

GARDEN CITY BASIC SKILLS COMPETITION

MARCH 11th – 14th, 2010

ELIGIBILITY RULES FOR PARTICIPANTS: The competition is open to **ALL** skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/Club or any other Basic Skills Program/Club.

Eligibility will be based on skill level as of closing date of entries. All **SNOWPLOW SAM** and **BASIC SKILLS SKATERS THROUGH BASIC 8** must skate at highest level passed and **NO** official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For the Free skate 1-6, 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 skaters 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.

All events will be divided into groups according to age. Age groups will be combined at the discretion of the Referee and/or Competition Chair. Two entries will constitute an event. This is a co-ed competition. **Pre-Preliminary and Preliminary skaters MUST be members of the USFS.**

ENTRY FEES: The entry fee is \$35.00 for the first event and \$20.00 for any additional events. Fees are to be made payable to the Garden City Figure Skating Club and are to accompany the application. **Applications must be postmarked no later than February 5, 2010.** Late applications will be **accepted ONLY** at the discretion of the competition chairpersons and must be accompanied by a \$30.00 late fee. No refunds for any reason, including medical. A \$30.00 charge will be assessed for all returned checks due to insufficient funds. All fees must be settled in order to compete.

AWARDS: All awards will be presented off ice immediately following the posting of results. First through eighth place will receive medals for their placement.

MUSIC: Music will be played from cassette/CD and should be turned in at the registration desk upon arrival. All tapes/CD should be marked with the skaters name and event. All tapes should be rewound and ready to play. Competitors must have a suitable back -up tape/CD at rink side during his/her event. Please pick up your tape/CD following your event.

SCHEDULE OF EVENTS: A self-addressed stamped envelope must accompany your application in order to receive your schedule of events. Schedules will be mailed to you approximately one week prior to the competition.

REGISTRATION DESK: The registration desk will be located just inside the front entrance of the arena. Skaters must check in at least one hour before their event.

ENTRY DEADLINE: February 5, 2010.

NO TELEPHONE ENTRIES. NO METERED MAIL. NO REFUNDS (unless event is cancelled)
Mail Check and self addressed stamped envelope to:

Garden City Figure Skating Club

200 Log Cabin Rd / Garden City, MI / 48135

BASIC SKILLS EVENTS

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC8

- Each skater will have the option to perform one element at a time.
 - A. In the order listed below (No excessive connecting steps) **OR**
 - B. Will perform each element when directed by a judge or referee
- To be skated on 1/3 to 1/2 ice
- NO Music
- **All elements must be skated in the order listed**
- Time: 1:00 or less

Snowplow Sam (Tots)

1. March forward followed by a two-foot glide and dip.
2. Forward two-foot swizzles *2-3 in a row
3. Forward snowplow stop
4. Backward wiggles -2-6 in a row

Basic 1

1. Forward two-foot glide
2. Forward two-foot swizzles - 6-8 in a row
3. Forward snowplow stop
4. Backward wiggles - 6-8 in a row

Basic 2

1. Forward one-foot glide-either foot
2. Forward alternating 1/2 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

Basic 3

1. Forward stroking
2. Forward 1/2 swizzle pumps on a circle, either clockwise or counterclockwise-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

Basic 4

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

Basic 5

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

Basic 6

1. Forward inside 3-turn - R and L from a standstill
2. Bunny Hop
3. Forward spiral on a straight line – R or L
4. Lunge R-L
5. T -Stop - R or L

Basic 7

1. Forward inside open Mohawk - R to L and L to R
2. Ballet jump - either direction
3. Backward crossovers to a backward outside edge landing position, clockwise and counter clockwise
4. Forward inside pivot

Basic 8

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 (from Basic 8 curriculum)
5. Beginning one-foot upright spin, optional free foot position

BASIC PROGRAMS (Snowplow Sam - Basic 1-8) - WITH MUSIC

- The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, or length of glides, number of revolutions in a spin, etc. unless otherwise stated.
- To be skated on full ice
- Vocal music is allowed
- A 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

Required Elements

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. Backward wiggles 2-6 in a row
4. Forward snowplow stop

Basic Program (Basic 1)

1. Forward 2 foot glide
2. Forward 2 foot swizzles 6-8 in a row
3. Backward wiggles 6-8 in a row
4. Forward snowplow stop

Basic Program (Basic 2)

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 the width of ice
5. Moving snowplow stop.

