



San Diego Sweetheart Classic

February 11-12, 2023

Competition for Singles

Hosted by:

All Year Figure Skating Club

Sanctioned by U.S. Figure Skating

Entry Deadline: January 15th, 2023

The Rinks Poway ICE

12455 Kerran Street, Suite 100

Poway, CA 92064

(858) 956-0045



Competition Information

Welcome to the 2023 San Diego Sweetheart Classic.

The San Diego Sweetheart Classic will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook, as well as any pertinent updates which have been posted on the U.S. Figure Skating website.

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

AGE RESTRICTIONS/ELIGIBILITY/TEST LEVEL:

All competitors must be eligible persons and members in good standing of U.S. Figure Skating by the close of entries. Qualifying tests and ages for all events are as of close of entries January 15th, 2023.

All skaters may skate one level higher than that for which they are qualified but may not skate more than one level in each discipline, except as specifically noted below. Age restrictions apply as follows:

Age Requirements/Restrictions – Singles Discipline (ALL ages are as of January 15, 2023): Singles free skate events (Well Balanced Program) have the following requirements:

- Juvenile: Women – 12 years of age or younger; Men – 13 years of age or younger
- Open Juvenile: Women – 13 years of age or older; Men – 14 years of age or older
- Intermediate must be under the age of 18
- Adults must be 21 years of age or older

Skaters entering beginner through pre-juvenile events will be divided as closely as possible by age at the discretion of the referee. If necessary, the referee will combine events as needed based on entries.

ELIGIBILITY RULES FOR “LEARN TO SKATE USA” / “COMPETE USA” 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 a Learn to Skate USA Program or member club.

It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee discovers that a skater has been placed in a category that is below their class level, the referee will have the option to move the skater into 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. It is an ethical violation for coaches to sandbag an event.

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills 1-6 skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.

For the Pre-Free Skate, Free Skate 1-6, Excel, Well Balanced, and Adult levels eligibility will be based only upon highest free skate test level passed. Moves in the Field test level will not determine skater's competitive level. Skaters may skate at highest level passed OR one level higher, but not both levels in the same event during the same competition. Skaters may not compete at more than one level in the same discipline type event at the same competition.

ENTRIES:

Entries must be submitted online via Entryeeze (www.entryeeze.com) by midnight (PDT) January 15th, 2023. All Year FSC requires “on-line” entry. Entries will be accepted online via EntryEeze with credit card only. Each transaction includes a credit card fee. Processing fees are not refundable, even if the event is canceled or skater withdraws before close of entries. For questions or concerns, please contact Courtney Walker for assistance (cwalker@therinks.com). Credit Card Disputes: All Year FSC reserves the right to charge an additional fee of \$40.00, in addition to the entry fee to resolve any disputes to the credit card charge.

Registration Deadline:

11:59PM (PDT) – January 15th, 2023. Registrations will only be accepted at the discretion of the LOC and will be subject to a \$55 late fee.

Mandatory Athletes:

Athletes age 18+ as of the competition start date who will be competing on a team (ie: dance, pairs, 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 SafeSport compliant until they have completed the training and their Members Only portal reflects completion. Please email safesport@usfigureskating.org for instructions or questions regarding parental consent.

COMBINATION OF GENDERS:

In the following events both genders may be combined in the same event at the discretion of the referee: all Learn to Skate (Basic Skills) events; All Showcase events; Adult Bronze and below Free Skating events; For Beginner through Pre-Juvenile Free Skating events, where only one skater has entered their single gender event and has agreed to skate in the combined gender event.

REFUND POLICY:

Entry fees will not be refunded after January 15th, 2023, unless no competition exists, or the event is canceled. There will be no refunds for medical withdrawals.

SCHEDULE:

Competitors may be scheduled on any day or time for the announced dates of the competition. Notification of competition and practice ice times will be available by email and on Entryeeze and on the AYFSC website links (<http://www.allyearfsc.com>). This will be considered sufficient notification of the scheduled events.

FACILITIES:

The competition will be held at the The Rinks Poway ICE, 12455 Kerran Street Suite 100 Poway, CA 92064. The ice surface is approximately 85' x 200', slightly rounded at the corners. The arena has restrooms, cafe, pro shop and free parking. There are restaurants within driving distance of the arena.

REGISTRATION and MUSIC:

A registration desk will be set up in the entrance area of The Rinks Poway ICE during the Competition. All skaters are required to register a minimum of 45 minutes prior to the scheduled time for each event or segment.

