

**ASPEN ICE FIGURE SKATING ACADEMY'S
FIRST ANNUAL SPRING OPEN 2010
BASIC SKILLS COMPETITION**

APPROVAL #: _____

OUR MISSION STATEMENT:

Our goal with this USFS Basic Skills Competition is to provide skaters who are in our Learn to Skate Basic Skills Program with a fun and entertaining competitive track. The levels that will be competing are those that are in the Learn to Skate Program. This Competition is designed to give our skaters a chance to expand on their USFS Basic Skills in an exciting, fun and competitive way!

The competition will be a positive influence on the skaters so they can realize that skating does have more to it than just showing up for a group lesson every week; it's FUN! All skaters in the competition need to have respect for everyone, as they are in the competition for the same reasons, for entertainment, and a little competition behind it!

Aspen Ice Figure Skating Academy's Basic Skills Competition

1. **Date and Time:** Saturday, March 20th, 2010 Anticipated time: 2:15 to 8 p.m. (Subject to change)
2. **Host:** Aspen Ice FS Academy #5060
3. **Location:** Aspen Ice at Flemington, 426 Case Boulevard, Flemington, NJ 08822
4. **Rink Size-** Basic, NHL

5. Eligibility requirements (as stated in the Compete with U.S. competition manual):

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills program/club or any other Basic Skills program/club.

Eligibility will be based on skill level as of closing date of entries. All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 **must skate at highest level passed and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.**

Skaters in other events may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition and may have passed pre-preliminary moves in the field. For events that are "Beyond the Basics" (beginner, pre-preliminary and preliminary) the U.S. Figure Skating rulebook # 1032 applies (Basic Skills competitions may include events for skaters who have passed no higher than the preliminary moves in the field, preliminary freeskating, preliminary dance or adult bronze free skate tests without applying for a USFSA sanction. However, an approval number is required from the appointed Basic Skills representatives.

Please note: If a skater competes at a nonqualifying competition in a "Beginner or No Test" category, then that skater must compete at the equivalent or higher level in a Basic Skills approved competition.

6. Event Categories: (Please use the appropriate section of the entry form)

Snowplow Sam Programs
Basic Skills 1-8- Programs with Music
Freeskate 1-6- Programs with Music
Beginner through Preliminary- Freeskate Programs with Music

Age may be used to divide event groups. When possible, events will be gender separated.

Events must have 2 or more skaters to be a competition. Events with only one skater will either be skated as an exhibition or the event will be cancelled and a refund will be issued. This will be the skater's option.

7. Music Requirements: Music must be provided by the skater/coach on a CD-R to be turned in at registration (No CD-RW's). The tape or CD-R must be clearly labeled with the competitor's name, and event for which the music is intended. Please **record only one track** on a CD-R. Please bring more than one copy of music in case of an emergency.

8. Entry Information and Deadline Date:

Closing date for entries is February 20th, 2010. Late entries (w late fee) 3/8/2009

Please send entry form to:

Aspen Ice
Attn: Krista Volpe
426 Case Blvd.
Flemington, NJ 08822
Information and Questions:
Krista Volpe
Aspen Ice
908.237.1423 Ext. 102

Closing date for entries is February 28th, 2010. All entries **must be postmarked** on or before this date. Only entries that are mailed will be accepted. Only entries with payment of \$50.00 will be accepted. Postage metered mail will not constitute proof of timely mailing. Incomplete entries will not be accepted. Late entries (postmarked after 3/1/10) may be accepted at the discretion of the Competition Committee, and will require an additional late fee of \$30. No entries will be accepted after 3/8/2009. No entries will be accepted after listing goes to referee. There will be NO exceptions. The Committee reserves the right to limit entries. **No refunds** will be granted except for events cancelled by the Local Organizing Committee.

