

	Jumps	Spins	Step or Moves in the Field Sequence
<p>LOW Beginner – Pre-Juvenile (Skaters may not have passed higher than pre-juvenile free skate test)</p>	<p>a) Single flip jump b) Single salchow jump c) Any single jump (Axel is NOT permitted)</p>	<p>a) Upright spin (optional free foot position, may change foot, min. 3 revs) b) Sit spin (min 3 revs) c) Combination spin – camel to sit spin (no change of foot, minimum of 6 revs total)</p>	<p>a) Straight Line Step Sequence b) Forward outside edge spiral c) Pre-Juvenile MIF – FO-BI three-turns in the field</p>
<p>INTERMEDIATE Juvenile - Novice (Skaters may not have passed higher than novice free skate test)</p>	<p>a) Single Axel b) Double salchow c) Combination jump - consisting of a double jump and a single jump or two double jumps</p>	<p>a) Solo spin (sit, camel, layback or cross foot spin (min. 5 revs; flying entry is not permitted) b) Back spin (min 5 revs) c) Combination spin – with only 1 change of foot, a min. of 1 change of position, a minimum of 5 revolutions per foot AND minimum of 2 revolutions in position</p>	<p>a) Circular Step Sequence b) Ina bauer or spread eagle c) Juvenile MIF - Backward Circle three-turns</p>
<p>HIGH Junior or Senior</p>	<p>a) Single or double Axel b) Double jump – double loop, double flip or double Lutz c) Combination Jump – consisting of two double jumps or a triple jump and a double jump</p>	<p>a) Solo spin of choice (min 8 revs in position; flying entry is not permitted.) b) Flying Spin – Any entry and may include change of position (minimum 8 revs in position) c) Combination spin – with only 1 change of foot, at least 1 change of position, a minimum 6 revolutions per foot AND 2 revolutions in position</p>	<p>a) Serpentine Step Sequence b) Junior MIF Back Loops - Inside c) Senior MIF Spiral Sequence</p>

2022-2023 High School – Team Maneuvers

General event parameters:

1. Team maneuver events consist of teams of at least 2 athletes (any mix of male and female) from the same high school or combined schools with no one skater performing more than half of the total number of elements.

Note:

- *Teams must attempt all 3 listed elements in each category: There are a total of 9 elements, and only 5 may be performed by one skater.*
 - *If a competitor performs an element higher than that listed, that element will receive no credit. For example, if the element specified is a single Salchow jump and the competitor performs a double Salchow jump, no credit is given for this element.*
 - *Excessive connecting steps, intro, posing, or bowing is not allowed.*
2. Each high school may enter only one team in each competitive level (the only exception is for the Cyber Challenge where teams are able to enter more than one team at a given level)
 3. An athlete may compete for only one team.
 4. Athletes may “skate up” one level, but they may not compete on a team at a lower level than the highest Freeskate test they have passed.
 5. Teams will have the option to use one retry, per category, per team.

**** Running a Team Maneuvers Event:**

- Each level (Low, Intermediate, High) listed above will be held as its own event. It is recommended to have no more than 4 teams on the ice at one time for the safety of the skaters. It is ultimately up to the discretion of the Chief Referee to limit the number of skaters.
 - For example, if 8 teams register for a Team Maneuvers event, it is recommended to split the event into 2 warm up groups (this does not mean a group A and group B, but rather 2 separate warm ups within the same event).
- The order of events will be: Low Team, Intermediate Team, High Team, each conducted separately of each other (i.e. Low Team will be completed in its entirety before Intermediate Team, etc.).
- The event will be judged on a team basis.
- Athletes will have a general warm-up of stroking only for 2 minutes. There will also be individual warm-ups for each element category for 1 minute.
- Teams will be assigned a place to line up along the barrier and should remain on the ice for their entire event, following the general warm up.
- At the start of each element category, there will be 1-minute warm-ups for each category. For example, prior to the start of the first jump element, athletes who are performing jump elements will have 1 minute to warm up their elements and then return to their places at the boards.
- Elements will be skated one-at-a-time, and the announcer will call the representative from each team when it is his or her turn to perform the prescribed element.
- At the end of the first element category, the announcer will call for the next warm up. For example, after all jump elements are completed, the announcer will call for a 1-minute warm up for athletes performing spin elements.
- Teams must attempt all the listed elements in each category. One retry per category, per team is allowed. Retries must be signaled properly to the event head referee by raising one arm into the air for a retry.

**These guidelines are specifically for Team Maneuvers events occurring at in-person competitions. The Cyber Challenge event, which is facilitated virtually every Spring, does not require these event procedures.

2022-2023 High School – Team Maneuvers

** Timing Breakdown for Referees:

Allotment for Warm-Ups

2-minute stroking warm up

1-minute per element category (Jumps, Spins, and Step or MIF Sequence)

Allotment for Performance Time

30 seconds per element

Example of timing for an event with 4 teams

	Minutes
Warm-Ups	
Combined Warm-Ups (2min stroking + 1min per element category)	5
Performances	
One Team (30seconds x 9 elements = 4.5min) X Number of Teams (4)	18
Total Time Allotment	23

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