

SPRING FORWARD! 2008



ANNOUNCEMENT

GENERAL INFORMATION

- Date:** Saturday April 12, 2008, 6 PM – 9:00 PM
- Location:** Yerba Buena Ice Skating Center, 750 Folsom St., San Francisco, CA 94107
For rink information, call (415) 820-3521 or visit www.skatebowl.com
- Sponsor:** The Skating Club of San Francisco Inc.(SCSF) www.scsf.org
- Authorization:** This competition is authorized by the Board of Directors of The Skating Club of San Francisco in accordance with Rule 1061 of the official Rulebook of US Figure Skating (“USFS”). The Skating Club of San Francisco Inc. is a registered member club of the USFS.
- Competition Rules:** The competition will be conducted in accordance with the rules of the USFS as set forth in the current 2007/2008 USFS Rulebook, except as herein specified.
- Entrants must be members in good standing of The Skating Club of San Francisco Inc. (either Home Club or Associate Members are eligible to enter)
- Two entrants are required to hold each event. At the discretion of the Chief Referee, events may be combined to allow skaters the chance to compete, or single entries may be offered the opportunity to skate an exhibition. All decisions of the Chief Referee will be final.
- Chief Referee Sam Singer, Jr. ssingerjr@aol.com
- Judges:** USFS judges will be utilized for all events. The 6.0 scoring system will be used for all events.
- Contacts:** Visit www.scsf.org for competition information and updates.
- Chairperson & Registrar:
Bruce Bell (415) 593-1045 bruce.bell@itv.com
- Rink Size:** 200' x 85' with rounded corners (standard NHL size).
NOTE: A colored rink liner will NOT be used to cover the barrier.
- Lighting:** House lights only. No spotlights will be used.
- Admission:** Free to all spectators for all events.
All persons entering the rink may be asked to sign in at the main entrance.
Children under the age of ten must be accompanied by an adult.

Events: Basic Skills 1 - 4
Pre-Preliminary 1 - 3 Free Skate
Preliminary through Juvenile Free Skate
Intermediate through Senior Short Program
Intermediate through Senior Free Skate
Adult/Young Adult Pre-Bronze through Masters Senior Free Skate
Preliminary through Senior Pairs Free Skate
Novice through Senior Pairs Short Program
Adult Bronze, Silver, Gold, and Masters Pairs Free Skate
Juvenile through Novice Compulsory and Free Dance
Junior and Senior Compulsory, Original, and Free Dance
Adult Pre-Bronze through Gold Dance and Championship Adult Dance
Artistic – all levels
Compulsory Moves – Pre Preliminary to Juvenile, Adult Pre Bronze to Gold

Eligibility: Skaters registered with the USFS and who are current members (Home Club or Associate) of The Skating Club of San Francisco Inc. may enter.

Deadline: **Monday March 24, 2008**

All entries must be sent to the attention of the Registrar and must be either:

- postmarked by the deadline and mailed to SCSF, PO Box 191205, San Francisco CA 94119-1205
- or-
- deposited in the SCSF box in the Yerba Buena rink Pro Shop by the deadline.

Entry Form: Complete the attached Entry Form making sure that the Skater Profile is complete, all events to be entered are identified, and parent or skater signatures are present. Note: The Short Program (SP) and Free Skate (FS) events for Intermediate, Novice, Junior and Senior singles and pairs levels are separate events with medals awarded for each event. A skater or couple may choose to enter either the SP or FS events or both for a given level. There will be no combined award for those skaters entering both the SP and FS events. For Dance events, the Compulsory Dance (CD), Original Dance (OD), and Free Dance (FD) for each level are separate events. A couple may choose to enter any one or combination of dance events at the level for which they are qualified.

For age restricted events, age eligibility is subject to verification.

For Pairs and Dance Couples, each skater must submit a separate Entry Form. Mail forms and fees together.

Entry Fees: Please see Page 1 of the enclosed Entry Form for a schedule of fees.

Late Entries: Entries received after the deadline of March 24, 2008 are considered late entries and will be accepted or declined at the discretion of the Chief Referee.

Cancellations and Refunds: Full refunds will only be given if the event is cancelled or notification of withdrawal is received from the skater before the close of entries on March 24, 2008.

No refunds will be given for medical or personal reasons.

Returned Checks: A \$25 fee will be charged for NSF / returned checks.

Practice Ice: Regular Saturday morning club ice sessions are available for practice on the day of the event on a first come basis. No reservations are being accepted.

