

Bowling Green Basic Skills Competition

August 5, 2006

Hosted by the Bowling Green Skating Club

LOCATION – A Basic Skills Figure Skating Competition will be held on Saturday, August 5, 2006 at the Bowling Green State University Ice Arena. The BGSU Ice Arena is located at 417 N. Mercer Rd., Bowling Green, OH 43403. Phone number for the ice arena is: (419) 372 – 2264. The BGSU ice arena has one ice surface measuring 200' x 85'.

SANCTIONING – This non-qualifying competition does not require a sanction, but is approved by US Figure Skating. The approval number is MSD052006.

ELIGIBILITY – The competition is open to all skaters who have been or are currently eligible (ER 1.00) members of either the Basic Skills program and /or are full members of US Figure Skating. To be eligible, skaters must have either submitted a membership application or be a member in good standing during the 2006-2007 season. Members of other organizations (i.e. ISI) are eligible to compete but must be registered with a basic skills program, and must get certification from their skating director to verify competition level. All Snowplow Sam and Basic Skills skaters through Basic 8 must skate at their highest level passed. Skaters in other events may skate at their highest level passed or one level higher but not both levels in the same event during the same competition.

Skaters who have passed any official U.S. Figure Skating tests (i.e. Moves, Freestyle, or any individual dance) no longer qualify to compete in the Basic levels. (i.e. Snowplow Sam, Basic 1-8, Freestyle 1-4)

Skaters must compete at the highest level passed as of **July 1st, 2006**

EVENTS - The following events will be offered:

- Basic Free Skate Programs with Music (no tests passed)** (Snowplow Sam – Basic 8)
- Free Skate Programs with Music (may have passed Pre-Preliminary MIF only)** (Free Skate 1- 4)
- Adult Free Skate Programs with Music (no tests passed)** Adult Basics 1-4)
- Free Skating** (Limited Beginner – Preliminary, Adult Pre-bronze & bronze)
- Basic Skills Compulsory Elements (no tests passed)** (Snowplow Sam –Basic 8)
- Compulsory Program** (Freestyle 1-4, Limited Beginner – Preliminary, Adult pre-bronze & bronze)

Any event with a large number of entries will be divided into smaller groups. Events may be boys and girls combined.

ENTRIES AND FEES – All entries must be postmarked no later than **July 1st, 2006** and must include all necessary forms and fees. There will be a \$30.00 fee for all NSF checks. Late entries will be accepted at the discretion of the competition chairs. The late entry fee is \$20.00. The competition chairs reserve the right to limit entries in an event and/or cancel an event based on time restrictions. No refunds will be issued after the closing date per USFS rule 33.05.

Entry fees are per person and are as follows:

\$30	Snowplow Sam – Basic 8 (for first event)
\$50	Free Skate 1 and up (for first event)
\$15	All skaters (for second event)

No refunds after closing date unless event is cancelled by BGSC. **ENTRY FORMS MUST BE FILLED OUT COMPLETELY** and returned with fee. Check must be made payable to BGSC. Please include a self-addressed stamped envelope if you would like to receive the tentative schedule by mail.

Mail application to:

BGSC Basic Skills Competition
c/o Sue Cano
P.O. Box 99
Haskins, OH 43525

AWARDS – Everyone will receive an award. All events will be final rounds. Medals will be awarded for first through fourth place. Ribbons will be awarded for all other places. The presentation of awards will take place immediately after each event's results have been posted.

SCHEDULE OF EVENTS - The schedule of events will be available at the BGSC's web site (www.bgskateclub.org) approximately 14 days before the event. All times are approximate. Please check with registration desk upon arrival for exact times. If you provided us with a self addressed stamped envelope the schedule will be mailed to you.

PRACTICE ICE – Practice ice will be available Friday night and on the day of the event. You will receive notification of practice ice times with your schedule.

MUSIC – The music for all free skating programs must be provided on 10 minute cassette tapes or CD (only one song per CD please). The tape or CD is to be turned in at the registration table at least 1 hour before competition time. Competitors must have a spare cassette or CD at rink side to be used in case of technical difficulties.

REGISTRATION TABLE – The registration table will be located in the lobby of the BGSU Ice Arena. The table will open one hour prior to the first practice session and will remain open throughout the competition. Questions can be fielded at that location.

VIDEO TAPING AND PHOTOGRAPHS – Parents may videotape from the spectator areas. Parents may also take photos & videos during the awards. **We ask that you please refrain from flash photos during the competition events as skaters find them distracting.**

INFORMATION - Please contact Pat Rabb at rabb1960@metalink.net or Barb Ridgeway at (419) 878 - 6604.

