



## Tenth Annual Basic Skills Competition

Hosted by the Lansing Skating Club  
and 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 Tenth Annual Basic Skills Competition, March 15, 2008. The Suburban Ice arena has two NHL surfaces that measure 85 ft. X 200 ft. each. This is a United States 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.100) members of either the Basic Skills Program and/or are full members of US 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 SNOWFLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed and NO official US Figure Skating tests may be have been passed including MIF or individual dances.

For the Test Track and Well Balanced levels, eligibility will be based upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level). Skaters 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.

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 Program Skate With U.S. Competition Manual.

**ENTRIES AND FEES:** All entries must be postmarked no later than February 16, 2008. Enclose a self-addressed and stamped business size (#10) envelope with the entry for return confirmation and competition schedule of events. 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 \$40.00 and each additional event is \$20.00. No refunds will be made after closing date unless the event is cancelled by the organizers. There will be a \$30.00 fee for all returned checks. Please make checks payable to the Lansing Skating Club and mail with entry form to:

Gina DeWitt  
Tenth Annual Basic Skills Competition  
6544 Aurelius Road  
Lansing, Michigan 48911

**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 4, 2008. 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 form 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:** Practice Ice will be available in 20 minute increments at \$7 per session. A Practice Ice registration form will be sent to the skaters with their competition event schedule at least two weeks prior to the competition. Advanced registration is recommended. Drop-in will be available if space permits. A maximum of 20 skaters will be allowed on the ice during any one session, except for Basic Skills skater sessions. No music will be played. 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 Basic Skills skaters to guide the skaters through their practice.

**MUSIC:** The music for all freeskating programs must be provided by the skater on CD or cassette tape. The CD/cassette tape 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 CD/cassette tape to be used in case of technical difficulties. Cassette 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** during the competition events. No power is available for individual videotaping.

**OFFICIALS:** Chief Referee - Don Korte; Chief Accountant - Maureen Dalton

**INFORMATION:** If you have questions, contact Mo Parisian at email: [mparisian@suburbanice.com](mailto:mparisian@suburbanice.com) or Gina DeWitt at email: [philandginadewitt@sbcglobal.net](mailto:philandginadewitt@sbcglobal.net)

### **2008 BASIC SKILLS COMPETITION EVENTS OFFERED:**

- Page 5: Basic Skills Snow Plow Sam and Basic 1-8 Event Elements**
- Page 6: Basic Skills Snow Plow Same and Basic 1-8 Events with Music (Programs)**
- Page 7: Two Track Compulsory Events**
- Page 8: Two Track Freeskating Events**
- Page 9: Two Track Well Balanced Freeskating Events**
- Page 10: Special Olympic Events**
- Page 11: Adult and Spins Events**

# 2008 Michigan Basic Skills Series Competitions

## Mission Statement

To give our skaters a chance to develop their USFS Basic Skills in a fun competitive environment. During the competition season - skaters will have the chance to compete at many different clubs and arenas and earn points for a final standing.

A skater must enter BOTH Freeskating and the Compulsory / Elements event in each of the Michigan Basic Skills Series Competitions to be eligible for accumulating points. Awards will be presented to skaters with the highest point totals. These awards will take place - on the ice - at the Midland Competition - November 8, 2008

### Series Point System

The Freeskating events and the Compulsory/Elements events in each of the Series Competitions will be eligible for accumulating points. Each event will have a maximum of 6 skaters. The system for scoring points for the final award will be as follows:

1 <sup>st</sup> Place	6 points
2 <sup>nd</sup> Place	5 points
3 <sup>rd</sup> Place	4 points
4 <sup>th</sup> Place	3 points
5 <sup>th</sup> Place	2 points
6 <sup>th</sup> Place	1 point

If an event has 2-6 skaters, the points will be awarded as if there were 6 skaters in the group. If there is only one skater in the group, they will be awarded 3 points. At the end of the Series, in the case of total points tied, the total number of skaters that the competitor has skated against will be the tie breaker.

Medals will be awarded (1-4 Place) in each level as highlighted in each announcement. Beyond the Basics will NOT be counted in the Freeskate and Elements/Compulsory Program Series for this 2008 season. Spins, Dance, Pairs, Theatre On Ice, Synchronized Teams, and Showcase Events will Not be counted for this 2008 season.

