



# **Silver Streaks Skating Club**

McVann-O'Keefe Rink  
Peabody, Massachusetts 01960

## **15<sup>th</sup> Basic Skills "Skate With U.S." Competition** **USFS Approval # BSC-36511**

**Location:** McVann-O'Keefe Skating Rink, 511 Lowell Street Peabody, MA 01960  
**Date:** Sunday, November 20, 2011  
**Time:** 2:00pm – 6:00pm  
**New:** **\*\*Special Featured Event\*\* - Shared Compulsories**

### **Eligibility:**

The competition is open to ALL skaters who are eligible members of either the Basic Skills 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 register with the host Basic Skills program/club or any other Basic Skills program/club.

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic Skills skaters through Basic 8 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 Free skate 1-6, and Test Track, eligibility will be based on highest free skate test level passed. (The moves-in-the-field test will not determine a skater's competitive level.) Skaters may skate at the highest level passed OR one level higher but not both levels in the same event during the same competition.

Age and badge and / or test level are as of November 6, 2011.

### **Information:**

1. Skaters will be grouped according to age and badge or test level (see categories on application page). Males and females may or may not be grouped together.
2. There will be no more than 6 competitors in each group. Awards will be presented to all competitors.
3. For this competition, all skaters competing in a Element Event will perform each required element, one at a time, in front of three judges. The first skater will complete all of their elements before the second skater takes his/her turn.  
Freestyle 1-6 skaters competing in Elements can chose between individual elements or Compulsory Program format (please specify on application). Skaters competing in a Compulsory Event will skate the required elements in a program form using a limited number of connecting steps with the order of required elements optional.
4. Any skater competing in a Freestyle Program Event or Artistic/Showcase Event must provide their own music on a disk (standard compact disk format only). Music must be clearly marked with the name of the skater and the event. Each disk must have only **one** track on it.
5. Shared Compulsories is a team event with 3-5 skater/team. No skater can skate in more than one team. The team will chose the skater who will perform each required element, one at a time, in front of three judges. No skater is allowed to perform more than 2 elements.
6. Applications will be handled on a first come, first serve basis. If a limit is reached before the deadline date your application will be returned. We reserve the right to eliminate or combine groups.
7. Any competitor who arrives late for their event will be disqualified.
8. A confirmation notice will be sent to each competitor via email with directions to the rink.
9. No refunds will be made after the deadline date unless the event is canceled.
10. There is a \$20.00 fee for any returned check.

**Entry Fees:** \$40 for the 1st event; \$20 for each additional event.

**Entry Fees for Shared Compulsories:** \$50.00 per team

**All applications must be postmarked by November 6, 2011.**

**Additional Info:** Please contact Judi Sinclair (978)777-4087 or [ssc8@yahoo.com](mailto:ssc8@yahoo.com)

**Entry Form**  
**Silver Streaks Skating Club**  
*McVann-O'Keefe Rink, Peabody, Massachusetts 01960*  
**15<sup>th</sup> Basic Skills "Skate With U.S". Competition – November 20, 2011**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Circle: M F  
 Address \_\_\_\_\_ City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_ E-mail Address \_\_\_\_\_  
 Phone Number \_\_\_\_\_ Birth Date \_\_\_\_\_ Program Affiliation \_\_\_\_\_  
 US Figure Skating Membership Number \_\_\_\_\_ Highest Basic Skills level passed \_\_\_\_\_  
 Highest US Figure Skating tests passed MIF \_\_\_\_\_ Free Skate \_\_\_\_\_ Dance \_\_\_\_\_  
 Instructor's Name \_\_\_\_\_ Phone number and Email : \_\_\_\_\_

**Elements:**

\_\_\_\_ Snowplow Sam - TOTS  
 \_\_\_\_ Basic 1      \_\_\_\_ Freeskate 1  
 \_\_\_\_ Basic 2      \_\_\_\_ Freeskate 2  
 \_\_\_\_ Basic 3      \_\_\_\_ Freeskate 3  
 \_\_\_\_ Basic 4      \_\_\_\_ Freeskate 4  
 \_\_\_\_ Basic 5      \_\_\_\_ Freeskate 5  
 \_\_\_\_ Basic 6      \_\_\_\_ Freeskate 6  
 \_\_\_\_ Basic 7  
 \_\_\_\_ Basic 8

