

Lake City Classic

Presented by Spokane FSC in beautiful Coeur d'Alene, Idaho
Competition & Test Session

May 26-27, 2018

Entry deadline: April 27, 2018



All entries must be submitted online through www.entryeeze.com

Qualifying Event for 2018 National Showcase (Preliminary-Senior and Adult)

**Free Skate - Short Program
IJS for No Test - Senior and Adult
Test Track and Compete USA
Showcase - Dramatic and Light Entertainment, Duets, Mini Production Ensemble,
and Production Ensemble
Jumps and Spins
Pairs
Dance
Team Event
Test Session**

Frontier Ice Arena

3525 W. Seltice Way, Coeur d'Alene, Idaho 83814

For updates to this announcement and schedule changes, please go to:

<http://www.entryeeze.com/>

“Lake City Classic” presented by Spokane Figure Skating Club (SFSC) 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 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.

A test session will also be hosted by the SFSC. Test Applications will be processed online at www.entryeeze.com. The test application deadline is April 27, 2018 at 11:59 p.m. PST. Register via online test session registration at Entryeeze. Please contact the SFSC Test Chair, Colleen Williams, for all test related questions.

Colleen Williams
208-659-9005
Rcwilly1313@gmail.com

COMPETITION CONTACT INFO:

Please contact the SFSC Competition Chair, Shannon Dodd, with all competition related questions at spokanefsc@gmail.com.

EVENT GUIDELINES:

Except as otherwise specified in this announcement, all events will be conducted in accordance with the US Figure Skating, Compete USA and Qualifying Showcase Competition Guidelines, as published by US Figure Skating and posted under those categories on the US Figure Skating website.

ELIGIBILITY/TEST LEVEL:

Compete USA Levels: Each skater should enter events based on their skill level as of the closing date of entries.

Snowplow Sam through Basic 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 MIF or individual dances.

Pre-Free Skate through Free Skate 6 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.

Test level: Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event and not at multiple levels in the same event during the same competition. Skaters who placed in the top four in a final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

Age restrictions/requirements: Skaters entering juvenile free skate events (Well Balanced Program) must be under 14 years of age on close of entries April 27, 2018. Skaters entering open juvenile free skate events (Well Balanced Program), must be at least 14 years of age on close of entries on April 27, 2018. Skaters entering beginner–pre-juvenile events will be divided as closely as possible by age should the number of entries warrant more than one group.

ENTRIES: Entries must be received online through the “Lake City Classic” page at www.entryeeze.com by April 27, 2018, at 11:59 p.m. PST. Late entries will be accepted at the discretion of the Chief Referee and SFSC and will be subject to a \$50.00 late entry fee. No entries will be accepted after the schedule has been completed

FEES:

- No-Test through Adult Masters solo events will be \$85.00 for the first event and \$35.00 for each subsequent event.
- Compete USA solo events will be \$35.00 for the first event and \$20.00 for each subsequent event.
- All Showcase Duets will be \$20 per skater.
- Showcase Mini Productions and Production Ensembles will be \$10.00 per skater.
- Team Events will be \$10.00 per skater.

REFUND POLICY: Entry fees will not be refunded after the close of the entries on April 27, 2018, unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$25.00 fee. Payment of the fee will be requested before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available on www.entryeeze.com.

FACILITIES: The competition will be held at [Frontier Ice Arena](#), 3525 W Seltice Way, Coeur d'Alene, Idaho 83814. Frontier Ice Arena maintains an indoor ice surface that measures 85' x 200' with slightly rounded corners (rounded at 28 degrees). Frontier Ice Arena has within its building a number of dressing rooms, rink side seating with heating overhead, as well as seating inside the lobby.

MUSIC: Music must be reproduced on CD's (no CD-RWs) Each CD must contain only one program. Clearly label music with the skater's name, the event, and the length of time the music plays.

