

## 2013 Nonqualifying Competition and Basic Skills Announcement



Connecticut Skating Academy Fall Classic Hosted by Connecticut Skating Academy October 11, 2013

The Connecticut Skating Academy Fall Classic will be conducted in accordance with the rules and regulations of the U.S. Figure Skating, as set forth in the current Rulebook as well as any pertinent updates which have been posted of the U.S. Figure Skating web site.

This competition is open to all eligible, restricted, reinstated or a readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, a collegiate club or an individual member in accordance with the current Rulebook. Refer to the current rule book for non-U.S. Citizens.

## ELIGIBILITY/TEST LEVEL:

Test level: Competition level is the highest test passed as of the entry deadline, in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event. Skaters who placed in the top four in final round of their last qualifying competition in their divisions must move up one level, except for novice and higher.

Age restrictions/requirements: Skaters entering Test Track Juvenile Free Skate must be under 14 years of age at the close of entries. Skaters entering Open Juvenile Free Skate events (either Test Track or Well Balanced Program), must be at least 14 years of age at the close of entries.

Skaters entering Beginner - Pre-Juvenile events will be divided as closely as possible by age, should the number of entries warrant more than one groups.

ENTRIES: Entries will only be available online at www.entryeeze.com. Entry deadline is September 1, 2013. Only fully completed applications will be accepted. Changes to entries after the deadline that were not the fault of Connecticut Skating Academy will require a $\$ 30.00$ fee. Payment of all fees will be required before skater is allowed to participate in practice ice or events.
The entry fee for events in Singles Free Skating, Well-Balanced, Test Track is $\$ 80.00$ for the first event and $\$ 40.00$ for each of the additional events. All Basic Skills Events are $\$ 40.00$ for the first event and $\$ 20.00$ for each additional event. All entries will be charged a $3.0 \%$ convenience fee.

REFUND POLICY: Entry fees are NON-REFUNDABLE after September 1, 2013, the close of entry date, in accordance to 2013-2014 U.S. Figure Skating Rule 3047. Entry fees will only be refunded if the competition is not held. There will be no refunds for medical withdrawals. Checks returned for non-sufficient funds and contested credit card charges will be assessed a $\$ 35.00$ fee. An additional fee of $\$ 30.00$ will be charged for any changes due to incorrect entry choice of event levels after the close of entries. Payment of fees will be required before skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available on our website at www.entryeeze.com.

FACILITIES: The competition will be held at Newington Arena, 300 Alumni Rd. Red Rink is 200 ' $\times 85$ ' with slightly rounded corners.

MUSIC: Compact Disks (CDs) are the only acceptable forms of media. CDs must be clearly marked with the skater's name, event entered and the music length. Each CD must have only one (1) track on it. Lead in time (time before the music begins) on CDs may not exceed two (2) seconds. Each CD must be in a paper CD sleeve with a see-through window (obtainable at any office supply store), also labeled with the skater's name and event. Due to compatibility and reliability reasons, music may NOT be submitted on re-recordable CD-RW discs. The official competition music must be turned in at the registration table at the time of check-in. A duplicate CD should be readily available. Music may be picked up at the registration table following each event. Every reasonable care will be taken, but the Connecticut Skating Academy cannot be responsible for CDs left at the end of the competition.

LIABILITY: U.S. Figure Skating, Connecticut Skating Academy, and Newington Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook.

JUDGING SYSTEM: The 6.0 Majority Judging System will be used for:

- Well Balanced Program Free Skate events, Pre-preliminary - Pre-juvenile
- Introductory Free Skate events (Beginner, High Beginner, No Test)
- All Test Track events

REGISTRATION: Registration will begin August 9, 2013 and end on September 1, 2013 at 11:59pm Suggested language: registration will be open one to two hours before the first event and run through the last event of the day event. The registration table will be located in the lobby of the arena. PLEASE REGISTER PROMPTLY UPON ARRIVAL.

PRACTICE ICE: There will be a warm up immediately prior to your event. Practice ice may be available on the day of the competition based on the final schedule and will be available on a first come first served basis. Practice ice sessions are 20 minutes and the cost is $\$ 15.00$.

PHOTOGRAPHY: Will be provided by Snapshot Action Sports Photography. Please see www.snapshotsportsphotography.com for information about the company.

