



SKATER JOURNEY

COMPETING

SKATE UNITED

Skate United competition events parallel standard track events and maintain the same eligibility and program requirements, but are for skaters with physical disabilities who will compete in a separate Skate United group.

COMPETE USA

Snowplow Sam, Basic 1-6, Hockey 1-4, Pre-Free Skate 1-6, Adult 1-6, Adaptive Skating and specialty events.

EXCEL LEVELS

Beginner*

High Beginner*

Pre-Preliminary*

Preliminary/
Preliminary Plus

Pre-Juvenile/
Pre-Juvenile Plus

Juvenile/
Juvenile Plus

Intermediate/
Intermediate Plus

Novice

Junior

Senior

WELL-BALANCED

No-Test*

Pre-Preliminary*

Preliminary

Pre-Juvenile

Juvenile/
Open Juvenile

Intermediate

Novice

Junior

Senior

ADULT LEVELS

Adult Beginner*

Adult High Beginner*

Adult Pre-Bronze*

Adult Bronze

Adult Silver

Adult Gold

Masters
Intermediate-Novice

Masters
Junior-Senior

Minimum age 18 for young adult, 21 for adult track

Levels above the dotted line may be offered at Compete USA competitions and U.S. Figure Skating nonqualifying competitions.

*Beginner, High Beginner, No-Test, Pre-Preliminary and Pre-Bronze require current Learn to Skate USA and/or U.S. Figure skating full membership; all other levels require a current full U.S. Figure skating membership.

COMPETITIVE PROGRESSION THROUGH THE LEVELS OF U.S. FIGURE SKATING

Singles athletes begin with the Compete USA competitions. Once athletes begin the official U.S. Figure Skating test structure, they can choose to enter the Excel, Well-Balanced or Adult levels as appropriate for their ability, test, level and age. Test requirements are the same for the Excel and Well-Balanced levels. It is completely the choice of the athlete which track to follow; athletes may switch between tracks as best suits their development but may not enter the same type of event in multiple tracks. Competitive level is determined by highest free skate test passed.

COMPETITION TYPES

Skaters in each of these disciplines may participate in the following types of competitive opportunities:

- + Compete USA
- + Nonqualifying
- + Qualifying
- + Development Team Competitions
- + Representing Team USA

COMPETE USA



You can put your skills to the test right now with Compete USA!

Designed specifically for the grassroots level, Compete USA competitions provide a fun, introductory competitive experience for all participants. Competitions are open to all current members of Learn to Skate USA and U.S. Figure Skating. By participating in healthy competition, skaters are encouraged to exit comfort zones, enter new territories and strive to be better than they were yesterday. These beginner skating competitions welcome skaters of all ages and levels to participate. The events follow Learn to Skate USA curriculum and are broken down by level and age. Skaters can choose to compete in several events, including compulsory elements and programs set to music, showcase events, synchronized skating, Theatre On Ice, adaptive skating and more.

NONQUALIFYING COMPETITIONS

- A nonqualifying competition is organized by a figure skating club and sanctioned by U.S. Figure Skating. U.S. Figure Skating clubs host their own nonqualifying competitions as a way of engaging local skaters and encouraging them to hone their skills in a competitive setting. These sanctioned competitions follow our rules for conduct of the event and are officiated by approved and eligible officials.
- Any member of U.S. Figure Skating can enter a nonqualifying competition.
- Figure skating clubs host competitions for the levels and disciplines of their choice. Some competitions are part of a series that lead to a national final, such as Excel and solo dance, but they are independent of the qualifying structure and don't lead to any qualifying competitions.
- Skaters may participate in one or more competitive events dependent upon the competition type and the events offered.
- Nonqualifying competitions can also have Compete USA events.

NATIONAL NONQUALIFYING EVENTS

State Games of America

State Games are Olympic-style games conducted in various locations across the United States. The competitions are open to any eligible skater, whether they are affiliated with an organization, and the only requirement is that the skater be a resident of the respective state in which they are competing.

Skaters who place first through third in their state competition are eligible to participate in the State Games of America event, held every other year.

National Showcase

National Showcase is a competition that brings many of the top showcase competitors together to skate in the categories like light entertainment, dramatic entertainment and interpretive. Many who have observed National Showcase have remarked on the uniqueness and variety of the programs. The top four skaters within a Showcase event qualify for National Showcase. This includes nonqualifying competitions with showcase events or all-showcase competitions.

The 2023 National Showcase competition will take place July 31 - August 6, 2023, hosted by The Skating Club of Boston.

National Theatre On Ice

Theatre On Ice (TOI) is a form of competitive figure skating that combines the grace of figure skating with the excitement of theatre and dance. Known as “Ballet on Ice” in Europe, TOI teams consist of eight to 24 skaters on the ice telling a story together. TOI brings skaters together and increases club skaters, giving athletes the chance to be a part of a team, travel locally and internationally and make new friends.

TOI consists of two programs: the free skate and the choreographic exercise. Programs are evaluated on technical merit and presentation with emphasis on originality, costuming, artistry and musicality.

COMPETITION SERIES

NATIONAL QUALIFYING SERIES

The National Qualifying Season combines the stand-alone October qualifying competitions, Regional (singles) and Sectional (pairs and ice dance) Challenges, into series competitions from mid-July to early October allowing athletes to advance to the Sectional Singles, U.S. Pairs and U.S. Ice Dance Finals in November 2022 and culminating with the 2023 Toyota U.S. Figure Skating Championships and National Development Camp in January 2023 (San Jose, California).