**Freeskate Compulsories:**

(1/2 ice, program format, no music)  
 \_\_\_\_ Freeskate 1  
 \_\_\_\_ Freeskate 2  
 \_\_\_\_ Freeskate 3  
 \_\_\_\_ Freeskate 4  
 \_\_\_\_ Freeskate 5  
 \_\_\_\_ Freeskate 6

**Showcase Program:**

(levels listed in application)  
 \_\_\_\_ Showcase A  
 \_\_\_\_ Showcase B  
 \_\_\_\_ Showcase C

**Basic Program:**

\_\_\_\_ Basic 1      \_\_\_\_ Basic 5  
 \_\_\_\_ Basic 2      \_\_\_\_ Basic 6  
 \_\_\_\_ Basic 3      \_\_\_\_ Basic 7  
 \_\_\_\_ Basic 4      \_\_\_\_ Basic 8

**Freeskate Program:**

\_\_\_\_ Freeskate 1      \_\_\_\_ Freeskate 5  
 \_\_\_\_ Freeskate 2      \_\_\_\_ Freeskate 6  
 \_\_\_\_ Freeskate 3  
 \_\_\_\_ Freeskate 4

**Test Tract Free Skate Program:**

\_\_\_\_ Limited Beginner  
 \_\_\_\_ Beginner  
 \_\_\_\_ Pre-preliminary Free Skate  
 \_\_\_\_ Preliminary Free Skate

**Entry fees: 1st event: \$40.00. Additional event(s): \$20.00. Late fee (if applicable): \$15.00.**

\*Members of other organizations are eligible to compete but will be registered with U.S. Figure Skating's "Skate With US Program" through the Silver Streaks Skating Club for **an additional \$15.00 fee.**

The completed entry form with appropriate signatures and fees must be postmarked no later than November 6, 2011. Make check payable to **SSSC** and mail to: **SSSC 23 Fuller Road, Middleton, MA 01949**. For additional information, please contact Judi Sinclair (978)777-4087. **Entry fees are not refundable after the entry deadline unless an event is canceled.**

**Certification of Competitor:** The competitor is eligible to enter the events checked. It is agreed that the competitor and family holds Silver Streaks Skating Club harmless from any and all liability either during practice or competition, or from any and all liability for damages to or loss of property.

Parent Guardian signature \_\_\_\_\_ Date \_\_\_\_\_

Coach's signature \_\_\_\_\_ Date \_\_\_\_\_

Club Officer Signature \_\_\_\_\_ Date \_\_\_\_\_

***Shared Compulsories Entry Form***  
***Silver Streaks Skating Club*** - USFS Approval # BSC-36511  
***15<sup>th</sup> Basic Skills "Skate With U.S". Competition – November 20, 2011***

Team Name: \_\_\_\_\_

Group Skater (3 skaters minimum, 5 skaters maximum):

