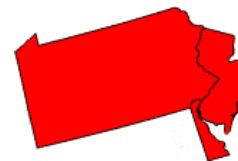


# Eastern Region Intro Rules



- Intro Events are open events for skaters who **have never competed** in a Regional Championship in an Official artistic event in that discipline (Figures, Free Skating, Solo Dance, and Team Dance). (Level C, Level B and Level A events are considered official events.)
- Skaters who exceed the skill level of Intro will be asked to register in Level C, B or A Standard divisions in future competitions.
- Three placements will be awarded in Intro Events. It is optional to award participation awards for non-placing contestants.
- All Intro events will be skated as a final event only.
- Age groups as follows: (Age as of 1/1/(Current Skating Year))

## **Tot Intro Free Skating Rules:**

Ages 7 and Under

Time: Music maximum time is 1 Minute 30 seconds.

Music: Any music may be used, including vocal, as long as content is deemed appropriate.

Content: Only single and ½ jumps allowed. Only upright spins allowed.

## **Adult Intro Rules:**

Ages - 16 years old and older

## **Intro Free Skating Rules:**

Time: Maximum of 2 minutes (+/- 5 seconds)

Music: Any music may be used, including vocal, as long as content is deemed appropriate.

Content: Maximum of 5 jumps. Half or single jumps only. May only include one combination jump, which will count as one jump. Maximum of 3 upright spins. May only include one combination spin, which will count as one spin. **No camel or sit spins.**

Content that exceeds these requirements will not be counted at all. If content is used beyond these requirements, the skater may be beyond this event and could be asked not to participate in the future.

## **Intro Figure Skating Requirements:**

111A ROF-LOF Serpentine Eight

112B LIF-ROF Serpentine Eight

## **Intro Team and Solo Dance Skating Requirements:**

Glide Waltz – 108 Waltz

Progressive Tango – 100 Tango

Team and solo dance events will skate in two skater or team flights with the same rules as official adult event flights.