



New Jersey Council of Figure Skating Clubs' 49th Annual Championships

Hosted by
The Essex Skating Club of New Jersey

Friday, Saturday & Sunday, June 1-3, 2012

Richard J. Codey Arena at South Mountain

560 Northfield Avenue,
West Orange, NJ

www.essexskatingclub.org

**This event is open to skaters who are New Jersey residents
or who maintain a NJ club as their home club.**

New this year: We are participating in the 2012 Solo Dance Series!

(Please see separate announcement/registration for the Solo dance Series. The Solo Dance Series is open to any registered participant of the 2011-2012 Solo Dance Series.)



**The Essex SC of NJ
Is pleased to host the
New Jersey Council of Figure Skating Clubs' 49th Annual Championships**

DATE: Friday, Saturday & Sunday, June 1, 2 and 3, 2012
LOCATION: Richard J. Codey Arena at South Mountain, 560 Northfield Avenue, West Orange, NJ
ICE SURFACE: 200 x 85
CHAIRPERSON: Jill Mueller. E-mail: njcouncil2012@aol.com

ELIGIBILITY FOR TEST TRACK AND WELL-BALANCED EVENTS: Events are open to skaters who are members in good standing of U.S. Figure Skating. In addition, the skater must either maintain legal residence in the state of New Jersey or maintain a New Jersey U.S. Figure Skating club as their HOME club. (The same rules apply to the maneuver team events.) Skaters' eligibility will be determined by the highest free-skate test passed as of April 30, 2012.

Skaters may enter as many events as they choose and for which the skater is qualified. A skater may compete at their current test level **or** one level higher, but not below their current test level. A skater may NOT compete in more than one level of the same event. Skaters may choose to participate in **either** the test track or well-balanced free skating track but not both during this competition.

The local organizing committee reserves the right to limit the number of competitors in each flight, in each event, or to combine or divide groups. If the number of entries warrant, events may be subdivided into either age-based or "draw" grouping, as determined by the Competition Committee. Test levels attained by APRIL 30, 2012, will be the determining level for the competition category. There must be two or more entries in a category for the event to be held. Should there be only one applicant for any category, the event will be cancelled and the skater will receive a refund for the cancelled event (USFS Rule # 3045). Or, the skater can elect to skate up one level. Male and female skaters may be combined in certain events. Every effort will be made to create boys' events whenever possible.

ELIGIBILITY FOR BASIC SKILLS EVENTS: Events are open to skaters who are current members of a U.S. Figure Skating Basic Skills program **or** are full members in good standing of U.S. Figure Skating. In addition, the skater must maintain legal residence in New Jersey **or** maintain a New Jersey U.S. Figure Skating club as their HOME club. Skaters who compete in a Basic Skills event are not eligible to compete in test track or well-balanced events (except Introductory Maneuver Team – see page 12 for guidelines). Eligibility will be determined by the highest level passed as of April 30, 2012.

All **Snowplow Sam and Basic Skills 1-8** 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.

For **Basic Skills Free Skate 1-6**, 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.

RULES: The competition will be conducted according to the rules in the 2011-2012 Rule Book except as stated herein. The IJS judging system will be used for well-balanced programs Juvenile and above. The 6.0 judging system will be used for all other events (including Open Juvenile). **Rules marked as urgent at the 2012 Governing Council will apply to this competition.**

DEADLINE FOR ENTRY: Competitors must register on-line at www.entryeeze.com. **TO AVOID A LATE FEE**, entry forms and fees must be completed no later than 11:59pm on **MONDAY APRIL 30, 2012**. **ENTRIES RECEIVED MAY 1 – MAY 8, 2012 WILL BE ACCEPTED SOLELY AT THE DISCRETION OF THE COMPETITION COMMITTEE AND WILL REQUIRE AN ADDITIONAL LATE FEE OF \$40 PER EVENT.** The acceptance of your credit card/e-check payment will serve as acknowledgement of your entry. The Local Organizing Committee reserves the right to limit entries. Paper/hard copy entries will not be accepted.

FEES FOR WELL-BALANCED PROGRAMS AND TEST TRACK EVENTS:

All singles/couples entry fees include **one** DVD of the event's entire flight.

1st event: \$120

2nd event: \$70

3rd or more events: \$50 each

Dance Couples/Pairs Teams: \$60 each skater – will include one DVD per team – additional DVDs can be purchased at the event

Skaters who make final rounds (if held) will not be charged an additional entry fee, but will not receive a DVD of the final round event. DVDs of final rounds will be available for purchase.

Maneuver Teams: \$100/team. This fee does **NOT** include a DVD of the event. However, DVDs will be available for purchase.