VIDEOGRAPHY: Will be provided by Event Video Company. Please see http:// www.eventvideocompany.com/ for information about the company

AWARDS: Medals will be presented for 1st, 2nd, and 3rd place in each group. Award ceremonies will be scheduled at various intervals throughout the competition and will be presented off-ice.

OFFICIAL NOTICES: An official bulletin board will be maintained by the Connecticut Skating Academy and located inside Newington Arena by the front entrance. It is the responsibility of each competitor, parent, and/or coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters are requested to arrive 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

## INFORMATION REGARDING COACHES:

To coach at a U.S. Figure Skating qualifying level competition, a professional coach or choreographer must be:

- Declared by a skater in the registration process with the club
- Listed as Coaches Education Requirement (CER) Category A or B (Category C for Basic Skills events) compliant for the current season
- Current with Coach Registration (requires annual fee and background check)
- A current member in good standing with U.S. Figure Skating
- A current member in good standing with the PSA
- A coaches' requirements chart can be found here: http://www.usfigureskating.org/ Content/Coaches\%20Requirement\%20Chart.pdf.

The local organizing committee/club will have a list of coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential. Coaches who are NOT on the list will need to show proof of membership in BOTH U.S. Figure Skating and the PSA, a Coaches Registration card, proof of Category A or B (C for Basic Skills) compliance in CER, and a photo I.D. at check in. If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential - no
exceptions. We strongly urge all coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions.

CONTACT INFO: If you have questions, please contact Connecticut Skating Academy at CTSkatingAcademy@gmail.com.

## Accommodations:

Holiday Inn Express, 2553 Berlin Turnpike, Newington, CT 06111, (860) 372-4000
The Courtyard Marriott, 1583 Southeast Road, Newington, CT 06111, (860) 561-7100
Crowne Plaza, 100 Berlin Road, Cromwell, CT 06416, (860) 635-2000

SECTION 2: Events Offered

## SINGLES FREE SKATING EVENTS

See current rulebook/web site for current rules and requirements: http:// www.usfigureskating.org/New Judging.asp?id=361)

Illustration of Singles Free Skating Events:


## 1) TUSFIGURF <br> U.S. Figure Skating Non Qualifying Competitions

## EVENT: Introductory Levels Free Skate Program

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted.
2. Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.

| Level | Time | Jumps | Spins | Step Sequences |
| :---: | :---: | :---: | :---: | :---: |
| Beginner | $\begin{aligned} & 1: 30+/- \\ & 10 \mathrm{sec} . \\ & \\ & \text { Vocal } \\ & \text { music } \\ & \text { permitted } \end{aligned}$ | Max 5 jump elements: <br> Jumps with not more than one-half rotation (front to back or back to front). <br> Max 2 jump sequences <br> Max 2 of any same jump | Max 2 spins: <br> Two upright spins, no change of foot, no flying entry <br> (Min 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program. |
| High Beginner | $\begin{aligned} & 1: 30+/- \\ & 10 \mathrm{sec} . \end{aligned}$ <br> Vocal music permitted | Max 5 jump elements: <br> Jumps with not more than one-half rotation (front to back or back to front including half-loop) <br> Single rotation jumps: Salchow and toe loop only. <br> Max 2 jump combinations or sequences <br> Max 2 of any same type jump. | Max 2 spins: <br> Two upright spins, change of foot optional, no flying entry <br> (Min 3 revolutions) | Connecting moves and steps should be demonstrated throughout the program. |
| No-Test | $\begin{aligned} & 1: 30+/- \\ & 10 \mathrm{sec} . \end{aligned}$ <br> Vocal music permitted | Max 5 jump elements: <br> Single Jumps (no Axel) <br> Max 2 combos or sequences. <br> Combos limited to 2 jumps <br> Number of jumps in sequence is limited to a max of 3 single jumps (half-loop is not considered a single jump). | Max 2 spins: <br> Spins must be a different nature. <br> Minimum three revolutions each. <br> Spins may change feet, position and start with a fly. | Connecting moves and steps should be demonstrated throughout the program. |

## $P$ TUSFIGURF <br> U.S. Figure Skating Non Qualifying Competitions

EVENT: Test Track Free Skate

General event parameters:
3. Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non qualifying competition.
4. Skaters will skate to the music of their choice. Vocal music IS permitted at all levels.
5. Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
6. Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.
7. The following deductions will be taken:

- -. 1 from each mark for each technical element included that is not permitted in the event description.
-     - . 2 from the technical mark for each extra element included.
- -. 1 from the technical mark for any spin that is less than the required minimum revolutions.

| Level | Time | Jumps | Spins | Step Sequences |
| :---: | :---: | :---: | :---: | :---: |
| Pre- <br> Preliminary | $\begin{aligned} & 1: 30+/- \\ & 10 \mathrm{sec} . \end{aligned}$ | Maximum of 5 jump elements: <br> a)Jumps with not more than onehalf rotation (front to back or back to front including half-loop) <br> b)Single rotation jumps: <br> Salchow, toe-loop and loop only. <br> c)Max. 2 jump combinations or sequences <br> d)Max. 2 of any same type jump | Maximum of 2 spins: <br> Two spins of a different nature, one position only. No change of foot, no flying entry. (3) | Connecting moves and steps should be demonstrated throughout the program. |
| Preliminary | $\begin{aligned} & 1: 30+/- \\ & 10 \mathrm{sec} . \end{aligned}$ | Maximum of 5 jump elements: <br> a)Jumps with not more than one rotation (no Axels). <br> b)Max. 2 jump combinations or sequences <br> c)Max. 2 of any same type jump | Maximum of 2 spins: <br> a)One spin in one position; no change of foot, no flying entry. (3) <br> b)One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (3 per foot) | Connecting moves and steps should be demonstrated throughout the program. |
| Pre-Juvenile | $\begin{aligned} & \text { 2:00 + / - } \\ & 10 \mathrm{sec} . \end{aligned}$ | Maximum of 5 jump elements: <br> a)Jumps with not more than one rotation (no Axels). <br> b)Max. 2 jump combinations or sequences <br> c)Max. 2 of any same type jump | Maximum of 2 spins: <br> a)One spin in one position, no change of foot (3) <br> b)One combination spin: forward camel spin to forward sit spin; change of foot optional (6). Spins may not fly. | One step sequence fully utilizing ice surface. |


| Juvenile (under 14 yrs.) \& Open Juvenile (14 yrs. and older) | $\begin{aligned} & 2: 15+/- \\ & 10 \mathrm{sec} . \end{aligned}$ | Maximum of 5 jump elements: <br> a)Any single jumps, including Axel, are permitted. <br> b)Max. 2 jump combinations or sequences <br> c)Max. 2 of any same type jump | Maximum of 2 spins: <br> a)One solo spin in one position, no change of foot (4). <br> b)One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (4 per foot) <br> *Only solo spin may fly | One step sequence fully utilizing ice surface. |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |
| Level | Time | Jumps | Spins | Step Sequences |
| Intermediate | $\begin{aligned} & 2: 30+/- \\ & 10 \mathrm{sec} . \end{aligned}$ | Maximum of 6 jump elements: <br> a)Any single jumps. <br> b)Double jumps permitted: double Salchow and double toe-loop. <br> c)Maximum of 3 jump combinations or sequences <br> d)Max. 2 of any same type jump | Maximum of 2 spins: <br> a)One must be a flying spin (5), <br> b)One must be a combination spin with at least one change of foot and at least one change of position (4 per foot). | One step sequence fully utilizing ice surface. |
| Novice | Ladies: $3: 00+/-$ <br> 10 sec . <br> Men: <br> 3:30 +/- <br> 10 sec . | Maximum of 7 jump elements for men and 6 for ladies: <br> a)Any single jumps. <br> b)Double jumps permitted: double Salchow, double toeloop and double loop. <br> c)Maximum of 3 jump combinations or sequences <br> d)Max. 2 of any same type jump | Maximum of 3 spins, of a different nature: <br> a)One must be a combination spin with at least one change of foot and at least one change of position (5 per foot) <br> b)The other spins are the option of the skater (6) <br> * All spins may fly | One step sequence or spiral sequence fully utilizing ice surface. <br> (See rule 4220, for remarks) |
| Junior | Ladies: $3: 30+/-$ <br> 10 sec . <br> Men: <br> 4:00 + /- <br> 10 sec . | Maximum of 8 jump elements for men and 7 for ladies: <br> a)Any single jumps. <br> b)Double jumps permitted: double Salchow, double toeloop, double loop and double flip <br> c)Maximum of 3 jump combinations or sequences <br> d)Max. 2 of any same type jump | Maximum of 3 spins of a different nature: <br> a) One spin in one position (6) <br> b) One flying spin (6) <br> c) One combination spin consisting of all three basic positions and one change of foot (2 per position, 5 per foot) | One step sequence fully utilizing ice surface. <br> (See rule 4210 for remarks) |


