

# 2009 NORTH ATLANTIC REGIONAL FIGURE SKATING CHAMPIONSHIPS

## Nonqualifying Events

### FREE SKATE (Boys and Girls)

*Skaters may compete in one Freeskating event as qualified by their test level as of September 1, 2008.  
Boys and Girls Freeskating Events may be combined in the Tots and Beginner levels.*

LEVEL	QUALIFICATIONS	TIME
Tots	Skaters who have not passed any USFS tests.	1 min. 30 sec.
Beginner	Skaters who have not passed any USFS tests. Skaters may only do single jumps, but no lutz and no axel.	1 min. 30 sec.
Pre-Preliminary A	Skaters who have passed the PrePreliminary Free Skating Test. All single jumps excluding axel allowed. No double jumps.	1 min. 30 sec.
Pre-Preliminary B	Skaters who have passed the PrePreliminary Free Skating Test. All single jumps including axel allowed. No double jumps.	1 min. 30 sec.
Preliminary A	Skaters who have passed the Preliminary Free Skating Test. All single jumps excluding axel allowed. No double jumps.	1 min. 30 sec.
Preliminary B	Skaters who have passed the Preliminary Free Skating Test. Axel, single jumps, and only 2 different double jumps permitted	1 min. 30 sec.
Pre-Juvenile	Skaters who have passed the USFS PreJuvenile Free Skating Test. Axels and only 4 different double jumps allowed.	2 min.
Open Juvenile	Skaters who have passed USFS Juvenile Free Skating Test, and are 13 years of age or older.	2 min. 15 sec.
Adult No Test	Adult Skaters who have not passed any USFS Tests	1min- 1min.30sec.
Adult Bronze	Skaters who have passed the USFS Adult Bronze Free Skating Test	Not to exceed 1 min 40 sec
Adult Silver	Skaters who have passed the USFS Adult Silver Free Skating Test	Not to exceed 2 min 10 sec
Adult Gold	Skaters who have passed the USFS Adult Gold Free Skating Test	Not to exceed 2 min 40 sec

### PAIRS

LEVEL	QUALIFICATIONS	TIME
Preliminary	Both skaters may have passed any Freeskate or MIF tests, but must have passed only the Preliminary Pairs Test.	1 min. 30 sec.
Pre-Juvenile	Both skaters must have passed the PreJuvenile Moves in the Field Test or higher and the Preliminary Pair test, but no higher. Open only to competitors who have not reached the age of fourteen years as of September 1, 2008.	1 min. 30 sec.

## DANCE TEAMS

LEVEL	QUALIFICATIONS	REQUIREMENTS
Pre-Juvenile	Both skaters must have passed the Preliminary Moves in the Field Test or higher and 2 Preliminary Dances, but no higher than the Pre-Bronze Dance Test. Open only to competitors who have not reached the age of fourteen years as of September 1, 2008. Dances to be skated as per SSR 8.06, for 2008-09.	Dances to be skated as per SSR 8.06, for 2008-09

## COMPULSORY MOVES

(Boys and Girls)

*Skaters may compete in 2 Compulsory Moves Events – one as qualified by their test level as of September 1, 2008, and one level higher. Boys and Girls Compulsory Moves events may be combined..*

*This event will be skated in the form of a free skating program but WITHOUT music. The required elements may be skated in any order. UNPRESCRIBED OR ADDITIONAL JUMPS OR SPINS ARE NOT PERMITTED. (Marks will be deducted if any are included.) Test eligibility is the same as for free skating events. Failed maneuvers may not be reskated.*

LEVEL	QUALIFICATIONS	TIME
Beginner	<b>Required Moves:</b> 2 Bunny Hops, Waltz Jump, Forward Spiral, Two Foot Spin, Lunge. Program is limited to ½ ice surface.	1 minute
Pre-Preliminary	<b>Required Moves:</b> Flip Jump, Loop/Loop Combination, Upright Scratch Spin (minimum of 3 revolutions), Forward Spiral, Sit Spin (minimum of 3 revolutions). Program is limited to ½ ice surface.	1 minute
Preliminary	<b>Required moves:</b> Any Single/Single Combination Jump with no steps or turns in between, Lutz Jump, Sit Spin (minimum of 3 revolutions), 1 foot Back Scratch Spin (minimum of 3 revolutions), Forward Spiral. Program is limited to ½ ice surface.	1 min – 1 min. 30 sec.
Pre-Juvenile	<b>Required Moves:</b> Any Combination Jump with no steps or turns in between, Axel Jump, Sit-Change-Sit Spin (minimum of 3 revolutions on each foot, in position), Camel Spin (minimum of 4 revolutions), Forward Spiral. Program is limited to ½ ice surface.	1 min – 1 min. 30 sec.
Open Juvenile	<b>Required moves:</b> Any Combination Jump with no steps or turns in between, Double Salchow or Double Toe Loop, Camel-Sit Spin (minimum of 3 revolutions in each position), Layback Spin(for girls)/Back Scratch Spin(for boys) (minimum of 4 revolutions), Forward Spiral. Program is limited to ½ ice surface.	1 min – 1 min. 30 sec.
Adult No Test	Forward Continuous Slalom, Backward 2-foot Swizzles, Forward Outside Edge on a Circle, Gliding Backwards on 1 Foot, 2 Foot Spin – minimum 2 revolutions. Program is limited to ½ ice surface.	1 minute
Adult Pre-Bronze	Forward Spiral, 1 Foot Spin – minimum 3 revolutions, Backward Crossovers to Back Outside Landing Position, Waltz Jump, Forward Lunge. Program is limited to ½ ice surface.	1 min- 1 min. 30 sec.