



**12<sup>th</sup> Annual  
Grand Rapids Open Figure Skating Competition  
June 24-26, 2010  
an event in the Meijer State Games of Michigan**

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**MEIJER STATE GAMES OF MICHIGAN:** The Grand Rapids Open is participating in the Meijer State Games of Michigan. For more information about the state games please visit [www.stategamesofmichigan.org](http://www.stategamesofmichigan.org)

**LOCATION:** Patterson Ice Center (2 rink indoor facility with ice surfaces 200 x 100 and 200 x 85) 2250 Patterson Ave SE Grand Rapids, MI 49546

**SANCTIONING:** This non-qualifying competition is sanctioned by US Figure Skating and will be conducted in accordance with the rules of US Figure Skating as set forth in the 2010 US Figure Skating Rulebook, except as modified in this announcement or those adopted at the May 2010 meeting of the Governing Council. The programs will be skated for the 2010 competitive season. The International Judging System (IJS) will be used for Juvenile/Open Juvenile-Senior Free Skating and Short Programs, Juvenile-Senior Pairs Free Skating and Adult Gold. Chief Referee: Dr. Barry Doren, Chief Accountant: Joyce Herron

**PLANNED PROGRAM CONTENT SHEET (PPCS):** Competitors in IJS events are required to submit a PPCS. The PPCS is to be completed online not later than **June 5, 2010** but can be updated at no charge until June 12, 2010. Please go to [www.usfsaonline.org](http://www.usfsaonline.org) and follow the instructions to complete your PPCS. For those who do not submit the PPCS by June 5, 2010, a \$25 processing fee will be incurred. Please note that any PPCS submitted by paper, will incur the \$25 processing fee.

**ELIGIBILITY & ENTRIES:** Eligible competitors are current members in good standing of US Figure Skating and shall be eligible to enter events based on their test status as of **May 8, 2010**. Low-level flights will be divided in age groups of 8-10 skaters whenever possible. A minimum of two entries will be required for all flights to be scheduled. Compulsory, jumps, and spins events may be ladies and men combined.

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 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. **Basic Skills participants please see page 6 of announcement for more information.**

**AWARDS:** Medals are awarded for 1<sup>st</sup> – 4<sup>th</sup> place; Ribbons are awarded for 5<sup>th</sup> – 9<sup>th</sup> place.

**FEES:** *Includes DVD of each event*

**Make Checks Payable to GGRFSC**

\$95 First event Juvenile/Open Juvenile – Senior; Adult Gold; Adult Masters

\$85 First event Limited Beginner – Pre-Juvenile, Showcase, Adult Pre-Bronze – Silver

\$45 Each additional singles event

\$50 Basic or Low Beginner Compulsory as **only** event

\$120 Pairs Event (\$60/skater)

\$50 First Snow Plow Sam, Basic Skills 1-8 or Basic Free Skate 1-6

\$25 Second Snow Plow Sam, Basic Skills 1-8 or Basic Free Skate 1-6

\$20 change of event fee

\$25 NSF fee will be charged for all returned checks

\$25 Late fee for entries received after 5/8/10

**ENTRY FORM & PAYMENT:** Mail to

Denise Hendershot

13350 Algoma Ave., Cedar Springs, MI 49319

**CLOSING DATE:** Entries must be postmarked by **May 8, 2010**.

Late entries, if accepted, will be assessed a \$25 late fee. No refunds after deadline unless event is cancelled. Any change to skating level or event after deadline is subject to a \$20 change fee. [Medical withdraw may be partially refunded if accompanied by an attending physician's statement].

**REGISTRATION:** The Registration Desk (located on the Main Level) will be open concurrent with the first practice ice session through the end of the day's competition. Skaters must check in at least one hour prior to their first event. Registration will be your final confirmation of competition time.

**SCHEDULING OF EVENTS:** A tentative schedule of competition events & the skater's event time(s) will be emailed to each competitor as soon as provided by the referee. The schedule will be posted at [www.ggrfsc.org](http://www.ggrfsc.org) and [www.sk8stuff.com](http://www.sk8stuff.com) as soon as it is known. All times are approximate. Please check with Registration for changes and exact times.

**PRACTICE ICE:** Will be available at various times on Thursday, Friday and Saturday. Practice ice will be sold online at [www.sk8stuff.com](http://www.sk8stuff.com). Further information will be available with your confirmation letter.

**MUSIC: CDs ONLY** are acceptable, with one track of music per CD and must be clearly marked. Music must be left at the Registration Desk at time of registration. Competitors must have an extra copy of their music available rinkside during competition.