HOTEL ACCOMODATIONS: The hotels listed below are all within 5 minutes of the BGSU Ice Arena and are all located in Bowling Green.

Best Western - Falcon Plaza Motor Inn

Phone: 419-352-4671 Fax: 419-352-5351
1450 E Wooster St

Days Inn

Phone: 419-352-5211 Fax: 419-354-8030
1550 E Wooster St 43402

Hampton Inn

Phone: 419-353-3464
142 Campbell Hill Rd

Holiday Inn Express

Phone: 419-353-5500
2150 E Wooster St

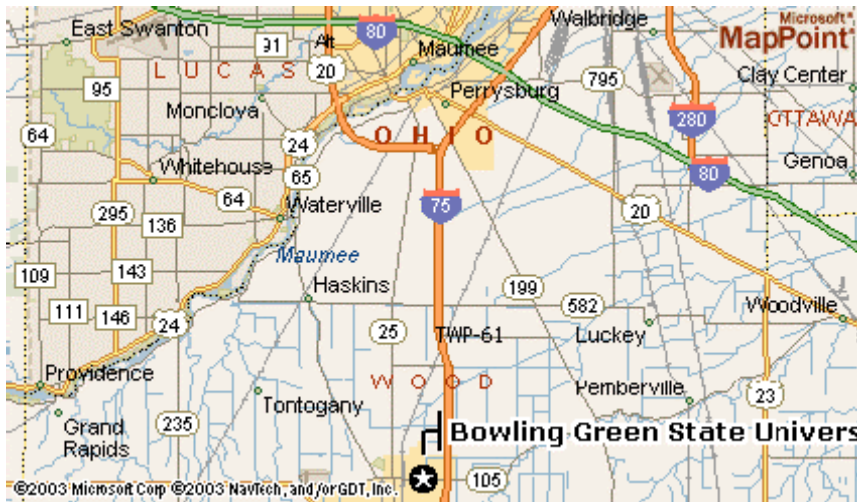
Quality Inn & Suites

Phone 419-352-2521, Fax: 419-353-5975
1630 E Wooster St

Bowling Green Basic Skills Competition

Saturday, August 5, 2006
BOWLING GREEN STATE UNIVERSITY ICE ARENA

DIRECTIONS:



The Bowling Green Ice Arena is easily accessible from all directions. It is only minutes off I-75 exit 181 (E Wooster St/ OH-64) just 15 miles south of the Ohio Turnpike.

Get off I-75 at exit 181 and Go WEST on E Wooster St/OH-105/OH-64.
Stay STRAIGHT on E Wooster St/OH-64 for 0.6 mile.
Turn RIGHT onto Mercer Rd and go 0.5 mile. The Ice Arena is on the right.



COMPETITION EVENTS

Basic FS Program — Music Supplied By BGSC – Basic Skills Tots – Basic 8

The music is the standard music used for basic skills in this area. It was first used at the MLK Competition and is being used at the Troy Summer Competition. Copies of the music can be obtained by emailing Pat Rabb at rabb1960@metalink.net. Skaters must not have passed any official US Figure Skating tests including MIF and individual dances. Skating order of elements is optional. May use elements from a previous level. There will be deductions for elements from a higher level. Half ice, 1 Minute +/- 10 seconds.

Snowplow Sam Program (Tots)

- 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 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 ½ swizzle pumps in a straight line.

Basic 4

- 1 Forward outside edge on a circle – clockwise or counter clockwise (6-8 consecutive).
- 2 Forward crossovers – clockwise and counter clockwise (6-8 consecutive).
- 3 Forward outside three turn – right and left.
- 4 Backward stroking.
- 5 Backward snowplow stop – right and left.

Basic 6

- 1 Forward inside three turn – right and left.
- 2 T-Stop (right or left).
- 3 Bunny Hop.
- 4 Forward spiral on a straight line – right or left.
- 5 Lunge – right or left.

Basic 8

- 1 Moving forward inside or forward outside three turns – right and left.
- 2 Waltz jump.
- 3 Mazurka – either direction.
- 4 Combination move – clockwise or counter clockwise
- 5 Beginning scratch spin – optional free foot position.

Basic 1

- 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 3

- 1 Forward stroking
- 2 Forward one foot swizzle pumps on a circle – clockwise or counterclockwise (6-8 consecutive).
- 3 Moving forward to backward two foot turn – either direction.
- 4 Backward one foot glide – either foot.
- 5 Two foot spin.