| Senior | Ladies: 4:00 + / - <br> 10 sec . <br> Men: <br> 4:30 + /- <br> 10 sec . | Maximum of 8 jump elements for men and 7 for ladies: <br> a)Any single jumps. <br> b)Must include at least four different double jumps, one must be a double Lutz. <br> c) Triple jumps are not permitted <br> d)Maximum of 3 jump combinations or sequences <br> e)Max. 2 of any same type jump | Maximum of 3 spins of a different nature: <br> a)One spin in one position (6) <br> b)One flying spin (6) <br> c) One combination spin consisting of all three basic spin positions and one change of foot (2 per position, 5 per foot) | Men: <br> Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks) <br> Ladies: <br> One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4200 for remarks.) |
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## 1. FUSFIGURF U.S. Figure Skating Non Qualifying Competitions

## EVENT: Well Balanced Program Free Skate

## General event parameters:

8. Skaters may not enter both a Well Balanced Free Skate event and a Test Track Free Skate event at the same non qualifying competition.
9. Skaters will skate to the music of their choice. Vocal music is permitted for pre-preliminary intermediate.
10. Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.
11. The 6.0 judging system may be used for this event.

| Level | Time | Jumps | Spins | Step <br> Sequences |
| :---: | :---: | :---: | :---: | :---: |
| Pre- <br> Preliminary | $\begin{aligned} & 1: 30+/- \\ & 10 \mathrm{sec} . \\ & \text { Vocal } \\ & \text { music } \\ & \text { permitted } \end{aligned}$ | Maximum of 5 jump elements: <br> a)Any single jumps, including Axel, allowed. <br> b)Max. 2 jump combinations or sequences <br> c) Jump combinations are limited to 2 jumps. <br> d) Number of jumps in a jump sequence is limited to a max. of 3 single jumps ( $1 / 2$ loop is not considered a single jump.) <br> e)Axel may be repeated as an individual jump, as part of a jump combination or jump sequence. Max of 2 Axels. <br> f)Double or triple jumps are not allowed. | Maximum of 2 spins: <br> a) Spins must be of a different nature <br> b) Spins may change feet and/or position. <br> c) Spins may start with a fly. <br> d) Minimum of 3 revolutions | One step sequenced that must use $1 / 2$ of the ice surface. |


| Preliminary | $\begin{aligned} & 1: 30+/- \\ & 10 \mathrm{sec} . \\ & \text { Vocal } \\ & \text { music } \\ & \text { permitted } \end{aligned}$ | Maximum of 5 jump elements: <br> a)One must be an Axel or waltz-jump. <br> b)Max. 2 jump combinations or sequences <br> c) Jump combinations limited to 2 jumps <br> d) Number of jumps in a jump sequence is limited to a max. of 3 single jumps ( $1 / 2$ loop is not considered a single jump.) <br> e)Only 2 different double jumps may be attempted, selected from: double Salchow, double toe-loop, double loop) <br> f)Axel and no more than 2 different double jumps may be repeated as individual jumps, as part of jump combinations or jump sequences. <br> g)Maximum of 2 Axels or any double jump. <br> h)Double flips, double Lutzes, double Axels or triple jumps are not allowed. | Maximum of 2 spins: <br> a) Spins must be of a different nature <br> b) Spins may change feet and/or position. <br> c) Spins may start with a fly. <br> d) Minimum of 3 revolutions | One step sequenced that must use $1 / 2$ of the ice surface. |
| :---: | :---: | :---: | :---: | :---: |
| Pre-Juvenile | $\begin{aligned} & \text { 2:00 +/- } \\ & 10 \mathrm{sec} . \\ & \text { Vocal } \\ & \text { music } \\ & \text { permitted } \end{aligned}$ | Maximum of 5 jump elements: <br> a) One must be an Axel or waltz jump. <br> b) Max. 2 jump combinations or sequences <br> c) Jump combinations limited to 2 jumps <br> d) Number of jumps in jump sequence is limited to a max. of 3 single or double jumps. ( $1 / 2$ loop is not considered a single jump at this level.) <br> e) Number of different double jumps is not limited. <br> f) Axel and no more than 3 different double jumps may be repeated as individual jumps, as part of jump combination or jump sequence. <br> g) Maximum of 2 Axels or any double jump <br> h)No double Axels or triple jumps | Maximum of 2 spins: <br> a) 1 spin combination; with/without change of foot*, may fly. <br> b) 1 spin with only 1 position*, may fly, no change of foot <br> c) Min 4 revs.; 6 revs. for combo <br> d) Spins must be of a different nature | One step sequence fully utilizing ice surface. |