The official competition music must be turned in at the registration table at the time of check-in and no later than one hour prior to the event. **A duplicate CD should be readily available, at rink side during the skater's event.** Music may be picked up at the registration table following each event. Every reasonable care will be taken, but SFSC cannot be responsible for CDs left at the end of the competition. Please have separate CDs for practice and competition.

LIABILITY: U.S. Figure Skating, Spokane Figure Skating Club and Frontier Ice 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.

JUDGING SYSTEM: The International Judging System (IJS) will be used for Short Program Events as well as Well-Balanced Programs from No Test to Senior and Adult Gold and Masters. All competitors skating in the IJS events need to submit the Planned Program Content (PPC) form with their entry via Entryeeze. Competitors not submitting required PPC forms via www.entryeeze.com will be required to provide a paper copy of their PPC prior to registering and pay a \$25 late fee.

All other events will be judged using the 6.0 judging system. SFSC reserves the right to use the 6.0 judging system for some events if IJS qualified officials are unavailable.

SEPARATION INTO GROUPS: Certain groups may be combined male/female, and/or by age, and/or by level at the discretion of the referee. Compete USA levels will have no more than 6 participants in a group and each group will be considered a final round for the purpose of results and awards. There will be no qualifying of skaters for a championship round by event.

REGISTRATION: The official registration desk will be located at the front lobby of [Frontier Ice Arena](#) and will be open one hour before the first competitive event and run through the last event of the last day. All skaters are required to register 60 minutes before their scheduled event. Music CDs must be turned in at the time of registration.

PRACTICE ICE: Reservations for practice ice must be made and paid for at the time of entry. Practice sessions will be held for each day of the competition. Practice ice will be \$12 per 20-minute session. Requests for practice ice will be handled through the online entry process and is a part of your entry form. You may sign up for one practice session per event entered. No music will be played during practice ice. SFSC cannot offer specific times for practice ice until the number of competitors and events are known. Once the competition schedule is finalized by the Chief Referee, specific practice ice times will be made available to complement the competition schedule. At such time, skaters will be able to log into their account in www.entryeeze.com and select practice ice times.

After the close of registration and the initial practice ice reservation period, additional practice ice sessions may become available. This will be announced through www.entryeeze.com. Please make sure the email address submitted during online entry is accurate to receive updates about practice ice availability and scheduling.

Practice ice may also be sold at the registration desk during the competition on a first-come, first-serve basis for \$20 per each 20-minute session, including drop-ins. There will be no refunds for those who do not appear for their reserved practice session. Every effort will be made to schedule practice ice on the same day as the event, but this is not guaranteed.

PHOTOGRAPHY/VIDEOGRAPHY: A photographer will be providing photos for purchase. Due to agreements with our photographer, photos and videotaping is limited to your own skater. **Additionally, for the safety of the skaters, flash photography is not permitted in the arena at any time.**

AWARDS: Each group will receive awards immediately following the posting of results for the event. Medals will be given to the top three places of each event. All Compete USA competitors will receive an award.

OFFICIAL NOTICES: An official bulletin board will be maintained at Frontier Ice Arena. It is the responsibility of each competitor, parent and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive **60 minutes prior** to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition. The official schedule showing starting times for each event and the draw will be posted on the bulletin board. The official schedule supersedes all other schedules. Notices posted on this bulletin board are considered as sufficient notice to all competitors.

Please note: It is the responsibility of the coach and skater to check with the USFS website for all rule updates and changes. The included links were in use at time of publication. Should links be unavailable, please use the USFS website search bar for the appropriate event elements or rules. [Click here for the USFS website.](#)

COSTUMES: The clothing of competitors must be appropriate for athletic competition. If you are unsure if a costume is appropriate for this competition, please send a photo of the skater in the costume to the competition chair at spokanefsc@gmail.com.

No feathers of any kind are permitted on the ice as part of costumes or props.

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Compliance

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

1. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
2. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
3. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
4. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5million aggregate.