Basic 5

- 1 Backward outside edge on a circle – clockwise or counter clockwise.
- 2 Backward crossovers – both directions (6-8 consecutive).
- 3 One foot spin (optional entry, optional free foot position (min. 3 revs.))
- 4 Hockey stop.
- 5 Side toe hop – either direction.

Basic 7

- 1 Forward inside open Mohawk – right or left and left to right.
- 2 Ballet jump – either direction.
- 3 Backward crossovers to backward outside edge landing position – clockwise & counter clockwise.
- 4 Forward inside pivot.

Free Skating Program — Music Supplied By BGSC – Basic Skills Free Skating 1-4

The music is the standard music used for basic skills in this area. It was first used at the MLK Competition and is being used at the Troy Summer Competition. Copies of the music can be obtained by emailing Pat Rabb at rabb1960@metalink.net. Skaters must not have passed any official US Figure Skating tests beyond Pre-Preliminary MIF. Skater may not have competed in any competition at the “Beginner or No Test” category. Skating order of elements is optional. Program must contain all required elements listed. May use elements from a previous level, deductions for elements from a higher level. Full ice, 1:30 Minute +/- 10 seconds.

Free Skate 1

- 1 Advanced forward stroking, 4-6 strokes
- 2 Forward outside or inside consecutive edges, 2-4
- 3 Scratch spin from back crossovers
- 4 Waltz jump from back crossovers
- 5 Half flip jump

Free Skate 2

- 1 Forward outside spiral R or L
- 2 Waltz three's R or L
- 3 Beginning back spin
- 4 Waltz jump, side toe hop, waltz jump
- 5 Toe loop

Free Skate 3

- 1 Forward crossovers in a figure 8
- 2 Advanced forward outside swing rolls 4-6
- 3 Back spin
- 4 Salchow jump
- 5 Waltz jump/toe loop or Salchow/toe loop

Free Skate 4

- 1 Spiral sequence: FI spiral, FI Mohawk, BO spiral R or L
- 2 Forward power three's, 2-3 consecutive R or L
- 3 Sit spin
- 4 Loop jump
- 5 Waltz jump/loop jump

Free Skating Program — Music Supplied By Skater – Basic Skills Adult Levels 1-4

Skaters must not have passed any official US Figure Skating tests. Skater may not have competed in any competition at the “Beginner or No Test” category. Skating order of elements is optional. Program must contain all required elements listed. **Vocal music is NOT allowed.** May use elements from a previous level, deductions for elements from a higher level. Full ice, 1:30 Minute +/- 10 seconds.

Adult Level 1 & 2

Skaters over 21 who are working on or have passed Adult 1 or Adult 2

- 1 Forward swizzles (4-6 in a row)
- 2 Backward swizzles (4-6 in a row)
- 3 Moving two foot turns on a curve, **both** directions
- 4 Forward stroking
- 5 Forward pivot

Adult Level 3 & 4

Skaters over 21 who are working on or have passed Adult 3 or Adult 4

- 1 Backward crossovers, **both** directions
- 2 Inside Mohawk, **either** direction
- 3 Beginning two foot spin
- 4 Forward Outside to Inside change of edge sequence, **either** direction
- 5 Forward outside three turns, **both** directions

Free Skating Program — Music Supplied By Skater – No Test to Pre-Preliminary

Skaters may skate at highest level passed or one level higher, but not both levels. A well-balanced program skated on full ice to the music of the skater's choice (vocal music is not permitted).

Limited Beginner Free Skating Program

Must not have passed any official US Figure Skating test beyond Pre-Preliminary MIF. A well-balanced program consists of half revolution jumps only, Salchow, and toe loops, combinations consisting of these jumps only, upright forward one and two foot spins, one step sequence and/or spiral sequence. No flying spins or combination spins permitted. Maximum time: 1 Minute 40 seconds.

Beginner (No Test) Free Skating Program

Must not have passed any official US Figure Skating test beyond Pre-Preliminary MIF. A well-balanced program consists 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 sequence. See USFSA Rule 3721. Maximum time: 1 Minute 40 seconds.

Pre-Preliminary Free Skating A Program

Must have passed no higher than US Figure Skating Pre-Preliminary Free Skating test. A well-balanced program consists of all single jumps (*no* Axel or doubles permitted), single combination jumps, single jump sequences. A minimum of two spins of a different nature and one step or spiral sequence Maximum time: 1 Minute 40 seconds.

