

ARCTIC BASIC SKILLS COMPETITION
HOSTED BY:
THE ARCTIC FIGURE SKATING CLUB
46615 MICHIGAN AVENUE
CANTON, MICHIGAN 48188

The annual “ABC” Arctic Basic Competition hosted by The Arctic Figure Skating Club will be held at The Arctic Edge Arena, 46615 Michigan Avenue, Canton, Michigan on **Sunday April 2, 2006.**

ELIGIBILITY- The competition is open to ALL skaters who are current eligible US Figure Skating members. Skaters who have passed no higher than Preliminary Free Skating, Preliminary Moves in the Field, and are currently enrolled in either a Basic Skills Program or are full USFS members are eligible to compete. Entry levels 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. Skaters in other events may skate at highest level passed OR one level higher BUT not both levels in the same competition.

Skaters must compete at the highest level passed as of the designated closing date for entries. Entries will be closed on **March 13, 2006.** Late entries will be accepted at the discretion of the director of skating. A \$25.00 Late Fee will be assessed. Skaters who have passed any complete official U.S. Figure Skating tests no longer qualify to compete in the badge levels (i.e. Snowplow Sam, Basic 1-8, Free skate 1-3 etc.).

ENTRIES AND FEES- All entries must be postmarked no later than March 13, 2006. Entries are limited to the first 150 applications received. Entry fees are per person, U.S. dollars. The first event is \$30.00 and each additional event is \$15.00. NO refunds after closing date unless event is canceled. **ENTRY FORMS MUST BE FILLED OUT COMPLETELY** and returned with fee check made payable to the Arctic Figure Skating Club. There will be a \$20.00 fee for returned checks.

RULES – This competition will be conducted according to the rules set forth in the USFS “Skate with Us” program.

AWARDS - All events will be final rounds. Medals will be awarded to first, second and third places. ALL awards will be made at appropriate times throughout the competition. See schedule at registration desk for details.

SCHEDULE OF EVENTS- Will be posted on the Official Bulletin Board. Information regarding groups and tentative skating times will be mailed out prior to the beginning of the competition. This information will also be posted on the Arctic FSC website at www.ArcticFSC.com.

PRACTICE ICE- Practice ice will be available prior to the start of the competition the morning of the competition. Call for exact times. Sign in and pay \$5.00 at the door. A maximum of 25 skaters will be allowed on the ice during any one session. You may sign up for **NO MORE THAN TWO SESSIONS** on a first come first serve basis.

MUSIC- The music for all free skating programs must be provided on C.D.'s or cassette tapes by the skater. Tapes should be clearly marked with the name of the skater, event entered and length of music. Time of skating is always plus or minus 10 seconds. Competition music should be turned in at the time of registration.

PHOTOGRAPHS – Award photos will be available and can be arranged for at the rink.

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 SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed. Competitors in these events may not have passed ANY official U.S. Figure Skating tests including MIF, Freestyle, 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.

Please note: If a skater competes at a non-qualifying 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.

EVENTS TO BE COMPETED

REQUIRED ELEMENTS:

Snowplow Sam (Tots) 5 years of age or younger:

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 6 years of age or older:

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

Basic 2

1. Forward one-foot glide – *either* foot
2. Backward two-foot swizzles – 6-8 in a row
3. Two-foot turn in place – forward to backward
4. Moving snowplow stop
5. Forward alternating swizzle pumps in a straight line – across width of ice

Basic 3

1. Forward stroking
2. Forward _ 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 (3 revolutions)

Basic 4

1. Forward outside edge on a circle – clockwise *or* counterclockwise
2. Forward crossovers- 6-8 consecutive – both directions
3. Forward outside three turn – R and L
4. Backward stroking
5. Backward snowplow stop – R *or* L

Basic 5

1. Backward outside edge on a circle – clockwise *or* counterclockwise
2. Backward crossovers – 6-8 consecutive – both directions
3. One-foot Upright spin – minimum of 3 revolutions
4. Hockey Stop
5. Side Toe hop – *either* direction

Basic 6

1. Forward inside 3-turn – R and L
2. T-stop – R or L
3. Bunny Hop
4. Forward arabesque (spiral) on a straight line - R or L
5. Lunge – R or L