For the San Diego Sweetheart Classic, online music submission is the ONLY acceptable method to submit program music. After you have paid for your events, the system will prompt you to upload your music for each event that requires music. If your music is not available at that time, you can log out of your account and return later to upload your music by going to the "Competition" tab and then selecting "My Music." Please be sure you are uploading the correct music for the correct event segment. Be careful, for example, not to mix up your short program and your free skate!

Deadline for uploading is January 29th, 2023

The uploaded program music MUST conform to the following specifications:

- Programs per file: One [1] - Only one piece of competition program music (eg. short program, free skate, short dance, free dance, etc.) per file is allowed.
- File Format: mp3 - The uploaded file music must be an mp3 file (MPEG-1 or MPEG-2 Audio Layer III). Simply changing the file extension to "mp3" from another file format is not acceptable.
- Bit Rate: 192 kbps is requested (bit rates between 128 and 320 kbps will be accepted).
- Maximum file size: 10 MB
- Maximum run time: Five [5 minutes]
- ID3 Metadata [tags]: None - The Chief Music Coordinator strongly recommends that mp3 files DO NOT contain any ID3 metadata, commonly called tags. This is especially true of any embedded images such as album cover art, picture of the skater, etc. Please, NO EMBEDDED IMAGES!
- Maximum leader: Two [2] seconds] - The leader is the silence between the start of the track and the actual start of the program music. The Chief Music Coordinator recommends that there be NO leader.
- Maximum trailer: Two [2] seconds] - The trailer is the silence between the end of the program music and the end of the actual track. The Chief Music Coordinator recommends that there be NO trailer.

Backup Music at Event [CDs]

In addition to submitting the music online, all competitors/teams must also have at least one [1] backup copy of their competition music on CD, AT RINKSIDE, during the actual competition event or official practice. CDs must meet the following requirements:

- In standard Audio CD format (Compact Disc Digital Audio). Other formats, including mp3 are NOT acceptable.
- Clearly marked with a permanent marker, (eg: Sharpie, do NOT use a label or tape) as follows: First Name, Last Name, Event, Event Segment and Music Length, (eg: Jane Smith, Acme FSC, Novice Ladies, Free Skate, 3:10)
- Each CD may have only ONE [1] music track on it. Any disc with more than one [1] track is NOT acceptable.
- Lead in time (time before the music begins) on CDs may not exceed two [2] seconds.
- Due to the compatibility and reliability reasons, music may NOT be submitted on re-recordable "CD-RW" discs. PLEASE, no CD-RWs!!

The LOC, competition officials, and volunteers exercise reasonable care when handling CDs. However, they are not responsible for damage to or loss of any CDs. The LOC is not responsible for CDs not picked up by the end of the competition. Those CDs will be destroyed.

Penalty for Incorrect Music or Failure to Upload Music

The LOC may assess each competitor/team an additional charge, up to \$35.00 per event segment, if the competitor/team: 1) fails to submit their music prior to the close of online music submission, 2) submits files that do not follow the specifications above, or 3) uploads the incorrect music for a given event segment (e.g. uploads short program music instead of the free skate). In the event the LOC decides to assess a penalty, the competitor/teams will not receive their credentials at registration until they pay the penalty fee and turn in their music on CD, conforming to the requirements above.

PLANNED PROGRAM CONTENT (PPC):

Competitors participating in IJS events must submit PPC via EntryEeze no later than **January 29th, 2023; 11:59PM PDT**. After this date, skaters will be subject to a \$35 late fee. The late fee will automatically be added to each skater's cart who doesn't meet this requirement by the deadline.

LIABILITY:

U.S. Figure Skating, All Year FSC and The Rinks Poway ICE 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.

LOCKER ROOMS AND CHANGING AREAS:

Please click [here](#) to review SkateSafe Locker Room and Change Area Policy: Due to security issues, there will be no changing areas provided. There will be locker rooms, with the doors open at all times, for storage of skates, equipment and props.

PRACTICE ICE:

Depending on the number of applicants, practice ice for the competition may be offered. If offered, final details for scheduling practice ice will be made available to competitors through Entryeze. (Approximate Sales opening date: January 30, 2023) Music will not be played on Practice Ice.