Basic Program (Basic 3)

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

Basic Program (Basic 4)

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 from a standstill
4. Backward stroking
5. Backward snowplow stop – R or L

Basic Program (Basic 5)

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

Basic Program (Basic 6)

1. Forward inside 3-turn from a standstill - R or 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

Basic Program (Basic 7)

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 & counter clockwise
4. Forward inside Pivot

Basic Program (Basic 8)

1. Moving forward outside or forward inside 3-turn - 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

COMPULSORY MOVES BASIC FREESTYLE 1 THROUGH 6

- In program form, using a limited number of connecting steps, the skating order of the required elements is optional
- To be skated on ½ ice
- No music is allowed
- **The skater must demonstrate the required elements and may use but is not required to use any additional elements from the previous levels**
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:00 or less

Compulsory Freestyle Level 1

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

Compulsory Freestyle Level 2

1. Forward outside spiral – R or L, and forward inside spiral- R or L
2. Waltz Three's – R or L
3. Beginning back spin- entry optional
4. Waltz jump, side toe hop, waltz jump series
5. Toe loop jump

Compulsory Freestyle Level 3

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

Compulsory Freestyle Level 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
2. Sit spin
3. Loop jump
4. Waltz jump/loop jump

Compulsory Freeskate Level 5

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 combination jump
5. Flip jump

Compulsory Freeskate Level 6

1. Five step Mohawk sequence – 1 set alternating pattern (refer to Basic Skills curriculum FS 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

FREESKATE PROGRAM - Level 1 through 6 (with music)

- Groups will be divided by age
- The skating order of 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**
- Skated on full ice
- **The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels**
- **A .2 deduction will be taken for each element performed from a higher level**
- Time: 1:30 +/-10 seconds

Free skate Level 1

1. Advanced forward stroking (4 - 6 consecutive strokes)
2. Scratch spin from backward crossovers
3. Waltz jump from backward crossovers
4. Half flip jump

Freeskate Level 2

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

Freeskate Level 3

1. Forward crossovers in a figure 8
2. Back spin
3. Salchow
4. Waltz jump/toe loop or Salchow/toe loop

Freeskate Level 4

1. Forward power 3's, 2-3 consecutive sets, - R or L
2. Sit Spin
3. Loop jump
4. Waltz jump/loop jump

Freeskate Level 5

1. Camel spin
2. Forward upright spin to backward upright spin
3. Loop/loop combination jump
4. Flip jump

Freeskate Level 6

1. Camel, sit spin combination – minimum 4 revolutions total.
2. Split or stag jump
3. Waltz jump/ ½ loop/ Salchow combination
4. Lutz jump

Showcase Events

Skaters will be divided into categories by levels

Skaters must complete in the grouping of the highest level past as of February 5, 2010.

Duration 1:00 + 10

Theme of skater's choice

Music may contain words

Judging will emphasize interpretation of music rather than technical skills

Costumes that complement music

Skater may use hand props or props that a skater can get on and off the ice without assistance.

Showcase Program Event Level 1: Basic 1 –4

Showcase Program Event Level 2: Basic 5-8

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#SMM100311

Beginner Synchronized Skating Event

(a non-qualifying competition & U.S. Figure Skating Basic Skills competition)

Eligibility Rules: All skaters on the team must either be full U.S. Figure Skating members or members of the U.S. Figure Skating Basic Skills program. The team may choose to represent a U.S. Figure Skating club or their Basic Skills Program/Club. 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 of their choice.

Age/Number of Skaters: There are no age requirements or restrictions for this event. Skaters may be of any age. Teams must be comprised of 8-16 skaters.

Program Duration: Teams will skate a program to music of their choice of 1 ½ minutes - 2 minutes. There are no restrictions or requirements on music choice.

Program Requirements: The competitive program shall consist only of the following required elements skated in any order. Teams should link the elements together with steps and a minimum of stopping in the program. Teams are not allowed to perform any additional elements. Coaches should refer to the U.S. Figure Skating Basic Skills Instructor's Manual for further details on the elements and teaching tips.