Pre-Preliminary Free Skating B Program

Must have passed no higher than US Figure Skating Pre-Preliminary Free Skating test. A well-balanced program consists of all single jumps (Axel permitted), single combination jumps, single jump sequences (no double jumps permitted). A minimum of two spins of a different nature and one step or spiral sequence. See USFSA Rule 3711. Maximum time: 1 Minute 40 seconds.

Adult Free Skating Program — Music Supplied By Skater – Adult Pre-Bronze & Bronze Test

Skaters must be 21 years or older on 8/1/06. A well-balanced program skated on full ice to the music of the skater's choice (vocal music is not permitted).

Pre-Bronze:

Must have passed Adult Pre-Bronze FS test but no higher. NO Axel or Lutz. Required elements as stated in #3805 of the 2006 rulebook. Maximum time: 1 minute 40 seconds.

Bronze:

Must have passed Adult Bronze Free Skating Test and no higher. Single jumps only - NO AXEL. Required elements as stated in #3801 of the 2006 rulebook. Maximum time: 1 minute 40 seconds.

Basic Skills Compulsory Elements Event

Skaters must not have passed any official US Figure Skating tests including MIF and individual dances. Skater may not have competed in any competition at the “Beginner or No Test” category. Skated on ½ of the ice surface. No music. All elements will be skated in the order listed. Each skater performs one element at a time. Each skater will perform the next element only when directed by a judge or referee. Skaters are allowed one retry per element. If skaters would like a retry, she/he should raise their hand immediately. If the skater attempts a retry, only the retry will count for that element. Skaters should dress warmly as they will be standing on the ice while the others are skating.

<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 - 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 - 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 - 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 3 turns R and L 2. Waltz jump 3. Mazurka - either direction 4. Combination move - clockwise or counter clockwise – (2 forward crossovers into FI Mohawk, step behind, step into 1 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 and L 4. Backward stroking 5. Backward snowplow stop - R or L 	

Compulsory Programs (Basic Skills Free Skating 1-4) – No Music

Skaters must not have passed any official US Figure Skating tests beyond Pre-Preliminary MIF. Skater may not have competed in any competition at the “Beginner or No Test” category. The skater must demonstrate the required elements and may use any additional elements from previous levels. Deductions will be made if elements from a higher level are performed. The skating order of the required elements is optional. Skated on ½ ice surface. No music. In program form, using a limited number of connecting steps. Time: 1:00 minute or less.

Free Skating level 1 Compulsory Program

Must have passed no higher than Free Style 1.

- 1 Advanced forward stroking — 4-6 cons. strokes
- 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

Free Skating level 3 Compulsory Program

Must have passed no higher than Free Style 3.

- 1 Forward crossovers in a figure 8
- 2 Advanced forward outside swing rolls — 4-6 cons.
- 3 Back spin
- 4 Salchow jump
- 5 Waltz jump/toe loop or Salchow/toe loop jump

Free Skating level 2 Compulsory Program

Must have passed no higher than Free Style 2.

- 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

Free Skating level 4 Compulsory Program

Must have passed no higher than Free Style 4.

- 1 Spiral sequence, FI spiral, FI Mohawk, BO spiral, clockwise or counterclockwise
- 2 Forward power 3’s, 2-3 consecutive sets – R or L
- 3 Sit spin
- 4 Loop jump
- 5 Waltz jump/loop

Compulsory Programs No Test to Preliminary – No Music

Skaters may skate at highest level passed or one level higher, but not both levels. Skating order of the required elements is optional. Skated on ½ ice surface. No music. In program form, using a limited number of connecting steps.

Beginner Compulsory Program

Must not have passed any official US Figure Skating test beyond Pre-Preliminary MIF.

Time: 1:00 min maximum.

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

Pre-Preliminary Compulsory Program

Must have passed no higher than US Figure Skating Pre-Preliminary Free Skating test.

Time: 1:00 min maximum.

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

Preliminary Compulsory Program

Must have passed no higher than US Figure Skating Preliminary Free Skating test.

Time: 1:15 min maximum.

- 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 revs)
- 4 Combination spin (no change of foot)
- 5 Footwork sequence – straight line or diagonal.

Adult Pre-Bronze Compulsory Program

Skater may not have passed Adult Bronze free Skating test

Time: 1:30 minutes maximum

- 1 Waltz jump
- 2 One foot spin (minimum of three revolutions)
- 3 Spiral
- 4 Forward crossovers **both** directions
- 5 Half flip

Adult Bronze Compulsory Program

Skater may not have passed Adult Silver free Skating test

Time: 1:30 minutes maximum

- 1 Salchow
- 2 One-foot back spin (minimum 3 revolutions)
- 3 Waltz jump/toe loop combination
- 4 Sit spin (minimum 3 revolutions)
- 5 Forward inside edges

Bowling Green Basic Skills Competition Entry Form

August 5, 2006

Please print clearly and fill out the entire entry form.