Practice Ice Fees are NON-REFUNDABLE AND NON-TRANSFERABLE. For questions regarding practice ice, please contact Courtney Walker – Cwalker@therinks.com

PHOTOGRAPHY/VIDEOGRAPHY:

Coronado Video (<http://coronadoproductions.tripod.com>) will be the official videographer. A professional photographer (<http://cynthiaslawterphotography.com>) for award and action photographs will be at the rink. All other videotaping and photography is restricted to hand-held battery operated equipment, without tripod. No photography or videotaping, except by the official photographer, without the express permission of the person being photographed or videotaped is allowed. Solicitation by any photographer, or agent, of anyone to be the subject of still or video photography is not permitted. NO FLASH PHOTOGRAPHY DURING THE EVENTS IS ALLOWED.

AWARDS:

Awards will be presented for the first four placed skaters in each event level/group. There will be no Final Rounds at this event.

COMPETE USA AWARDS:

Awards will be presented for the first through sixth place skaters in each level/group.

OFFICIAL NOTICES: An official posting area will be maintained inside the lobby area of the arena. The official schedule of events will be posted on Entryeze and the All Year FSC website (www.allyearfsc.com). It is the responsibility of each competitor, parent and coach to check the bulletin board and websites listed above frequently for any schedule changes and/or additional information. During the competition, updates will be posted through the on-line portal and will supersede all other schedules. Notices posted on the All Year FSC website will be considered sufficient notice to all skaters. No schedules will be mailed. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted as noted above prior to the competition.

TEST CREDIT:

Skaters entered in an event that would meet the requirements for test credit may request their test credit forms at registration. Reminder – Test Credit is only available for Juvenile-Senior levels. Forms requesting a TEST CREDIT packet must be filled out and submitted to the Registration desk, along with a \$5 fee, prior to the start of their Freeskat event. Once the event is over, only a skater who achieves a test “pass” will receive the full packet, from the accounting room.

ADMISSION:

No admission will be charged to the general public for viewing the competition.

CREDENTIALS:

- Competitors– Will receive a credential at no charge
- One coach per skater will receive a credential at no charge (credential must be requested during entry process on Entryeze)
- One additional coach credential per skater may be purchased for \$10 (credential must be requested during entry process on Entryeze). Can be purchased online only no later than January 21st, 2023.

Chaperones– No charge.

Please note – during the competition, only one coach, per skater will be allowed at the boards during warm-up and competition.

INFORMATION REGARDING COACHES:

In order to be considered compliant, coaches must identify as a coach within their [Members Only](#) profile and complete the following ten requirements by July 1 of each year (July 1, 2022):

- U.S. Figure Skating Full Membership (either through a member club or as an individual)
- Completion of the U.S. Center for SafeSport's online SafeSport™ Training
- Successfully pass a bi-seasonal background check (includes automatic recheck at the 12- month mark)
- Agree to the U.S. Figure Skating Code of Ethics
- Verification of liability insurance
- Completion of CER Courses (administered via PSA)
- Agree to Waivers and Release
- Agree to Medical Consent
- Agree to Name and Likeness Release
- PSA Membership (if coaching in qualifying competitions)

Coaches who have completed their compliance requirements are advised to have a copy of their membership and compliance cards with them at all sanctioned activities and events. Click [here](#) for full chart.

The LOC will have a list of compliant coaches who are approved to receive a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential. If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential. There can be no exceptions to this policy.

If a foreign coach has only foreign athletes at this competition, a background check and SafeSport Training is not required. Instead, the coach must submit a letter from their Federation stating they are a member in good standing. For more information regarding Coach Compliance, please visit: <https://www.usfigureskating.org/support/coach/coach-compliance> Click [here](#) for full chart.

JUDGING SYSTEM:

The International Judging System (IJS) will be used for the following events:

- Well Balanced Program free skate events, No Test – Pre-Juvenile, Juvenile, including Open Juvenile – Senior
- Excel Freeskate events, Juvenile-Senior
- Short program events, Juvenile – Senior
- Adult free skate event – Silver & Gold

All competitors skating in these events need to submit the planned program content form online. This form is found in the Entryeeze registration system. **The deadline to submit the form is January 29th, 2023.**

The 6.0 Judging System will be used for:

- Compete USA Events – Snowplow Sam through Freeskate 6
- Excel Freeskate Events, Beginner – Pre-Juvenile
- Adult free skate event- Pre-Bronze & Bronze
- Showcase events – Singles, Duets

DRAW FOR SKATING ORDER:

The skating order will be determined by closed draw prior to each segment. Draw for skating order will be a closed draw, drawn in accordance with Rule 2725.

SHORT PROGRAM & WELL BALANCED FREE SKATE EVENTS will be held as separate events

- There will not be any COMBINED events at the 2023 Sweetheart of San Diego. If you would like to skate both events, each event will need to be entered as an individual event.