For Compete USA ONLY coaches - Any person, 18 and older, instructing in a Learn to Skate USA Program must have successfully passed the annual background screen and be registered as a Learn to Skate USA instructor member.

For all Coaches - The local organizing committee/club will have a list of compliant coaches who are cleared for 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 – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation and is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to [US Figure Skating Coach Compliance](#).

ADDITIONAL INFORMATION:

No admission will be charged. All events are open to spectators. Programs will be for sale in the lobby.

ACCOMMODATIONS:

Holiday Inn Express

2300 W Seltice Way, Coeur d'Alene ID 83814

Phone: 208-667-3100

[Click here for website.](#)

Spring Hill Suites Coeur d'Alene

2250 W Seltice Way Coeur d'Alene, ID 83814

Phone: 208-667-2212

Coeur D'Alene Resort

115 S 2nd St. Coeur D'Alene, Idaho 83814

Phone: 800-688-5253

www.cdaresort.com

LaQuinta Inn & Suites Coeur d'Alene

333 Ironwood Dr. Coeur d'Alene, ID 83814

Phone: 208-665-9000

Hampton Inn & Suites

1500 W Riverstone Dr.

Coeur d'Alene, ID 83814

Phone: 208-769-7900

Events Offered

SHOWCASE EVENTS

Except as otherwise specified in this announcement, showcase events will be conducted in accordance with the Compete USA and/or Qualifying Showcase Competition Guidelines, as published by US Figure Skating and posted under the National Showcase Program category on the US Figure Skating website.

Dramatic Entertainment: Programs should express intense emotional connection and investment in the music, choreography and theme concept through related skating movements, gestures and physical actions. **Props and scenery ARE permitted.**

Light Entertainment: Programs should express a carefree concept or storyline designed to uplift and entertain the audience through related skating movements, gestures and physical actions. **Props and scenery ARE permitted.**

Duets: are theatrical performances by any two competitors. Skaters may enter only one duet, one mini production ensemble, and one production ensemble each. **Props and scenery ARE permitted.**

Mini production ensembles: are theatrical performances by three to seven competitors. Programs are performed under full arena lighting. Skaters may enter only one duet, one mini production ensemble and one production ensemble each. **Props and scenery ARE permitted.**

Production ensembles: are theatrical performances by eight or more competitors. NOTE: Skaters may enter only one duet, one mini production ensemble and one production ensemble each. Programs are performed under full arena lighting. **Props and scenery ARE permitted.** Skaters may enter any or all singles events for which they are qualified by test level. Skaters cannot skate in different levels of the same event (example: event-Light Entertainment Level Junior skater would not be allowed to skate Light Entertainment Junior and Senior).

Current guidelines and procedures for qualifying showcase competitions can be found at www.usfigureskating.org, under "Programs" on the [National Showcase page](#).

SINGLES FREE SKATING EVENTS

Short Program, Juvenile – Senior and well-balanced; Free Skate No-Test – Senior Singles.

- Skaters will skate to the music of their choice. Vocal music is permitted.
- Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed or skate up to one level higher.
- The IJS will be used for this event.
- All current and appropriate rules will be used. Coaches and athletes are expected to be aware of these rules by reading the documents at www.usfigureskating.org.
- Athletes and coaches are responsible for going to the U.S. Figure Skating rulebook for rules, program length, etc.

Free Skate Events: [Click here for event requirements.](#)

TEST TRACK FREE SKATE

General event parameters:

- Skaters may not enter both a Well-Balanced Free Skate or Introductory Level event and a Test Track Free Skate event at the same qualifying competition.
- Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
- Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
- Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
- The following deductions will be taken:
 - 0.1 from each mark for each technical element included that is not permitted in the event description.
 - 0.2 from the technical mark for each extra element included.
 - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Test Track Free Skate Events: [Click here for event requirements.](#)

Specialty Singles Events Offered

JUMP CHALLENGE EVENTS

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- Pre-juvenile and lower will be skated ½ ice; Juvenile – senior will be skated on full ice
- Jumps with an “*” must be preceded with connecting steps (intermediate – senior)

Jump Events: [Click here for requirements.](#)

SPIN CHALLENGE EVENTS

General event parameters:

- Each spin may be attempted twice; the best attempt will be counted.
- Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.