9. Entry Fees: \$50.00 Visa, MC, Discover Make checks payable to: **Aspen Ice**

10. Awards: Medals for places 1, 2, 3 participation medals for all other placements

11. Refund Policy: Refunds will only be granted if an event is cancelled.

12. Total Entrant Numbers: Entries will be limited by time constraints and will be accepted on a first come first serve basis. For updates and additional information check the website www.aspenice.net or call Krista 908.237.1423 Ext. 102.

Please refer to the table below for event eligibility for Basic Skill levels. (Programs w Music)

Programs with Music	Level Passed Competition Level OFFICIAL USFSA TESTS ALLOWED
Snowplow Sam 1 Snowplow Sam only Snowplow Sam 2 Snowplow Sam only Snowplow Sam 3 Snowplow Sam only	None None None
Basic 1 Basic Program 1 Basic 2 Basic Program 2 Basic 3 Basic Program 3 Basic 4 Basic Program 4 Basic 5 Basic Program 5 Basic 6 Basic Program 6 Basic 7 Basic Program 7 Basic 8 Basic Program 8	None None None None None None None None
Freestyle 1 Freestyle 1 or 2 NOT BOTH Freestyle 2 Freestyle 2 or 3 NOT BOTH Freestyle 3 Freestyle 3 or 4 NOT BOTH Freestyle 4 Freestyle 4 or 5 NOT BOTH Freestyle 5 Freestyle 5 or 6 NOT BOTH Freestyle 6 Freestyle 6 or Beginner* NOT BOTH	Pre-Preliminary MIF ONLY Pre-Preliminary MIF ONLY Pre-Preliminary MIF ONLY Pre-Preliminary MIF ONLY Pre-Preliminary MIF ONLY Pre-Preliminary MIF ONLY
<p>• If a skater competes up into Beginner Category they may not go back to compete in the freestyle categories</p>	

OFFICIALS AND ELIGIBILITY RULES

Please note: You do not need to use official U.S. Figure Skating officials, judges or accounts to conduct a Basic Skills Competition.

#1240 OFFICIALS

#1241 For Basic Skills Competitions three judges, not related to the competitor, are required for each event. Judges may be any official U.S. Figure Skating or Skate Canada judge or any other qualified eligible or ineligible person in skating who is a U.S. Figure Skating member and/or Basic Skills member.

#1242 For Basic Skills Competitions, the member club or other organization sponsoring and conducting the competition shall approve all judges and officials. All persons serving as judges and officials shall be at least 16 years of age.

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/Club or any other Basic Skills Program/Club.

Eligibility will be based on skill level as of closing date of entries. All SNOWFLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For the Free skate 1-6, Test Track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Format: Each skater will have the option to perform one element at a time in the order listed below (no excessive connecting steps) **OR** will perform each element when directed by a judge or referee.

- 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

<p><u>Snowplow Sam:</u></p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3 in a row 3. Forward snowplow stop 4. Backward wiggles 2-6 in a row 	<p><u>Basic 5:</u></p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive - both directions 3. One foot spin - minimum of three revolutions 4. Hockey stop 5. Side Toe hop -either direction
<p><u>Basic 1</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles 6 -8 in a row 3. Forward snowplow stop 4. Backward wiggles 6-8 in a row 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Forward inside three turn - R & L from a standstill 2. Bunny Hop 3. Forward spiral on a straight line - R or L 4. Lunge - R or L 5. T-stop - R or L
<p><u>Basic 2</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Forward alternating ½ swizzle pumps, in a straight line -across width of ice 3. Two foot turn in place forward to backward 4. Backward two foot swizzles 6 - 8 in a row 5. Moving snowplow stop 	<p><u>Basic 7:</u></p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk - R to L and L to R 2. Ballet Jump - either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
<p><u>Basic 3</u></p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 - 8 consecutive 3. Moving forward to backward two foot turn - either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<p><u>Basic 8:</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka - either direction 4. Combination move - clockwise <u>or</u> counter clockwise – two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin - optional free foot position
<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Forward outside three turn - R & L from a standstill 2. Forward outside edge on a circle clockwise or counter clockwise 3. Forward crossovers 6-8 consecutive both directions 4. Backward stroking 5. Backward snowplow stop - R or L 	

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.

