

A collage of circular photos showing various people and activities, including dancers, a child, a mascot, and a group of people, set against a blue and red background with the text "THE FIGURE".



ABOUT U.S. Figure Skating

U.S. Figure Skating is the national governing body for the sport of figure skating in the United States and a member of the International Skating Union (ISU), the international federation for figure skating and the U.S. Olympic Committee (USOC).

When the association was formed in 1921, there were seven charter member clubs. To date, U.S. Figure Skating has more than 178,000 members in more than 690 member clubs, collegiate clubs and school-affiliated clubs, and more than 950 registered Basic Skills programs.

U.S. Figure Skating is charged with the development of the sport on all levels in the United States, including developing athletes and officials, sanctioning events and exhibitions, and establishing the rules and guidelines by which the sport is governed.



the DISCIPLINES Figure Skating

Ladies and men's singles

Form, style, technique, concentration and the ability to perform under pressure are the key requirements in ladies and men's singles skating. The rules are similar for both disciplines. In this discipline, male and female skaters compete individually. Men's singles and ladies' singles are both Olympic disciplines, along with pairs and ice dance.

Pairs

Pairs skating is performed in unison by partners, with the addition of difficult overhead lifts, throw jumps, pairs spins and side-by-side jump and spin elements.

Ice dance

Unlike pairs skating, which features overhead lifts and jumps, ice dance is based on the different aspects of dance, including rhythm, interpretation of the music and precise steps. No overhead lifts or jumps of more than one revolution are allowed.

Synchronized

Synchronized skating is a highly technical form of team skating characterized by speed, accuracy, intricate formations and transitions. Teams of 8–20 skaters perform side by side on the ice. Synchronized skating is not yet an Olympic sport, but a World Synchronized Championships has been held annually since 2000.



SKILL *Levels*

Within ladies, men's, pairs and ice dance there are five skill levels within the U.S. qualifying competition structure that are based on proficiency tests. Each level draws on similar techniques but adheres to increasingly more difficult skills as well as different rules and guidelines. Competitors at these levels can advance to the U.S. Championships. Competitors at the senior level can advance to the World Championships and Olympic Winter Games.

Qualifying levels:

- Senior (most advanced)
- Junior
- Novice
- Intermediate
- Juvenile

Skaters begin at the pre-preliminary level and work their way up when they are able to perform the skill requirements of the next proficiency test. Athletes can compete at the pre-preliminary through pre-juvenile levels; however, they cannot yet qualify for a regional, sectional or U.S. Championships.

Nonqualifying levels:

- Open juvenile
- Pre-juvenile
- Preliminary
- Pre-preliminary (beginning)

There are also qualifying competitions and championship events for collegiate and adult athletes in all disciplines.

SAFESPORT *Program*

U.S. Figure Skating strives to provide a safe environment for its members that is free of abuse and harassment. The association will not tolerate or condone any form of harassment or abuse of any of its members or any other persons while they are participating in or preparing for a figure skating activity or event conducted under the auspices of U.S. Figure Skating. All forms of abuse and harassment are unacceptable and in direct conflict with U.S. Figure Skating rules. The U.S. Figure Skating SafeSport Program provides resources for all members to identify abuse and misconduct, steps that can be taken to reduce it and procedures to respond to it.

The U.S. Figure Skating SafeSport Program addresses the following types of abuse, harassment and misconduct:

- Sexual abuse and misconduct
- Physical abuse and misconduct
- Emotional abuse and misconduct
- Bullying, threats and harassment
- Hazing
- Willfully tolerating misconduct



To find resources, helpful links, register for the online training or learn how to make a report, go to www.usfigureskating.org/safesport or email safesport@usfigureskating.org.

the FIGURE SKATING Competitive Pipeline

1

Begin by learning to skate in the U.S. Figure Skating Basic Skills Program. This program is run out of nearly every rink around the country and teaches skaters the basics of the sport. Start in either Snowplow Sam, Basics, Hockey or Adult classes, then advance to Free Skate 1-6 and any of the specialty classes offered. Skaters can also participate in U.S. Figure Skating Basic Skills competitions.



4

Enter the qualifying competition structure and compete in one of nine regional championships.



6

Place in the top four at your sectional championships to advance to the U.S. Championships.



8

Place among the top junior level or age eligible senior competitors to be selected for Junior Grand Prix assignments or the World Junior Championships.



2

Join a figure skating club and start testing. As skaters pass each level, the privileges increase and the competition opportunities expand.



3

Move up through the levels and begin participating in nonqualifying competitions.



5

Place in the top four at your regional championships to advance to the sectional championships.



7

Place among the top competitors at the novice, junior and senior levels to be named to Team USA and selected for international competitions.

9

Place among the best senior level athletes to be selected to represent Team USA at ISU Championship events, including the World Championships and Olympic Winter Games.

Adult Skating

Whether you are an adult who became a skater or a skater who became an adult, the U.S. Figure Skating Adult Skating structure has a place for everyone to learn, enjoy and participate through a variety of skating programs, proficiency tests and competitions on the local, national and international level.

Collegiate/Intercollegiate Skating

Once enrolled in college as a full-time student, U.S. Figure Skating offers athletes opportunities to participate in special programs geared toward the student-athlete, including the intercollegiate team skating competition series.

Graduating Seniors Program

The U.S. Figure Skating Graduating Seniors Program was developed to recognize skaters graduating from high school who have made the choice to continue their involvement and training in figure skating while maintaining their academic pursuits.

High school skating

High school skating teams are forming across the country, encouraging skaters to continue skating throughout high school and even bridging into college. Teams can even choose to participate in the high school competition series, their individual state championships and the High School Final competition.

Icemen

The Icemen Network and Sectional Series serve as membership retention and networking tools for male skaters at the preliminary level and above through a sense of peer support and networking opportunities.

U.S. FIGURE SKATING Programs

The U.S. Figure Skating Athlete Development Department functions with the goal of serving and enhancing each athlete's experience in the sport while helping them reach their potential in whatever they choose to pursue. In addition to our traditional disciplines of singles (ladies and men), pairs, ice dance and synchronized skating, U.S. Figure Skating offers a variety of programs to fit your interests.



Showcase

Showcase fuses artistic creativity with figure skating for singles, duets and ensemble casts that include mini-ensemble (3-7 skaters) and production numbers (8-30 skaters).

Solo Dance Competition Series

This program serves as an ice dance development tool and is open to individual skaters across the country. The series provides an avenue for ice dancers at the standard levels without partners to compete and qualify for the National Solo Series Dance Final Competition.

State Games of America

State games competitions are open to any eligible skater who is a resident of the respective state in which they are competing. Skaters finishing first through third in the state competition are eligible to participate in the State Games of America every other year.

Test track

The test track format allows skaters to pursue their goals without the pressure of competing. Skaters are held to skill requirements aligned with the proficiency tests for each level, rather than the skills necessary to be competitive. Pass all of the tests without competing to become a U.S. Figure Skating gold medalist.

Theatre On Ice (TOI)

Theatre On Ice (TOI) combines the grace of figure skating with exciting theater and dance elements. There are several TOI competitions around the country helping to promote TOI's concepts of fun, creativity and teamwork. TOI teams range in size from eight members to 30.

Therapeutic recreational skating (TRS)

Therapeutic recreational skating emphasizes the importance of physical fitness that focuses on healthful exercise for those with disabilities. Supervised ice skating is a beneficial physical activity that provides healthy exercise and enjoyment. The Special Olympics and Therapeutic Skating Basic Skills badge programs are offered under the umbrella program of TRS.