[Click HERE](#) to view the program requirements for the current season.

SEE CURRENT [RULEBOOK](#) OR [U.S. FIGURE SKATING WEBSITE](#) FOR RULES/REQUIREMENTS.

U.S. FIGURE SKATING EVENTS				
SINGLES	IJS/6.0	1st EVENT	2nd EVENT	3rd + EVENT
Excel Free Skate (Beginner – Pre-Juvenile)	6.0	\$80	\$75	\$45
Excel Free Skate (Juvenile - Senior)	IJS	\$135	\$75	\$45
Well Balanced Short Program (2022-23) (Juvenile – Senior)	IJS	\$135	\$75	\$45
Well Balanced Free Skate (2022-23) (No Test – Senior)	IJS	\$135	\$75	\$45
Adult Free Skate (Adult Pre-Bronze – Bronze)	6.0	\$80	\$75	\$45
Adult Free Skate (Adult Silver – Master Jr/Sr)	IJS	\$135	\$75	\$45
SHOWCASE – NEW EVENT IMPLEMENTATION**	JUDGING	1st EVENT	2nd EVENT	3rd + EVENT
Emotional. Choreographic Artistry, Lyrical Pop (No Test - Senior, Adult)	6.0	\$80	\$75	\$45
Duets (No Test - Senior, Adult)	6.0	\$80	\$75	\$45
COMPETE USA EVENTS				
Snowplow Sam - Basic 6 Program w/Music	6.0	\$80	\$45	\$45
Pre-Freeskate - Freeskate 1-6 Program w/Music	6.0	\$80	\$45	\$45

PROPS:

Props are permitted for Duets, and Singles (Emotional) only. Further information will be provided regarding which doors to use for entry and exit as well as set up and brief holding area.

QUALIFYING ROUNDS:

The 2023 San Diego Sweetheart Classic will not hold any Qualifying Rounds for any level of any event. If there are sufficient entries, Pre-Juvenile and below may be split by age; Juvenile and above will be seeded per current US Figure Skating seeding rules. There will not be any Final Rounds.

REFEREE	ACCOUNTANT	COMPETITION Co-CHAIR	COMPETITION Co-CHAIR
Carylyn Landt	Jayne Rendel	Doug Williams	Courtney Walker
clandt@ucsd.edu	jaynerendel66@yahoo.com	glidnby@yahoo.com	cwalker@therinks.com

Additional Information:

- Events will be held in accordance with the rules of the United States Figure Skating Association per the 2022 Rulebook and per the 2022-2023 Competition Rules contained therein, except as otherwise stated herein and/or modified at the 2022 U.S. Figure Skating Governing Council Meeting, U.S. Figure Skating Technical Notifications for the appropriate discipline, ISU Communications for Juniors and Seniors and as otherwise stated herein
- Ages for entrants are as of close of entries January 15, 2023.
- An event must have a minimum of two entries prior to the close of entries to be scheduled, and a minimum of two competitors to be held. At the discretion of the Chief Referee, Snowplow Sam through Freeskate 6 all Showcase events may be combined, depending on the number of entries. If events are combined, the allowed time for the free skating event will be as for the actual event entered.
- Results will be available, on-line, through a link that will be provided at the competition, at the end of each event. Additionally, results will be available on the All Year FSC website (www.allyearfsc.com) as soon as possible after the competition.

OFFICIAL HOTEL

The Official Hotel for Sweetheart of San Diego Classic is the Hampton Inn & Suites San Diego-Poway. A group rate of \$159 per night has been negotiated. Click [HERE](#) for booking link.

AIR TRAVEL

Airport: San Diego International Airport [SAN Official Site | Welcome to San Diego International Airport](#)

Singles Free Skating Events

See current rulebook or click [here](#) for current rules and requirements.

Singles Short Program Events (Well Balanced)

The short program events listed below will be skated. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook and/or website for rules, program length, etc. For information on Short Program requirements, please click [here](#).

Singles Free Skate Events (Well Balanced)

For information on free skating requirements, No Test through Senior, please click [here](#).

