



Eighth Annual Basic Skills Competition
Hosted by the Lansing Skating Club
In Cooperation with Suburban Ice-East Lansing
2810 Hannah Boulevard
East Lansing, Michigan 48823
517-336-4272
www.LansingSC.com

The Lansing Skating Club and Suburban Ice-East Lansing invite you to participate in the Eighth Annual Basic Skills Competition, March 18, 2006. The Suburban Ice arena has two NHL surfaces that measure 200 X 85 each. This is a United States Figure Skating (U.S. Figure Skating) approved Basic Skills Competition. The approval will be posted on the official competition bulletin board.

ELIGIBILITY: The competition is open to ALL skaters who are **current eligible (ER 1.00) members of either a U.S. Figure Skating 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 February 11, 2006. ALL SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH LEVEL 8 must skate at the highest level passed and NO official U.S. Figure Skating tests may have been passed including Moves In the Field and 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 Pre-Preliminary Moves in the Field. For events that are "Beyond the Basics" (Beginner, Pre-Preliminary, and Preliminary) the U.S. Figure Skating Rulebook #1032 applies.

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.

Males and females may, or may not, be placed in the same group. If there is only one competitor in a group (there will be no exhibitions), the competitor will be asked if they wish to skate up.

RULES: The competition will be conducted under the rules set forth in the U.S. Figure Skating rulebook and the U.S. Figure Skating Basic Skills Competition Manual.

ENTRIES AND FEES: All entries must be postmarked no later than February 11, 2006. Enclose a self-addressed and stamped business size (#10) envelope with the entry for return confirmation. Late entries will be accepted at the discretion of the Local Organizing Committee. Entry fees are per person, U. S. dollars. The first event is \$35.00 and each additional event is \$15.00. No refunds will be made after closing date unless the event is cancelled by the organizers. There will be a \$25.00 fee for all returned checks. Please make checks payable to the Lansing Skating Club and mail to:

Competition Chair
Eighth Annual Basic Skills Competition
c/o Suburban Ice-East Lansing
2810 Hannah Boulevard
East Lansing, Michigan 48823

ADMISSION: No admission will be charged.

AWARDS: All competitors will receive an award. All events are final rounds. Medals will be awarded to first, second and third places. All other places will receive ribbons. All awards will be made at appropriate times throughout the competition.

SCHEDULE OF EVENTS: The Schedule of Events will be posted on the Official Bulletin Board no later than March 11, 2006. The Schedule of Events will be mailed to each competitor who has provided a self-addressed and stamped business size (#10) envelope with the entry as requested above.

REGISTRATION: The registration table will be open 1 hour before the competition starts. Skaters will not be allowed to compete until they have registered. **PLEASE REGISTER AT LEAST ONE HOUR BEFORE YOUR COMPETITION TIME.**

PRACTICE ICE - For skaters above Basic Skills: Practice ice for skaters above Basic Skills (Freeskate 1-6, Low Beginner through Preliminary, Adults) will be available in 30 minute sessions prior to the competition, 9:00am to 10:30am. See the Practice Ice form on page 12 for times available. The cost will be \$7.00 per session. Advanced registration is suggested. Drop-ins will be permitted if space allows. No refunds will be given for missed practice sessions.

PRACTICE ICE - For Basic Skills skaters: Practice ice for Basic Skills skaters (Snow Plow Sam through Basic 8) will be available in 20 minute sessions from 10:30 am to 11:10 am. See the Practice Ice form on page 12 for times available. The cost will be \$4.00 per session. Advanced registration is suggested. Drop-ins will be permitted if space allows. No refunds will be given for missed practice sessions. Suburban Ice-East Lansing Learn To Skate program instructors will be on the ice with the skaters to guide the skaters through their practice.

MUSIC: The music for all free skating programs must be provided by the skater on 10 minute cassette tapes. Tapes should be clearly marked with the name of the skater, event entered, and length of the music (not skating time). Competition music is to be turned in at the time of registration. Time duration is always \pm 10 seconds. Competitors must have a spare tape to be used in case of technical difficulties. Tapes must be rewound and positioned ready to play.

VIDEO TAPING AND PHOTOGRAPHY (Award Photos and Video Taping): This service will be available and arranged for at the rink. You may furnish your own tape or purchase a tape at the rink. Awards photographs will be taken. Individual photographs can be arranged for with the photographer. **NO FLASH PHOTOGRAPHY OR LIGHTED VIDEO TAPING WILL BE PERMITTED.** No power is available for individual videotaping.

