



Colorado Springs Invitational/Rocky Mountain State Games September 19-20, 2026

Registration Deadline: August 14, 2026

Centennial Skating Club

Ed Robson Arena – Colorado College Campus
Colorado Springs, CO

I. COMPETITION OVERVIEW

The 2026 Colorado Springs Invitational/RMSG will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the [current rulebook](#), and the current 2026 Skate Colorado Compete USA Series announcement as well as any pertinent updates that have been posted on the U.S. Figure Skating [website](#).

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules.

Skaters must be a currently registered member of a U.S. Figure Skating member club, Learn to Skate USA® member, a collegiate club or who is an individual member in accordance with the current rulebook. In addition, as the Figure Skating event of the Rocky Mountain State Games, it is also open to all Colorado residents and residents of any state that currently has an agreement with Colorado to allow its figure skaters to qualify by competing in Colorado. Those competing as a State Games competitor may be affiliated with the USFS, ISI, or unaffiliated with any organization. For non-U.S. citizens, please refer to the [rulebook](#) for more information.

SERIES INFORMATION:

This competition is an approved 2026 Skate Colorado Compete USA Series Competition. This competition will also host the Championship Final for the Series. Skaters will receive invitations to participate.

II. ELIGIBILITY

Singles: Excel and Championship Track Events:

- Skaters must meet at least the minimum singles test requirements for the event's level. A skater's singles test level may be higher than the minimum requirement.
 - o Skate Up: skaters may skate up one level higher than their minimum test requirement allows.
- Skaters may not register for an event level lower than allowed by their competitive floor. An athlete's competitive floor is set by one of the following scenarios:
 - o If an athlete has a paid EMS series registration for the NQS series, the event level registered for in the most recent NQS will become the lowest level they may compete at in any U.S. Figure Skating sanctioned event.
 - o If an athlete has a paid EMS series registration for the Excel Series, the event level registered for in the most recent Excel series will become the lowest level they may compete in any Excel event. For Championship Track and Specialty events the skater will be permitted to register at one level lower than the "floor" set by their excel series entry.
 - o If an athlete has never had a paid EMS series registration in the NQS or Excel series, the athlete may select their level based on their goals and technical skills as long as the minimum test requirements are met.
- Skaters are not permitted to enter an Excel free skate and a Championship Track free skate event at the same competition (example: Juvenile Girls Free Skate and Juvenile Girls Excel Free Skate). However, they are permitted to enter an Excel and a Championship Track event of different types such as a short program (if stand-alone event option), specialty or showcase events (example: Intermediate Women Short Program and Intermediate Women Excel Free Skate).

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

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

ISI Program Members: If you are in an ISI program, please use the below conversion chart to determine your appropriate competition level.

If You Passed ISI level	Enter USFS level		If You Passed ISI level	Enter USFS level
Tot or Pre-Alpha (age 7 and older) Alpha	Basic 1		Freestyle 8 / Open Platinum	Junior or Senior
Advanced Pre-Alpha	Basic 2		Freestyle 9 / Open Platinum	Senior
Advanced Pre-Alpha	Basic 3		Freestyle 10 / Open Platinum	Senior
Alpha/Gamma	Basic 4		Freestyle 2 / Open Bronze	Adult Pre-Bronze
Beta	Basic 5		Freestyle 3 / Open Bronze	Adult Bronze
Delta	Basic 6		Freestyle 4 / Open Silver	Adult Silver
Gamma	Basic 7		Freestyle 5 / Open Gold	Adult Gold
Delta-Freestyle 1	Basic 8		Dance 3	Preliminary Dance
Freestyle 2 or 3 / Open Bronze	Pre-Preliminary		Dance 4	Pre-Bronze Dance
Freestyle 4 / Open Silver	Preliminary		Dance 5	Bronze Dance
Freestyle 5 / Open Silver	Pre-Juvenile		Dance 6	Pre-Silver Dance
Freestyle 6 / Open Gold	Juvenile or Intermediate		Dance 7	Silver Dance
Freestyle 7 / Open Platinum	Novice		Dance 9	Pre-Gold Dance

EVENTS OFFERED:

- **U.S. Figure Skating Program Requirements:** usfigureskating.org --> Skate --> Compete --> Program Requirements
- **Compete USA Program Requirements:** learntoskateusa.com/competeusa
- **Skate United:** For any Skate United (S.U.) Athlete, please have them register for their appropriate level under the “standard” option. Once the registration is complete, the following form must be submitted to the competition chair via email at lisaskatejudge@gmail.com
 - [Click here for the Skate United Athlete Form.](#)
- **Skating Accommodation Memorandum (S.A.M.):** Skaters using a S.A.M. must submit their S.A.M. to the competition chair via email at lisaskatejudge@gmail.com.
 - [Click here for more information about S.A.Ms.](#)

2026 Skate Colorado Compete USA FINAL (by INVITATION ONLY)	JUDGING	1st Event Price	2nd Event Price
Snowplow Sam-Basic 6 Program w/ Music	CJS	\$45.00	
Aspire 1-4 Program w/ Music	CJS	\$65.00	
Adult 1-6 Program w/ Music	CJS	\$45.00	
Excel Pre-Preliminary, Championship Pre-Preliminary	CJS	\$65.00	
SINGLES	JUDGING	1st Event Price	2nd Event Price
Excel Free Skate (all levels)	CJS	\$120.00	
Championship Track Free Skate (all levels)	CJS	\$120.00	
Championship Short Program (all levels)	CJS	\$120.00	\$65.00
Adult Free Skate (Adult Beginner – Master Jr/Sr)	CJS	\$120.00	
Aspire 1-4 Program w/ Music	CJS	\$120.00	
ATHLETE DEVELOPMENT	JUDGING	1st Event Price	2nd Event Price
Compulsory Moves (Level 1 – 4)	CJS	\$120.00	\$65.00
Jumps Challenge (Level 1 – 4)	CJS	\$120.00	\$65.00
Spins Challenge (Level 1 – 5)	CJS	\$120.00	\$65.00
SOLO DANCE	JUDGING	1st Event Price	2nd Event Price
Ashleyann Carlson Memorial Cha Cha Low	CJS	\$10.00	
Ashleyann Carlson Memorial Cha Cha High	CJS	\$10.00	
Frank Frey Memorial Rocker Foxtrot	CJS	\$10.00	
COMPETE USA EVENTS	JUDGING	1st Event Price	2nd Event Price
Snowplow Sam-Basic 6 Program w/ Music	CJS	\$80.00	\$45.00
Adult 1-6 Program w/ Music	CJS	\$80.00	\$45.00
Snowplow Sam – Basic 6 Elements	CJS	\$80.00	\$45.00
Adult 1-6 Compulsory Moves	CJS	\$80.00	\$45.00
ADAPTIVE	JUDGING	1st Event Price	2nd Event Price
Special Olympics – Free Skate Program	CJS	\$80.00	\$45.00
Skate United <i>*see statement above</i>	CJS	See above	See above

OUR COMMUNITY:

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

are meaningful and strengthen our sport. We believe that skating is for everyone.

NON-DISCRIMINATION:

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

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

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

ATHLETE ASSISTANCE/ACCOMMODATIONS:

Should a skater with disabilities require any specific accommodations or assistance for their competitive event, please submit your approved S.A.M to the Competition Chair by the registration deadline at lisaskatejudge@gmail.com.

COMPLIANCE:

COACHES

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

Each primary coach will receive one credential.

Coaches of foreign athletes: If you are a coach of a foreign athlete only, you are not subject to U.S. Figure Skating coach compliance and will only be asked to provide a letter of good standing for the federation your athlete represents.

III. REGISTRATION INFORMATION

ONLINE REGISTRATION:

Online registrations will be accepted via our Entryeeze Portal [HERE](#). Payment must be made at the time of registration by credit card only. Each transaction includes a 3.5% Convenience Fee.

Registration Deadline: 8/14/2026 at 11:59 pm MT

Late Registration Deadline: 8/17/2026 at 11:59 pm MT + \$50 Late Fee

*The host club reserves the right to close registration at any time if event capacity is met

Please make sure to review your skater's entry with your coach prior to entering. Any changes to an event after the entry deadline will incur a \$50.00 change fee.

FOREIGN SKATERS:

Non-U.S. skaters intending to register for this competition must use any 6-digit number that the skater can remember so that they can log in for schedule and practice ice information.

MUSIC SUBMISSION/UPLOAD:

Competitors participating in events with music are required to upload their music to the competition portal no later than **September 4, 2026**. After this date, skaters will be locked out of this feature and subject to a **\$50 late fee PER SEGMENT/EVENT**. The late fee will automatically be added to each skater's cart who doesn't meet this requirement by the deadline. Late fees will not be removed under any circumstances and must be paid prior to receiving the skater credential onsite.