- To be skated on full ice
- Vocal music is allowed
- The skater may use elements from a previous level 1:00 min

<p><u>Snowplow Sam - Tots:</u></p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3-in a row 3. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	<p><u>Basic 5:</u></p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive in both directions 3. One foot spin - min of three revolutions 4. Side Toe hop -either direction 5. Hockey stop
<p><u>Basic 1</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles 6 -8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Forward inside 3-turn from a standstill - R & L 2. Bunny Hop 3. Forward arabesque spiral on a straight line R or L 4. Lunge - R or L 5. T-stop - R or L
<p><u>Basic 2</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Two foot turn in place - forward to backward 3. Backward two foot swizzles 6 - 8 in a row 4. Forward alternating ½ swizzle pumps, in a straight line across width of ice 5. Moving snowplow stop 	<p><u>Basic 7:</u></p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk - R to L and L to R 2. Ballet Jump either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
<p><u>Basic 3</u></p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 -8 consecutive 3. Moving forward to backward two foot turn in either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<p><u>Basic 8:</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka in either direction 4. Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin - optional free foot position
<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counter clockwise 2. Forward crossovers 6-8 consecutive both directions 3. Forward outside 3 turn - R & L from a standstill 4. Backward stroking 5. Backward snowplow stop - R or L 	

FREESKATE 1-6 COMPULSORY EVENT

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

- To be skated on ½ ice
- No music is allowed
- 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: 1:15 or less

<p><u>Free skate level 1 Compulsory</u></p> <ol style="list-style-type: none"> 1. Advanced forward stroking - 4-6 consecutive 2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside 3. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump 	<p><u>Free skate level 4 Compulsory</u></p> <ol style="list-style-type: none"> 1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise 2. Forward power 3's, 2-3 consecutive sets-R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
<p><u>Free skate level 2 Compulsory</u></p> <ol style="list-style-type: none"> 1. Forward outside spiral - R or L. and a forward inside spiral - R or L 2. Waltz Three's - R or L 3. Beginning back spin - entry optional 4. Waltz jump, side toe hop, waltz jump series 5. Toe loop jump 	<p><u>Free skate level 5 Compulsory</u></p> <ol style="list-style-type: none"> 1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop jump 5. Flip jump
<p><u>Free skate level 3 Compulsory</u></p> <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls 4 - 6 consecutive 3. Back spin 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop 	<p><u>Free skate level 6 Compulsory</u></p> <ol style="list-style-type: none"> 1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6) 2. Camel, sit spin combination - minimum of 4 revolutions total 3. Split jump or stag jump 4. Waltz jump, ½ loop, Salchow combination 5. Lutz jump

FREE SKATE 1-6 MUSIC 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.
- 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

Free skate 1	Free skate 4
1. Advanced forward stroking 4-6 strokes 2. Scratch spin from back crossovers 3. Waltz jump from back crossovers 4. Half flip jump	1. Forward power 3's, 2-3 consecutive R or L 2. Sit spin 3. Loop jump 4. Waltz jump/loop jump
Free skate 2	Free skate 5
1. Forward outside spiral R or L 2. Beginning back spin 3. Waltz jump, side toe hop, waltz jump 4. Toe loop	1. Camel spin 2. Forward upright spin to back upright spin 3. Loop/loop combination jump 4. Flip jump
Free skate 3	Free skate 6
1. Forward crossovers in a figure 8 2. Back spin 3. Salchow 4. Waltz jump/Toe loop or Salchow/toe loop	1. Camel/sit spin combination, min of 4 revolutions total 2. Split or stag jump 3. Waltz jump/1/2 loop /Salchow combination 4. Lutz jump