OFFICIALS: Chief Referee - Dorothy Tank; Chief Accountant - Maureen Dalton

INFORMATION: If you have questions, contact Steve Davis at email: july2879@acd.net

EVENTS OFFERED:

Elements Event - Basic Skills Curriculum: See page 4

Compulsory Programs Freeskate 1-6 - No Music: See page 5

Basic Programs with Music: See page 6

Freeskate Programs 1-6 with Music: See page 6

Beyond the Basics: See page 9

Additional Events: See page 10

- Spins
- Adult Compulsory Program
- Adult Pre-Bronze Freeskate

ACCOMODATIONS:

<p>TownePlace Suites by Marriott (across the street from Suburban Ice-East Lansing) 2855 Hannah Boulevard East Lansing, Michigan 48823 517-203-1000</p>	<p>Comfort Inn & Suites (I-96 at Okemos Exit #110) 2209 University Park Drive Okemos, Michigan 48864 517-349-8700</p>
<p>Clarion Hotel (US-27 at the Jolly Road Exit) 3600 Dunckel Road Lansing, Michigan 48910 517-351-7600</p>	<p>Holiday Inn Express (I-96 at Okemos Exit #110) 2187 University Park Drive Okemos, Michigan 48864 517-347-6690</p>

Most hotels are just 10-15 minutes from the rink. The Suburban Ice facility is walking distance from the Michigan State University Campus. The East Lansing area offers a wide variety of restaurants, coffee shops, and fast food establishments located within minutes of the rink.

For competition updates and announcements, please visit our website at www.LansingSC.com

Elements Event -Basic Skills Curriculum

- To be skated on 1/3 to 1/2 ice
- No music
- All elements must be skated in the order listed
- Each skater will have the option to perform one element at a time **OR** will perform the next element when directed by a judge or referee. (format examples: All skaters perform element 1 before moving on to element 2 and so on **OR** each skater performs all of the required elements before moving on to the next skater).

<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 Freeskate 1-6 - No Music

- The skater must demonstrate the required elements and may use any additional elements from previous levels (where applicable)
- The skating order of the required elements is optional
- To be skated on ½ ice - no music permitted
- In program form, using a limited number of connecting steps
- Time: 1:00 or less
- Deductions will be made if elements from a higher level are performed

<p><u>Freeskate level 1 Compulsory</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>Freeskate level 4 Compulsory</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>Freeskate level 2 Compulsory</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>Freeskate level 5 Compulsory</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>Freeskate level 3 Compulsory</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>Freeskate level 6 Compulsory</u></p> <ol style="list-style-type: none"> 1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Freeskate 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

Basic Programs with Music

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.

Vocal music is allowed.

May use elements from a previous level. Deductions will be made for each element from a higher level that are skated.

Time is 1 Minute +/- 10 sec., to be skated on full ice

Skaters will be judged on: Technical Merit and Presentation

Snowplow Sam Program (Tots)	Basic Program C: (Basic 5 & 6)
<ol style="list-style-type: none"> 1. Forward Skating 2. Backward wiggles 3. Glide forward and dip 4. Snowplow stop 	<ol style="list-style-type: none"> 1. Backward crossovers-min 5 consecutive Clock or counter clock wise 2. One foot spin 3. Bunny hop 4. Forward Spiral in a straight line R or L
Basic Program A: (Basic 1 & 2)	Basic Program D: (Basic 7 & 8)
<ol style="list-style-type: none"> 1. Glide forward and dip 2. Moving snowplow stop 3. Forward two-foot swizzles 4. Backward skating(wiggles or swizzles) 	<ol style="list-style-type: none"> 1. Beginning one foot spin, optional free foot position 2. Mazurka or Ballet jump 3. Combination move: either direction: 2 forward crossovers into FI Mohawk, cross behind, step into 1 back crossover and step to a forward inside edge. 4. Waltz jump
Basic Program B: (Basic 3& 4)	
<ol style="list-style-type: none"> 1. Backward 1/2 swizzle pumps on a circle clock or counter clock wise 2. Two foot spin 3. Forward crossovers-min of 5 consecutive clock or counter clock wise 4. Back one foot glide, right or left 	

Freestyle Programs 1-6 with music

Program duration 1:30+/-10sec. To be skated on full ice. **No vocal music**

Deductions will be made if elements from a higher level are performed

Programs must contain all the required elements listed and will be judged on the following: Technical Merit and Presentation