Skaters will receive an additional bonus of 3 points for moving to a higher level. All points follow the skater throughout the year.

Please Note: The USFS Michigan Basic Skills Series is sponsored equally by all the participating ice rinks and/or USFS member clubs. Competition announcements and packages will be available at all participating ice rinks and/or via the club or rink websites. Each competition will have its own entry forms and specific rules - so please make sure to read the entire announcement for each competition.

## ACCOMODATIONS:

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

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](http://www.LansingSC.com)

## BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

- Each skater will perform one element at a time in the order listed below (no excessive connecting steps).
- To be skated on 1/3 to 1/2 ice
- No music
- **All elements must be skated in the order listed.** Each skater will perform each element only when directed by a judge or referee. Skaters are allowed one retry per element. If skater wants to retry, she/he should raise their hand immediately. If the skater attempts a retry, only the retry will count for that element.

<p><b><u>Snowplow Sam - Tots:</u></b></p> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide and dip</li> <li>2. Forward two foot swizzles 2-3 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 2-6 in a row</li> </ol>	<p><b><u>Basic 5:</u></b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counterclockwise</li> <li>2. Backward crossovers 6-8 consecutive - both directions</li> <li>3. One foot spin - minimum of three revolutions</li> <li>4. Hockey stop</li> <li>5. Side Toe hop -either direction</li> </ol>
<p><b><u>Basic 1</u></b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide</li> <li>2. Forward two foot swizzles 6 -8 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 6-8 in a row</li> </ol>	<p><b><u>Basic 6:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside three turn - R &amp; L from a standstill</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line - R or L</li> <li>4. Lunge - R or L</li> <li>5. T-stop - R or L</li> </ol>
<p><b><u>Basic 2</u></b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Forward alternating ½ swizzle pumps, in a straight line -across width of ice</li> <li>3. Two foot turn in place forward to backward</li> <li>4. Backward two foot swizzles 6 - 8 in a row</li> <li>5. Moving snowplow stop</li> </ol>	<p><b><u>Basic 7:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside open Mohawk - R to L and L to R</li> <li>2. Ballet Jump - either direction</li> <li>3. Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
<p><b><u>Basic 3</u></b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 - 8 consecutive</li> <li>3. Moving forward to backward two foot turn - either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	<p><b><u>Basic 8:</u></b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three turns R &amp; L</li> <li>2. Waltz jump</li> <li>3. Mazurka - either direction</li> <li>4. Combination move - clockwise or counter clockwise – two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin - optional free foot position</li> </ol>
<p><b><u>Basic 4</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside edge on a circle clockwise or counter clockwise</li> <li>2. Forward crossovers 6-8 consecutive both directions</li> <li>3. Forward outside three turn - R &amp; L</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

## BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

- The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc. unless otherwise specified.
- To be skated on full ice
- Vocal music is allowed
- The skater may use elements from a previous level.
- Deductions will be made if elements from a higher level are performed
- Time: 1:00 +/- 10 seconds

<p><b><u>Snowplow Sam - Tots:</u></b></p> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide and dip</li> <li>2. Forward two foot swizzles 2-3-in a row</li> <li>3. Backward wiggles 2-6 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<p><b><u>Basic 5:</u></b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counterclockwise</li> <li>2. Backward crossovers 6-8 consecutive in both directions</li> <li>3. One foot spin - min of three revolutions</li> <li>4. Side Toe hop -either direction</li> <li>5. Hockey stop</li> </ol>
<p><b><u>Basic 1</u></b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide</li> <li>2. Forward two foot swizzles 6 -8 in a row</li> <li>3. Backward wiggles 6-8 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<p><b><u>Basic 6:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside 3-turn - R &amp; L</li> <li>2. Bunny Hop</li> <li>3. Forward arabesque spiral on a straight line R or L</li> <li>4. Lunge - R or L</li> <li>5. T-stop - R or L</li> </ol>
<p><b><u>Basic 2</u></b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Two foot turn in place - forward to backward</li> <li>3. Backward two foot swizzles 6 - 8 in a row</li> <li>4. Forward alternating ½ swizzle pumps, in a straight line across width of ice</li> <li>5. Moving snowplow stop</li> </ol>	<p><b><u>Basic 7:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside open Mohawk - R to L and L to R</li> <li>2. Ballet Jump either direction</li> <li>3. Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
<p><b><u>Basic 3</u></b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 -8 consecutive</li> <li>3. Moving forward to backward two foot turn in either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	<p><b><u>Basic 8:</u></b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three turns R &amp; L</li> <li>2. Waltz jump</li> <li>3. Mazurka in either direction</li> <li>4. Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin - optional free foot position</li> </ol>
<p><b><u>Basic 4</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside edge on a circle clockwise or counter clockwise</li> <li>2. Forward crossovers 6-8 consecutive both directions</li> <li>3. Forward outside three turn - R &amp; L</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