Required elements – Each level has specific required elements that must be completed:

BEGINNER 1 (majority under 9; 1 ½ - 2 minutes; 8 – 16 skaters):

- CIRCLE: Include a 2-foot turn and a forward inside and/or outside edge glide
- LINE: Cover the ice, all forward skating
- BLOCK: Cover the ice, only 1 configuration allowed
- WHEEL: A 4-spoke wheel with backward pumps
- INTERSECTION: 2 lines facing each other, 2 foot glide at the point of intersection.

Restrictions:

- Additional elements are not allowed
- Holds allowed: Shoulder-to-shoulder and hand-to-hand only
- Changes of rotational direction and traveling within elements are not allowed.
- Steps or moves from Basic 6 or higher are not allowed

BEGINNER 2 (majority 9 – 11; 1 ½ - 2 minutes; 8 – 16 skaters):

- CIRCLE: Include the combination move from Basic 8*
- LINE: Cover the ice, may include forward and backward skating
- BLOCK: Cover the ice, 1 or 2 configurations
- WHEEL: Wheel of choice with backward pumps
- INTERSECTION: 2 lines facing each other, 2- foot glide or 1-foot glide at point of intersection.

Restrictions:

- Additional elements are not allowed
- Holds allowed: Shoulder-to-shoulder and hand-to-hand only
- Changes of rotational direction and traveling within elements are not allowed.
- Steps or moves from Free Skate 2 or higher are not allowed

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BEGINNER 3 (majority at least 12; 2 – 2 ½ minutes; 8 – 16 skaters):

- CIRCLE: Include the combination move from Basic 8*
- LINE: Cover the ice, forward and backward skating
- BLOCK: Cover the ice, 2 or 3 configurations
- WHEEL: Wheel of choice
- INTERSECTION: 2 lines facing each other, 1 foot glide or forward lunge at the point of intersection.

Restrictions:

- Changes of rotational direction and traveling within elements are not allowed.

* Combination move from Basic 8: Two forward crossovers into a forward inside Mohawk, foot down or step behind, backward crossover, step forward into forward inside edge glide.

SECTION 2: “ILLEGAL” MOVES / ELEMENTS & DEDUCTIONS

“Illegal moves or elements” are anything that is listed in the restrictions above. It is important that teams are penalized if they do additional elements.

Teams should receive a .1 deduction from the technical elements score if they include an illegal element.

There are two ways to handle the deductions:

1. The judges must know all of the illegal elements and take their own deductions.
2. The judges ignore the illegal elements, and the event referee looks for them. At the end of the program (or event), the referee instructs the judges to take the appropriate deduction from their mark.

It doesn't matter which method is used, but the referee must inform the panel prior to the start of the event.

COMMON “ILLEGAL” MOVES TO LOOK FOR

The most common thing that teams will do is add in moves from a higher level. Here is a “cheat sheet” of what to look for:

BEGINNER 1: Cannot do moves / elements from Basic 6 or higher: -

- Forward inside 3 turns (BS 6)
- Backward to forward 2 foot turns (BS 6)
- T-stops (BS 6)
- Bunny hop (BS 6)
- Forward lunge (BS 6)
- Spirals (BS 6)
- Forward inside Mohawks (BS 7)
- Forward inside pivots (BS 7)
- Moving forward outside 3 turns (BS 8)
- Backward 3 turns (FS 1)
- General: Any spins or jumps

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BEGINNER 2: Cannot do moves / elements from Free Skate 2 or higher:

- Spirals on an edge (FS 2) – you would likely see this in the circle
- Advanced consecutive swing rolls (FS 3)
- Continuous progressive chasse sequence (FS 2 & 3) – you would see this on a circle.
- Backward inside 3-turn (FS 3)
- Any higher level turns such as brackets, Choctaws, double 3's, etc., that would be beyond the scope of the basic skills program

DEDUCTIONS FOR “NOT ACCORDING TO REQUIREMENTS”

- If the team does not perform the required skill within the element, they should receive a deduction of .1. (For example leaving out the combination move in the Beginner 2 & 3 circle).
- If they attempt it, and it is recognizable, but not done well, that's just taken into consideration in the mark.