Competition Schedule: A tentative schedule will be available on The Skating Club of San Francisco's website at www.scsf.org approximately five days prior to the event. The tentative schedule of events is subject to change.

- Official Schedule:** The Official Schedule will be posted on the Official Bulletin Board located in the rink lobby during the event. All changes to the schedule will be noted on the posted Official Schedule and will serve as due notice. Please check the Official Bulletin Board frequently.
- Check-in:** All skaters must check in with the Registration Desk 60 minutes before the scheduled time of their event. Events may begin as much as 30 minutes before the scheduled starting time at the Chief Referee's discretion. Skaters must check in with the Ice Monitor 30 minutes before they are scheduled to skate.
- Music:** Skaters are to provide their music on CDs (standard CD format only, no re-recordable CDRW discs) for their events. Each CD must have only one program on it. CDs should be clearly marked with the skater's name, event, pro's name, and length of music. Music must be turned in to the Registration Desk at the time of check-in for the event. **Have a back-up copy available at rink-side in the event that there is a problem with the first CD.** Please pick up your music shortly after the event. Music CDs will not be saved after the competition's final event concludes.
- Awards:** Awards will be presented to the winners of 1st through 3rd places for each event.
- Photos:** Pictures will be taken of the top three skaters in each event on the podium when the awards are given immediately following each event. All skaters can arrange with the photographer for individual pictures. Digital action photos of each skater will also be available.
- Videos:** Videos may be purchased from the official videographer at the event.



EVENTS

To compete a skater must be a USFS and Skating Club of San Francisco member. Each skater may compete at the level for which they are qualified under the USFS test rules as of the close of entries on March 24, 2008, **or one level higher**. The skater's age at the close of entries (March 24, 2008) will determine the age requirements for Basic Skills, Juvenile, Intermediate, Young Adult, Adult, Pairs and Dance events. Skaters are to perform a program to music in accordance with the current 2007-08 USFS Rulebook, except as specified herein.

SINGLES EVENTS

The Basic Skills events are compulsory moves programs skated to music with a 0.1 deduction for each incomplete element and 0.2 deduction for each omitted element from the technical merit mark. Basic Skills events will be divided into groups of no more than three skaters.

Short Program and Free Skating for Intermediate and Senior levels are treated as separate events. Judges will deduct 0.3 from the technical merit mark for each element performed beyond what is restricted herein. Well-Balanced Program Requirements (Sections 3643-3711) shall apply for Pre-Preliminary 3 and higher events.

Event	Qualification	Description	Duration (min:sec)
Basic Skills 1	Age 5 and under. Skaters have not passed any USFS Moves in the Field or Free Skate tests.	Marching while moving; Two foot jump in place; Forward swizzles from standstill (3 times); Moving forward swizzles (3 times); Set to music.	1:00
Basic Skills 2	No age restrictions. Skaters have not passed any USFS Moves in the Field or Free Skate tests.	Snowplow stop – one or two foot; Forward swizzles – min. of 10; Bunny Hop – max of 5; Back Wiggles or Back Swizzles – min of 10; Dip – Deep knee bend while gliding on two feet; Forward One Foot Glide – Left & Right; Set to music.	1:00
Basic Skills 3	No age restrictions. Skaters have not passed any USFS Moves in the Field or Free Skate tests.	Forward & Backward Crossovers – Clockwise and Counter-clockwise (min. 5 each); Forward Inside Mohawk followed by extended backward outside edge; T-Stop – either foot; Two Foot Spin – entry optional; Set to music.	1:00
Basic Skills 4	No age restrictions. Skaters have not passed any USFS Moves in the Field or Free Skate tests.	Forward outside edges – two each foot; Forward Spiral – either edge or flat; One Foot Spin – free leg optional; Waltz Jump; Half-Flip; Set to music.	1:00
Pre-Preliminary 1	No age restrictions. Skaters may have passed the USFS Pre-Preliminary Free Skate Test but not the Preliminary Free Skate Test.	Allowed: Jumps - Waltz, Salchow, Toe Loop, all half jumps except Half-Loop; no Loop, Flip, or Lutz. (maximum 5 jump elements) Spins – upright spins only (maximum 2)	1:30
Pre-Preliminary 2	No age restrictions. Skaters may have passed the USFS Pre-Preliminary Free Skate Test but not the Preliminary Free Skate Test.	Allowed: All single jumps excluding the Axel. No double jumps allowed. (maximum 5 jump elements) No jump spins allowed. (maximum 2 spins of different nature)	1:30