ENTRY DEADLINE: July 1st, 2006

Name: _____ USFS# _____ Age _____ Sex _____

Address: _____ Birth date: _____

City: _____ State: _____ Zip: _____ Phone: _____

E-Mail: _____ Home Club: _____

Test Level as of 07/01/2006:

Current Skating Level: _____ Highest FS Test Passed: _____

Highest MIF Test Passed: _____

Coaches Name: _____ Coaches email: _____

Please check the event(s) you are entering:

Basic FS Program with Music

(no tests passed)

- Tots/Snow Plow
- Basic Level 1
- Basic Level 2
- Basic Level 3
- Basic Level 4
- Basic Level 5
- Basic Level 6
- Basic Level 7
- Basic Level 8

Free Skate Program with Music

(no test – Pre-Preliminary MIF test)

- Free Skate 1
- Free Skate 2
- Free Skate 3
- Free Skate 4
- Adult Basic 1
- Adult Basic 2
- Adult Basic 3
- Adult Basic 4

Free Skating

(no test – Pre-Preliminary FS test)

- Limited Beginner
- Beginner
- Pre-Preliminary FS A (no axel)
- Pre-Preliminary FS B (Axel allowed)

Adult Free Skating

(must be 21 years of age or older)

- Adult Pre-Bronze
- Adult Bronze

Basic Skills Compulsory Elements

(no tests passed)

- Snow Plow Sam
- Basic Level 1
- Basic Level 2
- Basic Level 3
- Basic Level 4
- Basic Level 5
- Basic Level 6
- Basic Level 7
- Basic Level 8

Compulsory Program

- Free Skate 1
- Free Skate 2
- Free Skate 3
- Free Skate 4
- Beginner
- Pre-Preliminary
- Preliminary
- Adult Pre-Bronze
- Adult Bronze

Entry Fees: **First Event (Snowplow Sam – Basic 8)** \$ _____
 First Event (Free Skate 1 and up) \$ _____
 Additional Event \$ _____
 Late Fee \$ _____
 Good Luck/Happy Ad \$ _____
 TOTAL \$ _____

ENTRY FEES ARE NOT REFUNDABLE UNLESS AN EVENT IS CANCELLED!

The completed entry form with fees must be postmarked no later than July 1st, 2006. Late entries will be accepted at the discretion of the competition chairs & will incur a \$20 late fee.

Entries should be mailed with full payment (check payable to BGSC) to:

BGSC Basic Skills Competition
 c/o Sue Cano
 P.O. Box 99
 Haskins, OH 43525

Please include a self-addressed stamped envelope if you want to receive the tentative schedule by mail.

Certificate of Competitor

I am eligible under the rules of the United States Figure Skating Association to enter the events marked.

Competitor's signature: _____ Date: _____

Professional's signature: _____ Date: _____

Certificate of Club Officer or Test Chairman

To the best of my knowledge, the information on the competition entry form is correct and true and the competitor is a member in good standing of our club.

Signature: _____ Title: _____ Date: _____

Waiver of Claims for Injury & Authorization for Emergency Medical Treatment

I fully understand that skating involves the risk of serious bodily injury; I accept such risks and assume responsibility for any losses, costs or damages incurred as a result of participating in this competition, during practice ice or any other time on the Bowling Green State University Ice Arena premises. I agree to indemnify and hold harmless, the Bowling Green Skating Club, its Board of Directors, volunteers, and agents from all liability, claims, losses or damages on my account.

I hereby grant the representatives of the Bowling Green Skating Club to seek medical attention for my child, in case of my absence, or for myself if I am unable to communicate my desires.

Skater's Signature (if over 18 years of age): _____ Date: _____

Parent/Guardian's Signature _____ Date: _____
(if skater is less than 18 years of age)

Relevant Medical Information (allergies, pre-existing conditions, etc.) _____

Skater's Insurance Company _____

Policy No. _____ Name of Insured _____

WISH YOUR SKATER GOOD LUCK!
Competition Program Ads

Send a message to a fellow skater, a special thank-you to your coach, or just a fun message to support your skater. Please complete information below and enclose \$10 by July 1st, 2006.

Ad Message (Maximum 50 characters)