Freestyle 1	Freestyle 4
<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 1. Spiral sequence: FI spiral, FI Mohawk, BO spiral R or L 2. Forward power 3's, 2-3 consecutive R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
Freestyle 2	Freestyle 5
<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 1. Spiral sequence: FO spiral, FO 3-turn, 1 back crossover Backward inside spiral, R or L 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop combination jump 5. Flip jump
Freestyle 3	Freestyle 6
<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls 4-6 3. Back spin 4. Salchow 5. Waltz jump/Toe loop or Salchow/toe loop 	<ol style="list-style-type: none"> 1. 5 step Mohawk sequence, 1 set alternating patterns 2. Camel/sit spin combination, min of 4 revolutions total 3. Split or stag jump 4. Waltz jump/1/2 loop /Salchow combination 5. Lutz jump

Elements		
Level Passed	Competition Level	OFFICIAL TESTS ALLOWED
Snowplow Sam 1	Snowplow Sam only	NONE
Snowplow Sam 2	Snowplow Sam only	NONE
Snowplow Sam 3	Snowplow Sam only	NONE
Basic 1	Basic 1 ONLY	NONE
Basic 2	Basic 2 ONLY	NONE
Basic 3	Basic 3 ONLY	NONE
Basic 4	Basic 4 ONLY	NONE
Basic 5	Basic 5 ONLY	NONE
Basic 6	Basic 6 ONLY	NONE
Basic 7	Basic 7 ONLY	NONE
Basic 8	Basic 8 ONLY	NONE
Freestyle 1	Freestyle 1 or 2 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 2	Freestyle 2 or 3 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 3	Freestyle 3 or 4 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 4	Freestyle 4 or 5 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 5	Freestyle 5 or 6 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 6	Freestyle 6 or Beginner** NOT BOTH	Pre-Preliminary MIF ONLY
Programs with Music		
Level Passed	Competition Level	OFFICIAL TESTS ALLOWED
Snowplow Sam 1	Snowplow Sam only	NONE
Snowplow Sam 2	Snowplow Sam only	NONE
Snowplow Sam 3	Snowplow Sam only	NONE
Basic 1	Basic Program A	NONE
Basic 2	Basic Program A	NONE
Basic 3	Basic Program B	NONE
Basic 4	Basic Program B	NONE
Basic 5	Basic Program C	NONE
Basic 6	Basic Program C	NONE
Basic 7	Basic Program D	NONE
Basic 8	Basic Program D	NONE
Freestyle 1	Freestyle 1 or 2 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 2	Freestyle 2 or 3 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 3	Freestyle 3 or 4 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 4	Freestyle 4 or 5 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 5	Freestyle 5 or 6 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 6	Freestyle 6 or Beginner** NOT BOTH	Pre-Preliminary MIF ONLY
** If a skater competes up into Beginner Category (if offered) they may not go back to compete in the Freestyle Categories		
For events that are "Beyond the Basics" (beginner, pre-preliminary and preliminary) the U.S. Figure Skating rulebook # 1032 applies.		

All competition applications must include this chart.

BEYOND THE BASICS


Compulsory Programs		
Level Passed	Competition Level	HIGHEST OFFICIAL TESTS ALLOWED
NONE	Beginner or Pre-Preliminary NOT BOTH	NONE
Pre-Preliminary	Pre-Preliminary or Preliminary NOT BOTH	Pre-Preliminary FS/Preliminary MIF
Preliminary	Preliminary	Preliminary FS/Preliminary MIF
Programs with Music		
Level Passed	Competition Level	HIGHEST OFFICIAL TESTS ALLOWED
NONE	Beginner or Pre-Preliminary NOT BOTH	NONE
Pre-Preliminary	Pre-Preliminary or Preliminary NOT BOTH	Pre-Preliminary FS/Preliminary MIF
Preliminary	Preliminary	Preliminary FS/Preliminary MIF

**** If a skater competes in a beginner category or higher
 they may not go back to compete in the Basic Skills free skate categories
 If a skater has passed the pre-juvenile moves in the field or higher,
 they may not compete in an approved Basic Skills competition.**

BEYOND THE BASICS

ADDITIONAL COMPULSORY AND FREESKATING EVENTS

Additional suggested events may be included in a Basic Skills competition. If you conduct any of these events you must adhere to the guidelines listed. No sanction is required to add these events.

