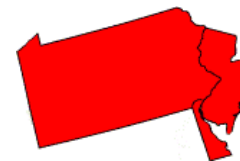


Eastern Region Intro Rules



- 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 artistic 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. A participation award for non-placing contestants will be given.
- All Intro events will be coed and skated as a final event only.
- Age groups are as follows: (Age as of 1/1/(Current Skating Year))

Youth Intro Rules

At the latest Eastern Region Coaches Meeting held on 9/5/25 it was decided to eliminate the ERYDP events. They will be replaced with one Intro Figure event, one Intro Dance, and two Intro Free Skating events broken down into three age groups.

For Intro Figures the following events will be offered:

Intro Figures age 8 and under, Intro Figures 9 – 12, and Intro Figures 13 – 15. The requirements for these events will be selected from these figures: 111A, 111B, 112A, 112B. In early contests it is recommended to select 111A and/or 111B as the requirements. Skaters will skate one repetition of the figure and stop.

For Dance the following events will be offered:

Intro Dance age 8 and under, Intro Dance age 9 – 12, and Intro Dance age 13 – 15. The requirements for these events will be selected from these dances: Glide Waltz, Progressive Tango, and City Blues. In contests it is recommended to select one dance and use the Glide Waltz as the requirement in early contests. Skaters will skate one at a time doing two repetitions of the dance (one time around the floor) and then skate off the floor.

Tot Free Skating Rules:

Ages 7 and Under

Time: Music maximum time is 2:00 minutes plus or minus 5 seconds.

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

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

Intermediate Fresh/Soph Coed Figures

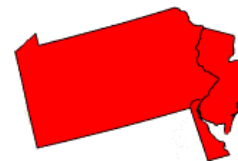
This is an unofficial COED figure event for skaters ages 13 and over. It is intended to help bridge the gap between Fresh/Soph C and Fresh/Soph B figure requirements. It is open to all skaters who **have never competed** in a Regional Championship in a Freshman B and/or Sophomore B or above Figure event.

Requirements will be selected from the following figures:

Figure 5A or 5B, Figure 3, Figure 7A or 7B, Figure 11A or 11B

The event will be run like a normal figure contest. Two repetitions of each figure.

Eastern Region Intro Rules



For Free Skating the following events will be offered:

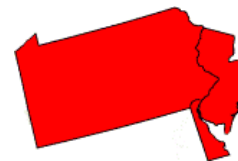
- There are now two levels in the Intro Free Skating Program:
Level 1 and Level 2 and both will be coed events.

Since this is the first season for this format, coaches may start their skaters in the level appropriate for their student's skill level.

- Skaters may stay in their skating Level for one complete season. After that season they must move to the next higher Level. Level 1 into Level 2 and Level 2 into their age appropriate Level C Event.
- All Youth Development Free Skating Events this season will be using Club Music. Each Club will select their own music for Level 1 and Level 2 Intro free skating events. Every skater in each event from the same club will skate to the same music. For Level 1 the maximum music time is 1 minute 30 seconds. For Level 2 the maximum music time is 2 minutes. Optional pre-recorded music will be available on the www.erusars.org web page on the contest page.
- All levels will be established by age as of 1/1/(of the current skating season)
 - 8 Years Old and Under
 - 9 to 11 Years Old
 - 12 to 15 Years Old
- There will be a new scoring system used in Intro Free Skating this season. Sample score sheets will be emailed to all coaches and available on the www.erusars.org web page on the contest page.
- All items in the routine MUST BE SKATED in the exact order as listed.

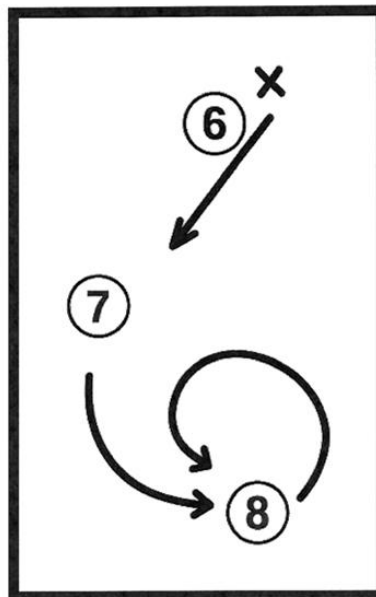
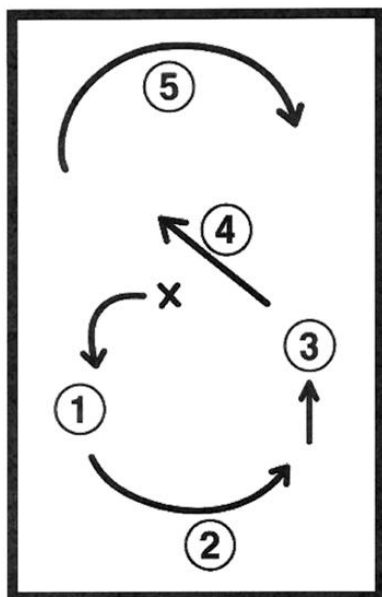
Diagrams of the Level 1 and Level 2 routines are shown on the following pages and videos of the routines are available for coaches and judges to watch on the Eastern Region's website, www.erusars.org on the contest page.