# **“TWO TRACK” - Compulsory Events**

## **Suggested Compulsory Event/Test Track and Well Balanced Levels**

- To be skated on ½ of ice surface. In program form, using a limited number of connecting steps, the skating order of the required elements is optional
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels. A .2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*

### **Two Track – Compulsory Events – Eligible for Michigan Basic Skills Series Points**

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	<ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. ½ jump of choice</li> <li>3. Forward two foot or one foot spin (free leg position optional)</li> <li>4. Forward or backward spiral</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:00
Beginner Compulsory	<ol style="list-style-type: none"> <li>1. Toe loop jump</li> <li>2. Salchow jump</li> <li>3. Forward scratch spin</li> <li>4. Forward or backward spiral</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time:1:00
No Test Compulsory	<ol style="list-style-type: none"> <li>1. Loop jump</li> <li>2. Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>3. Solo spin- sit <u>or</u> camel spin</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests, no official U.S. Figure Skating free skate tests passed	Time:1:00

### **Two Track – Compulsory Events – NOT Eligible for Michigan Basic Skills Series Points**

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Pre-Preliminary Compulsory	<ol style="list-style-type: none"> <li>1. Flip jump</li> <li>2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump</li> <li>3. Solo spin- sit <u>or</u> camel spin</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time :1:00
Preliminary Compulsory	<ol style="list-style-type: none"> <li>1. Lutz jump</li> <li>2. Jump combination (may not use Lutz jump or Axel)</li> <li>3. Camel spin</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.</li> </ol>	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test	Time :1:15

## **"TWO TRACK" - Freeskating Events**

The Test Track and the Well-Balanced Free Skate events can be included in approved Basic Skills Competitions. If levels beyond Preliminary and Adult Bronze are included, a sanction must be filed.

NOTE: Skaters may enter EITHER the new test track or the well-balanced free skate track but **NOT** both. Competitors will skate to music of their choice. Deductions WILL be made for skaters including technical elements not permitted in the event description.

### **Test Track Freeskating Events - Eligible for Michigan Basic Skills Series Points**

<b>LEVEL</b>	<b>ELEMENTS</b>	<b>QUALIFICATIONS</b>	<b>PROGRAM LENGTH</b>
Limited Beginner	Solo spins in an upright position (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front). No combination jumps or jump sequences. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests	Time: Up to 1:30 +/- 10
Beginner	Solo spins in an upright position (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front), single rotation jumps: Salchow and toe loop only. No combination jumps or jump sequences. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests	Time: 1:30 +/- 10

### ***Two Track – Freeskating Events***

#### ***NOT Eligible for Michigan Basic Skills Series Points***

<b>LEVEL</b>	<b>ELEMENTS</b>	<b>QUALIFICATIONS</b>	<b>PROGRAM LENGTH</b>
Pre-Preliminary Test	At least two solo spins of a different nature (min 3 revolutions and no flying spins), all single solo jumps allowed (no Axels), jump combinations or sequences using only a waltz jump, toe loop, and Salchow. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time :1:30 +/-10
Preliminary Test	At least two spins of a different nature, combination spins allowed (min 3 revolutions each and no flying spins), jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jumping elements. Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test	Time :1:30 +/-10



# “TWO TRACK - Well Balanced Freeskating Events”

(U.S. Figure Skating rulebook requirements)

## Well-balanced [Competitive] Freeskating Events - Eligible for Michigan Basic Skills Series Points

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
No Test Free skate	A well balanced program consisting of: Jumps: maximum of 5 jump elements. No axels or double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface  <i>Refer to U.S. Figure Skating rulebook #3721 for more information</i>	<b>May not have passed any official U.S. Figure Skating free skate tests.</b>	Time: 1:30+/-10