DEADLINE: September 4, 2026

LATE FEE: \$50.00 PER SEGMENT/EVENT

CHANGE FEE AFTER THE DEADLINE: \$50.00 PER EVENT

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

REFUND POLICY

Entry fees will not be refunded after 8/17/2026 unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals.

LIABILITY:

U.S. Figure Skating, Learn to Skate USA®, Centennial Skating Club, Colorado College, and Ed Robson Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

IV. COMPETITION DETAILS

FACILITIES:

Ed Robson Arena
Colorado College Campus
849 N. Tejon Street
Colorado Springs, CO 80903

The facility has one ice surface measuring 200 x 85 (NHL size). Concession stand will be open for specific hours to be posted closer to the competition.

LOCKER ROOMS AND CHANGING AREAS:

Locker rooms and changing areas will not be available at this competition. All athletes are expected to arrive at the arena ready (costumes, hair, make-up etc.). Individual changing tents will be provided in the arena if costume changes are required. Athletes will be provided with an area to put skates on but changing will not be permitted in these spaces. Please review the [Changing Area Policy and the SkateSafe Handbook](#).

U.S. FIGURE SKATING TRAVEL POLICY:

All travel must strictly adhere to Two-Deep Leadership requirements. An Adult Participant cannot transport a Minor Athlete one-on-one and Two-Deep Leadership requirements must be adhered to at all times during In-Program travel, by transporting at least two minors who are at least 8 years of age or a second Adult Participant. An Adult Participant cannot share a hotel room or other sleeping arrangement with a Minor Athlete(s). Full details of the SkateSafe® Travel Policy and any exceptions can be found starting on page 12 of the [SkateSafe® Handbook](#).

OFFICIAL WEBSITE & UPDATES:

Information will be posted on the [Centennial SC website](#) and in the announcement sections of the registration login screen. It is the responsibility of each competitor, parent and coach to check these frequently for any schedule changes and/or additional information pertaining to the competition.

SCHEDULE

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

PRACTICE ICE:

Practice ice will be available throughout the competition. Skaters will be able to purchase 1 session with their entry. Once the schedule is published, skaters may purchase sessions from the schedule after those that purchased with their entry have chosen their sessions. Dates and times will go out with the "schedule published" email.

Practice ice costs:

20-minute session – no music

20.00 when purchased with events

25.00 after the schedule has been published

ONSITE CHECK-IN:

Check-in will open on Saturday, September 19th.

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

AWARDS:

For Compete USA levels Snowplow Sam – Aspire 4 and Adult 1-6, medals will be awarded for 1-6 place. For all other events, medals will be awarded for 1-4 place and ribbons for 5-6 place

Skate Colorado Series Trophies will be awarded in accordance with the 2026 Skate Colorado Series Announcement for both series placement and for Championship round.

VOLUNTEER INFO:

If you are interested in volunteering during the competition, please contact Carol Knieriem at: carmek2456@gmail.com

VOLUNTEER COMPLIANCE:

Reminder: Compliant positions at all U.S. Figure Skating events include LOC leadership, locker room monitors and emergency medical providers.

PHOTO/VIDEO:

Live and on-demand streaming, and sales and distribution of U.S. Figure Skating sanctioned and approved events, programs, and activities that include the playback of music is strictly prohibited. This prohibition does not apply to the distribution of footage that does not include music. Questions about this can be directed to music@usfigureskating.org.

No photo or video provider will be present at the competition at this time. If this changes, we will let everyone know via email and on the competition website and the login page.

CONTACT INFORMATION:

[Competition website](#)

For questions, please contact the following individuals:

Competition Registrar (this is primary point of contact):	Karen Sulpizio	sksul@aol.com	719-200-5639
Chief Referee:	Lisa Landon	lisaskatejudge@gmail.com	



2026 Skate Colorado Compete USA Series

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

AWARDS: During the competition season, skaters and teams/clubs will have the chance to compete at several different competitions and earn points for a final standing within the state.

Additionally, 8 skaters in each level will be invited to compete in a FINAL event for a "Championship" title. An invitation to compete in the FINAL event for a "Championship title" can be earned in one of two ways:

1. After the Cup of Colorado (Vail Invitational for 2026) is complete, the top 4 skaters in each level will receive an invitation to compete in the FINAL event for a "Championship title".
2. At the Colorado Springs Invitational, the top 4 skaters (based on event point totals) will receive an invitation to compete in the FINAL event for a "Championship" title. NOTE: If a skater invited via METHOD 1 is also in the top 4 in the event at CSI, the next highest score(s) will be invited to fill up to 8 skaters in the final.