COMPULSORY EVENTS:	
<p>Beginner (No Test) Compulsory Program- May <u>not</u> have passed any official U.S. Figure Skating free skating tests.</p> <ol style="list-style-type: none"> 1. Waltz jump 2. Salchow jump 3. Half flip or half Lutz jump 4. Upright scratch spin (min. 3 revolutions) 5. Forward spiral 	
<p>Pre-preliminary Compulsory Program- Must have passed no higher than U.S. Figure Skating pre-preliminary free skating test.</p> <ol style="list-style-type: none"> 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 	<p>Preliminary Compulsory Program- Must have passed no higher than U.S Figure Skating preliminary free skating test. Time: 1:15 max</p> <ol style="list-style-type: none"> 1. Single jump of choice (Axel permitted) 2. Combination jump consisting of any two single jumps (may not repeat single jump selected above) 2. Camel spin (min. 3 revolutions) 3. Combination spin (no change of foot) 4. Footwork sequence – straight line or diagonal
FREESKATE EVENTS:	
<p>Limited Beginner Freeskate Program- May <u>not</u> have passed any official U.S. Figure Skating free skating tests.</p> <p>A well-balanced program consisting of half 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 are permitted.</p>	<p>Beginner (No Test) Freeskate Program- May <u>not</u> have passed any official U.S. Figure Skating free skating tests. (Refer to the rulebook #3721)</p> <p>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 sequence.</p>
<p>Pre-preliminary Freeskate Program- Must have passed no higher than U.S. Figure Skating Pre-preliminary Freeskating test.</p>	
<p>Pre-preliminary Freeskate A: A well-balanced program consisting of all single revolution jumps (no axels or double jumps permitted), single combination jumps, single jump sequences. A minimum of two spins of a different nature. One step sequence or spiral sequence.</p>	<p>Pre-preliminary Freeskate B: A well-balanced program consisting of all single revolution jumps (axel permitted), single combination jumps, single jump sequences, no double jumps permitted. A minimum of two spins of a different nature. (Refer to the rulebook #3711)</p>
<p>Preliminary Freeskate Program- Must have passed no higher than U.S. Figure Skating preliminary free skate test. (Refer to rulebook #3701).</p> <p>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. One step sequence or spiral sequence.</p>	<p style="text-align: center;">Adult Skill Levels</p> <p>Adult Basic Skills Levels - use elements from the Basic Skills Adult 1-4 curriculum</p> <p>Adult Bronze Freeskate- Must have passed no higher than the adult bronze free skating test. Time: 1:40 max. Refer to rulebook #3801 for requirements.</p>

Compulsory Event Times:

- Beginner: 1:00 max
- Pre Preliminary: 1:00 max
- Preliminary: 1:15 max

Freeskate Event Times:

- Limited Beginner: 1:30 max
- Beginner: 1:30 max
- Pre Preliminary A: 1:30 max
- Pre Preliminary B: 1:30 max
- Preliminary: 1:30 max

ADDITIONAL EVENTS

SPINS: (No Music) 1:15 minutes or less. Spins must be skated exactly as stated, but may be skated in any order. Connecting moves may be included, such as short sequences of footwork and are for the sole purpose of maneuvering between spins and will be not be judged. Boys and girls may be grouped together. See required elements below. To be skated on $\frac{1}{2}$ ice surface.

Pre-Preliminary Spins (1:30 min)

1. One Foot spin (minimum 3 revolutions)
2. Sit Spin (minimum 3 revolutions)
3. Back Spin (minimum 3 revolutions)
4. Footwork sequence of any pattern

Preliminary Spins (1:30 min)

1. Sit Spin (minimum 4 revolutions)
2. One Foot Spin (minimum 4 revolutions)
3. Upright Backspin (minimum 4 revolutions)
4. Footwork sequence of any pattern
5. Spiral, bauer, or spread eagle (limit one)

ADULT COMPULSORY PROGRAM EVENTS: (No Music) 1:30 minutes or less. Should be treated as required elements skated in program form, in any order, using limited connecting steps. Skater must be 25 years of age or older as of February 11, 2006. See required elements below. To be skated on $\frac{1}{2}$ ice surface.

Adult Pre-Bronze Compulsory (1:15 min. or less)

1. Forward crossovers
2. Backward crossovers
3. Spiral sequence
4. One foot upright spin (min. 3 revolutions)

Adult Bronze Compulsory (1:15 min. or less)

1. Waltz jump
2. Salchow jump
3. One foot back spin (min. 3 revolutions)
4. Footwork sequence

ADULT FREESKATE EVENTS: (With Music) 1:40 minutes. Skater must be 25 years of age or older as of February 11, 2006. Skated on the full ice surface to the music of the skater's choice.

Adult Pre-Bronze (1:40 min)

Must have passed no higher than the Adult Pre-Bronze Freeskating Test. Refer to U.S. Figure Skating Rulebook for requirements. No axels or double jumps allowed.