Suggested Compulsory Event Test Track and Well Balanced Levels

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

- To be skated on ½ 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
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	<ol style="list-style-type: none"> 1. Waltz jump 2. ½ jump of choice 3. Forward two foot or one foot spin (free leg position optional) 4. Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:00
Beginner Compulsory	<ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin 4. Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:00
No Test Compulsory	<ol style="list-style-type: none"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin- sit <u>or</u> camel spin 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included. 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests, no official U.S. Figure Skating free skate tests passed	Time: 1:00
Pre- Preliminary Compulsory	<ol style="list-style-type: none"> 1. Flip jump 2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump 3. Solo spin- sit <u>or</u> camel spin 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included. 	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time : 1:00
Preliminary Compulsory	<ol style="list-style-type: none"> 1. Lutz jump 2. Jump combination (may not use Lutz jump or Axel) 3. Camel spin 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included. 	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test	Time : 1:15

Test Track Music Event

Skaters may enter EITHER test track free skate program or the well-balanced track free skate program but **NOT** both during the same nonqualifying competition. Competitors will skate to music of their choice, vocal music permitted.

Deductions WILL be made for skaters including technical elements not permitted in the event description.

- 0.1 from EACH mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra or lacking element.
- 0.1 for any spin with less than required revolutions.

LEVEL	Jumps	Spins	Steps	QUALIFICATIONS
<p>Limited Beginner</p> <p>Time: 1:40 max</p>	<p>Jumps with not more than one-half rotation (front to back or back to front).</p> <p>Jump sequences are allowed.</p> <p>Maximum 5 jump elements.</p>	<p>Two upright spins, no change of foot (Min 3 revolutions)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p>Beginner</p> <p>Time: 1:40 max</p>	<p>Jumps with not more than one-half rotation (front to back or back to front)</p> <p>Single rotation jumps: Salchow and toe loop only.</p> <p>Jump combinations and sequences are allowed.</p> <p>Maximum 5 jump elements.</p>	<p>Two upright spins, change of foot optional (Min 3 revolutions)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests</p>
<p>Pre-Preliminary Test</p> <p>Time: 1:40 max</p>	<p>Jumps with not more than one rotation (no Axels).</p> <p>Jump combinations or sequences using only a waltz jump, toe loop, and Salchow are permitted.</p> <p>Maximum 5 jump elements.</p>	<p>Two spins held in one position only of a different nature, no change of foot (Min 3 revolutions and no flying spins)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test</p>
<p>Preliminary Test</p> <p>Time: 1:30 +/- 10</p>	<p>Jumps with not more than one rotation (no Axels).</p> <p>Jump combinations and sequences are allowed.</p> <p>Maximum 5 jump elements.</p>	<p>Two spins of a different nature, combination spins allowed (Min 3 revolutions each and no flying spins)</p>	<p>Connecting moves and steps should be demonstrated throughout the program.</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test</p>

Well-balanced Program Requirements (U.S. Figure Skating rulebook requirements)

<p>No Test Free skate</p>	<p>A well balanced program consisting of: Jumps: maximum of 5 jump elements. No axels or double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface</p> <p><i>Refer to U.S. Figure Skating rulebook #3721 for more information</i></p>	<p>May <u>not</u> have passed any official U.S. Figure Skating free skate tests.</p>	<p>Time: 1:30+/-10</p>
<p>Pre-preliminary Free skate</p>	<p>A well-balanced program consisting of: Jumps: maximum of 5 jump elements. Axels allowed. No double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface</p> <p><i>Refer to U.S. Figure Skating rulebook #3711 for more information</i></p>	<p>Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test</p>	<p>Time: 1:30 +/-10</p>
<p>Preliminary Free skate</p>	<p>A well-balanced program consisting of: Jumps: maximum of 5 jump elements, one of which must be an axel/waltz jump-type jump Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ the ice surface</p> <p><i>Refer to U.S. Figure Skating rulebook #3701 for more information</i></p>	<p>Must have passed no higher than U.S. Figure Skating Preliminary free skate test.</p>	<p>Time: 1:30 +/-10</p>