| Open Juvenile (14 years or older) | $\begin{aligned} & 2: 15+/- \\ & 10 \mathrm{sec} . \end{aligned}$ | Maximum of 5 jump elements: <br> a) One must be an Axel-type jump* <br> b) Max. 2 jump combinations or sequences <br> c) Jump combinations limited to 2 jumps <br> d) Number of jumps in jump sequence is not limited <br> e) No more than 3 double jumps may be repeated (1 each), but only as part of combination or sequence. Max 2 of same double jump. <br> f) No triple jumps | Maximum of 2 spins: <br> a) 1 spin combination; with/without change of foot* <br> b) 1 spin with only 1 position; no change of foot* <br> c) Both spins may start with a fly <br> d) Min 5 revs.; 8 revs. for combination <br> e) Min 2 revs. in position f)Spins must be of a different nature | One choreographic step sequence fully utilizing ice surface. |
| :---: | :---: | :---: | :---: | :---: |

U.S. Figure Skating Basic Skills Competitions

## EVENT: Basic Elements Event: SNOWPLOW SAM - BASIC 8

Format choice of the host: Each skater will perform each element when directed by a judge or referee OR have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on OR each skater performs all of the required elements before moving on to the next skater.

- To be skated on $1 / 3$ to $1 / 2$ ice
- No music
- All elements must be skated in the order listed
- Time: 1:00 or less

| Level | Time | Skating rules / standards |
| :---: | :---: | :---: |
| Snowplow <br> Sam 1-3 | 1:00 max. | 1. March followed by a two foot glide and dip <br> 2. Forward two foot swizzles 2-3 in a row <br> 3. Forward snowplow stop <br> 4. Backward wiggles $2-6$ in a row |
| Basic 1 | 1:00 max. | 1. Forward two foot glide and dip <br> 2. Forward two foot swizzles $6-8$ in a row <br> 3. Forward snowplow stop <br> 4. Backward wiggles $6-8$ in a row |
| Basic 2 | 1:00 max. | 1. Forward one foot glide - either foot <br> 2. Forward alternating $1 / 2$ swizzle pumps, in a straight line $-2-3$ each foot <br> 3. Moving snowplow stop <br> 4. Two foot turn in place- forward to backward <br> 5. Backward two foot swizzles $6-8$ in a row |
| Basic 3 | 1:00 max. | 1. Forward stroking <br> 2. Forward $1 / 2$ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive <br> 3. Forward slalom <br> 4. Backward one foot glide - either foot <br> 5. Two foot spin - minimum three revolutions |
| Basic 4 | 1:00 max. | 1. Standstill forward outside three-turn - R \& L <br> 2. Forward outside edge on a circle clockwise or counter clockwise <br> 3. Forward crossovers $4-6$ consecutive both directions <br> 4. Backward stroking -4-6 strokes <br> 5. Backward snowplow stop - R or L |
| Basic 5 | 1:00 max. | 1. Backward outside edge on a circle clockwise or counterclockwise <br> 2. Backward crossovers 4-6 consecutive - both directions <br> 3. Basic one foot spin - free leg held to side of spinning leg - minimum three revolutions <br> 4. Side toe hop -either direction <br> 5. Hockey stop |
| Basic 6 | 1:00 max. | 1. Standstill forward inside three-turn - R \& L <br> 2. Bunny Hop <br> 3. Forward spiral on a straight line - R or $L$ <br> 4. Lunge -R or L <br> 5. T-stop - R or L |
| Basic 7 | 1:00 max. | 1. Standstill forward inside open Mohawk - R to $L$ and $L$ to $R$ <br> 2. Ballet Jump - either direction <br> 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise <br> 4. Forward inside pivot |


| Basic 8 | 1:00 max. | 1. Moving forward outside or forward inside three-turns R \& L <br> 2. Waltz jump <br> 3. Mazurka - either direction <br> 4. 1 Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge <br> 5. Beginning one-foot upright spin - free foot held to side of spinning leg or crossed position-minimum three revolutions |
| :---: | :---: | :---: |



