



FARMINGTON HILLS BASIC SKILLS COMPETITION HOSTED BY FARMINGTON HILLS F.S.C.

MARCH 20, 2004

SANCTIONED BY: USFSA

SPONSORED BY: F.H.F.S.C.

The "1st" Annual Farmington Hills Basic Skills Competition sponsored by the Farmington Hills Figure Skating Club will be held at 35500 Eight Mile Rd. Farmington Hills, MI 48335 on March 20, 2004. The ice surface is oval shaped and measures 85' X 200' long.

ELIGIBILITY: Skaters must be either currently enrolled in a Basic Skills Program or are full USFSA Members to be eligible to compete. Eligibility will be based on skill level as of **January 30, 2004**. ALL BASIC SKILLS SKATERS, LEVELS 1 THROUGH BASIC 8 MUST SKATE AT CURRENT LEVEL. Skaters in other events may skate at current level or one level higher but not both levels. Skaters will be broken into groups of approximately six (6) skaters, by birth date. Males and females may, or may not, be placed in the same group.

ENTRIES AND FEES: All entries must be postmarked no later than **January 30, 2004**. Late entries will be accepted only at the discretion of Competition Chairperson and will be charged an additional \$30.00 late fee. NO refunds after closing date unless event is canceled by Farmington Hills Figure Skating Club. ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fee check made payable to: F.H.F.S.C. There will be a \$30.00 fee for returned checks. FEES LISTED ON ENTRY FORM. Send self addressed stamped envelope for confirmation.

AWARDS: Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, third, and fourth place. ALL other places will receive ribbons.

SCHEDULE OF EVENTS: An official bulletin board will be maintained in the lobby. Posting of schedules and announcements thereon shall constitute sufficient official notice for competitors, coaches, and officials. Check the official bulletin board immediately upon arrival for any changes in event time.

PRACTICE ICE: You will be notified of practice schedules and tentative competition schedule as soon as possible after the closing date for entries. A form to request practice ice will be sent to you with the confirmation of your competition events and times. Self Addressed Stamped Envelopes must accompany your entry forms for your confirmation.

MUSIC: The music for all free skating and showcase programs must be provided on cassette tape or CD by the skater. Tapes should be clearly marked with the name of the skater and length of music. Competition music is to be turned in at time of registration. You must have an extra backup tape. Cassettes must be rewound and ready to play. CD's should have only 1 piece of music per CD and must be turned in with hardcase.

COMPETITION EVENTS AND ELIGIBILITY

BASIC SKILLS 1 –8

ALL ELEMENTS SHALL BE SKATED ONE AT A TIME IN ROTATION ON A 1/2 SHEET OF ICE. A SECOND ATTEMPT MAY BE REQUESTED BY THE SKATER WITH THE RAISE OF A HAND.

ONLY THE SECOND ATTEMPT WILL THEM BE JUDGED.

- Snowplow Sam (6 and under)
- 1) Skate forward and glide on two feet
 - 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 backward slalom 4-6 in a row
- Basic 3
- 1) Two foot spin min. of 2 revolutions, options for free foot may be used.
 - 2) Forward stroking
 - 3) Forward one-foot swizzles on a circle, either clock/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, clock/or counterclockwise
 - 2) Forward outside 3-turn from a T position R and L
 - 3) Backward snowplow stop R and L
 - 4) Backward stroking
- Basic 5
- 1) Backward crossover 4-5 consecutive, to backward inside edge, clock/or counterclockwise
 - 2) Backward crossover 4-5 consecutive, to backward outside edge, clock/or counterclockwise
 - 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, clock/or counterclock
 - 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

**COMPUSLORY EVENTS
BASIC FREESTYLE 1-4
LOW BEGINNER-HIGH BEGINNER**

**ALL ELEMENTS SHALL BE SKATED ONE AT A TIME IN ROTATION ON A 1/2 SHEET OF ICE
A SECOND ATTEMPT MAY BEREQUESTED 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 rolls (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 clockwise |
| LOW BEGINNER | <ol style="list-style-type: none">1) 1/2 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 10 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 1/2 min.) Open to skaters who have NOT passed the Pre-Preliminary freestyle test or its equivalent. May include 1/2 revolution jumps, plus salchows, toe loops and 1/2 loops (but no other full revolution jumps). No flying spins, combination spins or back spins.