## Singles Free Skating Events (with music)

Skaters may 'skate up' one level but may not skate more than one level

Program requirements not specified below are defined in the 2010 US Figure Skating Rulebook rules 3630 – 3820

<b>LIMITED BEGINNER</b>	<b>1 ½ minutes</b>	
Must not have passed the Pre-Preliminary Free Skating Test or its equivalent. May only include half revolution jumps. May include scratch or two foot spins.		
<b>BEGINNER</b>	<b>1 ½ minutes</b>	
Must not have passed the Pre-Preliminary Free Skating Test or its equivalent. May include any half revolution jumps plus Salchow, toe-loops and half-loops. May not include flying spins, combination spins or backspins.		
<b>HIGH BEGINNER</b>	<b>1 ½ minutes</b>	
Must not have passed the Pre-Preliminary Free Skating Test or its equivalent. May include any half revolution jumps plus Salchow, toe-loops, half-loops and loops. May not include flying spins.		
<b>PRE-PRELIMINARY</b>	<b>1 ½ minutes</b>	<b>3711</b>
Must have passed the Pre-Preliminary Free Skating Test and no higher. May include axels. May NOT include double jumps.		
<b>PRE-PRELIMINARY (Test Track)</b>	<b>1:40 MAX</b>	
Skaters may <b>NOT HAVE</b> passed the Preliminary free skating test. <b>Max: 5 jumping elements.</b> Any single jumps (no Axel); jump combinations or sequences using only a waltz jump, toe loop, or Salchow. <b>2 solo spins:</b> each of a different nature, no change of foot (min 3 revs); no flying spins <b>Connecting moves and steps should be included</b>		
<b>PRELIMINARY</b>	<b>1 ½ minutes</b>	<b>3701</b>
Must have passed the Preliminary Free Skating Test and no higher.		
<b>PRELIMINARY (Test Track)</b>	<b>1 ½ minutes</b>	
Must have passed the Preliminary Free Skating Test and no higher. <b>Max: 5 jumping elements.</b> Any single jumps and jump combinations (no Axel). <b>2 spins:</b> each of a different nature, combination spins allowed (min 3 revs); no flying spins <b>Connecting moves and steps should be included</b>		
<b>PRE-JUVENILE</b>	<b>2 minutes</b>	<b>3691</b>
Must have passed the Pre-Juvenile Free Skating Test and no higher.		
<b>JUVENILE (IJS)*</b>	<b>2 ¼ minutes</b>	<b>3681</b>
Must not have reached the age of 13 years old as of the closing date. Open to skaters who have passed the Juvenile Free Skating Test and no higher.		
<b>PRE-JUVENILE (Test Track)</b>	<b>2 minutes</b>	
Must have passed the Pre-Juvenile Free Skating Test and no higher. <b>Max: 5 jumping elements.</b> Any single jumps and jump combinations (no Axel). <b>3 spins:</b> Any position (min 4 revs), 1 must be a combination spin with a change of foot optional (min 4 revs each foot or 6 revs total). No flying spins. <b>Step sequence using full ice surface</b>		
<b>JUVENILE (Test Track 6.0)</b>	<b>2 ¼ minutes</b>	
Skaters must have passed the Juvenile Free Skating Test and no higher. (No age restriction) <b>Max: 6 jumping elements.</b> Any single jumps and jump combinations. (Axel permitted). <b>3 spins:</b> Any position (min 4 revs), 1 must be a combination spin with one change of foot (min 4 revs each foot). May include flying spins <b>Step sequence:</b> straight line, circular, or serpentine		
<b>OPEN JUVENILE (IJS)*</b>	<b>2 ¼ minutes</b>	<b>3681</b>
Must be 13 years old/older as of the closing date. Must have passed the Juvenile Free Skating Test and no higher.		
<b>INTERMEDIATE (IJS)*</b>	<b>2 ½ minutes</b>	<b>3672</b>
Must have passed the Intermediate Free Skating Test and no higher.		
<b>INTERMEDIATE (Test Track 6.0)</b>	<b>2 ½ minutes</b>	
Must have passed the Intermediate Free Skating Test and no higher. <b>Max: 6 jumping elements.</b> Any single jumps. Double jumps may only be the double Salchow and the double toe-loop. Jump combinations and sequences allowed. <b>3 spins:</b> Any position (min 4 revs), 1 must be a combination spin with at least one change of foot (min 4 revs each foot) <b>Step sequence:</b> straight line, circular, or serpentine		
<b>NOVICE (IJS)* Ladies – 3 min; Men – 3 ½ min</b>		<b>3663</b>
Must have passed the Novice Free Skating Test and no higher.		
<b>NOVICE (Test Track 6.0) Ladies – 3 min; Men – 3 ½ min</b>		
Must have passed the Novice Free Skating Test and no higher. <b>Max: 7 jumping elements for men; 6 for ladies.</b> Any single jumps. Double jumps may only be the double Salchow, double toe-loop and the double loop. Jump combinations and sequences allowed. <b>3 spins:</b> Any position (min 6 revs), 1 must be a combination spin with at least one change of foot (min 5 revs each foot). May include flying spins <b>Step or spiral sequence:</b> see Rule 3640 for description		