Name \_\_\_\_\_ Tel # \_\_\_\_\_

USFSA # \_\_\_\_\_ Test Level (as of 2/15/11) \_\_\_\_\_

Name \_\_\_\_\_ Tel # \_\_\_\_\_

USFSA # \_\_\_\_\_ Test Level (as of 2/15/11) \_\_\_\_\_

Name \_\_\_\_\_ Tel # \_\_\_\_\_

USFSA # \_\_\_\_\_ Test Level (as of 2/15/11) \_\_\_\_\_

Name \_\_\_\_\_ Tel # \_\_\_\_\_

USFSA # \_\_\_\_\_ Test Level (as of 2/15/11) \_\_\_\_\_

Name \_\_\_\_\_ Tel # \_\_\_\_\_

USFSA # \_\_\_\_\_ Test Level (as of 2/15/11) \_\_\_\_\_

Parent or Coach in charge \_\_\_\_\_ Tel #: \_\_\_\_\_

Address (city, state, zip): \_\_\_\_\_

**Shared Compulsories**

**Shared Compulsory A** \_\_\_\_\_ (Basic 1-8)

**Shared Compulsory B** \_\_\_\_\_ (Freeskate 1-3)

**Shared Compulsory C** \_\_\_\_\_ (Freeskate 4-6)

**Entry fees: \$50.00 per team. Late fee (if applicable): \$15.00.**

\*Members of other organizations are eligible to compete but will be registered with U.S. Figure Skating's "Skate With US Program" through the Silver Streaks Skating Club for an **additional \$15.00 fee** (not applicable if competing individually).

The completed entry form with appropriate signatures and fees must be postmarked no later than November 6, 2011. Make check payable to SSSC and mail to: **SSSC 23 Fuller Road, Middleton, MA 01949**. For additional information, please contact Judi Sinclair (978)777-4087. **Entry fees are not refundable after the entry deadline unless an event is canceled.**

**Certification of Competitor:** The competitor is eligible to enter the events checked. It is agreed that the competitor and family holds Silver Streaks Skating Club harmless from any and all liability either during practice or competition, or from any and all liability for damages to or loss of property.

Parent Guardian signature \_\_\_\_\_ Date \_\_\_\_\_

Coach's signature \_\_\_\_\_ Date \_\_\_\_\_

Club Officer Signature \_\_\_\_\_ Date \_\_\_\_\_

## BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Format: Each skater will have the option to perform one element at a time in the order listed below (no excessive connecting steps) **OR** will perform each element when directed by a judge or referee.

- To be skated on 1/3 to 1/2 ice
- No music
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<p><b><u>Snowplow Sam - Tots:</u></b></p> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide and dip</li> <li>2. Forward two foot swizzles 2-3 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 2-6 in a row</li> </ol>	<p><b><u>Basic 5:</u></b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counterclockwise</li> <li>2. Backward crossovers 6-8 consecutive - both directions</li> <li>3. One foot spin - minimum of three revolutions</li> <li>4. Hockey stop</li> <li>5. Side Toe hop -either direction</li> </ol>
<p><b><u>Basic 1</u></b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide</li> <li>2. Forward two foot swizzles 6 -8 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 6-8 in a row</li> </ol>	<p><b><u>Basic 6:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside three turn - R &amp; L from a standstill</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line - R or L</li> <li>4. Lunge - R or L</li> <li>5. T-stop - R or L</li> </ol>
<p><b><u>Basic 2</u></b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Forward alternating ½ swizzle pumps, in a straight line -across width of ice</li> <li>3. Two foot turn in place forward to backward</li> <li>4. Backward two foot swizzles 6 - 8 in a row</li> <li>5. Moving snowplow stop</li> </ol>	<p><b><u>Basic 7:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside open Mohawk - R to L and L to R</li> <li>2. Ballet Jump - either direction</li> <li>3. Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
<p><b><u>Basic 3</u></b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 - 8 consecutive</li> <li>3. Moving forward to backward two foot turn - either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	<p><b><u>Basic 8:</u></b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three turns R &amp; L</li> <li>2. Waltz jump</li> <li>3. Mazurka - either direction</li> <li>4. Combination move - clockwise <u>or</u> counter clockwise – two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin - optional free foot position</li> </ol>
<p><b><u>Basic 4</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside three turn - R &amp; L from a standstill</li> <li>2. Forward outside edge on a circle clockwise or counter clockwise</li> <li>3. Forward crossovers 6-8 consecutive both directions</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

## BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

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
- 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

