



Event #7 Optimist Ice Arena Basic Skills Competition
May 31st, 2009

2009 Michigan Basic Skills Series Competition 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 may participate in either Freeskating and/or Compulsory/Elements events in any 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 7, 2009

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 st Place | 6 points |
| 2 nd Place | 5 points |
| 3 rd Place | 4 points |
| 4 th Place | 3 points |
| 5 th Place | 2 points |
| 6 th 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, all skaters tied for a place will be awarded a medal, no ties will be broken.

Points are accumulated for Compulsory and Free Skate events separately.

Medals will be awarded (1-3 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 2009 season. Spins, Dance, Pairs, Theatre On Ice, Synchronized Teams, and Showcase Events will Not be counted for this 2009 season.

At the end of the 2009 Series Season any skaters who moved up level wise will be awarded 6 bonus points [6 points only whether they move up one level or more]. 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/via the club or rink websites as well as www.sk8stuff.com. Each competition will have its own entry forms and specific rules - so please make sure to read the entire announcement for each competition.

3rd Annual USFS Michigan Basic Skills Series – Hosted by the following:

| | | |
|---|--|--|
| <p>Event #1 – Lansing Basic Skills Competition March 14, 2009 Deadline for Entries – February 14, 2009 Suburban Ice – East Lansing 2810 Hannah Blvd East Lansing, Michigan 48823 Contact: Meghan Carmody Phone: 734-417-8967 lansingbasicskills@yahoo.com</p> | <p>Event #2 – Skate the Zoo March 21, 2009 Deadline for Entries – February 21, 2009 Twin Star Ice Arena 5076 Sports Drive Kalamazoo MI 49009 Contact: Amy Bauer Phone: 269-598-9184 Sk8amy@aol.com</p> | <p>Event #3 – Onyx-Suburban Basic Skills Challenge - April 4, 2009 Deadline for Entries – March 4, 2009 Suburban Ice - Macomb 54755 Broughton Road Macomb, MI 48042 Contact: Helene Wolf Phone: 586-992-8600 HHwolf@comcast.net</p> |
| <p>Event #4 – Arctic Basic Skills Competition April 5, 2009 Deadline for Entries – March 5, 2009 Arctic Edge Ice Arena 46615 Michigan Avenue Canton MI 48188 Contact: Magan Flynn Phone: 248-924-3035 maganflynn@comcast.net</p> | <p>Event #5 – Mountain Town Classic April 18, 2009 Deadline for Entries – March 25, 2009 The I.C.E. Arena 5165 East Remus Road Mt. Pleasant MI 48858 Contact: Ginni Phillips Phone: 989-773-6188; Work 989-775-9148 gphillips@delfield.com</p> | <p>Event #6 – Lake Effect Basic Skills Comp May 9, 2009 Deadline for Entries – April 9, 2009 Georgetown Ice Arena 8500 48th Avenue Hudsonville MI 49426 Contact: Katie Van Ark Phone: 616-662-4911 katievanark@yahoo.com</p> |
| <p>Event #7–Jackson Optimist Basic Skills May 31, 2009 Deadline for Entries – April 30, 2009 Optimist Ice Arena 1300 West North Street Jackson MI 49202 Contact: Kayleah Crosby Phone: 517-581-0014 K_crosby0428@yahoo.com</p> | <p>Event #8–Ann Arbor Skills & Showcase June 13, 2009 Deadline for Entries – May 13, 2009 Ann Arbor Ice Cube 2121 Oak Valley Drive Ann Arbor MI 48103 Contact: C Kaufmann Phone: 734-213-1600 CKauf49@aol.com</p> | <p>Event #9 – Summer Swizzle June 21, 2009 Deadline for Entries: May 20, 2009 Farmington Hills Ice Arena 35500 Eight Mile Road Farmington Hills MI 48335 Contact: Nora Helwig Phone: 248-442-1446; nhelwig1@gmail.com</p> |
| <p>Event #10–Summer Chill Basic Skills Comp July 18, 2009 Deadline for Entries: June 18, 2009 Novi Ice Arena 42400 Arena Drive Novi MI 48375 Contact: Heather Bauer Phone: 248-305-5328 bauerhe@northville.k12.mi.us</p> | <p>Event #11 – Muskegon Lakeshore Summer Freeze August 1, 2009 Deadline for Entries – July 1, 2009 Lakeshore Sports Center 4470 Airline Road Muskegon, MI 49444 Contact: Prudence Fisk Phone: 231-638-1818 mlfscfish@hotmail.com</p> | <p>Event #12 – SW MI Basic Skills Competition August 15, 2009 Deadline for Entries – July 15, 2009 Wing Stadium Complex 3600 Vanrick Drive Kalamazoo MI 49002 Contact: Kelli Forden Phone: 269-372-2168 jkforden@att.net</p> |
| <p>Event #13–Tuxedo Invitational Basic Skills Comp - Sept 19, 2009 Deadline for Entries: August 19, 2009 Bowling Green State University Ice Arena 417 N. Mercer Road Bowling Green OH 43403 Contact: Pat Rabb Phone: 419-354-4730 Rabb1960@metalink.net</p> | <p>Event #14 – Skate the Mountain – Sept 26, 2009 Deadline for Entries: August 26, 2009 Ice Mountain Arena Complex 5371 Avalanche Drive Burton MI 48509 Contact: Jacklinn Brayn Cell: 810-513-1283; Work 810-744-0800 IMFSC@sbcglobal.net</p> | <p>Event #15 – Dearborn Basic Skills Comp – October 17, 2009 Deadline for Entries: Sept 17, 2009 Dearborn Ice Skating Center 14900 Ford Road Dearborn MI Contact: Stacy Holland Phone: 313-943-4098 SSHolland@comcast.net</p> |
| <p>Event #16 – Skate Midland November 7, 2009 Deadline for Entries: October 7, 2009 Midland Civic Arena 405 Fast Ice Drive Midland MI 48642 Contact: Karen Boswell Phone: 989-695-4832 drkaboswell@aol.com</p> | | <p>SERIES AWARDS CEREMONY on the ice - at the Midland Competition</p>  |



