

North American Cup is a series of Novice level competitions organized by Skate Canada and US Figure Skating. Participants are selected by their respective member skating federations.

The 2019 North American Cup competitions will take place in the following locations:

- Milwaukee, WI – July 9 to 11 (Singles only)
- Lake Placid, NY – July 30 to Aug 2 (Ice Dance only)
- Edmonton, AB – August 2 to 4 (Singles and Pairs)

Skate Canada will pay the entry fee for the skaters/teams who have been selected to compete at a North American Cup competition. All other expenses are the responsibility of the skaters/teams. Skate Canada will send a team leader to the competition to assist skaters and their coaches with all matters which could affect performance.

Selection process for the 2019 North American Cup will be conducted as follows:

- Sections will nominate skaters/teams who demonstrate an ability to perform the skills established in this document to the Skate Canada NextGen Director at least 7 days prior to the audition.
- Sections in cooperation with the Skate Canada NextGen Director will invite the nominated skaters/teams an audition. Auditions will take place in various cities from early April to mid-June and at time will be linked with a Section training camp.
 - Proposed dates
 - Alberta: Calgary, April 4 & 5
 - Saskatchewan: Regina, April 8
 - BC: Kelowna, April 18 & Vancouver, May 29
 - Quebec: Montreal, May 31 (Singles) & June 15 & 16 (Pairs/Ice Dance)
 - Ontario: TBD
- At the audition, skaters/teams will be asked to performance various technical skills, as well as a program/pattern dance, either in parts or in its entirety with less content. The technical skills the skaters will be asked to perform will be assessed based on quality of technique as well as the consistency of the skill. Skaters/teams may be asked to perform skills which are still in development. For safety reasons, pair and ice dance teams may be asked to perform some skills off the ice.

Selection guidelines and skills performed during the audition

Men	<ul style="list-style-type: none"> • Skaters should not reach 14 years on 1 July 2019 • Consistently perform a good double Axel jump • Perform 2 different triple jumps with at least 66% consistency • Perform a jump combination with a triple jump with at least 66% consistency • Perform additional triple jumps being developed • Perform both short program spins and a jump spin with good basic spins positions and speed to achieve a positive GOE • Perform step sequence • Perform skating skills with good skating technique
Women	<ul style="list-style-type: none"> • Skaters should not reach 14 years on 1 July 2019 • Consistently perform a good double Axel jump • Perform 2 different triple jumps with at least 66% consistency • Perform a jump combination with a triple jump with at least 66% consistency • Perform additional triple jumps being developed • Perform both short program spins and a jump spin with good basic spins positions and speed to achieve a positive GOE • Perform step sequence • Perform skating skills with good skating technique
Pairs	<ul style="list-style-type: none"> • Female skaters should not reach 15 years on 1 July 2019, while male skaters should not have reach 17 years of age on 1 July 2019 • Consistently perform a good double loop, flip and Lutz jump • Consistently perform a jump combination with two double jumps of their choice • Individually perform double Axel jump which may still be in development • Perform up to Group 3 and 4 lifts with good lifting technique on the ice • Perform a Group 5 lift and double twist on or off the ice (coach's choice) • Perform a death spiral with good basic position and a full revolution • Perform solo combination spin and pair combination spin with good basic spins positions • Perform skating skills in any hold with good skating technique
Ice Dance	<ul style="list-style-type: none"> • Female skaters should not reach 14 years on 1 July 2019, while male skaters should not have reach 16 years of age on 1 July 2019 • Perform the Novice Pattern Dances with an ability to achieve 25% of the key points • Perform a combination spin at Level 3 or higher • Perform synchronized twizzles at Level 3 or higher • Perform a lift at Level 4 • Perform one stroking pattern of their choice in hold, showing forwards and backwards skating by both partners, along with at least two different holds • Perform one stroking pattern of their choice side by side, not touching