Adult Free Skate Events

Test and Age Eligibility Requirements (Short Program/Free Skating)

- A. Adult Pre-Bronze-Rule 6560. Open to skaters who have passed no higher than the Adult Pre-Bronze Free Skating Test or USFS Pre-Preliminary Free Skate Test.
- B. Adult Bronze– Rule 6550. Open to skaters who have passed no higher than Adult Bronze Free Skating Test or the USFS Preliminary Free Skating Test
- C. Adult Silver– Rule 6540 Open to skaters who have passed the Adult Bronze Free skating test and no higher than the USFS Adult Silver Free skating test or the USFS Juvenile Free skating test.
- D. Adult Gold – Rule 6530. Open to skaters who have passed the USFS Adult Silver Free skating test or USFS Adult Gold Free skating test or the USFS Juvenile Free skating test.
- E. Adult Masters – Rules 6510 – 6520. Open to skaters who have passed at least the USFS Intermediate Free skating test and/or prior to October 1, 1977, the third Figure Test.

Adult events will be conducted in accordance with the U.S. Figure Skating rulebook. Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc. and as updated in the Technical Information section on the U.S. Figure Skating website. For general information click [here](#).

For adult well balanced singles free skate information click [here](#).

Excel Singles Free Skating Events

Click [here](#) for Excel Beginner – Senior Freeskate current rules and requirements.

SHOWCASE EVENTS

Singles: Skaters may enter any or all events for which they are qualified by test level at non-qualifying competitions. Skaters cannot skate in different levels of the same event (example: an Emotional Performance junior level skater would not be allowed to skate Emotional Performance Junior and Senior level events at the same competition). The following events are the only Singles Showcase events being offered.

1. Emotional Performance – see guidelines link, above for details
2. Choreographic Artistry – see guidelines link, above for details
3. Lyrical Pop - see guidelines link, above for details

Duets: are theatrical performances by any two or three competitors. Lip Synching, Props, and Scenery ARE permitted. Skaters may enter only one duet, one mini production ensemble and one production ensemble each. Spotlights will not be used at Golden West Championships. When entering events, the skater with the higher technical achievement shall prevail as the level for the duet to enter.

Please see the charts in the [Showcase Guidelines](#) for all Event Level Requirements.

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.

<i>LEVEL</i>	<i>TIME</i>	<i>SKATING RULES/STANDARDS</i>
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

Pre-Free Skate -Free Skate 1-6 Program with Music

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, 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
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- *Bonus skills from the same level or below are allowed but will not be judged elements*
- A 0.2 deduction will be taken for each element performed from a higher level

LEVEL	TIME	SKATING RULES/STANDARDS
PRE-FREE SKATE	1:40 max	<ul style="list-style-type: none"> • Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, one set each direction clockwise and counterclockwise • One-foot upright spin, optional entry and free, foot position, minimum 3 revolutions • Mazurka, right or left • Waltz jump • <i>NOT ALLOWED – Waltz jump-side toe hop-waltz jump</i>
FREE SKATE 1	1:40 max	<ul style="list-style-type: none"> • Forward stroking, 4-6 consecutive powerful strokes • One-foot upright spin, entry from backward crossovers, with free foot in crossed leg position (scratch spin), minimum 4 revolutions • Toe loop jump • Half flip jump • <i>NOT ALLOWED – Waltz jump-toe loop jump combination</i>
FREE SKATE 2	1:40 max	<ul style="list-style-type: none"> • Alternating forward outside spiral (right and left) and forward inside spiral (right and left) on a continuous axis • Beginning back spin, optional entry and free foot position, maximum 2 revolutions • Half Lutz • Salchow jump • <i>NOT ALLOWED – Waltz jump-toe loop or Salchow-toe loop jump combination</i>
FREE SKATE 3	1:40 max	<ul style="list-style-type: none"> • Alternating mohawk/crossover sequence, right to left and left to right • Advanced back spin with free foot in crossed leg position, minimum 3 revolutions • Loop jump • Waltz jump-toe loop or Salchow-toe loop jump combination • <i>NOT ALLOWED – Waltz-loop jump combination</i>
FREE SKATE 4	1:40 max	<ul style="list-style-type: none"> • Forward power 3s, 2-3 consecutive sets, right or left • Sit spin, minimum 3 revolutions • Half loop jump • Flip jump • <i>NOT ALLOWED – Waltz-loop or Waltz-Euler-Salchow jump combination</i>
FREE SKATE 5	1:40 max	<ul style="list-style-type: none"> • Backward outside three-turn, mohawk (backward power three-turn), 2-3 sets both directions • Camel spin, minimum 3 revolutions • Waltz-loop jump combination • Lutz jump
FREE SKATE 6	1:40 max	<ul style="list-style-type: none"> • Creative step sequence using a variety of three turns, mohawks and toe steps, half-ice • Camel-sit spin combination spin, minimum of 4 revolutions total • Waltz jump-Euler (half loop)-Salchow jump combination • Axel jump; minimum requirement is a clear attempt either stationary or moving