Optimist Ice Arena Basic Skills Competition
Optimist Ice Arena Basic Skills Program
Optimist Ice Arena ♦ 1600 West North Street ♦ Jackson, MI 49201
517-783-2664

May 31st, 2009
Entry Deadline: April 30th, 2009

The 2nd Annual Optimist Ice Arena Basic Skills Competition sponsored by the Optimist Ice Arena Basic Skills Program will be held at the Optimist Ice Arena on May 31st, 2009. The ice surface measures [Insert dimensions here] feet. This is a United States Figure Skating approved Basic Skills Competition. The sanctions will be posted on the official competition bulletin board. Questions regarding this competition should be directed to Kayleah Crosby, k_crosby0428@yahoo.com, or 517-581-0014. E-mail communications are preferred.

Mission Statement – The purpose of this competition is to promote a fun, introductory, competitive experience for the beginning skater.

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 SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed and NO official US Figure Skating tests may have been passed including MIF or individual dances. For the Test Track and Well Balanced levels, eligibility will be based only 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.

Rules – The competition will be conducted under the rules set forth by the US Figure Skating "Basic Skills Competition Manual" program.

Entry Fees – The first event is \$40.00 [Events not eligible for Series points will be \$50.00 for first event],

and each additional event is \$20.00. All entries must be postmarked no later than April 30th, 2009. Late entries will be accepted at the discretion of the organizers, and are subject to a possible \$15.00 late fee. Entry fees are per person, U.S. dollars.

Entry forms must be filled out legibly and completely and mailed with a check made payable to Optimist Ice Arena Basic Skills Program to:

Kayleah Crosby
PO Box 587
Grass Lake, MI 49240

There will be a \$35.00 fee for returned checks.

