

DETROIT METRO
SKATING COUNCIL

DETROIT METRO COUNCIL BASIC SKILLS COMPETITION
HOSTED BY:
FLINT 4 SEASONS FIGURE SKATING CLUB
SATURDAY, APRIL 12, 2003

The 6th annual Detroit Metro Council Skating Competition will be held at the Flint Iceland Arenas Skating Center at 1160 S. Elms Rd, Flint, MI. Saturday, April 12, 2003. The Basic Skills Competition is sanctioned by the USFSA conducted in accordance with the rules of the 2002-2003 USFSA Rulebook. The rink that will be utilized has a 200 x 85 foot surface. This facility offers ample parking, lobby space and numerous dressing rooms for your convenience.

QUALIFICATION REQUIREMENTS: This Basic Skills competition is open to all USFSA and ISI Skaters in any Learn to Skate Program. Skaters must belong to USFSA or ISI to compete. Compulsory Moves and Free Skate events will be offered. Skaters may choose the group in which they wish to compete based on maneuvers to be performed. Compulsory moves will be skated without music in a short program. **If you compete in a basic level event, you are not permitted to skate in any of the Low beginner or High beginner events.**

All Basic Skill events will be divided into groups of approximately 6 – 8 skaters grouped according to age. Age groups will be combined at the discretion of the Referee and/or Competition Chair.

ENTRY FEES: The entry fee for Basic Skills 1 – 8 and Freestyle 1 – 4 is \$35.00. All other entry fees are \$50.00 for the first event and \$25.00 for each additional event. Fees must be payable to the **Flint 4 Seasons Figure Skating Club**. **APPLICATIONS MUST BE POSTMARKED NO LATER THAN March 8, 2003.** Late applications may be accepted ONLY at the discretion of the competition chairperson and must be accompanied by a \$15.00 late fee. Refunds will be made for medical reasons only until April 1, 2003. Absolutely no refunds will be made after April 1, 2003. A \$15.00 handling fee will be assessed for all refunds. A \$25.00 charge will be assessed for all returned checks due to insufficient funds. All fees must be settled in order to compete.

AWARDS: All awards will be presented off ice, immediately following the completion of the event and posting of the results. **ALL CONTESTANTS WILL RECEIVE AN AWARD.**

MUSIC: Must be played from cassettes and should be turned over to the registration desk upon arrival. **All tapes should be keyed and ready to play. Tapes should be clearly marked with the skaters name and event. No tapes will be mailed after the competition. Please pick up your tape following your event. Skaters should have a spare tape **READILY** available.**

SCHEDULE OF EVENTS: **A self-addressed stamped envelope must accompany your application in order to receive your schedule of events!!!!** Schedules will be mailed to you approximately 1 week prior to the competition.

PRACTICE ICE: will be available on April 12, 2003 in 20 minute increments at a charge of \$7.00 per session. No more than 25 skaters will be allowed on the ice at any one time. Sign in and pay at the door. **NO MORE THAN TWO SESSIONS** on a first come first served basis.

VIDEO TAPING AND PHOTOGRAPHS: Will be available and can be arranged for at the rink. You may furnish your own tape or purchase the same. Photographs will be taken of all individual children and award pictures will also be taken.

COMPETITION EVENTS AND ELIGIBILITY

BASIC SKILLS 1 - 8

ALL ELEMENTS SHALL BE SKATED ONE AT A TIME IN ROTATION ON A ½ SHEET OF ICE.
A SECOND ATTEMPT MAY BE REQUESTED BY THE SKATER WITH THE RAISE OF A HAND.

ONLY THE SECOND ATTEMPT WILL THEN BE JUDGED.