HIGH BEGINNER..... (Time: 1 1/2 min.) Open to skaters who have NOT passed the Pre-Preliminary freestyle test or its equivalent. May include and 1/2 revolution jumps, plus salchows, toe-loops and loops (but no other full revolution jumps). Program may NOT include flying spins.

PRE-PRELIMINARY.. (Time: 1 1/2 min.) 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 1/2 min.) 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.

PRLIMINARY..... (Time: 1 1/2 min.) 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 min.) 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 1/4 min.) Open to skaters who have passed the U.S.F.S.A. Juvenile freestyle test and no higher. No jump or spin requirements. (SSR4.09)

INTERMEDIATE..... (Time: 2 1/2 min.) Open to skaters who have passed the U.S.F.S.A. intermediate freestyle 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 1/2 SHEET
OF ICE.**

- PRE-PRELIMINARY**..... (Time: 1 1/4 min. 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 1/2 min. or less)
- 1) Single-single combination
 - 2) Single jump. Axels permitted, may not repeat in combination
 - 3) 1-Foot back spin, (position optional; may not commence w/ a jump min. 3 revolutions)
 - 4) Field move-spiral, bauer, or spread eagle (limit one)
 - 5) Step sequence
- PRE-JUVENILE**..... (Time: 1 1/2 min. 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 foot; no change of position (may not commence with a jump; min. 4 revolutions on each foot)

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**..... (Time: 1 min. 40 sec.)
- 1) Axel (May not be repeated in combination)
 - 2) Double jump (may not be repeated in combination)
 - 3) Combination jump, single/double (either order)
 - 4) Combination spin with only one change of foot and position (min. 4 revolutions on each foot)
 - 5) Step sequence-straight line, serpentin or circular
 - 6) Solo spin (min. 4 rev.) May not be commenced with a jump
- INTERMEDIATE**..... (Time: 2 min.)
Required elements per SSR 3.08 & 3.09

SPIN EVENT

**ALL LEVELS WILL BE SKATED ON A 1/2 SHEET OF ICE.
SPINS SHALL BE SKATED IN PROGRAM FORM IN ANY ORDER.**

Pre Preliminary	(Minimum 3 revolutions in each spin position) 1. 1 foot spin 2. Sit spin 3. Back spin
Preliminary	(Minimum 3 revolutions in each spin position) 1. Sit spin 2. Camel spin 3. Back spin
Pre Juvenile	(Minimum 4 revolutions in each spin position) 1. Layback (Upright spin for men) 2. Sit change sit combination 3. Camel
Juvenile	(Minimum 4 revolutions in each spin position) 1. Flying camel 2. Camel-back sit combination 3. Layback (Upright spin for men)
Intermediate	(Minimum 5 revolutions in each spin position) 1. Layback (Upright spin for men) 2. Flying spin 3. Combination spin (1 change of foot, at least 2 changes of position). Must change position at least twice.

ARTISTIC SHOWCASE

Open themes for each level. Skaters will provide their own music. Vocal music is allowed. Skaters will be judged according to how well they interpret their theme. Props may be used. The skater has 30 seconds for transporting the props on and off the ice.

Note: Props will not be allowed on the warm-up.

Group 1 Time 1 1/4 min.	Beginner No axels or double jumps
Group 2 Time 1 1/4 min.	Pre-Preliminary/Preliminary No axels or double jumps
Group 3 Time 1 1/2 min.	Pre-Juvenile/Juvenile No double jumps
Group 4 Time 1 1/2 min.	Intermediate and Above May include ONE double jump

Correction: competition date changed to Mar 20
2004, entry deadline Jan 30.