FEES FOR BASIC SKILLS EVENTS:

1st event \$95 – this will include one DVD of the event's entire flight.

PLEASE NOTE: Although the Solo Dance Series is being held during the NJ Council competition, it is a separate competition and therefore, requires a separate registration and entry fees.

COACHES: Only coaches who have their U.S. Figure Skating certification will be allowed in the rinks.

LIABILITY: U.S. Figure Skating, NJ Council of Figure Skating Clubs, Essex Skating Club of NJ, organizers of this competition, Richard J. Codey Arena at South Mountain, its management, and employees undertake no responsibility for damage or injuries suffered by the skaters or officials. As a condition of & in consideration of the acceptance of their entries or participation therein, all entrants, their parents, or guardians & officials shall be deemed to agree to assume all risks of injury to their person & property resulting from, caused by, or connected with, the conduct and management of the competition, and to waive and release any and all claims which they have against any officials, US Figure Skating, the club hosting the competition, and against its officers and trustees, and their entrees shall be accepted only on such condition.

MUSIC: Only CDs will be accepted and must be clearly marked with the competitor's name and event. Only one program allowed per CD. For compatibility and reliability reasons, music may not be submitted in re-recordable "CD-RW" discs. No iPods allowed. Please present your music to the registration desk upon arrival, and please pick up your music promptly after your event has ended. The Essex Skating Club of NJ assumes no responsibility or liability due to loss or damage to any music. All possible care will be taken; however, all competitors **MUST** have an additional duplicate CD RINKSIDE during the actual competition. The club will provide music for the dance events.

REGISTRATION: Will open 1½ hours before the first scheduled event. Please register at the rink at least 1 hour prior to your first event.

AWARDS: In all events, medals will be awarded to 1st, 2nd, 3rd and 4th place winners and to each member of a maneuver team placing 1st-4th. Free skate trophies are only awarded for 1st place final round winners in WELL-BALANCED events. Final round events (if held) will be limited to 12 skaters or less depending on entries. *Perpetual trophies will be awarded to 1st place final round winners as follows:

Senior Ladies FS:	Trophy donated by John Cattus
Highest Men's FS:	Fritz Dietl Memorial Trophy
Junior Ladies FS:	Anne Marie Dunn Memorial Trophy
Junior/Senior Artistic:	Geneva Emerson Memorial Trophy
Novice Ladies FS:	Katrine Neil Memorial Trophy
Intermediate Ladies FS:	Janet Craw Memorial Trophy
Juvenile Girls FS:	Helen Laurie Memorial Trophy
Pre Juvenile Girls FS:	Anne B. Flower Memorial Trophy
Preliminary Girls FS:	Joseph Grasso Memorial Trophy
Cup Dance:	Council Trophy
Senior Trophy Dance:	Phyllis Francheschini Memorial Trophy
Highest Level Solo Dance:	Andrée Baron Memorial Trophy

*Perpetual trophies will be engraved with the winner's name and will remain with NJ Council of Figure Skating Clubs. A separate "keeper" trophy will be given to the winner to permanently keep for himself or herself. **NOTE: IJS events will be based on highest score for all competitors in the event.**

REFUNDS: (Rule # 3045 and 3047) Entry fees will be refunded only if an event is cancelled by the LOC. Under no other circumstances will a refund be given including conflicting family activities, injuries, illnesses, deaths in the family, or weather.

Please note: Due to the probability of the second ice surface undergoing renovation, ice time may be limited and some events may be cancelled. If your event is cancelled, you will be notified by email and you will receive a full refund for the cancelled event.

COACHES AND PARENTS **IMPORTANT INFORMATION!!**

Time Frame	What Needs to be Done	Who's Responsible?
Entry deadline April 30 th 11:59 PM	Complete online entry using EntryEeze at www.entryeeze.com . Please make sure you enter your coach's correct email as he/she will be receiving a list of his/her competitors and is required to verify that the skaters are entered in the correct level/event.	Parent or skater (if over 18 years old)
Entry deadline with late fee May 1 st – May 8 th 11:59 PM	Late entries accepted at discretion of LOC – an additional late fee of \$40 PER EVENT will be required.	Parent or skater (if over 18 years old)
May 9 th – May 11 th 11:59 PM	Check the NJ Council competition link on the Essex SC of NJ website: www.essexskatingclub.org to verify that skaters are entered in the correct event/level. If there are any corrections that need to be made, email Jill Mueller at njcouncil2012@aol.com by the deadline.	Coach/parent/skater
May 12 th	NO CHANGES ALLOWED AS OF THIS DATE FORWARD	
Week of May 24 th	Tentative schedule will be posted on EntryEeze website: www.entryeeze.com . You will receive an email regarding the date and time of your event(s). Check the NJ Council competition link on the Essex SC of NJ website: www.essexskatingclub.org for updates or changes to the schedule.	Parent/skater/coach responsible for checking the website for updates

BASIC SKILLS 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. Vocal music is allowed.