ADULT EVENTS:

Adult Basic Skills Levels - use elements from the Basic Skills Adult 1-4 curriculum Basic-Must have passed no higher than Adult 4. Time: 1:40 max

Adult Pre Bronze- *Refer to U.S. Figure Skating rulebook #3805 for more information* Pre-Bronze- Must have passed no higher than adult pre-bronze free skate test or pre-pre free skate test. Time: 1:40 max

Adult Bronze - *Refer to U.S. Figure Skating rulebook #3800 for more information.* Bronze- Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 max

HOCKEY EVENTS:

Use elements from the Basic Skills Hockey 1-4 curriculum.

Examples: select skills with specific criteria, timed trials of forward or backward skating skills, skating through cones, create your own drill. Tip: Discuss format and skills with the hockey director.

SHOWCASE EVENTS:

Duration: 1:30 or less - may divide into age and level categories

1. Theme of skater's choice or designated by the organization
2. May have music with words
3. Judging to emphasize interpretation of music rather than technical skills
4. Costumes that complement music

May use hand props or any items that skater can get on and off ice without assistance.

BEGINNER SPINS:

NO flying spins permitted. All spins, minimum of 3-4 revolutions. Time is contingent on number of revolutions required.

1. All upright spins
2. Sit spin
3. Camel spin
4. Combination spins

DANCE- Solo or Couple

- | | | |
|----|--------------|--|
| 1. | Preliminary: | Dutch Waltz
Canasta Tango
Rhythm Blues |
| 2. | Pre-Bronze: | Swing Dance
Cha Cha
Fiesta Tango |

TEAM COMPULSORIES:

1. Divide into levels according to FREE SKATE levels
2. A minimum of three skaters on a team, each skater will do one required element
3. Judging done with one mark for each element (skater) for total team points

PAIRS COMPETITION RULES: Elements only-no programs! Use elements from Basic Skills Pairs curriculum.

INTERPRETIVE PROGRAM:

COMPETITION RULES

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During warm-up skaters will hear selection of music twice. Following the warm-up all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

LEVELS:

Levels should be broken by ability with ages divided appropriately.

JUDGING RULES:

Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

TIMING:

Music Duration Limited Beginner- No Test: 1:15 minute

Pre-preliminary- Preliminary: 1:30 minute

COACHING RULES: There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.



BEGINNER SYNCHRONIZED SKATING

SECTION 1: EVENT RULES OVERVIEW

Required elements – Each level has specific required elements that must be completed:

BEGINNER 1 (majority under 9; 1 ½ - 2 minutes; 8 – 16 skaters):

- CIRCLE: Include a 2-foot turn and a forward inside and/or outside edge glide
- LINE: Cover the ice, all forward skating
- BLOCK: Cover the ice, only 1 configuration allowed
- WHEEL: A 4-spoke wheel with backward pumps
- INTERSECTION: 2 lines facing each other, 2 foot glide at the point of intersection.

Restrictions:

- Additional elements are not allowed
- Holds allowed: Shoulder-to-shoulder and hand-to-hand only
- Changes of rotational direction and traveling within elements are not allowed.
- Steps or moves from Basic 6 or higher are not allowed

BEGINNER 2 (majority 9 – 11; 1 ½ - 2 minutes; 8 – 16 skaters):

- CIRCLE: Include the combination move from Basic 8*
- LINE: Cover the ice, may include forward and backward skating
- BLOCK: Cover the ice, 1 or 2 configurations
- WHEEL: Wheel of choice with backward pumps
- INTERSECTION: 2 lines facing each other, 2- foot glide or 1-foot glide at point of intersection.