<p><b><u>Snowplow Sam - Tots:</u></b></p> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide and dip</li> <li>2. Forward two foot swizzles 2-3-in a row</li> <li>3. Backward wiggles 2-6 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<p><b><u>Basic 5:</u></b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counterclockwise</li> <li>2. Backward crossovers 6-8 consecutive in both directions</li> <li>3. One foot spin - min of three revolutions</li> <li>4. Side Toe hop -either direction</li> <li>5. Hockey stop</li> </ol>
<p><b><u>Basic 1</u></b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide</li> <li>2. Forward two foot swizzles 6 -8 in a row</li> <li>3. Backward wiggles 6-8 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<p><b><u>Basic 6:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside 3-turn from a standstill - R &amp; L</li> <li>2. Bunny Hop</li> <li>3. Forward arabesque spiral on a straight line R or L</li> <li>4. Lunge - R or L</li> <li>5. T-stop - R or L</li> </ol>
<p><b><u>Basic 2</u></b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Two foot turn in place - forward to backward</li> <li>3. Backward two foot swizzles 6 - 8 in a row</li> <li>4. Forward alternating ½ swizzle pumps, in a straight line across width of ice</li> <li>5. Moving snowplow stop</li> </ol>	<p><b><u>Basic 7:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside open Mohawk - R to L and L to R</li> <li>2. Ballet Jump either direction</li> <li>3. Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
<p><b><u>Basic 3</u></b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 -8 consecutive</li> <li>3. Moving forward to backward two foot turn in either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	<p><b><u>Basic 8:</u></b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three turns R &amp; L</li> <li>2. Waltz jump</li> <li>3. Mazurka in either direction</li> <li>4. Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin - optional free foot position</li> </ol>
<p><b><u>Basic 4</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside edge on a circle clockwise or counter clockwise</li> <li>2. Forward crossovers 6-8 consecutive both directions</li> <li>3. Forward outside 3 turn - R &amp; L from a standstill</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

## FREE SKATE 1-6 COMPULSORY EVENT

Format: In 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 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: 1:15 or less

*OR can be skated in element format (each maneuver skated separately)  
Please be specific on application.*

<p><b><u>Free skate level 1 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Advanced forward stroking - 4-6 consecutive</li> <li>2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside</li> <li>3. Scratch spin from backward crossovers</li> <li>4. Waltz jump from backward crossovers</li> <li>5. Half flip jump</li> </ol>	<p><b><u>Free skate level 4 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise</li> <li>2. Forward power 3's, 2-3 consecutive sets-R or L</li> <li>3. Sit spin</li> <li>4. Loop jump</li> <li>5. Waltz jump/loop jump</li> </ol>
<p><b><u>Free skate level 2 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside spiral - R or L. and a forward inside spiral - R or L</li> <li>2. Waltz Three's - R or L</li> <li>3. Beginning back spin - entry optional</li> <li>4. Waltz jump, side toe hop, waltz jump series</li> <li>5. Toe loop jump</li> </ol>	<p><b><u>Free skate level 5 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral</li> <li>2. Camel spin</li> <li>3. Forward upright spin to back upright spin</li> <li>4. Loop/loop jump</li> <li>5. Flip jump</li> </ol>
<p><b><u>Free skate level 3 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Advanced forward outside swing rolls 4 - 6 consecutive</li> <li>3. Back spin</li> <li>4. Salchow jump</li> <li>5. Waltz jump/toe loop or Salchow/toe loop</li> </ol>	<p><b><u>Free skate level 6 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6)</li> <li>2. Camel, sit spin combination - minimum of 4 revolutions total</li> <li>3. Split jump or stag jump</li> <li>4. Waltz jump, ½ loop, Salchow combination</li> <li>5. Lutz jump</li> </ol>