Spin Events: [Click here for requirements.](#)

Adult Events Offered

ADULT SINGLES FREE SKATE

General event parameters:

All adult singles events are open to competitors who are 21 years of age or older at the closing date for entries.

Please see rules below for additional age and event requirements:

- 4510 Championship Masters Junior-Senior Singles and Masters Junior-Senior Singles
- 4540 Championship Masters Intermediate-Novice Singles and Masters Intermediate-Novice Singles
- 4570 Championship Adult Gold and Adult Gold Singles
- 4580 Championship Adult Silver and Adult Silver Singles
- 4590 Adult Bronze Singles
- 4600 Adult Pre-Bronze Singles

Adult Free Skate Events: [Click here for requirements.](#)

ADULT JUMPS CHALLENGE

General event parameters:

- Each jump may be attempted twice; the best attempt will be counted.
- Adult silver and lower will be skated ½ ice; adult gold – masters junior/senior will be skated on full ice
- Jumps with an “*” must be preceded with connecting steps (intermediate – senior)

Adult Jumps Challenge Events: [Click here for requirements.](#)

ADULT SPINS CHALLENGE

General event parameters:

- Each spin may be attempted twice; the best attempt will be counted.
- Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring. Spins may not be repeated. Only required elements may be included.
- All events are skated on ½ ice.
- Minimum number of revolutions are noted in parentheses.

Adult Spins Challenge Events: [Click here for requirements.](#)

ADULT SHOWCASE EVENTS:

Groups may be divided by the referee/LOC based on the number of entries, test levels, and ages, if justified by the number of entries. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate is not being entered, skaters must enter at their current test level or one level higher.

Format: Showcase groups will be divided by number of entries and ages if possible. Vocal music is permitted and 6.0 judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Showcase categories may include:

- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters.

NOTE: Skaters may enter only one each duet, mini production or production event.

General event parameters:

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judges' mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint for theatrical and artistic qualities. Technical skating skills and difficulty will not be rewarded; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore, jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension, and the use of props and ice.

Adult Showcase Elements: [Click here for event requirements.](#)

Compete USA Events Offered

Effective 9/1/17, all events and levels will be in accordance with the Compete USA Competition Manual. Please [click here for the 2017/18 Compete USA Manual](#) located on the US Figure Skating website.

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 6 (effective 9/1/17)

Each skater will to perform one element at a time in the order listed below (no excessive connecting steps).

- To be skated on 1/2 ice
- No music
- All elements must be skated in the order listed

Basic Elements: [Click here for event requirements.](#)

BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 6 (effective 9/1/17)

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. Vocal music is allowed.

- To be skated on full ice
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level

Basic Program Elements: [Click here for event requirements.](#)

PROGRAM EVENT: PRE-FREE SKATE - FREE SKATE 6 (effective 9/1/17)

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 moves and steps should be demonstrated throughout the program. Vocal music is allowed.

- 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
- A 0.2 deduction will be taken for each element performed from a higher level

Program Event Elements: [Click here for event requirements.](#)

COMPETE USA SHOWCASE EVENTS:

All Compete USA Showcase Events will be skated under full arena lights.

Groups may be divided by the referee/LOC based on the number of entries, test levels, and ages, if justified by the number of entries. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate is not being entered, skaters must enter at their current test level or one level higher.

Vocal music is permitted and 6.0 judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Showcase categories may include:

- Dramatic entertainment: Showcase program utilizing intense emotional skating quality to depict choreographic theme.
- Light entertainment: Showcase program emphasizing such choreographic expressive qualities such as comedy, love and mime while incorporating skating skills.
- Duets: Theatrical/artistic performances by any competitors.
- Mini production ensembles: Theatrical performances by three to seven competitors.
- Production ensembles: Theatrical performances by eight to 30 skaters.