Restrictions:

- Additional elements are not allowed
- Holds allowed: Shoulder-to-shoulder and hand-to-hand only
- Changes of rotational direction and traveling within elements are not allowed.
- Steps or moves from Free Skate 2 or higher are not allowed

BEGINNER 3 (majority at least 12; 2 – 2 ½ minutes; 8 – 16 skaters):

- CIRCLE: Include the combination move from Basic 8*
- LINE: Cover the ice, forward and backward skating
- BLOCK: Cover the ice, 2 or 3 configurations
- WHEEL: Wheel of choice
- INTERSECTION: 2 lines facing each other, 1 foot glide or forward lunge at the point of intersection.

Restrictions:

- Changes of rotational direction and traveling within elements are not allowed.

* Combination move from Basic 8: Two forward crossovers into a forward inside Mohawk, foot down or step behind, backward crossover, step forward into forward inside edge glide.

SECTION 2: “ILLEGAL” MOVES / ELEMENTS & DEDUCTIONS

“Illegal moves or elements” are anything that is listed in the restrictions above. It is important that teams are penalized if they do additional elements.

Teams should receive a .1 deduction from the technical elements score if they include an illegal element.

There are two ways to handle the deductions:

1. The judges must know all of the illegal elements and take their own deductions.
2. The judges ignore the illegal elements, and the event referee looks for them. At the end of the program (or event), the referee instructs the judges to take the appropriate deduction from their mark.

It doesn't matter which method is used, but the referee must inform the panel prior to the start of the event.

COMMON “ILLEGAL” MOVES TO LOOK FOR

The most common thing that teams will do is add in moves from a higher level. Here is a “cheat sheet” of what to look for:

BEGINNER 1: Cannot do moves / elements from Basic 6 or higher:

- Forward inside 3 turns (BS 6)
- Backward to forward 2 foot turns (BS 6)
- T-stops (BS 6)
- Bunny hop (BS 6)
- Forward lunge (BS 6)
- Spirals (BS 6)
- Forward inside Mohawks (BS 7)
- Forward inside pivots (BS 7)
- Moving forward outside 3 turns (BS 8)
- Backward 3 turns (FS 1)
- General: Any spins or jumps

BEGINNER 2: Cannot do moves / elements from Free Skate 2 or higher:

- Spirals on an edge (FS 2) – you would likely see this in the circle
- Advanced consecutive swing rolls (FS 3)
- Continuous progressive chasse sequence (FS 2 & 3) – you would see this on a circle.
- Backward inside 3-turn (FS 3)
- Any higher level turns such as brackets, Choctaws, double 3's, etc., that would be beyond the scope of the basic skills program

DEDUCTIONS FOR “NOT ACCORDING TO REQUIREMENTS”

- If the team does not perform the required skill within the element, they should receive a deduction of .1. (For example leaving out the combination move in the Beginner 2 & 3 circle).
- If they attempt it, and it is recognizable, but not done well, that's just taken into consideration in the mark.

SECTION 3: JUDGING

FOCUS FOR JUDGES:

The primary focus for this level is mastering the “basic skills” of synchronized skating, not for difficulty. If teams have a choice of performing a skill, they should NOT be rewarded for selecting the harder element. The criteria for each element should be:

- Control of rotation in circles and wheels.
- Straight lines in lines, blocks and intersections.
- Unison and use of guiding and shadowing.
- Incorporating appropriate use of skills from Basic 2-8 to strengthen skating skills.
- Good posture, extension and knee bend. Power where appropriate.
- Transitions and skating to the music.

SCORING:

The 6.0 system will be employed. Please encourage judges to keep marks at 1.0 or higher, as marks below 1.0 are difficult for the accounting software. A range of 1.0 – 3.0 works well for this level.

JUDGING SHEETS:

The required elements should be in columns at the top of the judging sheets. Notes should be made about the specific restrictions for these levels.

JUDGES ALLOWED:

Basic Skills competition rules do not require that judges have judging or competition appointments. Judges must be current U.S. Figure Skating members at least 16 years old.

Coaches, athletes and trial or perspective judges are allowed, and often do a great job. This is a good opportunity for coaches to try “being on the other side”, and it is also a great way to get athletes interested in judging.