- To be skated on full ice
- Time: 1:00 +/- 10 seconds
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level

<p><u>Snowplow Sam</u></p> <ol style="list-style-type: none"> 1. March followed by two-foot glide and dip 2. Forward two-foot swizzles 2-3 in a row 3. Forward snowplow stop 4. Backward wiggles 2-6 in a row 	<p><u>Basic 5:</u></p> <ol style="list-style-type: none"> 1. Backward crossovers 4-6 consecutive –both directions 2. Basic one-foot spin – free leg held to side of spinning leg-- minimum of 3 revolutions 3. Hockey stop 4. Side toe hop –either direction
<p><u>Basic 1:</u></p> <ol style="list-style-type: none"> 1. Forward two-foot glide and dip 2. Forward two-foot swizzles—6-8 in a row 3. Forward snowplow stop 4. Backward wiggles 6-8 in a row 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Standstill forward inside three-turn – R & L 2. Bunny Hop 3. Forward arabesque spiral on a straight line - R or L 4. Lunge - R or L 5. T-stop - R or L
<p><u>Basic 2:</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot 3. Two-foot turn in place -- forward to backward 4. Backward two-foot swizzles 6 - 8 in a row 5. Moving snowplow stop 	<p><u>Basic 7:</u></p> <ol style="list-style-type: none"> 1. Standstill forward inside open Mohawk - R to L and L to R 2. Ballet Jump - either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise. 4. Forward inside pivot
<p><u>Basic 3</u></p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive 3. Forward slalom 4. Backward one foot glide - either foot 5. Two-foot spin – minimum 3 revolutions 	<p><u>Basic 8:</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka in either direction 4. 1 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 5. Beginning one-foot upright spin – free foot held to side of Spinning leg or crossed position – minimum 3 revolutions
<p><u>Basic 4:</u></p> <ol style="list-style-type: none"> 1. Forward crossovers 4-6 consecutive both directions 3. Standstill forward outside three-turn – R & L 4. Backward stroking – 4-6 strokes 5. Backward snowplow stop - R or L 	

BASIC SKILLS FREE SKATE 1-6 PROGRAM 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 +/- 10 sec

<p>Free Skate 1</p> <ul style="list-style-type: none"> • Advanced forward stroking 4-6 strokes • One-foot upright scratch sin from back crossovers— minimum 3 revolutions • Waltz jump from back crossovers • Half flip jump 	<p>Free Skate 4</p> <ul style="list-style-type: none"> • Forward power 3s, 2-3 consecutive R or L • Sit spin – minimum 3 revolutions • Loop jump • Waltz jump/loop jump
<p>Free Skate 2</p> <ul style="list-style-type: none"> • Forward outside spiral R or L • Beginning back spin • Waltz jump, side toe hop, waltz jump • Toe Loop 	<p>Free Skate 5</p> <ul style="list-style-type: none"> • Camel spin – minimum 3 revolutions • Forward upright spin to back upright spin – minimum 3 revolutions each foot • Loop/loop combination jump • Flip jump
<p>Free Skate 3</p> <ul style="list-style-type: none"> • Forward crossovers in a figure 8 • Back spin – minimum 3 revolutions • Salchow • Waltz jump/Toe loop or Salchow/toe loop 	<p>Free Skate 6</p> <ul style="list-style-type: none"> • Camel/sit spin combination, min of 4 revolutions total • Split or stag jump • Waltz jump/1/2 loop/Salchow combination • Lutz jump

TEST TRACK PROGRAM EVENT

Skaters may enter EITHER the test track free skate program or the well-balanced track free skate program, but NOT both during this competition. Competitors will skate to music of their choice, vocal music is 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 fewer than required revolutions