Awards – All competitors will receive a medal. All events are final rounds. ALL awards will be made at appropriate times throughout the competition.

Registration – The registration table will be open 1 hour before the competition begins. Skaters will not be allowed to compete until they have registered. **Please register at least one hour before your competition time.**

Schedule of Events – Schedule will be posted on the Internet at the Figure Skater's Website, www.sk8stuff.com.

Music – The music for all free skating programs with music supplied by skater should be provided on CD. The CD is to be turned in at registration. Competitors must have a spare CD at rink side to be used in case of technical difficulties.

Practice Ice – Practice Ice will be available in 20-minute sessions. Details will be provided in a mailing prior to the competition date. Sign-in and pay \$8.00 at the door.

Awards will be handed out and a podium will be available for group and individual photos.

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

- 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><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. Forward snowplow stop 4. Backward wiggles 2-6 in a row | <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 - minimum of three revolutions 4. Hockey stop 5. Side Toe hop -either direction |
| <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. Forward snowplow stop 4. Backward wiggles 6-8 in a row | <p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Forward inside three turn from a standstill - R & L 2. Bunny Hop 3. Forward 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. Forward alternating ½ swizzle pumps, in a straight line -across width of ice 3. Two foot turn in place forward to backward 4. Backward two foot swizzles 6 - 8 in a row 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 three turns R & L 2. Waltz jump 3. Mazurka - either direction 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 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 three turn from a standstill - R & L 2. Forward outside edge on a circle clockwise or counter clockwise 3. Forward crossovers 6-8 consecutive both directions 4. Backward stroking 5. Backward snowplow stop - R or L | |

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.
- A .2 deduction will be taken **for each** element performed from a higher level
- Time: 1:00 +/- 10 seconds

| | |
|--|--|
| <p>Snowplow Sam - Tots:</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>Basic 5:</p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive in both directions 3. One foot spin - min of three revolutions 4. Side Toe hop -either direction 5. Hockey stop |
| <p>Basic 1</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>Basic 6:</p> <ol style="list-style-type: none"> 1. Forward inside 3-turn from a standstill - 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>Basic 2</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>Basic 7:</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>Basic 3</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 in either direction 4. Backward one foot glide - either foot 5. Two foot spin | <p>Basic 8:</p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka in either direction 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 5. Beginning one-foot upright spin - optional free foot position |
| <p>Basic 4</p> <ol style="list-style-type: none"> 1. Forward outside three turn from a standstill - R & L 2. Forward outside edge on a circle clockwise or counter clockwise 3. Forward crossovers 6-8 consecutive both directions 4. Backward stroking 5. Backward snowplow stop - R or L | |

“TEST TRACK” - Compulsory Events 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

Test Track – Compulsory Events – Eligible for Michigan Basic Skills Series Points

| LEVEL | ELEMENTS | QUALIFICATIONS | PROGRAM LENGTH |
|-----------------------------|--|--|----------------|
| Limited Beginner Compulsory | <ol style="list-style-type: none"> 1. Waltz jump 2. ½ jump of choice 3. Forward two foot or one foot spin (free leg position optional) 4. Forward or backward spiral | 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"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin 4. Forward or backward spiral | 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"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin- sit or camel spin 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. | 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 |

Test Track/Well Balanced – Compulsory Events – NOT Eligible for Michigan Basic Skills Series Points

| LEVEL | ELEMENTS | QUALIFICATIONS | PROGRAM LENGTH |
|----------------------------|---|---|----------------|
| Pre-Preliminary Compulsory | <ol style="list-style-type: none"> 1. Flip jump 2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump 3. Solo spin- sit or camel spin 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. | 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"> 1. Lutz jump 2. Jump combination (may not use Lutz jump or Axel) 3. Camel spin 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. | 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 |

"TEST TRACK" - Freeskating Events

Skaters may enter EITHER the test track free skate program or the well-balanced track free skater program but NOT both during the same non-qualifying competition. Competitors will skate to music of their choice. 6.0 Judging will be used.