## U.S. Figure Skating Basic Skills Competitions

## EVENT: Free Skate 1-6 Compulsory Event

Format: In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional

- To be skated on $1 / 2$ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A . 2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

| Level | Time | Skating rules / standards |
| :---: | :---: | :---: |
| Free Skate 1 | 1:15 max. | 1. Advanced forward stroking -4-6 consecutive <br> 2. Backward outside three-turns R \& L <br> 3. One-foot upright scratch spin from backward crossovers-minimum three revolutions <br> 4. Waltz jump from backward crossovers <br> 5. Half flip jump |
| Free Skate 2 | 1:15 max. | 1. Forward outside or inside spiral - R or L <br> 2. Waltz Three's - R or $\mathrm{L}, 2-3$ sets <br> 3. Beginning back spin - entry optional - minimum two revolutions <br> 4. Waltz jump, side toe hop, waltz jump sequence <br> 5. Toe loop jump |
| Free Skate 3 | 1:15 max. | 1. Forward crossovers in a figure 8 <br> 2. Backward inside three-turns, $R$ \& L <br> 3. Back spin-minimum three revolutions <br> 4. Salchow jump <br> 5. Waltz jump/toe loop or Salchow/toe loop jump combination |
| Free Skate 4 | 1:15 max. | 1. Forward power 3's, 2-3 consecutive sets-R or L <br> 2. Sit spin- minimum three revolutions <br> 3. Loop jump <br> 4. Waltz jump/loop jump combination |
| Free Skate 5 | 1:15 max. | 1. Camel spin- minimum three revolutions <br> 2. Forward upright spin to back upright spin- minimum three revolutions, each foot <br> 3. Loop/loop jump combination- <br> 4. Flip jump |


| Free Skate 6 | $1: 15$ max. | 1. Five step Mohawk sequence -1 set alternating pattern (refer to Basic <br> Skills Curriculum Free skate 6) |
| :--- | :--- | :--- |
|  | 2. Camel, sit spin combination - minimum of four revolutions total <br> 3. Split jump or stag jump <br> 4. Waltz jump, $1 / 2$ loop, Salchow jump sequence <br> 5. Lutz jump |  |

U.S. Figure Skating Basic Skills Competitions

## EVENT: BASIC PROGRAM EVENT: SNOWPLOW SAM - BASIC 8

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc. unless otherwise specified. Vocal music is allowed.

- To be skated on full ice
- The skater may use elements from a previous level
- A . 2 deduction will be taken for each element performed from a higher level
- Time: 1:00 +/- 10 seconds