The "second event fee" at CSI will be charged for the FINAL event to all those who accept the invitation to compete in the FINAL event.

Awards will be presented for both final standings in the state as well as for the "FINAL" event in each level.

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

Free Skate Program Series Point System

A skater must enter a **Free Skate/Program in each of at least THREE (3)** of the registered Skate Colorado Compete USA Competitions to be eligible for accumulating points. **Only the best 4 placements of the season will be totaled for the final score in the series.** Each Snowplow Sam – Aspire 4 event will have a maximum of six skaters in a group. **Excel Pre-Preliminary and Well-Balanced Pre-Preliminary will have a maximum of 10 skaters in a group.**

The system for scoring points for the Snowplow Sam – Aspire 4 levels will be as follows:

1 st place	6 points
2 nd place	5 points
3 rd place	4 points
4 th place	3 points
5 th place	2 points
6 th place	1 point

The system for scoring points for the Excel Pre-Preliminary and Well-Balanced Pre-Preliminary levels will be as follows:

1 st place	10 points
2 nd place	9 points
3 rd place	8 points
4 th place	7 points
5 th place	6 points
6 th place	5 points
7 th place	4 points
8 th place	3 points
9 th place	2 points
10 th place	1 point

** A skater will earn three points toward their overall standing each time the skater competes in a level that is higher than the level competed at the previous competition throughout the duration of the series. In order to keep the extra three points, the skater must compete in that level or higher in all subsequent competitions in that event. Move up points will be awarded for events at all competitions in the series (even though the event point scores may not be one of the final four best placements). Moving from Excel Pre-Preliminary to Well-Balanced Pre-Preliminary will be considered a move up.*

In the event that there is only one skater in an event, the skater will have the choice to skate alone OR move up a level to compete against other skaters (this does not apply to Excel Pre-Preliminary or Well-Balanced Pre-Preliminary). In this case, those skaters will be allowed to move back to their original level to compete at the next competition and shall not be awarded the 3 point move up credit.

If an event has 2-6 skaters or 2-10 skaters, the points will be awarded as if there were six or ten skaters in the group. If there is only one skater in the group for Snowplow Sam – Aspire 4, that skater will be awarded three points. If there is only one skater in the group for Excel Pre-Preliminary or Well-Balanced Pre-Preliminary, that skater will be awarded 5 points.

In case of a tie for final placement in the state, the total number of skaters that the competitor has skated against throughout the series (all competitions and not just the competitions with the 4 best scores) will be the 1st tie breaker. The number of levels increased throughout the season will be the 2nd tie breaker. The total number of competitions that the skater competed in will be the 3rd tie breaker. The final tie breaker will be based upon the current team placement – the skater whose team has a higher point total will break the tie.

All points follow the skater throughout the series, so if a skater moves up to higher levels, the points follow the skater. Once a skater moves up a level, they may not compete at a lower level unless they moved up as a result of having no other skaters in their group. A skater may move up past Excel Pre-Preliminary or Well-Balanced Pre-Preliminary Singles during the season and still maintain their eligibility for state placement trophies if their total points are high enough to be in the top three for that level. They will NOT be able to skate in the Final should they compete higher than Excel Preliminary or Well-Balanced Pre-Preliminary Singles at any competition (whether the competition is part of the series or not). Skaters will not be awarded points for any competition in which they skate higher than Excel Pre-Preliminary or Well-Balanced Pre-Preliminary.

Trophies will be awarded 1-3 in each level from Snowplow Sam through Aspire 4, Excel Pre-Preliminary, Well Balanced Pre-Preliminary, and Adult 1-6 for the final placement in the state. Trophies will be awarded 1-4 and Ribbons for 5-6 place in the FINAL for the "Championship" title in each level. The trophies for both will be awarded to the skaters at their level as of the last competition in which they compete.