Basic 7

1. Forward inside Mohawk – R to L and L to R
2. Ballet Jump – either direction
3. Backward crossovers to a backward outside edge landing position, clockwise and counterclockwise
4. Forward inside pivot
5. Waltz jump from standstill

Basic 8

1. Moving forward outside or forward inside three-turns – R and L
2. Waltz jump from a moving preparation
3. Mazurka – either direction
4. Combination move – clockwise or counterclockwise (from Basic 8 curriculum)
5. One foot upright spin, optional free foot position

REQUIRED ELEMENTS FOR COMPULSORY FREESKATE EVENTS

Required elements and free skating compulsories will be skated on _ ice without music. Elements will be presented in program form utilizing a limited number of connecting steps. Compulsory freestyle programs are to be no more than 1:15 in length.

Compulsory Freeskate level 1

1. Advanced forward stroking – 4-6 consecutive strokes
2. Basic forward outside edges and forward inside consecutive edges- 2-4 outside and 2-4 inside edges
3. Scratch spin from backward crossovers
4. Waltz jump from backward crossovers
5. Half flip jump

Compulsory Freeskate level 2

1. Forward outside spiral – R or L, and 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

Compulsory Freeskate level 3

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

Beginner (No Test) Compulsory Program- May not have passed any official U.S. Figure Skating Freeskating tests.

1. Salchow jump
2. Waltz jump
3. Half flip or half Lutz jump
4. Upright scratch spin (min. 3 revolutions)
5. Forward spiral

Pre-preliminary Compulsory Program – Must have passed no higher than U.S. Figure Skating Pre-preliminary Freeskating test.

1. Flip jump
2. Combination jump consisting of any two single jumps (No Axel)
3. Split jump
4. Sit Spin (min. 3 revolutions)
5. Forward outside spiral

Preliminary Compulsory Program – Must have passed no higher than U.S. Figure Skating Preliminary Freeskating test.

1. Single jump of choice (Axel permitted)
2. Combination jump consisting of any two single jumps (may not repeat single jump selected above)
3. Camel spin (min. 3 revolutions)
4. Combination spin (no change of foot, one change of position)
5. Footwork sequences – straight line or diagonal

FREE SKATING EVENTS WITH MUSIC

FREE SKATE EVENTS: All programs will be 1:30 in length.

Limited Beginner Free Skate Program – May not have passed any official U.S. Figure Skating Free Style tests.

A well-balanced program consisting of half jumps, waltz jumps, salchow and toe loops, combinations consisting of these jumps only, upright forward one and two foot spins, one step sequence and/or spiral sequences. No flying spins or combination spins are permitted.

Beginner Free Skate Program – May not have passed any official U.S. Figure Skating Free Style tests.

A well-balanced program consisting of single jumps (no axel or doubles permitted), at least one jump combination or series, a minimum of two spins of a different nature and one step or spiral sequences. No flying spins or combination spins are permitted.

Pre-preliminary Free Skate Program – Must have passed no higher than U.S. Figure Skating Pre-Preliminary Free Skate test.

Pre-preliminary Free Skate A:

A well-balanced program consisting of single revolution jumps (no axels or double jumps permitted), single combination jumps, single jump sequences. A minimum two spins of a different nature. No flying spins or combination spins are permitted.

Pre-preliminary Free Skate B:

A well-balanced program consisting of all single revolution jumps (axel permitted), single combination jumps single jump sequence. No doubles.

Preliminary Free Skate Program - Must have passed no higher than U.S. Figure Skating Preliminary Free Style Test.

A well balanced program, may include all single jumps, axels and two different double jumps which may be repeated as individual jumps, jump sequences or jump combinations. A minimum of two spins of a different nature (combination and change of foot spins are allowed). One step sequence or spiral sequence.

NEW THIS YEAR!!!!

Basic Free Style Events – skated on full ice. **One minute duration. No vocal music.**

Basic Program “A” - Basic Skill levels 5 and 6 – Program must contain elements from Basic 6 level or lower only.

Basic Program “B” – Basic skill levels 7 and 8 – Program elements from Basic 8 level and lower only.