- Snowplow Sam (6 and under)**
- 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
- Basic 1**
- 1) Skate forward and glide on two feet
 - 2) Forward two-foot swizzles- 6-8 in a row
 - 3) Forward snowplow stop
 - 4) Backward wiggles- 6-8 in a row
- Basic 2**
- 1) Forward skating to a one-foot glide- either foot
 - 2) Continuous forward slalom- 6-8 in a row
 - 3) Moving snowplow stop
 - 4) Two-foot turn- forward to backward (in place)
 - 5) Backward two-foot swizzles- 3-4 in a row followed by continuous backward slalom 4-6 in a row
- Basic 3**
- 1) Two foot spin- minimum of 2 revolutions, options for free foot may be used
 - 2) Forward stroking
 - 3) Forward one-foot swizzles on a circle, either clockwise or counterclockwise 6-8 consecutive
 - 4) Moving forward to backward two-foot turn - either direction
 - 5) Backward one-foot glide- either foot
- Basic 4**
- 1) Forward crossovers- 4-5 consecutive, to a forward outside edge, clockwise or counter clockwise.
 - 2) Forward crossovers- 4-5 consecutive, to a forward inside edge, clockwise or counter clockwise
 - 3) Forward outside 3-turn from a T position- R and L
 - 4) Backward snowplow stop - R and L
 - 5) Backward stroking
- Basic 5**
- 1) Backward crossovers- 4-5 consecutive, to backward inside edge, clockwise or counter clockwise
 - 2) Backward crossovers- 4-5 consecutive, to a backward outside edge, clockwise or counter clockwise
 - 3) One-foot spin- minimum of 3 revolutions
 - 4) Hockey stop
 - 5) Side toe hop- either direction
- Basic 6**
- 1) Forward inside 3 turn from a T-position-R and L
 - 2) Lunge – R or L
 - 3) Bunny Hop
 - 4) Forward spiral on a straight line – R or L
 - 5) T – stop R or L
- Basic 7**
- 1) Forward inside open Mohawk – R and L
 - 2) Ballet Jump – either direction
 - 3) Backward crossovers to a backward outside edge landing position, clockwise and counter clockwise
 - 4) Forward inside pivot
- Basic 8**
- 1) Moving forward outside or forward inside three- turns – R and L
 - 2) Stand still Waltz jump
 - 3) Mazurka – either direction
 - 4) Combination move – clockwise or counter clockwise
 - 5) Beginning one foot upright spin, optional free foot position

COMPULSORY EVENTS
BASIC FREESTYLE 1-4
LOW-BEGINNER – HIGH BEGINNER

**ALL ELEMENTS SHALL BE SKATED ONE AT A TIME IN ROTATION ON A ½ SHEET OF ICE
A SECOND ATTEMPT MAY BE REQUESTED BY THE SKATER WITH THE RAISE OF A HAND
ONLY THE SECOND ATTEMPT WILL THEN BE JUDGED**

- | | |
|----------------------|---|
| FREESTYLE 1 | <ol style="list-style-type: none">1) Advanced forward stroking skated for one length of the designated area and around one end of the designated area2) Scratch Spin3) Waltz Jump4) Half flip |
| FREESTYLE 2 | <ol style="list-style-type: none">1) Toe loop jump2) Beginning back spin3) Waltz jump, side toe hop, waltz jump combination4) Forward outside edge spiral |
| FREESTYLE 3 | <ol style="list-style-type: none">1) Waltz jump/toe loop, or salchow/toe loop combination2) Salchow3) Back spin w/crossed leg position4) Advanced forward swing roles – 4-6 consecutive outside edges |
| FREESTYLE 4 | <ol style="list-style-type: none">1) Loop jump2) Waltz jump, loop jump combination3) Spiral sequence – forward inside spiral, forward inside Mohawk, backward outside spiral– clockwise and counter clockwise4) Sit spin (min 3 rev) |
| LOW BEGINNER | <ol style="list-style-type: none">1) ½ Revolution jump2) Toe loop3) 2 foot spin (min 3 rev)4) Lunge |
| HIGH BEGINNER | <ol style="list-style-type: none">1) Waltz jump, toe loop combination2) Loop or salchow3) Forward scratch spin (min 3 rev)4) Forward spiral |

FREE SKATING EVENTS
LOW- BEGINNER – INTERMEDIATE

ALL EVENTS WILL BE SKATED ON THE FULL ICE SURFACE TO THE MUSIC OF THE SKATER'S SELECTION.
THERE WILL BE A TEN SECOND LEEWAY IN THE SPECIFIED TIME LIMIT. SKATERS MAY SKATE UP ONE
LEVEL BUT MAY NOT SKATE AT MORE THAN ONE LEVEL.

Program requirements for all levels are according to the USFSA rulebook if not specified.
(SSR 4.00)

Low Beginner.....(Time: 1 ½ minutes) Open to skaters who have NOT passed the Pre-Preliminary Freestyle Test or its equivalent. May include ½ revolution jumps, plus salchows, toe loops and ½ loops (but no other full revolution jumps). No flying spins, combination spins or back spins.

High Beginner.....(Time: 1 ½ minutes) Open to skaters who have NOT passed the Pre-Preliminary Freestyle Test or its equivalent. May include any ½ revolution jumps, plus salchows, toe-loops, ½ loops and loops (but no other full revolution jumps). Program may NOT include flying spins.

Pre-Prel Limited..... (Time: 1 ½ minutes) Open to skaters who have passed the U.S.F.S.A. Pre-Preliminary Freestyle Test and no higher. Program may NOT include axels, double jumps, or flying spins.