NOTE: Skaters may enter only one each duet, mini production or production event.

General event parameters:

Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.2 deduction will be assessed by the referee against each judges' mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint for theatrical and artistic qualities. Technical skating skills and difficulty will not be rewarded; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious losses of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore, jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice.

Compete USA Showcase Elements: [Click here for event requirements.](#)

**** For specific guidelines regarding the conduct of Showcase or Artistic competitions, refer to the Nonqualifying Showcase Guidelines posted on www.usfigureskating.org.

Additional showcase information is available in the 2017/18 Compete USA Manual.

Please [click here for the 2017/18 Compete USA Manual](#) located on the US Figure Skating website.

PAIRS EVENTS:

Free Skate Pre-Juvenile--Senior

The charts linked to this document are provided by US Figure Skating and are located on the US Figure Skating Website:

[Click here for event requirements.](#)

Adult Pairs Free Skate:

[Click here for event requirements.](#)

DANCE EVENTS:

Short Dance Junior—Senior

[Click here for event requirements.](#)

Free Dance Pre-Juvenile—Senior

[Click here for event requirements.](#)

TEAM EVENTS:

Single Level teams must compete at the highest free test level of the skaters. Teams consist of 4 skaters, male or female, and can be from different clubs. Skaters may participate on multiple teams. All teams for each level will be on the ice together. One member of each team will be required to do one of four elements. All elements must be completed. Choose one element for each skater. Elements will be judged against the other teams' elements. Adults may join or form teams at their equivalent level. Each skater will be allowed one mark for technique. The team will perform as a group and perform unifying steps prior to spotlighting each member performing an element. The group performance should not exceed 2 minutes.

Multi Test Level - Skaters must represent more than one tested level: 1. One waltz jump 2. One camel spin 3. One forward outside spiral 4. One Axel

No Test: 1. One upright one foot spin (minimum 3 revolutions) 2. One waltz jump 3. One forward outside spiral; 1 position 4. Half flip landed on either foot

Pre-Preliminary/Adult Pre-Bronze: 1. One upright one foot spin (minimum 4 revolutions) 2. One single Salchow 3. One single toe loop 4. Half Lutz landed on either foot

Preliminary/Adult Bronze: 1. One upright one foot spin minimum 4 revolutions. 2. One single Salchow. 3. One single flip jump. 4. Forward sit spin minimum 4 revolutions.

Pre-Juvenile/Adult Silver: 1. One camel spin (minimum 4 revolutions) 2. One single loop jump 3. One camel spin to sit spin (no change of foot; minimum 3 revolutions, each position) 4. Combination jump - single Lutz, single loop (no change of foot between jumps)

Juvenile/Adult Gold: 1. One layback spin (minimum 4 revolutions) 2. One single Axel jump 3. One forward spiral; one position 4. Combination jump - single Lutz, single loop (no change of foot between jumps)

Intermediate: 1. Sit spin to change foot sit spin (minimum 4 revolutions each position) 2. Flying camel spin (minimum 5 revolutions in position) 3. One single Axel jump 4. Combination jump - double Salchow, single loop (no change of foot between)

Novice: 1. Camel spin to backward camel spin (minimum 4 revolutions in each position) 2. Double loop jump 3. Forward spiral in one position to backward spiral one position (change of foot acceptable between spirals) 4. Combination jump - double Salchow, double toe (no change of foot between)

Junior: 1. Camel spin to layback spin to back sit spin (minimum 4 revolutions in each position) 2. Double flip jump 3. Flying sit spin (minimum 6 revolutions in position) 4. Combination jump - double toe, double toe (no change of foot between)

Senior: 1. Layback spin (minimum 8 revolutions in position) 2. Triple Salchow jump 3. Forward spiral to backward spiral to forward spiral in a serpentine pattern 4. Combination jump - double Lutz, double toe (no change of foot between)