**JUNIOR (IJS)\* Ladies – 3 ½ min; Men – 4 min 3653**  
Must have passed Junior Free Skating Test and no higher.

**JUNIOR (Test Track 6.0) Ladies – 3 ½ min; Men – 4 min**  
Must have passed Junior Free Skating Test and no higher.  
**Max: 8 jumping elements for men; 7 for ladies.** Any single jumps. Double jumps may only be the double Salchow, double toe-loop, double loop and the double flip. Jump combinations and sequences allowed.  
**3 spins:** 1 must be a flying spin, 1 must be a solo spin (6 revs each) and 1 must be a combination spin consisting of all three positions and one change of foot (min 2 revs in each position and min 5 revs each foot)  
**1 step or spiral sequence:** see Rule 3640 for description

**SENIOR (IJS)\* Ladies – 4 min; Men – 4 ½ min 3643**  
Must have passed Senior Free Skating Test.

**SENIOR (Test Track 6.0) Ladies – 4 min; Men – 4 ½ min**  
Must have passed Senior Free Skating Test.  
**Max: 8 jumping elements for men; 7 for ladies.** At least 4 different double jumps. 1 must be a double Lutz. Jump combinations and sequences are allowed.  
**3 spins:** 1 must be a flying spin, 1 must be a solo spin (6 revs each) and 1 must be a combination spin consisting of all three positions and one change of foot (min 2 revs in each position and min 5 revs each foot)  
**Steps Men:** 2 different step sequences  
**Steps Ladies:** 1 step sequence and 1 spiral sequence (see Rule 3640 for description)

**ADULT** – Open to skaters who are 21 years old or older. All times are maximum times. Categories and tests passed as follows:

**PRE-BRONZE 1 minute 40 seconds 3806**  
Passed no higher than the Adult Pre-Bronze Free Skating Test and/or no higher than the Pre-Preliminary Free Skating Test.

**BRONZE 1 minute 50 seconds 3801**  
Must have passed the Adult Bronze Free Skating Test and/or no higher than the Preliminary Free Skating Test

**SILVER 2 minutes 10 seconds 3791**  
Must have passed the Adult Silver Free Skating Test and/or no higher than the Pre-Juvenile Free Skating Test.

**GOLD (IJS)\* 2 minutes 40 seconds 3781**  
Must have passed the Adult Gold Free Skating Test and/or no higher than Juvenile Free Skating Test.

**ADULT MASTERS (IJS)\* 3 minutes 40 seconds 3741**  
Must have passed the Adult Gold Free Skating Test and/or no higher than Juvenile Free Skating Test.

**\* ALL SKATERS ENTERED IN AN IJS EVENT MUST COMPLETE A PLANNED PROGRAM CONTENT SHEET ONLINE FOR EACH IJS EVENT.**

### Short Program Events (with music)

Additional program requirements as defined in the 2010 US Figure Skating Rulebook rules 3610-3621

Programs will be skated for the 2010 competitive season

\*All skaters entered in an IJS event must complete a PPCS form online

**OPEN JUVENILE (IJS)\* 2 minutes max**  
1. Jump Combination – two single jumps or one double jump and one single jump  
2. Axel (may not be repeated)  
3. Solo Jump – single jump, double toe-loop or double Salchow (may not be repeated)  
4. Solo Spin – minimum 4 revolutions in position (may not commence with a jump)  
5. Spin Combination – with only one change of foot and at least one change of position (4 revs each foot)  
6. Step Sequence – straight line, circular or serpentine