SYNCHRONIZED SKATING SERIES

This series of competitions are hosted individually by member clubs nationwide in a standard format. This program does not advance teams to sectional and/or national competitions. At these competitions, synchronized skating athletes/teams earn official scores toward a national rank.

After officially entering the National Synchronized Skating Series, the team must enter each competition directly in accordance with the entry deadline and entry fees set by that competition. It is the responsibility of the team to register for each competition and follow any entry rules set by that competition.

Entering the National Synchronized Skating Series does not enter the team into any competitions.

ADULT COMPETITION SERIES

The U.S. Figure Skating Adult Competition Series is open to adult skaters in the adult 1 through adult bronze levels. The mission of this program is to provide a meaningful series of events to encourage grassroots adult skaters to enjoy a fun and competitive environment within the adult skating community.

Athletes receive points based on their placement and number of competitors in each event, and these points determine the final series winners in each section. Sectional series awards are presented at the nonqualifying event held in conjunction with each adult sectional championships.

Participants compete in the free skate events at least two Compete USA and/or nonqualifying competitions, one being the nonqualifying event held in conjunction with a skater's adult sectional championships.

SOLO DANCE SERIES

This series of competitions are hosted individually by member clubs nationwide in a standard format. This program does not advance teams to sectional and/or national competitions. At these competitions, synchronized skating athletes/teams earn official scores toward a national rank.

After officially entering the National Synchronized Skating Series, the team must enter each competition directly in accordance with the entry deadline and entry fees set by that competition. It is the responsibility of the team to register for each competition and follow any entry rules set by that competition.

Entering the National Synchronized Skating Series does not enter the team into any competitions.

COMPETITION SERIES (CONT)

INTERCOLLEGIATE SERIES

Intercollegiate competitions are governed by U.S. Figure Skating's Collegiate Program Committee. The country is divided into four conferences (Pacific Coast, Midwest, Northeast and Southeast).

- *Skaters compete individually in short program and free skate singles events, solo dance, and/or as part of a team in the team maneuvers event, representing the college they attend and earning "team points" for a placement in the top five.*
- *Skaters compete in events based on their U.S. Figure Skating test level.*
 - *All skaters must be full-time college students, as defined by the institution that they attend.*
 - *Each team attends the three competitions held in their assigned conference.*
 - *The four teams that earn the most points throughout the season in each conference are invited to compete at the National Intercollegiate Final.*

HIGH SCHOOL PROGRAM

High School Skating offers skaters the opportunity to continue their participation in the sport of figure skating in a team environment, while also increasing awareness about their sport within their high school. High school competitions offer a variety of events, from traditional free skate programs to solo dance and team maneuvers.

EXCEL SERIES

The primary mission of the Excel Program is to inspire more of our young athletes to continue training and remain committed to participating in figure skating by providing them with events that allow them to showcase their strengths. Additionally, this program serves as an opportunity for grassroots skaters and coaches to familiarize themselves with the fundamentals of the International Judging System (IJS) through a phased approach which allows them to become proficient and confident with the IJS.

Excel offers young athletes an exciting and competitive environment that motivates them to focus on strengthening their program components and advancing their technical skills each season. Additionally, athletes can choose to register for the Excel Series where they earn points based on their result of an excel event at a designated excel series competition. The top finishers are invited to the Excel National Final.

Skaters competing in the Excel levels of preliminary plus, pre-juvenile plus, juvenile plus, intermediate plus, novice, junior and senior will compete to earn an invitation to participate in the Excel Finalist Camp and National Excel Final at the National Festival.

Skaters competing in the Excel levels of beginner, high beginner, pre-preliminary, preliminary, pre-juvenile, juvenile and intermediate will compete to earn special recognition at the National Festival based on their participation and placement within their Section. All skaters competing in these levels who compete in at least two competitions will receive an automatic invitation to compete at the National Festival.



NORTH ATLANTIC OPEN

MARCH 5, 2023

REGISTRATION DEADLINE: 2/10/23 11:59PM EST

LATE REGISTRATION DEADLINE: 2/17/23 11:59PM EST + \$50 LATE FEE
(OPEN AS LONG AS THERE IS STILL ROOM)



*NONQUALIFYING COMPETITION WITH
COMPETE USA EVENTS

*PART OF THE 2023 EXCEL SERIES



The competition will offer the following events:

- Snowplow Sam through Free Skate 6 elements/compulsory moves and Programs with music
- Adult 1-6 compulsory moves and free skate
- Excel Beg-Excel Preliminary compulsory moves
- Pre-Juvenile-Senior compulsory moves
- Excel Free Skate levels Beginner through Senior (Beg & High Beg will be judged on the 6.0 system and Pre-Pre through Senior on the IJS system)
- Adult Beginner through Adult Masters compulsory moves
- Adult Free Skate levels beginner through Masters (Beg & High Beg will be judged on the 6.0 system and Pre-Bronze through Masters will be on the IJS system)

QUESTIONS?

RESOURCES:

[North Atlantic Figure Skating Club website](#)

[Competition Overview](#) – US Figure Skating website

[Compete USA](#) – US Figure Skating website

[Nonqualifying Competitions](#) – US Figure Skating website

[Excel Series](#) Information – US Figure Skating website

[North Atlantic Open Competition Page](#) - North Atlantic Figure Skating website

[Parent Guide](#) – US Figure Skating website

CONTACTS:

Program Coordinator, NAFSC

Skating Coordinator, NAFSC

NAFSC Board of Directors

North Atlantic Open Competition Chair

Wyoma Crandall

Kristin Andrews

Caryn Bickerstaff

pc@northatlanticfigureskating.org

sc@northatlanticfigureskating.org

board@northatlanticfigureskating.org

naopen@northatlanticfigureskating.org