## Well-balanced [Competitive] – Freeskating Events

### *NOT Eligible for Michigan Basic Skills Series Points*

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Pre-preliminary Free skate	<b>A well-balanced program consisting of:</b> <b>Jumps: maximum of 5 jump elements.</b> <b>Axels allowed. No double jumps permitted.</b> <b>Spins: maximum of 2 spins of a different nature</b> <b>Steps: one step sequence utilizing ½ ice surface</b>  <i>Refer to U.S. Figure Skating rulebook #3711 for more information</i>	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test	Time: 1:30 +/-10
Preliminary Free skate	A well-balanced program consisting of: Jumps: maximum of 5 jump elements, one must be an axel or waltz jump type plus up to two different double jumps as individual jumps, jump sequences or jump combinations are allowed Spins: maximum of 2 spins of a different nature <b>Steps: one step sequence utilizing ½ ice surface</b>  <i>Refer to U.S. Figure Skating rulebook #3701 for more information</i>	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.	Time: 1:30 +/-10

**U. S. Figure Skating Basic Skills Program**  
**SPECIAL OLYMPICS BADGE PROGRAM**

The Special Olympics Sports Skills Program is designed for people with mental handicaps who may exhibit any number of physical impairments. The Special Olympics Figure Skating Badge Program allows athletes to learn skills in a progressive order and earn badges at each level. Athletes who complete the Special Olympics Badge Program will be prepared to move into the existing badge program at local rinks.

**Badge 1**

- A. Stand unassisted for five seconds
- B. Fall and stand up unassisted
- C. Knee dip standing still unassisted
- D. March forward ten steps assisted

**Badge 2**

- A. March forward ten steps unassisted
- B. Swizzles, standing still: three repetitions
- C. Backward wiggle or march assisted
- D. Two foot glide forward for distance of at least length of body

**Badge 3**

- A. Backward wiggle or march
- B. Five forward swizzles covering at least ten feet
- C. Forward skating across the rink
- D. Forward gliding dip covering at least length of body: L & R

**Badge 4**

- A. Backward two foot glide covering at least length of body
- B. Two foot jump in place
- C. One foot snowplow stop: L & R
- D. Forward one foot glide covering at least length of body: L & R

**Badge 5**

- A. Forward stroking across rink
- B. Five backward swizzles covering at least ten feet
- C. Forward two foot curves left and right across rink
- D. Two foot curves left and right across rink

**Badge 6**

- A. Gliding forward to backward two foot turn
- B. Five consecutive forward one foot swizzles on circle: L & R
- C. Backward one foot glide length of body: L & R
- D. Forward pivot

**Badge 7**

- A. Backward stroking across the rink
- B. Gliding backward to forward two foot turn
- C. T-stop left of right
- D. Forward two foot turn on a circle: L & R

**Badge 8**

- A. Five consecutive forward crossovers: L & R
- B. Forward outside edge: L & R
- C. Five consecutive backward ½ swizzles on a circle: L & R

**Badge 9**

- A. Forward outside three turn: L & R
- B. Forward inside edge: L & R
- C. Forward lunge or shoot the duck at any depth
- D. Bunny hop

**Badge 10**

- A. Forward inside three turn: L & R
- B. Five consecutive backward crossovers: L & R
- C. Hockey stop
- D. Forward spiral three times length of body

**Badge 11**

- A. Consecutive forward outside edges: minimum of two on each foot
- B. Consecutive forward inside edges: minimum of two on each foot
- C. Forward inside Mohawk: L & R
- D. Consecutive backward outside edges: minimum of two on each foot
- E. Consecutive backward inside edges: minimum of two on each foot

**Badge 12**

- A. Waltz jump
- B. One foot spin: minimum of three revolutions
- C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise
- D. Combination of three moves chosen from badges 9-12



**Special Olympics**

## ADULT EVENTS:

### Adult Pre-Bronze

**Compulsory Moves** Time: 1:00 max

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

### Adult Pre-Bronze

**Freeskate** - Must have passed no higher than the Adult Pre-Bronze Freeskating Test. Time: 1:40 max. Refer to Rulebook **#3806** for requirements.

### Adult Bronze

**Compulsory Moves** Time: 1:00 max

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

### Adult Bronze

**Freeskate** - Must have passed no higher than the Adult Bronze Freeskating Test. Time: 1:40 max. Refer to Rulebook **#3801** for requirements.

## SPIN EVENTS:

(No Music) Time: 1:30 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. 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. 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)