**FARMINGTON HILLS FIGURE SKATING CLUB BASIC SKILLS COMPETITION
MARCH 20, 2004**

**FEES: \$50.00 FIRST EVENT (\$25.00 EACH ADDITIONAL EVENT)
\$35.00 FOR BASIC SKILLS AND FREESTYLE 1-4 ONLY**

ENTRIES MUST BE POSTMARKED BY JANUARY 30, 2004 OR \$30.00 LATE FEE

MAKE CHECKS PAYABLE TO: F.H.F.S.C.
MAIL TO: F.H.F.S.C. BASIC SKILLS COMPETITION
C/O SANDY MARDEROSIAN
35500 EIGHT MILE RD. FARMINGTON HILLS, MI 48335

Name _____ Age _____ Date of Birth _____
(as of 1/30/04)

Address _____ City _____ State _____ Zip _____

E-mail address _____ Phone#() _____ Sex: M [] F []

Current skating level _____ Last test passed _____
(as of 1/30/04)

Coaches Name _____ Phone#() _____

Home Club _____ USFSA # _____

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 1	
BASIC 2	HIGH BEGINNER	HIGH BEGINNER		
BASIC 3	PRE-PRELIMINARY	PRE-PRELIMINARY	GROUP II	PRE-PRELIMINARY
BASIC 4	PRELIMINARY LIMITED	PRELIMINARY LIMITED		
BASIC 5	PRELIMINARY	PRELIMINARY	GROUP III	PRELIMINARY
BASIC 6	PRE-JUVENILE	PRE-JUVENILE		PRE-JUVENILE/ JUVENILE
BASIC 7	JUVENILE (SHORT)	JUVENILE		
BASIC 8	INTERMEDIATE (SHORT)	INTERMEDIATE	GROUP IV	INTERMEDIATE/ NOVICE
FREESTYLE 1	<p>FIRST EVENT \$ _____</p> <p>ADDITIONAL EVENT \$ _____</p> <p>ADDITIONAL EVENT \$ _____</p> <p>TOTAL \$ _____</p> <p>MAKE CHECKS PAYABLE TO: F.H.F.S.C.</p> <p>ENTRY FEES ARE NOT REFUNDABLE AFTER ENTRY DEADLINE UNLESS EVENT IS CANCELED</p>			
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 my knowledge, the above information is correct and true. The competitor is a member in good standing.

_____/_____
Skating Director Signature / Date

WAIVER OF CLAIM FOR INJURY:

The undersigned agrees to hold harmless the F.H.F.S.C., F.H. Ice Arena 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.

_____/_____
Parent/Guardian Signature / Date

- **ALL ENTRIES MUST BE POSTMARKED BY JANUARY 30, 2004.**
- **APPLICATIONS WILL BE PROCESSED ON FIRST-COME BASIS**
- **ENTRY FEES ARE PER PERSON, PER EVENT IN U.S. DOLLARS ONLY**
- **NO REFUNDS AFTER CLOSING DATE UNLESS EVENT IS CANCELLED**
- **THERE WILL BE A \$30.00 SERVICE FEE FOR RETURNED CHECKS**
- **THERE WILL BE A \$30.00 SERVICE FEE FOR SKATERS ENTERING "WRONG EVENT" AND IT HAS TO BE CHANGED**
- **LATE ENTRIES MUST BE PRE-APPROVED BY COMPETITION CHAIRPERSON AND WILL INCLUDE AN ADDITIONAL \$30.00 LATE FEE**

CLUB USE ONLY

Date received _____ Amount enclosed _____ Check# _____

Number of Events Entered _____ Form Complete Yes [] No []

Received by _____ (SASE) Envelope provided for confirmation Yes [] No []