LOC’s are encouraged to include non-judges on the judging panel, if possible. (Of course, they can’t have conflicts). If you have skaters competing in a higher level event, such as senior, collegiate or adult, and they have expressed interest in becoming a judge, invite them to try. Same as coaches. It is also a good experience for a trial judge to get to sit on the panel.

A recommendation would be to have a minority of the panel non-judges. The referee or a designated judge should have a meeting with these individuals in advance to explain their responsibilities and give them tips on how to do it.

SECTION 4: GROUP DIVISIONS

Basic Skills rules allow a maximum of 6 teams per group. This makes a better experience for the skaters, and it makes it easier for your “new” judges. If more than 6 teams enter a level, please split that level into Group A & B. Divide the groups randomly and award separate medals. There is no need to have a “final round”.

If there is a level with only 1 entry, the referee can decide to combine levels. As a courtesy, please contact the coach(es) and ask for their permission. In general, it is okay to move a team up, but may be difficult to move one “down”. Decide how you will handle the differing requirements and inform your judging panel

Teams may request to compete in a level they are not age eligible for. It is your decision whether or not to allow it. Take their request and circumstances into consideration. In general, it will be more harmful for a team to “skate down” than “skate up”. For example, it might be okay to allow a Beginner 1 age team to compete Beginner 2, but not the other way around.

Practice Ice: \$7 per session

	2:15-2:35 PM (SS1-B3)
	2:35-2:55 PM (B4-Freestyle)

ENTRY FEE IS \$35 FOR THE 1ST EVENT, \$15 FOR THE 2ND EVENT, AND \$10 FOR EACH ADDITIONAL.

FIRST EVENT: _____
SECOND EVENT: _____
THIRD EVENT: _____
FOURTH EVENT: _____
PRACTICE ICE: _____
LATE FEE:(\$20) _____

TOTAL FEES: _____

Group Showcase Participants	Team Element/Compulsory Participants

Certifications of Eligibility: I hereby certify that the Competitor is eligible to enter the event/events marked above.

For Basic Skills Members: Instructors Signature: _____ Date: _____

For USFS Club Members: Club Officer Signature: _____ Date: _____

Waiver by athlete and Parent / Guardian

ATHLETE: I agree to conduct myself, both on and off the ice in a manner that will reflect favorable upon this Competition and upon the sport of figure skating, and that is consistent with the high standards of the sport. I agree to respect the person and property of others.

ATHLETE / PARENT / GUARDIAN: I understand that the USFSA and the ASPEN ICE AT FLEMINGTON or other organizers of the Competitions undertake no responsibility for damages or injuries, or loss of property suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, the USFSA, and the Steel Ice Center and their entries shall be accepted only on such condition.

Athlete's Signature _____ **Date** _____

Parent / Guardians Signature _____ **Date** _____

Authorization for Emergency Medical Treatment

In the event I am unavailable, I hereby give permission for any emergency medical diagnosis, treatment or procedure for the above-named entrant.

Signed _____ Relationship to Skater _____

Date _____ Telephone Number _____

ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELLED.

BEGINNER SYNCHRONIZED SKATING / ENTRY FORM p. 1



Name of the team:		Level of Team:	
Name of the club of program represented:			
Name of contact person:		E-mail address:	Phone #:
Mailing address:			
Name of instructor:		E-mail address:	Phone #:
Mailing address:			

ENTRY FEE IS \$50 FOR THE TEAM, PLUS \$5 FOR EACH SKATER.

Team Fee: _____ x \$ 5 each = \$ 50

Total Entry Fee: \$ _____

This completed form, in addition to the team roster, page 2, must be postmarked no later than: February 20th, 2010.

Checks should be made payable to: Aspen Ice

Send entry form and payment to:

Aspen Ice at Flemington
 Attention: Krista Volpe
 426 Case Blvd.
 Flemington, NJ 08822

NOTE: Teams may also send in order forms for practice ice, t-shirts, tickets, etc. as found in the regular non-qualifying competition package.