Deductions WILL be made for skaters including technical elements not permitted in the event description.

- 0.1 from **EACH** mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra or lacking element.
- 0.1 for any spin with less than required revolutions

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

| LEVEL | ELEMENTS | QUALIFICATIONS | PROGRAM LENGTH |
|------------------|--|---|-------------------------|
| Limited Beginner | Two upright spins, no change of foot (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum of 5 jump elements. 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 | Two upright spins, change of foot optional (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. Jump combination and sequences are allowed. Maximum of 5 jump elements. 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 |

Test Track – Freeskating Events NOT Eligible for Michigan Basic Skills Series Points

| LEVEL | ELEMENTS | QUALIFICATIONS | PROGRAM LENGTH |
|----------------------|---|---|------------------|
| Pre-Preliminary Test | Two solo spins of a different nature, no change of foot (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. Maximum of 5 jump elements. 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 | 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 |

“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> | May <u>not</u> have passed any official U.S. Figure Skating free skate tests. | 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 | A well-balanced program consisting of: Jumps: maximum of 5 jump elements. Axels allowed. No 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 #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/waltz jump type jump 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 #3701 for more information</i> | Must have passed no higher than U.S. Figure Skating Preliminary free skate test. | Time: 1:30 +/-10 |

Additional Events

ARTISTIC SHOWCASE – BASIC SKILLS TO PRELIMINARY

Theme of skater's choice. Vocal music is permitted. Judging will emphasize interpretation of music rather than technical skills. Costumes that compliment music. May use hand-help props or those a skater can get on and off the ice without assistance. Open to solo or duet programs.

| LEVEL | ELEMENTS | QUALIFICATIONS | PROGRAM LENGTH |
|-----------------|--------------------------------------|--|----------------------------|
| Basic | Elements up to and including Basic 8 | May have passed up to and including Basic 8 | 1 minute or less |
| Beginner | No axels or double jumps | May not have passed any official USFS Free Skating Tests | 1 ½ minutes +/- 10 seconds |
| Pre-Preliminary | Axel permitted - no double jumps | Must have passed no higher than USFS Pre-Preliminary Free Skate Test | 1 ½ minutes +/- 10 seconds |
| Preliminary | Axels and double jumps permitted | Must have passed no higher than USFS Preliminary Free Skate Test | 1 ½ minutes +/- 10 seconds |

Additional Events

SPINS

- All events shall be skated without music in a program form using a ½ the ice surface
- Elements can be skated in any order
- Time: 1 minute or less

| LEVEL | ELEMENTS | QUALIFICATIONS |
|-----------------|---|---|
| Basic Skills | <ol style="list-style-type: none"> 1. 2 foot spin 2. Beginning 1 foot spin or fwd. pivot 3. Lunge | Basic 6 – No Test Minimum of 3 revolutions |
| Beginner | <ol style="list-style-type: none"> 1. 2 foot spin 2. All upright spin 3. Spiral | Basic 8 – No Test Minimum of 3 revolutions |
| Pre-Preliminary | <ol style="list-style-type: none"> 1. Upright scratch spin 2. Forward sit spin 3. Upright back spin 4. Spiral, Bauer, or Spread Eagle | Must have passed no higher than Pre-Preliminary free skate test Minimum of 4 revolutions |
| Preliminary | <ol style="list-style-type: none"> 1. Back spin 2. Forward sit spin 3. Camel spin 4. Footwork sequence of any pattern | Must have passed no higher than Preliminary free skate test Minimum of 4 revolutions |