LEVEL	JUMPS	SPINS	STEPS	QUALIFICATIONS
Limited Beginner Time: 1:30 +/- 10 sec	Jumps with not more than ½ rotation (front to back, back to front) Jump sequences allowed Max: 5 jump elements	Two upright spins, no change of foot (Min: 3 revolutions)	Connecting moves & 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.
Beginner Time: 1:30 +/- 10 sec	Jumps with not more than ½ rotation (front to back, back to front including ½ loop). Single rotation jumps: Salchow and toe loop only. Jump combinations & sequences are allowed. Max: 5 jump elements	Two upright spins – change of foot is optional. (Min: 3 revolutions)	Connecting moves & 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.
Pre-Preliminary Test Time: 1:30 +/- 10 sec	Jumps with no more than ½ rotation (front to back or back to front including ½-loop). Single rotation jumps: Salchow, toe loop and loop jump only. Jump combinations and sequences with the above jumps are allowed. Max: 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 & steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U. S. Figure Skating pre-preliminary free skate test.
Preliminary Test Time: 1:30 +/- 10 sec	Jumps with no more than 1 rotation (no Axels). Jump combinations & sequences permitted. Max: 5 jump elements	Two spins of a different nature, combination spins are allowed. Min: 3 revolutions each and no flying spins)	Connecting moves & steps should be demonstrated throughout the program	Skaters must have passed the U.S. Figure Skating pre-preliminary free skate test, but may not have passed tests higher than the preliminary free skate test.
Pre-Juvenile Test Time: 2:00 +/- 10 sec	Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jumping elements	Three spins in any position (Min 3 revolutions), One must be a combination spin with change of foot optional (Min 3 revolutions on each foot or 6 total revolutions and no flying spins).	One step sequence straight line, circular, or serpentine fully utilizing ice surface.	Skaters must have passed the U. S. Figure Skating Preliminary free skate test, but may not have passed tests higher than the Pre-Juvenile free skate test.

COMPULSORY EVENT

TEST TRACK AND WELL-BALANCED LEVELS

Format: In program form, using a limited number of connecting steps, the skating order of the required elements is optional.

PROGRAM LENGTH FOR ALL LEVELS: Time: 1:15 max

To be skated on ½ ice; no music allowed

- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*

LEVEL	ELEMENTS	QUALIFICATIONS
Limited Beginner Compulsory	<ul style="list-style-type: none"> • Waltz jump • ½ jump of choice • Forward 2-foot or 1-foot spin, minimum 3 revolutions (free leg position optional) • Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests.
Beginner Compulsory	<ul style="list-style-type: none"> • Toe Loop jump • Salchow jump • Forward scratch spin –minimum 3 revolutions • Forward or backward spiral 	Skaters may not have passed tests higher than U. S. Figure Skating Basic Skills free skate badge tests
No Test Compulsory	<ul style="list-style-type: none"> • Loop jump • Jump combination to include toe loop (may not include loop or Axel) • Solo spin – sit or camel spin—minimum 3 revolutions • Spiral sequence – must include a forward and backward spiral Additional spirals and balance moves may be included 	Skaters may not have passed tests higher than U. S. Figure Skating Basic Skills free skate badge tests, no official U.S. Figure Skating free skate tests passed.
Pre-Preliminary Compulsory	<ul style="list-style-type: none"> • Flip jump • Jump combination; waltz jump/toe loop jump OR Salchow/toe loop jump • Solo spin –sit or camel –minimum 3 revolutions • Spiral sequence—must include a forward and backward spiral. Additional spirals and balance moves may be included. 	Skaters may not have passed tests higher than U. S. Figure Skating pre-preliminary free skate test.
Preliminary Compulsory	<ul style="list-style-type: none"> • Lutz jump • Single jump combination (may not use Lutz jump or Axel) • Camel spin – minimum 3 revolutions • Spiral sequence – must include a forward and backward spiral. Additional spirals and balance moves may be included. 	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.
Pre-Juvenile Compulsory	<ul style="list-style-type: none"> • Lutz jump • Flip jump/loop jump combination (no turns or steps in-between) • Diagonal step sequence • Camel/sit spin (minimum 6 revolutions; no change of foot allowed); 	Skaters must have passed at least the U, S. Figure Skating preliminary free skate test, but may not have passed tests higher than the pre-juvenile free skate test.

	<ul style="list-style-type: none"> • Front-to-back spin (minimum 3 revolutions each foot). 	
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WELL-BALANCED EVENTS
(U.S. Figure Skating Rulebook requirements)

LEVEL	Rule #	LEVEL	Rule #
No Test*	4280*	Pre Preliminary*	4270*
Preliminary	4260	Pre-Juvenile	4250
Open Juvenile	4240	Juvenile	4240
Intermediate SP	4230	Intermediate FS	4230
Novice SP	4220	Novice FS	4220
Junior SP**	4210	Junior FS	4210
Senior SP	4200	Senior FS	4200
Adult Pre Bronze	4600	Adult Bronze	4590
Adult Silver	4580	Adult Gold	4570
Masters Int/Nov	4550/4560	Masters Jr/Sr	4520/4530

*Please note new time requirements of 1:00 – 1:30 minutes – there is no +/-10 second leeway.

