contract

Advertiser Name or Company: _____

Address: _____

City _____ **State** _____ **Zip Code** _____

Contact Person: _____

Phone Number: _____ **Email address:** _____

A check must accompany this order for the ad to be printed in the program. Makes checks payable to: Florida Everblades FSC.

Please circle desired ad size

Inside Front or Back Cover	\$250
Full Page	\$ 80
Half Page	\$ 50
Quarter Page	\$ 25
Business Card Size	\$ 15

Mail to:
Robin Gentile
PMB 321
Store #108
2430 Vanderbilt Road
Naples, FL 34109

Sincere thanks for your support!