ADULT FREESKATE

- Must be 21 years or older
- Time: 1:40 +/- 10

| LEVEL | ELEMENTS | QUALIFICATIONS |
|------------|---|--|
| Pre-Bronze | No axel or any multi-revolution jump. Refer to U.S. Figure Skating rulebook #3805 for more information. | Must have passed no higher than U.S. Figure Skating Adult Pre-Bronze free skate test |
| Bronze | No axel or any multi-revolution jump. Refer to U.S. Figure Skating rulebook #3801 for more information. | Must have passed no higher than U.S. Figure Skating Adult Bronze free skate test |

ADULT COMPULSORY

- All events shall be skated without music in a program form using a ½ the ice surface
- Elements can be skated in any order
- Time: 1 minute or less

| LEVEL | ELEMENTS | QUALIFICATIONS |
|-----------------------|--|--|
| Pre-Bronze Compulsory | <ol style="list-style-type: none"> 1. Waltz jump 2. Salchow 3. ½ flip or ½ lutz jump 4. Upright scratch spin (min. 3 rev.) 5. Forward spiral | Must have passed no higher than U.S. Figure Skating Adult Pre-Bronze free skate test 21 yrs. or older |
| Bronze Compulsory | <ol style="list-style-type: none"> 1. Flip 2. Single/single combination (no axel) 3. Split jump 4. Sit spin (min. 3 rev.) 5. Forward outside spiral | Must have passed no higher than U.S. Figure Skating Adult Bronze free skate test 21 yrs. or older |

SYNCHRONIZED SKATING

Beginner 1 A team of 8 to 16 skaters. The majority of the team must be under 9 on the preceding July 1.
Program duration: 1 ½ - 2minutes +/- 10 sec.

Required elements:

- a. **Circle:** 1 circle, include a 2-foot turn and a fwd inside and/or forward outside edge glide
- b. **Line:** Cover the ice and include only forward skating skills.
- c. **Block:** Cover the ice and include only one configuration.
- d. **Wheel:** A 4-spoke wheel with backward pumps.
- e. **Intersection:** 2 lines facing each other, forward 2-foot glide at the point of intersection.

RESTRICTIONS:

- No additional elements allowed.
- Holds may only include shoulder-to-shoulder and hand-to-hand.
- No changes or direction and traveling within elements.
- No steps or moves in Basic 6 or higher.

Beginner 2 A team of 8 to 16 skaters. The majority of the team must be 9-11 years old on the preceding July 1.
Program duration: 1 ½ - 2minutes +/- 10 sec.

Required elements:

- a. **Circle:** 1 circle, include the combination move* from Basic 8
- b. **Line:** Cover the ice may include both forward and backward skating skills.
- c. **Block:** Cover the ice and include 1 or 2 configurations.
- d. **Wheel:** Wheel of choice with backward pumps.
- e. **Intersection:** 2 lines facing each other, forward 1 or 2 foot glide at the point of intersection.

RESTRICTIONS:

- No additional elements allowed.
- Holds may only include shoulder-to-shoulder and hand-to-hand
- No changes or direction and traveling within elements.
- No steps or moves in Free Skate 2 or higher.

Beginner 3 A team of 8 to 16 skaters. The majority of the team must be at least 12 years old on the preceding July 1

Program duration: 2-2 ½ minutes +/- 10 sec.

Required elements:

- a. **Circle:** 1 circle, include the combination move* from Basic 8
- b. **Line:** Cover the ice must include both forward and backward skating skills.
- c. **Block:** Cover the ice and include 2 or 3 configurations.
- d. **Wheel:** Wheel of choice.
- e. **Intersection:** 2 lines facing each other, fwd 1-foot glide or lunge at point of intersection.

RESTRICTIONS:

- No changes or direction and traveling within elements.

* The combination move is element C in Basic 8: Two forward crossovers into a forward inside mohawk, step down or cross behind, step into a backward crossover, step forward onto a forward inside edge glide. It does not need to be repeated, and does not need to be done in both directions.