SINGLES EVENTS (continued)

Event	Qualification	Description	Duration (min:sec)
Pre-Preliminary 3	No age restrictions. Skaters may have passed the USFS Pre-Preliminary Free Skate Test but not the Preliminary Free Skate Test.	A program in accordance with Section 3711.	1:30
Preliminary	Skaters have passed the USFS Pre-Preliminary Free Skate Test, but not the USFS Pre-Juvenile Free Skate Test.	A program in accordance with Section 3701.	1:30
Pre-Juvenile	Skaters have passed the USFS Preliminary Free Skate Test, but not the USFS Juvenile Free Skate Test.	A program in accordance with Section 3691.	2:00
Juvenile	Skaters age 12 and under have passed the USFS Pre-Juvenile Free Skate Test but not the USFS Intermediate Free Skate Test.	A program in accordance with Section 3681.	2:15
Open Juvenile	Skaters age 13 and older have passed the USFS Pre-Juvenile Free Skate Test but not the USFS Intermediate Free Skate Test.	A program in accordance with Section 3681.	2:15
Intermediate	Skaters age 17 and under have passed the USFS Juvenile Free Skate Test but not the USFS Novice Free Skate Test.	Short Program, Sections 3671,3672 Free Skating Program, Section 3673	2:00 max 2:30
Novice	Skaters have passed the USFS Intermediate Free Skate Test but not the USFS Junior Free Skate Test.	Short Program, Sections 3661, 3662 Free Skating Program, Section 3663	2:30 max 3:00 ladies 3:30 men
Junior	Skaters have passed the USFS Novice Free Skate Test but not the USFS Senior Free Skate Test.	Short Program, Sections 3651, 3652 Free Skating Program, Section 3653	2:50 max 3:30 ladies 4:00 men
Senior	Skaters have passed the USFS Junior Free Skate Test.	Short Program, Sections 3641, 3642 Free Skating Program, Section 3643	2:50 max 4:00 ladies 4:30 men

PAIRS EVENTS

A pair shall be composed of a woman and a man. Age restrictions, test qualifications, and programs for these events shall be as set forth in the current 2007-08 USFS Rulebook (Sections 4000-4101) except as otherwise specified herein. Qualifications are for BOTH partners. Pairs may skate up one level from the level they are otherwise qualified for based on tests. Short Program and Free Skating programs are treated as separate events. Events may be combined at the discretion of the Chief Referee, depending on entries. Well-Balanced Program Requirements (Sections 4042-4101) shall apply for Pairs events.

Event	Qualification	Description	Duration (min:sec)
Preliminary Pairs	Under 13 yrs old. Not passed the Pre Juvenile Moves test. No tests are required.	Section 4101	1:30
Pre-Juvenile Pairs	Under 14 yrs old. Passed the Preliminary Pair test and at least the Pre-Juvenile Moves in the Field.	Section 4091.	1:30
Juvenile Pairs	Under 16 yrs old. Passed the Preliminary Pair test and no higher than the Juvenile Pair test.	Section 4081	2:15
Intermediate Pairs	Under 18 yrs old. Passed the Juvenile Pair test and no higher than the Intermediate Pair test.	Section 4071	3:00
Novice Pairs	No age restrictions. Passed Intermediate Pair test and no higher than Novice Pair test.	Short Program, Section 4061 Free Skating Program, Section 4062	2:50 max 3:30
Junior Pairs	No age restrictions. Passed Novice Pair test and no higher than Junior Pairs test.	Short Program, Section 4051 Free Skating Program, Section 4052	2:50 max 4:00
Senior Pairs	No age restrictions. Passed Junior Pair test.	Short Program, Section 4041 Free Skating Program, Section 4042	2:50 max 4:30

YOUNG ADULT & ADULT EVENTS

Age categories: Young Adult events are open to skaters aged 18 to 20 years. Adult and Masters events are open to skaters age 21 and over. Adult age categories (i.e. Classes I to IV) will be divided or combined by age or gender at the Chief Referee's discretion:

Young Adult – 18 to 20 years	Class I – 21 to 28 years	Class II – 29 to 35 years	Class III – 36 to 45 years	Class IV – 46 to 55 years	Class V – 56 and older
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USFS adult free skate events will be skated in accordance with Sections 3730 – 3801, 4110 – 4125 of the current 2007-08 USFS Rulebook. Time limits, as indicated the table below, are maximums. There are no minimums. Skaters may skate up one level from they are otherwise qualified for based on tests. Well-Balanced Program Requirements (Sections 3781–3801, 4111- 4125) shall apply.