**INTERMEDIATE (IJS)\* 2 minutes max**  
As stated by the 2010 US Figure Skating Rulebook 3671

**NOVICE (IJS)\* 2 min 30sec max**  
As stated by the 2010 US Figure Skating Rulebook 3661, 3662

**JUVENILE PROGRAM (IJS)\* 2 minutes max**  
1. Jump Combination – one double and one single jump or two double jumps  
2. Axel (may not be repeated)  
3. Solo Jump – double jump preceded by connecting steps and/or other free skating movements (may not be repeated)  
4. Solo Spin – minimum 4 revolutions in position (may not commence with a jump)  
5. Spin Combination – with only one change of foot and at least one change of position (4 revs each foot)  
6. Step Sequence – straight line, circular or serpentine

**JUNIOR (IJS)\* 2 min 50 sec max**  
As stated by the 2010 US Figure Skating Rulebook 3651, 3652

**SENIOR (IJS)\* 2 min 50sec max**  
As stated by the 2010 US Figure Skating Rulebook 3641, 3642

## Compulsory Events (without music)

### TEST REQUIREMENTS ARE THE SAME AS LISTED UNDER SINGLES FREE SKATING

Entrants will qualify according to their Free Skating level, but may 'skate up' one level. Beginner through Pre-Juvenile Compulsory events will be skated on half-ice. Moves must be skated exactly as stated and may be skated in any order. There must be no change of foot between jumps in a combination jump. An axel is considered a single jump. If a program exceeds the time limit, that portion of the program will not be judged. All times listed are maximum. All moves in all levels are to be connected in a free flowing presentation. Excessive footwork and added elements will be penalized. Spin revolutions must be in position to be counted.

**LIMITED BEGINNER** **1 minute**

1. Bunny Hop
2. 3-turn sequence
3. Forward to backward crossovers (min 4 each foot)
4. Any stop

**BEGINNER** **1 minute**

1. ½ revolution jump
2. Toe-loop
3. Two-foot spin (min 3 revs)
4. Lunge

**HIGH BEGINNER** **1 minute**

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

**PRE-PRELIMINARY** **1 ¼ minutes**

1. Flip jump
2. Single-single jump combination (no axel)
3. Loop jump or split jump
4. Forward sit spin (min 3 revs)
5. Forward outside or inside edge spiral

**PRELIMINARY** **1 ½ minutes**

1. Single jump (may not be repeated)
2. Single-single jump combination
3. 1 foot backspin (position optional, may not commence with a jump, min 3 revs)
4. Combination spin with at least 1 change of position, no change of foot (may not commence with a jump; min 3 revs each position)
5. Edge spiral, spread eagle, Ina Bauer or step sequence

**PRE-JUVENILE** **1 ½ minutes**

1. Single or double jump (may not be repeated)
2. Single-single jump combination (must include loop)
3. Combination spin with 1 change of foot and 1 change of position (min 4 revs each foot)
4. Solo spin (may not commence with a jump, min 4 revs)
5. Edge spiral, spread eagle, Ina Bauer or step sequence

## Spins Only Events (without music)

Entrants will qualify according to their Free Skating level, but may 'skate up' one level. Spins may be joined with appropriate connecting moves and will be skated on half-ice. There will be a 1-1/2 minute limit. Spins must be skated exactly as stated, but may be performed in any order. Revolutions stated are minimums.

**PRE-PRELIMINARY**  
One-foot spin, optional free leg (3 revs); two-foot spin (3 revs); sit spin (3 revs)

**PRELIMINARY**  
Back scratch spin (5 revs); sit spin (3 revs); camel spin (3 revs)

**PRE-JUVENILE**  
Camel spin (4 revs); change foot sit spin (4 revs each foot); front to back scratch spin (4 revs each foot)

**JUVENILE/OPEN JUVENILE**  
Spin combination with no change of foot and at least 1 change of position (4 revs each position); flying camel spin (5 revs); change foot sit spin (5 revs each foot)

**INTERMEDIATE**  
Spin combination with 1 change of foot and 3 changes of position (5 revs each foot); spin with 1 position and no change of foot, may commence with a jump (5 rev in position); layback or sideways leaning spin (ladies-5 revs) or flying camel spin (men-5 revs)

**NOVICE**  
Layback or sideways leaning spin (ladies-6 revs) or camel or sit spin, no change of foot, no flying entry (men-6 revs); spin with 1 position, no change of foot, may commence with a jump (6 revs); spin combination with 1 change of foot and at least 3 changes of position (5 revs each foot)

**JUNIOR**

Layback or sideways leaning spin (ladies-8 revs) or camel spin with 1 change of foot (men-6 revs each foot); flying sit spin (8 revs); spin combination with at least 3 changes of position and 1 change of foot (6 revs each foot)