Optimist Ice Arena Basic Skills Competition, Event #7 Entry Form [PLEASE PRINT CLEARLY]

Name _____ Age _____ Birth Date _____
 Last First
 Address _____ City _____
 State _____ Zip _____ Area Code/Phone # _____
 Home Club _____ USFSA # _____
 Male _____ Female _____ Name of Parent/Guardian _____
 E-Mail Address _____

| \$40 First Event | | | | \$50 First Event | | | |
|-------------------------------|--|--------------------------|--|----------------------------|--|-------------------|--|
| \$20 Each Additional Event | | | | \$20 Each Additional Event | | | |
| Basic Compulsory | | TEST TRACK Compulsory | | TEST TRACK Compulsory | | Artistic Showcase | |
| Snowplow Sam* | | Limited Beginner * | | Pre-Preliminary | | Basic | |
| Basic 1 * | | Beginner * | | Preliminary | | Beginner | |
| Basic 2 * | | No Test * | | Free Skate | | Preliminary | |
| Basic 3 * | | Free Skate | | Pre-Preliminary | | | |
| Basic 4 * | | Limited Beginner * | | Preliminary | | Spins | |
| Basic 5 * | | Beginner * | | | | Basic Skills | |
| Basic 6 * | | | | WELL - BALANCED | | Beginner | |
| Basic 7 * | | WELL - BALANCED | | Free Skate | | Pre-Preliminary | |
| Basic 8 * | | Free Skate | | Pre-Preliminary | | Preliminary | |
| Basic Program w/ Music | | No Test * | | Preliminary | | | |
| Snowplow Sam* | | | | | | | |
| Basic 1 * | | Tests Passed: | | Adult Compulsory | | | |
| Basic 2 * | | Freestyle: | | Pre Bronze | | | |
| Basic 3 * | | | | Bronze | | | |
| Basic 4 * | | | | Adult Freeskate | | | |
| Basic 5 * | | | | Pre Bronze | | | |
| Basic 6 * | | | | Bronze | | | |
| Basic 7 * | | | | | | | |
| Basic 8 * | | | | | | | |

*Events listed above with an * after them will be eligible for Michigan Basic Skills Series Points
 Entry Fees are not refundable after the entry deadline unless an event is cancelled.
 If you are not a USFSA member add \$15 to fee / enter through our Basic Skills Program*

| | | | | | | |
|------------------|----|--|--|------------------|-----------|--|
| First Event | \$ | | | Additional Event | \$ | |
| Additional Event | \$ | | | Join USFSA | \$ | |
| Additional Event | \$ | | | TOTAL: | \$ | |

**ENTRIES MUST BE POST
MARKED By April 30th, 2009**

Grass Lake, MI 49240

Make check or money order payable to Optimist Ice
Arena Basic Skills Program.

Mail form and fees to:
Kayleah Crosby
PO Box 587

Certification of Competitor

The competitor is eligible to enter the events checked. It is agreed that the competitor and family hold the Optimist Ice Arena and Basic Skills Program harmless from any and all liability either during practice or the competition, from any and all liability for damages to or loss of property.

Parent/Guardian Signature _____ Date _____

Club Officer/Program Director _____ Date _____

COMPETITOR SIGNATURE _____ Date _____

Coach Signature: _____ Print Name: _____
Please print clearly

Are you registered on USFS Coaches Registry for 2008-2009? Yes USFS # _____

If you are not registered, go to www.usfigureskating.org, click on the Coaches Registration button and follow the instruction for registration.

COACHES WILL BE REQUIRED TO CHECK IN AT REGISTRATION AT EACH EVENT

Phone _____ E-mail Address: _____
Please print clearly

CHECKLIST [please be sure the following is included]:

- ____ Entry form with USFSA Number ____ Club Officer/Program Director Signature
- ____ Check payable to Optimist Ice Arena Basic Skills Program
- ____ Events to be entered checked properly



Exhibition Entry Form:

(There will be an exhibition on Saturday, May 30th, at 6pm.
Open to all skaters entered in a program with music)
Form due with competition entry form.

Name: _____

Home Club: _____

Skating Level: _____