Masters levels may ultimately be combined by age or by level at the Chief Referee's discretion.

Adult pairs may be composed of a man and a woman or partners of the same sex and shall compete against pairs of like composition; however, the Chief Referee may combine pairs of different composition.

Event	Qualification	Description	Duration (min:sec)
Pre-Bronze	Test and Age requirements in accordance With Section 3805	Section 3806 No lutz, axel or double jumps permitted.	1:40 max.
Bronze	Test and Age requirements in accordance with Section 3800.	Section 3801 No axel or double jumps permitted.	1:40 max.
Silver	Test and Age requirements in accordance with Section 3790.	Section 3791 No double jumps permitted	2:10 max.
Gold	Test and Age requirements in accordance with Section 3780.	Section 3781 No triple jumps permitted	2:40 max
Masters Novice	Test and Age requirements in accordance with Section 3770.	Section 3771	3:40 max.
Masters Junior	Test and Age requirements in accordance with Section 3760.	Section 3761	3:40 max.
Masters Senior	Test and Age requirements in accordance with Section 3750.	Section 3751	3:40 max.
Championship Masters	Test and Age requirements in accordance with Section 3740.	Section 3741	3:40 max
Adult Pairs: Bronze, Silver, Gold	Test and Age requirements in accordance with Sections 4120, 4122, 4124.	Sections 4121, 4123, 4125	Br:2:10max. Sl:2:40max. Gd:3:40max
Masters Pairs	Test and Age requirements in accordance with Section 4115.	Section 4116	3:40 max.

DANCE EVENTS

A Dance Couple shall consist of a man and a woman. Couples may skate up one level from the respective test requirements for each level. For each level, the Compulsory Dance, Original Dance, and Free Dance are separate events. Couples may enter any one or combination of these events at the level they are qualified to compete. Dances drawn for the Compulsory Dance events will be the same as those selected for the 2007-08 Competition Season for USFS qualifying competitions.

Adult Compulsory Dance and Original Dance events are considered separate events. Adult Original Dance events shall be governed in general accordance with Sections 4260 – 4261, 4463.

Event	Qualification	Description	Duration (min:sec)
Juvenile Compulsory	Test & Age Requirements in accordance with Section 4430.	One dance will be drawn for Section 4432 Group B.	
Juvenile Free Dance	Test & Age Requirements in accordance with Section 4430	Sections 4270-4275, 4433-4435	2:15
Intermediate Compulsory	Test & Age Requirements in accordance with Section 4420	One dance will be drawn for Section 4422 Group B	
Intermediate Free Dance	Test & Age Requirements in accordance with Section 4420.	Sections 4270-4275, 4423-4425	2:30
Novice Compulsory	Test & Age Requirements in accordance with Section 4410.	One dance will be drawn for Section 4412 Group A	
Novice Free Dance	Test & Age Requirements in accordance with Section 4410.	Sections 4270-4275, 4413-4415	3:00
Junior Compulsory	Test & Age Requirements in accordance with Section 4400.	One dance will be drawn for Section 4402 A	
Junior Original Dance	Test & Age Requirements in accordance with Section 4400.	An Original Dance to comply with Sections 4403 & 4260, Latin Combo	2:30
Junior Free Dance	Test & Age Requirements in accordance with Section 4400.	Sections 4270-4275, 4405-4407	3:30
Senior Compulsory	Test & Age Requirements in accordance with Section 4300.	One dance will be drawn for Section 4302 A	
Senior Original Dance	Test & Age Requirements in accordance with Section 4300.	An Original Dance to comply with Sections 4310 & 4260, Latin Combo	2:30
Senior Free Dance	Test & Age Requirements in accordance with Section 4300.	Sections 4270-4275, 4320-4322	4:00
Adult Pre- Bronze	Test & Age Requirements in accordance with Section 4505.	Section 4506 The dances drawn will be the same as those drawn for the Adult Sectionals and National Championships for the 2007-08 Season.	
Adult Bronze	Test & Age Requirements in accordance with Section 4500	Section 4501 The dances drawn will be the same as those drawn for the Adult Sectionals and National Championships for the 2007-08 Season.	