Rules and Format:

COMPETITION ANNOUNCEMENT

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

ELIGIBILITY RULES FOR PARTICIPANTS

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

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

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

All Aspire 1 – 4, Excel Pre-Preliminary, and Well-Balanced Pre-Preliminary may compete at the free skate level that best fits their skill level

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

Programs with Music: Snowplow Sam – Basic 6

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

- To be skated on full ice with music
- The skater **must demonstrate** the required elements as described and may use any additional elements from their current level or a previous level
- If the description of a required move states the direction of the element or the placement of the free leg, then options are **NOT** allowed
- A .2 deduction will be taken for each element performed from a higher level
- Bonus skills from the same level or below are allowed but will NOT be judged elements
- Time: 1:10 MAX

Programs with Music: Adult 1 – 6

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

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

Free Skate: Aspire 1-4

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

Excel Pre-Preliminary, Well Balanced Pre-Preliminary

- To be skated on full ice
- Vocal music is allowed
- Time 1:40 MAX
- Excel Pre-Preliminary will follow the [2026 Excel Program Requirements](#); Championship Pre-Preliminary will follow the [2025-2026 Championship Program requirements](#) until March 3, 2026 and the [2026-2027 Championship Program requirements](#) starting March 4, 2026.

Required Descriptions for Programs with Music

LEVEL	TIME	SKATING RULES/STANDARDS
SNOWPLOW SAM	1:10 max	• 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	• 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	• 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	• 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	• 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	• 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	• 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

	JUMPS	SPINS	STEP SEQUENCE
Aspire 1 Free Skate 1:40 Max	Maximum 5 jump elements: <i>Permitted jumps:</i> - Waltz jump ½ flip ½ lutz Max 1 jump sequence <i>Permitted sequence:</i> - Waltz jump/waltz jump with no turns or hops in between	Maximum 2 spins: <i>Required spins:</i> - Two-foot spin - Forward one foot spin (free foot optional)	Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i> One ½ of the ice
Aspire 2 Free Skate 1:40 Max	Maximum 5 jump elements: <i>Permitted jumps:</i> - Any jump from Aspire 1 - Single Salchow - Single Toe loop Max 2 jump combinations, or 1 jump combination and 1 jump sequence <i>Permitted combinations:</i> - Waltz jump/toe loop - Salchow/toe loop <i>Permitted jump sequence:</i> - Waltz jump/waltz jump with no turns or hops in between	Maximum 2 spins: <i>Permitted spins:</i> - Any spin from Aspire 1 - Back upright spin - Forward Sit Spin	Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i> One ½ of the ice
Aspire 3 Free Skate 1:40 Max	Maximum 5 jump elements: <i>Permitted jumps:</i> - Any jump from Aspire 1 and 2 - Euler (half-loop) - Single loop Max 2 jump combinations, or 1 jump combination and 1 jump sequence	Maximum 2 spins: <i>Required spin:</i> - Forward upright spin to back upright spin <i>Permitted spins:</i> - Any spin from Aspire 1 and 2 - Forward Camel Spin	Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i> One ½ of the ice
Aspire 4 Free Skate 1:40 Max	Maximum 5 jump elements: <i>Permitted jumps:</i> - Any jump from Aspire 1, 2 and 3 - Single Flip - Single Lutz Max 2 jump combinations, or 1 jump combination and 1 jump sequence	Maximum 2 spins: <i>Required spins:</i> - Forward camel to forward sit spin combination <i>Permitted spins:</i> - Any Spin from Aspire 1, 2 and 3	Maximum 1 Sequence: <i>Choreographic Step Sequence (ChSt)</i> One ½ of the ice

ADULT 1 — 1:40 MAX

ELEMENTS

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop – two feet or one foot

ADULT 4 — 1:40 MAX

ELEMENTS

- Forward outside edge on a circle, right and left
- Forward inside edge on a circle, right and left
- Forward crossovers, clockwise and counterclockwise
- Backward one-foot glides, right and left
- Hockey stop, both directions

ADULT 2 — 1:40 MAX

ELEMENTS

- Forward skating across the width of the ice
- Forward one-foot glides
- Forward slalom
- Backward skating
- Backward swizzles, 4-6 in a row

ADULT 5 — 1:40 MAX

ELEMENTS

- Backward outside edge on a circle, right and left
- Backward inside edge on a circle, right and left
- Backward crossovers, clockwise and counterclockwise
- Forward outside three-turn, right and left
- Beginning two-foot spin

ADULT 3 — 1:40 MAX

ELEMENTS

- Forward stroking using the blade properly
- Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise
- Backward skating to a long two-foot glide
- Forward chasses on a circle, clockwise and counterclockwise
- Backward snowplow stop, Right and Left

ADULT 6 — 1:40 MAX

ELEMENTS

- Forward stroking with crossover end patterns
- Backward stroking with crossover end patterns
- Forward inside three-turn, right and left
- T-stop
- Lunge
- Two-foot spin into one-foot spin (min 2 revs on 1 foot)