Eastern Region Intro Rules



Level 1 Routine

Time Limit - Max 1:30



Routines must be skated in listed order.
 Zero credit for items skated out of order.

1. Waltz Jump
2. CCW Forward Crosses (5x)
3. 1/2 Toeloop
4. Flexible Position (Scorpion, Beillman, Split, Charlotte)
5. CW Forward Crosses (5x)
6. Backward Arabesque
7. IB Upright - Standing Still 2 rotations
8. Footwork - RIF Mohawk-LIB Mohawk, ROB-LOF, Bunny Hop Bunny Hop (Repeat 2x)



Scorpion



Beillman

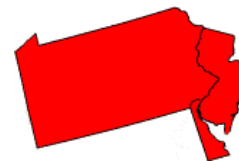


Split



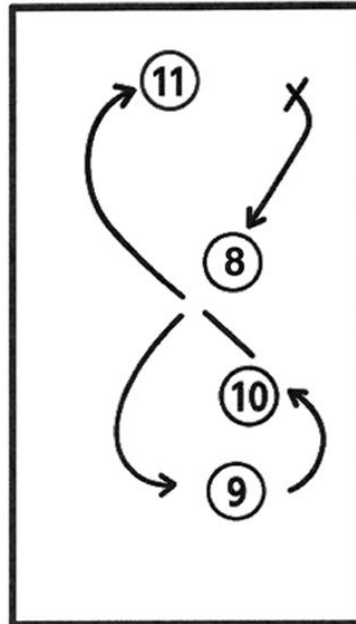
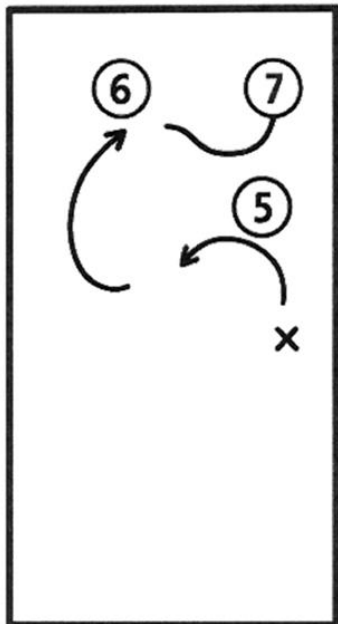
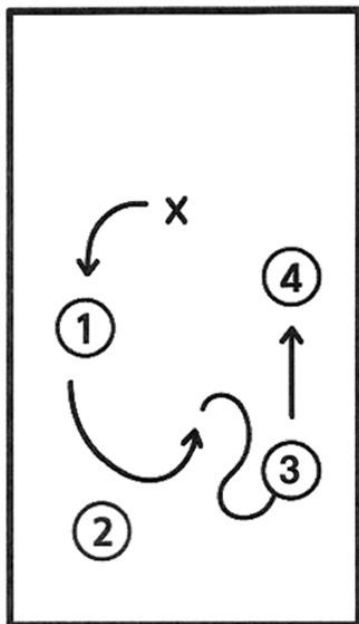
Charlotte

Eastern Region Intro Rules



Level 2 Routine

Time Limit - Max 2:00



1. Waltz Toeloop
2. CCW Backward Crosses (5x)
3. IB/IF Upright - S Entrance - 2 Rotations
4. Toeloop
5. Spread Eagle
6. CW Backward Crosses (5x)
7. IB Upright - S Entrance - 3 Rotations
8. Salchow
9. RIF Mohawk-LIB Mohawk, ROB-LOF Mohawk, Bunny Hop, 3 Turn
10. Arabesque to Shoot the Duck/Tuck
11. LIF Mohawk-RIB Mohawk, LOB-ROF Mohawk, Bunny Hop, ROF-RIB 3 Turn

Routines must be skated in listed order.
Zero credit for items skated out of order.