DANCE EVENTS (continued)

Event	Qualification	Description	Duration (min:sec)
Adult Pre-Silver	Test & Age Requirements in accordance with Section 4495	Section 4496 The dances drawn will be the same as those drawn for the Adult Sectionals and National Championships for the 2007-08 Season.	
Adult Silver	Test & Age Requirements in accordance with Section 4491	Section 4492 The dances drawn will be the same as those drawn for the Adult Sectionals and National Championships for the 2007-08 Season.	
Adult Pre-Gold Compulsory	Test & Age Requirements in accordance with Section 4480	Section 4481 The dances drawn will be the same as those drawn for the Adult Sectionals and National Championships for the 2007-08 Season.	
Adult Pre-Gold Original Dance	Test & Age Requirements in accordance with Section 4480	Section 4482, Folk Dance (vocal music permitted)	2:40 max
Adult Gold Compulsory	Test & Age Requirements in accordance with Section 4470	Section 4471 The dances drawn will be the same as those drawn for the Adult Sectionals and National Championships for the 2007-08 Season.	
Adult Gold Original Dance	Test & Age Requirements in accordance with Section 4470	Section 4472, Folk Dance (vocal music permitted)	2:40 max
Adult Championship Compulsory	Test & Age Requirements in accordance with Section 4460	Section 4461 The dances drawn will be the same as those drawn for the Adult Sectionals and National Championships for the 2007-08 Season.	
Adult Championship Original Dance	Test & Age Requirements in accordance with Section 4460	Section 4462, Folk Dance (vocal music permitted)	2:40 max

ARTISTIC EVENTS

Restrictions are as listed in the table below. The program should be an integrated exploration of the music with emphasis being placed on the five program components under the IJS system. Vocal music is permitted. Time may be less – but no more – than the maximum time allowed. **Props and scenery are not allowed, unless carried by the skater throughout the program.**

Skaters will be evaluated solely on the basis of the following five program components (as described under the new IJS system): Skating Skills, Use of Transitions, Performance, Choreography, and Interpretation.

The judges will deduct 0.1 for each jump or element completed beyond what is allowed for the respective event level and 0.1 for illegal use of props or exceeding the time limit.

Groups may be divided by age, draw, or gender at the discretion of the Chief Referee. Adult events will be broken into groups by age: Young Adult (18-20), I (21-28), II (29-35), III (36-45), IV (46- 55), IV (56 and over). Age groups may be combined at the discretion of the Chief Referee.

Event	Description	Maximum Time (min:sec)
Basic Skills 1	Age 6 and under, for those who compete as Tots or Basic Skills 1. Have not passed any USFS tests or passed no higher than ISI Tot 4. Only Basic Skills 1 elements are allowed.	1:10 max.
Basic Skills 2	Tots Have not passed any USFS tests or passed no higher than ISI Pre Alpha. For those who compete as USFS Basic Skills 2 or ISI Pre Alpha. Only Basic Skills 2 and below elements are allowed.	1:10 max.
Basic Skills 3	Have not passed any USFS tests or passed no higher than ISI Delta. For those who compete either as ISI Pre-Alpha to Delta or USFS Basic Skills 3. Only Basic Skills 3 and below elements are allowed.	1:10 max.
Basic Skills 4	Have not passed any USFS tests or passed no higher than ISI FS 2. For those who compete as ISI FS 1 or 2, or USFS Basic Skills 4. Only Basic Skills 4 and below elements are allowed.	1:10 max.
Pre-Preliminary 1	Passed no higher than USFS Pre-Preliminary FS or ISI FS 3. For those who compete as ISI FS 3 or USFS Pre-Preliminary 1. Only Pre-Preliminary 1 elements are allowed.	1:40 max.
Pre-Preliminary 2 & 3	Passed no higher than USFS Pre-Preliminary FS or ISI FS 5. For those who compete as ISI FS 4 or 5 or USFS Pre Pre 2 or 3. No Axel or multi-revolution jumps allowed. No flying spins allowed.	1:40 max.
Preliminary	Passed no higher than USFS Preliminary FS or ISI FS 6. One Axel allowed but no multi-revolution jumps.	2:10 max.
Pre Juvenile	Passed no higher than USFS Pre-Juvenile FS or ISI FS 7. One Axel allowed but no multi-revolution jumps.	2:10 max.
Juvenile	Age 12 and under. Passed no higher than USFS Juvenile FS or ISI FS 8. Two Axels allowed and no more than 1 double jump allowed. No double Axel and no triple jumps allowed.	2:10 max.
Intermediate	Age 13 to 17. Passed no higher than USFS Intermediate FS or ISI FS 8. Two Axels allowed and no more than 1 double jump allowed. No double Axel and no triple jumps allowed.	2:10 max.
Novice	Passed no higher than USFS Novice FS or ISI FS 9. No double Axel or triple jumps allowed. No more than 2 Axels and 2 different double jumps allowed.	2:10 max.
Junior / Senior	Passed USFS Novice FS or above or ISI FS 9 or above. One double Axel allowed. No triple jumps allowed. No more than 2 different double jumps allowed.	2:10 max.
Adult No Test	Age 18 and over. Have not passed any USFS tests or passed no higher than ISI Freestyle 2. No tests required. No Axel or multi-revolution jumps.	1:40 max.
Adult Pre Bronze	Age 18 and over. Have passed no higher than USFS Adult Pre-Bronze or USFS Pre-Preliminary FS, or ISI FS 3. No Axel or multi-revolution jumps.	1:40 max.
Adult Bronze	Age 18 and over. Have passed no higher than USFS Adult Bronze FS or USFS Preliminary FS, or ISI FS 4. No Axel or multi-revolution jumps.	1:40 max.
Adult Silver	Age 18 and over. Have passed no higher than USFS Adult Silver FS or USFS Pre-Juvenile FS, or ISI FS 6. Axel allowed. No multi-revolution jumps.	1:40 max.
Adult Gold & Masters	Age 18 and over. Have passed USFS Adult Silver or USFS Juvenile FS, or ISI FS 7 or above. Single Axel allowed, no double Axel. No more than two different double jumps allowed. No triple jumps allowed.	2:20 max.