Prelim Limited..... (Time: 1 ½ minutes) Open to skaters who have passed the U.S.F.S.A. Preliminary Freestyle Test and no higher. Programs may include all single jumps including axels. May not include double jumps or flying spins.

Preliminary (Time: 1 ½ minutes) Open to skaters who have passed the U.S.F.S.A. Preliminary Freestyle Test and no higher. U.S.F.S.A. requirements: Axel plus up to two different double jumps, which may be repeated as individual jumps, jumps sequences or jump combinations. (SSR4.10)

Pre-Juvenile..... (Time: 2 minutes) Open to skaters who have passed the U.S.F.S.A. Pre-Juvenile Freestyle Test and no higher. U.S.F.S.A. requirements: (SSR4.09)

Juvenile..... (Time: 2 - 2 ¼ minutes) Open to skaters who have passed the U.S.F.S.A. Juvenile Free Skate Test and no higher. No jump or spin requirements. (SSR4.08)

Intermediate..... (Time: 2 ½ minutes) Open to skaters who have passed the U.S.F.S.A. Intermediate Free Skate Test and no higher. No jump or spin requirements. (SSR4.07)

COMPULSORY SKILLS
PRE-PRELIMINARY – PRE-JUVENILE

THESE EVENTS SHALL BE SKATED IN PROGRAM FORM WITH NO MUSIC ON A HALF SHEET OF ICE.

Pre-Preliminary..... (Time: 1 ¼ minute or less) NO AXELS

- 1) Single jump (may not be repeated in combination)
- 2) Single – single combination
- 3) Forward spin (min 3 revolutions)
- 4) Forward inside & outside spiral sequence

Preliminary..... (Time: 1 ½ minute or less)

- 1) Single - single combination
- 2) Single jump. Axels permitted
- 3) 1-Foot Back spin, (position optional; may not commence with a jump; min 3 revolution)
- 4) Field move – spiral, bauer, or spread eagle (limit one)
- 5) Step sequence

Pre-juvenile..... (Time: 1 ½ minute or less)

- 1) Single jump (may not be repeated in combination)
- 2) Single - single combination – must include a loop, Axels are permitted.
- 3) Spin combination with one change of foot; no change of position (may not commence with a jump; min 4 revolutions on each foot)
- 4) Step sequence
- 5) Solo spin (may not commence with a jump; min 4 revolutions)

SHORT PROGRAM

All short programs will be skated WITH music.

All times are maximum, if a program exceeds the time limit, that portion of the program will not be judged.

Juvenile..... 1) Axel (May not be repeated in combination)

- Time: 1 minute 40 seconds**
- 2) Double jump. (May not be repeated in combination)
 - 3) Combination jump, single/double (In either order)
 - 4) Combination spin with only one change of foot and position (min 4 revolutions on each foot)
 - 5) Step sequence – straight line, serpentine or circular
 - 6) Solo spin (min 4 revolutions). May not be commenced with a jump.

Intermediate..... Required elements per SSR 3.08 & 3.09

Time : 2 minutes

SPINS EVENT

THIS EVENT TO BE SKATED IN THE PROGRAM FORMATION. THE SKATERS WILL USE ½THE ICE SURFACE WITH A TIME LIMIT OF 2:00 MINUTES OR LESS. ALL ELEMENTS MUST BE SKATED, BUT IN ANY ORDER

- Pre-Preliminary** (Minimum 4 revolutions in each spin position)
- 1) 1 foot spin
 - 2) Sit spin
 - 3) Back spin
- Preliminary** (Minimum 4 revolutions in each spin position)
- 1) Sit spin
 - 2) One foot spin
 - 3) Upright backspin
 - 4) Footwork sequence
 - 5) Field move – spiral, bauer, or spread eagle (limit one)
- Pre-Juvenile/Juvenile** (Minimum 4 revolutions in each spin position)
- 1) Layback
 - 2) Sit change sit combination
 - 3) Camel
 - 4) Footwork sequence
 - 5) Field element – spiral, bauer, spread eagle (limit one)
- Intermediate/Novice** (Minimum 5 revolutions in each spin position)
- 1) Layback
 - 2) Flying spin
 - 3) Combination spin (3 changes in position and 1 change of foot, min. 5 revs. On each foot)
 - 4) Footwork sequence
 - 5) Field move – spiral, bauer, or spread eagle (limit one)

ARTISTIC SHOWCASE

Showcase: Showcase events are to be skated to music. Programs should be designed specifically to entertain and/or emotionally move the audience. Costumes are encouraged. Props will be allowed and the skater will have 30 seconds to place and remove the prop. (no props are allowed on ice during warm-up). Test requirements for each showcase group are the same as the freestyle levels indicated.