<http://www.usfsa.org/Content/201112Rulebook.pdf>

**Junior SP will follow the 2012-2013 rules –click on the following link for requirements:

<http://www.usfsa.org/Content/Future%20Seasons%20SP%20Requirements.pdf>

**IJS planned program content sheets are to be completed
on the EntryEeze website upon entry.**

If you are interested in competing in a pair event, please contact the competition chair directly.

ARTISTIC/SHOWCASE EVENTS

Skaters must enter at the same level as their free skate event. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. Skaters will be judged on musical interpretation and feeling, expression, and how the skating relates to the music. Technical skill and difficulty will not be rewarded as such; however, skating must be the major element of the performance and of sufficient quality to support the theatrical elements chosen. Unintended falls, poorly executed skating elements and obvious loss of control will reduce the competitor's marks. Show costumes are permitted, as long as they do not touch or drag on the ice. No costumes with feathers or water will be allowed on the ice. Props are limited to those that can be hand carried or pushed onto the ice surface by the competitor unassisted. Setup and clearance times are limited to 30 seconds each. For safety's sake, no helium, fire or any substance that affects the ice surface will be allowed. Deductions will be made for skaters including technical elements not permitted in the event description. Genders may be combined.

Event	Test Requirement	Program Time
No Test/Pre Preliminary	No-Test through Pre-Preliminary FS	1:40 max
Preliminary/Pre Juvenile	Preliminary through Pre-Juvenile FS	1:40 max
Juvenile/Intermediate/Novice	Juvenile Fs – Novice FS	1:40 max
Junior/Senior	Minimum Junior FS	1:40 max
Adult	Must be at least 21 years old and skated in accordance with rules 4700 - 4740	1:40 max

SOLO DANCE EVENTS

These events are not part of the Solo Dance Series – please see separate announcement for the Solo Dance Series

Genders and ages may be combined. Two (2) patterns are to be skated for all dances. Total ordinals will break ties. If still tied, then the second dance will break the tie.

	Preliminary	Pre-Bronze	Bronze	Pre-Silver	Silver	Pre-Gold	Gold
Dances to be skated	1. Dutch Waltz 2. Canasta Tango	1. Swing Dance 2. Fiesta Tango	1. Hickory Hoedown 2. Willow Waltz	1. European Waltz 2. Foxtrot	1. American Waltz 2. Rocker Foxtrot	1. Paso Doble 2. Blues	1. Quickstep 2. Westminster Waltz
Testing Requirements	No Test or passed Preliminary	Passed Preliminary or Pre-Bronze	Passed Pre-Bronze or Bronze	Passed Bronze or Pre-Silver	Passed Pre-Silver or Silver	Passed Silver or Pre-Gold	Passed Pre-Gold or Gold

If you are interested in competing in a couples dance event, please contact the competition chair directly.

MANEUVER TEAMS

Maneuver teams consist of any team of four (4) skaters belonging to the same skating club, although individual participation is limited to being on only one team. Each team member performs a different maneuver. The LOC/Referee reserves the right to grant permission to a team with certain hardship cases to enter this event with only three members. One member would then perform two elements.

Introductory Maneuver Team – Members may **not** have passed **ANY** U.S. Figure Skating tests. Teams may include Basic Skills competitors who meet competition eligibility requirements (page 2) **and** are full members of U.S. Figure Skating.

1. Backward crossovers in a figure eight pattern
2. Forward spiral
3. Two-foot spin
4. Waltz jump

Bronze Maneuver Team – Members may not have passed higher than the Preliminary FS test

1. Salchow
2. Loop
3. Waltz jump/toe loop combo (no turns or steps in between)
4. One-foot upright spin (free foot position optional)

Silver Maneuver Team – Members may not have passed higher than the Juvenile FS test

1. Axel
2. Double toe loop
3. Camel – sit – change sit spin
4. Serpentine spiral sequence (must have at least 3 distinct spiral positions)

Gold Maneuver Team – No test requirements

1. Solo double jump
2. Any double/double jump combo (no turns or steps in between)
3. Any flying spin – no change of foot or position
4. Spin combination with at least one change of foot and two changes of position

Adult Maneuver Team – Open to skaters 21 years of age and over

1. Shoot the duck, lunge, ina bauer or spread eagle
2. One-foot upright spin (free leg position optional) (No laybacks, no back entry)
3. Jump combination with 2 single jumps – no axels permitted – no turns or steps between jumps
4. Circular spiral sequence with at least 2 distinct spiral positions