COMPULSORY MOVES

ISI Technical Events

Test and age requirements are listed under Singles Events. Additional moves other than those prescribed below will be penalized with a .2 deduction. Combination jumps may not have a change of foot or turn between jumps. The referee may combine male and female entrants to make events.

Event	Description	Maximum Time (min:sec)
Pre Preliminary	Salchow, forward spiral, loop, one foot spin (minimum four revolutions), connecting steps. Half ice. No music. No tests required.	1:00 max.
Preliminary	Flip, jump combination consisting of two single jumps (no change of foot and no turn in between), sit spin (minimum four revolutions), forward spiral, connecting steps. Flip jump may not be part of jump combination. An axel is considered a single jump. Full ice. No music. Passed Pre Preliminary Free Skate Test.	1:00 max.
Pre Juvenile	Lutz, jump combination consisting of two single jumps one of which is a loop (no change of foot and no change of foot in between). Combination spin (minimum six revolutions, no change of foot), spread eagle, Ina Bauer, or forward spiral, connecting steps. Forward front scratch spin to back scratch spin – exit on spinning foot (minimum three revolutions per foot), camel spin (minimum of three revolutions). An axel is considered a single jump. Full ice. No music. Passed Preliminary Free Skate Test.	1:30 max.
Juvenile / Open Juvenile	Axel, jump combination consisting of a double-single or single-double jump combination (no change of foot and no turn in between). Sit change sit spin (minimum four revolutions each foot), lay back spin or camel spin (minimum of four revolutions), straight line footwork sequence utilizing full ice. Full ice. No music. Passed Pre Juvenile Free Skate Test.	1:30 max.
Adult Pre Bronze	Salchow, forward spiral, half flip, one foot spin with no change of position (minimum four revolutions), connecting steps. Half ice. No music. No tests required.	1:00 max.
Adult Bronze	Half lutz, loop, combination jump consisting of two single jumps (no change of foot or turn in between), one foot spin (minimum four revolutions), sit spin (minimum three revolutions), connecting steps. No axel allowed. Half ice. No music. Passed Pre Bronze Free Skate.	1:30 max.
Adult Silver	Salchow, loop, combination jump consisting of two single jumps (no change of foot or turn in between), camel spin (minimum three revolutions), combination spin with one change of foot and at least one change of position (minimum four revolutions), connecting steps. Axel is considered a single jump. Full ice. No music. Passed Bronze Free Skate Test.	1:30 max.
Adult Gold	Axel, lutz, double salchow, combination jump consisting of a single-double jump combination or two double jumps (no change of foot or turn in between), sit spin (minimum five revolutions), back spiral, connecting steps. Full ice. No music. Passed Silver Free Skate Test.	1:30 max.

