

The Skating Club of Andover

Haverhill Valley Forum Arena – 7 Parkridge Road ~ Haverhill, MA 01835



BASIC SKILLS SKATE WITH U.S. COMPETITION ***Including Beginner thru Preliminary Freeskating Events***

Sunday March 7, 2010 – 10:00 am – 4:00pm

US Figure Skating Approved # BSC - 32628

The 5th Annual Basic Skills Skate with U.S. Competition, sponsored by The Skating Club of Andover, will be held at our new facility, the Haverhill Valley Forum Arena located in the Ward Hill Industrial Park in Haverhill, MA on March 7, 2010. The purpose of this competition is to promote a fun, introductory, competitive experience for the beginning skater.

Eligibility: 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 and 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 the 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 any Moves in the Field for all FS 1 thru Preliminary events. The U.S. Figure skating rulebook #1032 applies for all events from Beginner through Preliminary. See the individual event descriptions for information on maximum permitted test levels for each event.

Entries and Fees: *All entries must be postmarked no later than Saturday, February 13, 2010* and are limited to the first 200 applicants received. Late entries will be accepted at the discretion of the organizers and only if the limit has not been reached and the application is accompanied by an additional \$15.00 late entry fee. Entry fees are per person, U.S. Dollars. The first event is \$35.00 and each additional event is \$15.00. No refunds after closing date unless the event is cancelled by the Skating Club of Andover or for a documented medical reason. Entry forms must be filled out completely and returned with fee and made payable to The Skating Club of Andover. There will be a \$25.00 fee for returned checks.

Groups: Skaters will be broken into groups of approximately four to six skaters by birth date. Males and females may be placed in the same group.

Awards: Medals will be awarded to all competitors. Awards will be presented at appropriate times throughout the competition. All events will be final rounds.

Schedule of Events: The schedule of events will be posted on the official competition bulletin board no later than four days prior to the competition. Information regarding groups and skating times will be mailed to registered competitors prior to the beginning of competition.

Music: The music for all free skating programs must be provided on compact disk (standard compact disk format only). Music must be clearly marked with the name of the skater, event entered and length of music. Each disk must have only one track on it. Competition music is to be turned in at the time of registration. Time duration listed is always + or – 10 seconds. It is strongly recommended that the skater or coach bring more than one copy of music.

For questions or concerns contact: Stacy C. Crowley RF, RM, CFS, SG
Phone: (978) 373-3373 or E-mail: skatingclubofandover@yahoo.com

Events: Events being offered at the competition: Basic Elements from the Basic Skills Curriculum, Basic and Freeskate Programs (skated with music), Compulsory Freeskate & Beginner thru Preliminary Freestyle Events.

Directions : Take Rt. 495 to Exit 48 (Rt. 125 Bradford / Ward Hill). At first set of lights go Left into Ward Hill Industrial Park. At stop sign go Right onto Rogers Rd. At next Stop sign, go Left on Avco Rd. Take a right onto Parkridge Road, Haverhill Valley Forum Arena is 100 yards on Right.

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 - 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. 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
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:00 +/- 10 seconds

<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 	

FREE SKATE 1-6 ELEMENTS EVENT

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>Free skate level 1 Elements</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 Elements</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 Elements</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 Elements</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 Elements</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 Elements</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 1. Advanced forward stroking 4-6 strokes 2. Scratch spin from back crossovers 3. Waltz jump from back crossovers 4. Half flip jump	Free skate 4 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 1. Forward outside spiral R or L 2. Beginning back spin 3. Waltz jump, side toe hop, waltz jump 4. Toe loop	Free skate 5 1. Camel spin 2. Forward upright spin to back upright spin 3. Loop/loop combination jump 4. Flip jump
Free skate 3 1. Forward crossovers in a figure 8 2. Back spin 3. Salchow 4. Waltz jump/Toe loop or Salchow/toe loop	Free skate 6 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

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

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>

The Skating Club of Andover – Entry Form

Haverhill Valley Forum Arena ~ 7 Parkridge Road ~ Haverhill, MA 01835

Basic Skills Skate With U.S. Competition ~ Sunday, March 15, 2009

- PLEASE PRINT CLEARLY-

Last Name _____ First Name _____ Sex _____

Address _____ City _____

State _____ Zip _____ E-mail Address _____

Phone Number _____ Birth Date _____ Program Affiliation _____

US Figure Skating Membership Number _____ Highest Basic Skills level passed _____

Highest US Figure Skating tests passed MIF _____ Free Skate _____ Dance _____

Instructor's Name _____ Phone number and email : _____
(required) (required)

PLEASE CHECK THE EVENT(S) YOU ARE ENTERING:

Please check the event(s) you are entering:

Basic Elements:

_____ Snowplow Sam
_____ Basic 1
_____ Basic 2
_____ Basic 3
_____ Basic 4

_____ Basic 5
_____ Basic 6
_____ Basic 7
_____ Basic 8

Free Skate Elements:

_____ Freeskate 1
_____ Freeskate 2
_____ Freeskate 3
_____ Freeskate 4
_____ Freeskate 5
_____ Freeskate 6

Basic Free Skate Program:

_____ Snowplow Sam
_____ Basic 1
_____ Basic 2
_____ Basic 3
_____ Basic 4
_____ Basic 5
_____ Basic 6
_____ Basic 7
_____ Basic 8

Free Skate Program Event:

_____ Free Skate 1
_____ Free Skate 2
_____ Free Skate 3
_____ Free Skate 4
_____ Free Skate 5
_____ Free Skate 6

Test Track Free Skate Program:

_____ Limited Beginner
_____ Beginner
_____ Pre-preliminary test
_____ Preliminary Test

Well Balanced Free Skate Program:

_____ No Test Free skate
_____ Pre-Preliminary Free skate
_____ Preliminary Free skate

ENTRY FEE IS \$35.00 FOR THE FIRST EVENT AND \$15.00 FOR EACH ADDITIONAL EVENT.

First Event \$ _____
_____ Additional Events @ \$15.00 \$ _____
Late fee \$15.00 (postmark after 2/14) \$ _____
Total: \$ _____

Entry fees are NOT refundable after the entry deadline unless an event is cancelled or with documented medical reason.

The completed entry form, with fees, must be postmarked by Saturday February 13, 2010.

Add \$15 late fee after this date.

Make check payable to The Skating Club of Andover & mail to: The Skating Club of Andover
Attn: Stacy Crowley - 10 Brandon Road ~ Haverhill, MA 01832

For additional information please call (978) 373-3373 or e-mail skatingclubofandover@yahoo.com

Certification of Competitor: The competitor is eligible to enter the events checked. It is agreed that the competitor and family holds The Skating Club of Andover harmless from any and all liability, either during practice or the competition and from any and all liability for damages to or loss of property.

Competitor's Signature: _____ Date: _____
Parent/Guardian Signature: _____ Date: _____
Program Director/Club Officer: _____ Date: _____
Instructor Signature: _____ Date: _____