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GCFSC BASIC SKILLS COMPETITION March 11th – 14th, 2010 ENTRY FORM

Name: _____ Age: _____ Birth Date: _____ Sex: M / F
 Address: _____ City: _____ State: _____ Zip: _____
 Phone() _____ Home Club _____ USFS# _____

Last Test Passed as of February 5, 2010:

Freestyle _____ USFS# _____ Moves _____

Coaches Information:

Name: _____ Phone: () _____
 Address: _____ City: _____ State: _____ Zip: _____

Please check the event (s) you are entering:

Elements:

_____ Snowplow
 _____ Basic 1
 _____ Basic 2
 _____ Basic 3
 _____ Basic 4

Freeskate Compulsory

_____ Basic 5
 _____ Basic 6
 _____ Basic 7
 _____ Basic 8
 _____ Freeskate 1
 _____ Freeskate 2
 _____ Freeskate 3
 _____ Freeskate 4
 _____ Freeskate 5
 _____ Freeskate 6

Basic Program (with music)

_____ Snowplow
 _____ Basic Program 1
 _____ Basic Program 2
 _____ Basic Program 3
 _____ Basic Program 4
 _____ Basic Program 5
 _____ Basic Program 6
 _____ Basic Program 7
 _____ Basic Program 8

Freeskate Program (with music)

_____ Freeskate Level 1
 _____ Freeskate Level 2
 _____ Freeskate Level 3
 _____ Freeskate Level 4
 _____ Freeskate Level 5
 _____ Freeskate Level 6

Showcase Events

_____ Basic 1 – 4
 _____ Basic 5 – 8

ENTRY FEE IS \$35.00 PER EVENT, \$20.00 PER EACH ADDITIONAL EVENT

First Event \$ _____ Additional Event: \$ _____
 Additional Event \$ _____ Additional Event: \$ _____

The completed entry form, with fees, must be **postmarked no later than February 5, 2010.**

Make Check or money order payable to “*Garden City Figure Skating Club*” and mail to:

Garden City Figure Skating Club
 200 Log Cabin Road
 Garden City, MI 48135

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ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE, UNLESS THE EVENT IS CANCELLED.

Certification of the Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Garden City Figure Skating Club and the Garden City Ice Arena harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

Parent/Guardian Signature: _____ **Date:** _____

Instructor: _____ **Date:** _____

Club Officer / Program Director: _____ **Date:** _____

GARDEN CITY FIGURE SKATING CLUB - MARCH 11 - 14TH, 2010

Basic Skills Synchronized Skating Team Entry Form

Team name:		U.S. Figure Skating #:	
Club: (if applicable)			
Team contact person:			
Daytime phone number:		E-mail:	
Address:		City	State / ZIP
Primary coach:		U.S. Figure Skating #	
Daytime phone number:		E-mail:	
Number of skaters:		Number of alternates:	

Please Check Level and /or event (s) entered:

BS Beginner 1
 BS Beginner 2
 BS Beginner 3

Entry Fee: \$60.00 per team. Enclosed: _____ Check # _____

Make checks or money orders payable to: Garden City Figure Skating Club.

There will be a \$30.00 service charge assessed for all return checks

**** Beginner Teams may choose to represent either a full member club or a U.S. Figure Skating Basic Skills School / Program.**

Entry Deadline: Postmarked by February 5, 2010. NO REFUNDS after this date unless event is canceled. NO LATE ENTRIES without a \$30.00 late fee and committee approval.

SEND ENTRIES TO: **GCFSC 29th ANNUAL COMPETITION**
 200 Log Cabin Road
 Garden City, MI 48135
 e-mail – krgcfsc@yahoo.com

A pre-addressed stamped Business Size Envelope **MUST** accompany your application.

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BEGINNER SYNCHRONIZED SKATING / ENTRY FORM p. 2

Name of the team:

Name of the club of program represented:

TEAM ROSTER (Please list skaters in alphabetical order. It is not necessary to indicate who is an alternate).

Skater's name	Membership #	Age	Signature of skater / parent if under 18

ENTRY FORM 3: Liability Waiver / Certification by Club Officer

Team Name: _____ Level: _____

U.S. Figure Skating and the clubs or organizers of competitions undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the club hosting the competition, and against its officers, and their entries shall be accepted only on such condition.

Skater's name in alphabetical order	Skater signature or parent / guardian (if skater is under 18)
Alt. 1	
Alt. 2	
Alt. 3	
Alt. 4	

Club officer or skating school director: *All of the skaters listed on the team entry form are to the best of my knowledge, eligible members in good standing and eligible to compete under U.S. Figure Skating or Skate Canada rules.*

Print Name: _____ Signature: _____
Title: _____
Club or Basic Skills Program: _____

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