- Group I: Time 1-1/4 min. Beginner – No axels, No double jumps.
- Group II: Time 1-1/4 min. Pre-Preliminary and Prelim. – No axels, No double jumps
- Group III: Time 1-1/2 min. Pre-Juvenile and Juvenile – Maximum 4 revolution jumps
- Group IV: Time 1-1/2 min. Intermediate/Above – Maximum 4 revolution jumps

**DETROIT METRO COUNCIL BASIC SKILLS COMPETITION
April 12, 2003**

Hosted by Flint 4 Seasons Figure Skating Club
**FEES: \$50.00 FIRST EVENT;
\$25.00 EACH ADDITIONAL EVENT
\$35.00 FOR BASIC SKILLS AND FREESTYLE 1-4 ONLY**

**MAKE CHECKS PAYABLE TO: Flint 4 Seasons FSC
MAIL TO: Flint 4 Seasons FSC
C/O Tammy Beck
5438 Seymour Rd
Swartz Creek, MI 48473**

PLEASE ENCLOSE A SELF-ADDRESSED STAMPED *BUSINESS-SIZED* ENVELOPE WITH APPLICATION

Competitor's Information

Name _____ Age _____ Birthdate _____ Sex(M/F) _____
Address _____ City _____ State _____ Zip _____
Phone (____) _____ Home Club _____ USFSA# _____
Last test Passed as of March 8, 2002: Freestyle _____ ISI# _____
Moves _____

Coach's Information:

Name _____ Phone(____) _____
Address _____ City _____ State _____ Zip _____

Please Circle your choices below

<u>BASIC Skills</u>	<u>COMPULSORY</u>	<u>FREESTYLE</u>	<u>ARTISTIC SHOWCASE</u>	<u>SPINS</u>
Basic 1	Low Beginner	Low Beginner	Group I	
Basic 2	High Beginner	High Beginner		
Basic 3	Pre-Preliminary	Pre-Prel	Group II	Pre-Preliminary
Basic 4	Preliminary Limited	Prelim Limited		
Basic 5	Preliminary	Preliminary		Preliminary
Basic 6	Pre-Juvenile	Pre-Juvenile	Group III	Pre-Juvenile/ Juvenile
Basic 7	Juvenile (short Program)	Juvenile		
Basic 8	Intermediate (short program)	Intermediate	Group IV	Intermediate/ Novice
Freestyle 1				
Freestyle 2				
Freestyle 3				
Freestyle 4				

CERTIFICATION AND RELEASE

The following Certification and release must be completed and signed.

Certification of Competitor I am an amateur under the rules of the USFSA or ISI

Signature_____

Club Officer

To the best of knowledge, the above information is correct and true. The competitor is a member in good standing.

Club Officer_____

Title_____

WAIVER OF CLAIM FOR INJURY:

The undersigned agrees to hold harmless the Flint 4 Seasons Figure Skating Club, Flint Iceland Arena Skating Center employees and agents from any loss, damage and/or injury that may be sustained by the competitor in any manner while participating in any of the activities of said competition. This release must be signed by the parent or guardian if entrant is under 18 years of age.

Signature of Parent/Guardian

Date

- **ALL ENTRIES MUST BE POSTMARKED BY March 8, 2003. SPACE IS LIMITED.**
- **APPLICATIONS WILL BE PROCESSED ON A FIRST-COME, FIRST-SERVED BASIS.**
- **ENTRY FEES ARE PER PERSON, PER EVENT IN U.S. DOLLARS ONLY**
- **NO REFUNDS AFTER CLOSING DATE UNLESS EVENT IS CANCELLED FOR LACK OF PARTICIPATION.**
- **THERE WILL BE A \$25.00 SERVICE CHARGE ASSESSED FOR RETURNED CHECKS.**

CLUB USE ONLY

Date received_____

Amount enclosed_____

Check_____

No. Events Entered_____

Form Complete YES or NO_____

**Flint 4 Seasons FSC OFFICIAL
PROGRAM BOOK**

Friends, family, local Business or other clubs, may wish to purchase an acknowledgment in the Competition Program Book. Camera-ready art will only be accepted. Business cards are welcome.

\$25.00	¼ Page	\$125.00 Inside Cover
\$50.00	½ Page	\$150.00 Outside Cover
\$100.00	Full Page	

COMPETITION FUN SQUARES

Fun squares are an easy and affordable way for you to wish your skater or friends the best of luck at the Basic Skills Competition.

Fun squares are \$5.00 per square. Please use the Fun squares outlined below. Write any message you would like using **BLACK INK ONLY!**

Submit artwork or Fun Squares, along with a check payable to the Flint 4 Seasons Figure Skating Club.

Name_____

Phone_____

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