## FREE SKATE 1-6 MUSIC EVENT

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

<b>Free skate 1</b>	<b>Free skate 4</b>
1. Advanced forward stroking 4-6 strokes 2. Scratch spin from back crossovers 3. Waltz jump from back crossovers 4. Half flip jump	1. Forward power 3's, 2-3 consecutive R or L 2. Sit spin 3. Loop jump 4. Waltz jump/loop jump
<b>Free skate 2</b>	<b>Free skate 5</b>
1. Forward outside spiral R or L 2. Beginning back spin 3. Waltz jump, side toe hop, waltz jump 4. Toe loop	1. Camel spin 2. Forward upright spin to back upright spin 3. Loop/loop combination jump 4. Flip jump
<b>Free skate 3</b>	<b>Free skate 6</b>
1. Forward crossovers in a figure 8 2. Back spin 3. Salchow 4. Waltz jump/Toe loop or Salchow/toe loop	1. Camel/sit spin combination, min of 4 revolutions total 2. Split or stag jump 3. Waltz jump/1/2 loop /Salchow combination 4. Lutz jump

## **SHOWCASE EVENTS:**

Duration: 1:30 or less - may divide into age and level categories

1. Theme of skater's choice or designated by the organization
2. May have music with words
3. Judging to emphasize interpretation of music rather than technical skills
4. Costumes that complement music

May use hand props or any items that skater can get on and off ice without assistance.

### **Categories offered:**

Basic Skills Showcase A – Skaters must NOT have passed higher than Basic 8

Basic Skills Showcase B – Skaters must NOT have passed higher than Freeskate Level 4

Basic Skills Showcase C – Skaters must NOT have passed any USFSA tests (no axels or doubles)

## **\*\*Special Featured Event\*\***

### **Shared Compulsories**

Five Compulsory moves will be required for each team. The team will consist of 3-5 skaters with no skater executing more than 2 moves. A skater may not compete for more than one team in the Shared Compulsories. A team may consist of any combination of girls and boys. Competitors may not skate below their test/badge level but may skate one level higher. Elements will be announced one at a time. All teams will be on the ice at the same time and will skate their element one at a time on the order assigned.

Shared Compulsory A – all skaters must not have passed higher than Basic 8

Shared Compulsory B – all skaters must not have passed higher than Freeskate 3

Shared Compulsory C – all skaters must not have passed higher than USFSA Pre-Preliminary  
Moves in the Field

<b>Level</b>	<b>Element 1</b>	<b>Element 2</b>	<b>Element 3</b>	<b>Element 4</b>	<b>Element 5</b>
<b>Shared Compulsory A</b>	Forward stroking	Forward crossovers (both directions)	One-foot upright spin	Lunge	Moving forward outside three turns (R and L)
<b>Shared Compulsory B</b>	Scratch spin from backward crossovers	Waltz three's 3 consecutive (R or L)	Back spin	Waltz jump/toe loop from back crossovers	Forward crossovers in a figure 8
<b>Shared Compulsory C</b>	Spiral sequence (from Freeskate level 5)	Loop/loop jump	Sit spin	Five step Mohawk sequence (2-3 set alternating pattern)	Waltz jump, ½ loop, salchow combination

### **Test Track Music Event**

Skaters may enter EITHER test track free skate program or the well-balanced track free skate program but **NOT** both during the same non-qualifying competition. Competitors will skate to music of their choice, vocal music permitted.

Deductions **WILL** be made for skaters including technical elements not permitted in the event description.

- 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 or lacking element.
- 0.1 for any spin with less than required revolutions.

<b>LEVEL</b>	<b>Jumps</b>	<b>Spins</b>	<b>Steps</b>	<b>QUALIFICATIONS</b>
<b>Limited Beginner</b> Time: 1:40 max	Jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements.	Two upright spins, no change of foot (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
<b>Beginner</b> Time: 1:40 max	Jumps with not more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow and toe loop only. Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two upright spins, change of foot optional (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
<b>Pre-Preliminary Test</b> Time: 1:40 max	Jumps with not more than one rotation (no Axels). Jump combinations or sequences using only a waltz jump, toe loop, and Salchow are permitted. Maximum 5 jump elements.	Two spins held in one position only of a different nature, no change of foot (Min 3 revolutions and no flying spins)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
<b>Preliminary Test</b> Time: 1:30 +/- 10	Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two spins of a different nature, combination spins allowed (Min 3 revolutions each and no flying spins)	Connecting moves and steps should be demonstrated throughout the program.	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