| Level | Time | Skating rules / standards |
| :---: | :---: | :---: |
| Snowplow <br> Sam 1-3 | $\begin{aligned} & 1: 00+/-10 \\ & \max . \end{aligned}$ | 1. March followed by a two foot glide and dip <br> 2. Forward two foot swizzles $2-3$ in a row <br> 3. Forward snowplow stop <br> 4. Backward wiggles 2-6 in a row |
| Basic 1 | $\begin{aligned} & 1: 00+/-10 \\ & \text { max. } \end{aligned}$ | 1. Forward two foot glide and dip <br> 2. Forward two foot swizzles $6-8$ in a row <br> 3. Forward snowplow stop <br> 4. Backward wiggles $6-8$ in a row |
| Basic 2 | $\begin{aligned} & 1: 00+/-10 \\ & \text { max. } \end{aligned}$ | 1. Forward one foot glide - either foot <br> 2. Forward alternating $1 / 2$ swizzle pumps, in a straight line $-2-3$ each foot <br> 3. Moving snowplow stop <br> 4. Two foot turn in place- forward to backward <br> 5. Backward two foot swizzles $6-8$ in a row |
| Basic 3 | $\begin{aligned} & 1: 00+/-10 \\ & \max . \end{aligned}$ | 1. Forward stroking <br> 2. Forward $1 / 2$ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive <br> 3. Forward slalom <br> 4. Backward one foot glide - either foot <br> 5. Two foot spin - minimum three revolutions |
| Basic 4 | $\begin{aligned} & 1: 00+/-10 \\ & \max . \end{aligned}$ | 1. Standstill forward outside three-turn - R \& L <br> 2. Forward crossovers $4-6$ consecutive both directions <br> 3. Backward stroking - 4-6 strokes <br> 4. Backward snowplow stop - R or L |
| Basic 5 | $\begin{aligned} & 1: 00+/-10 \\ & \max . \end{aligned}$ | 1. Backward crossovers 4-6 consecutive - both directions <br> 2. Basic one foot spin - free leg held to side of spinning leg - minimum three revolutions <br> 3. Side toe hop-either direction <br> 4. Hockey stop |
| Basic 6 | $\begin{aligned} & 1: 00+/-10 \\ & \max . \end{aligned}$ | 1. Standstill forward inside three-turn - R \& L <br> 2. Bunny Hop <br> 3. Forward spiral on a straight line - R or $L$ <br> 4. Lunge - R or L <br> 5. T-stop - R or L |
| Basic 7 | $\begin{aligned} & 1: 00+/-10 \\ & \max . \end{aligned}$ | 1. Standstill forward inside open Mohawk - R to $L$ and $L$ to $R$ <br> 2. Ballet Jump - either direction <br> 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise <br> 4. Forward inside pivot |


| Basic 8 | $\begin{aligned} & 1: 00+/-10 \\ & \max . \end{aligned}$ | 1. Moving forward outside or forward inside three-turns R \& L <br> 2. Waltz jump <br> 3. Mazurka - either direction <br> 4. 1 Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge <br> 5. Beginning one-foot upright spin - free foot held to side of spinning leg or crossed position-minimum three revolutions |
| :---: | :---: | :---: |


U.S. Figure Skating Basic Skills Competitions

## EVENT: Free Skate 1-6 Program Event

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program. Vocal music is allowed.

- To be skated on full ice.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A . 2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

| Level | Time | Skating rules / standards |
| :---: | :---: | :---: |
| Free Skate 1 | $\begin{aligned} & 1: 30+/-10 \\ & \mathrm{sec} \end{aligned}$ | 1. Advanced forward stroking - 4-6 consecutive <br> 2. One-foot upright scratch spin from backward crossovers-minimum three revolutions <br> 3. Waltz jump from backward crossovers <br> 4. Half flip jump |
| Free Skate 2 | $\begin{aligned} & 1: 30+/-10 \\ & \mathrm{sec} \end{aligned}$ | 1. Forward outside spiral - R or L <br> 2. Beginning back spin - entry optional - minimum two revolutions <br> 3. Waltz jump, side toe hop, waltz jump sequence <br> 4. Toe loop jump |
| Free Skate 3 | $\begin{aligned} & 1: 30+/-10 \\ & \mathrm{sec} \end{aligned}$ | 1. Forward crossovers in a figure 8 <br> 2. Back spin- minimum three revolutions <br> 3. Salchow jump <br> 4. Waltz jump/toe loop or Salchow/toe loop jump combination |
| Free Skate 4 | $\begin{aligned} & 1: 30+/-10 \\ & \mathrm{sec} \end{aligned}$ | 1. Forward power 3's, 2-3 consecutive sets -R or L <br> 2. Sit spin-minimum three revolutions <br> 3. Loop jump <br> 4. Waltz jump/loop jump combination |
| Free Skate 5 | $\begin{aligned} & 1: 30+/-10 \\ & \mathrm{sec} \end{aligned}$ | 1. Camel spin- minimum three revolutions <br> 2. Forward upright spin to back upright spin- minimum three revolutions, each foot <br> 3. Loop/loop jump combination- <br> 4. Flip jump |
| Free Skate 6 | $\begin{aligned} & 1: 30+/-10 \\ & \mathrm{sec} \end{aligned}$ | 1. Camel, sit spin combination - minimum of four revolutions total <br> 2. Split jump or stag jump <br> 3. Waltz jump, $1 / 2$ loop, Salchow jump sequence <br> 4. Lutz jump |