**SENIOR**

Camel or sit spin with 1 change of foot (men-6 revs each foot) or layback or sideways leaning spin (ladies-8 revs); flying spin of choice (8 revs); spin combination with at least 3 changes of position and 2 changes of foot (6 revs each foot; min 2 revs in each position)

**Jumps Only Events (without music)**

Entrants will qualify according to their Free Skating level, but may 'skate up' one level. Pre-Preliminary through Pre-Juvenile will be skated on half-ice. All other levels will be skated on full ice. Jumps should be performed exactly as stated. Skaters will be given two opportunities to perform each jump and will be judged on the best one. Repeat jumps must be the same as the original. The following format will be used: the first skater will take the ice and attempt the first jump twice, then attempt the second jump twice [higher levels a third jump] before going to the next skater. The repeat of each jump element must be the same jump(s) as the first when there is a choice. This procedure will be repeated throughout the event. Maximum time is 2 minutes for Pre-Preliminary - Intermediate and 3 minutes for Novice-Senior.

**PRE-PRELIMINARY**

Toe-loop; combination of any two single jumps (no axel)

**INTERMEDIATE**

Axel; double flip; any three jump combination

**PRELIMINARY**

Loop; combination of any two single jumps

**NOVICE**

Double loop; double lutz; any three jump combination

**PRE-JUVENILE**

Axel; combination of any double jump with a single toe-loop

**JUNIOR**

Double axel; any double or triple jump out of footwork; any 3 jump combination

**JUVENILE**

Axel; combination of any double jump with a single or double loop jump; any three jump combination

**SENIOR**

Double or triple axel; any double triple or quad out of footwork; any 3 jump combination

**OPEN JUVENILE**

Axel; combination of any double jump with a single loop jump; any three jump combination

**Pairs Free Skating (with music)**

Balanced program requirements as defined in the 2010 US Figure Skating Rulebook 4030-4081

\*All skaters entered in an IJS event must complete a PPCS form online

**JUVENILE (IJS)\***                      **2 ½ minutes**      **4081**  
Must have passed Juvenile Pair test and no higher.

**JUNIOR (IJS)\***                      **4 minutes**              **4052**  
Must have passed Junior Pair test and no higher.

**INTERMEDIATE (IJS)\***              **3 minutes**              **4071**  
Must have passed Intermediate Pair test and no higher.

**SENIOR (IJS)\***                      **4 ½ minutes**              **4042**  
Must have passed Senior Pair test and no higher.

**NOVICE (IJS)\***                      **3 ½ minutes**              **4062**  
Must have passed Novice Pair test and no higher.

## Artistic Showcase Events (with music)

Programs should be designed specifically to entertain and/or emotionally move the audience. Costumes are encouraged. Props will be allowed and the skater will have 30 seconds to place and remove the prop (no props are allowed on the ice during the warm-up). Test requirements for each showcase group are the same as the freestyle levels indicated. The program cannot exceed the indicated time. Skaters placing fourth or higher in artistic showcase solo events, including adult events, will be qualified to enter the next National Showcase.

<b>BEGINNER</b>	1 min 30 sec	<b>INTERMEDIATE &amp; ABOVE</b>	2 min 10 sec
Must not have passed any US Figure Skating tests			
<b>PRE-PRELIMINARY/PRELIMINARY</b>	1 min 40 sec	<b>ADULT</b>	1 min 40 sec
		Must be 21 years or age or older	
<b>PRE-JUVENILE/JUVENILE</b>	1 min 40 sec		

## Basic Skills Participants

Eligibility: The Competition is open to ALL skaters who are currently eligible (ER.1.00) members of either the Basic Skills Program and/or are full members of US Figure Skating. To be eligible, skaters must have 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 the closing date of entries. All SHOWPLOW 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.

## Basic Skills Element Event Requirements

Format: Each skater will have the option to perform one element at a time in the order listed below (no excessive connecting steps) **OR** will perform each element when directed by the judge or referee

All elements must be skated in the order listed

Skated on ½ sheet ice – **No Music** – Time: 1:00 or less

### Snowplow Sam - Tots

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

### Basic 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 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

### 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 4

1. Forward outside three turn – R & L from a standstill
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 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 three turn – R & L from a standstill
2. Bunny Hop
3. Forward spiral on a straight line – L or R
4. Lunge – R or 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 back outside edge landing position, clockwise and counter clockwise
4. Forward inside pivot

**Basic 8**

1. Moving forward outside or forward inside three turns - R and 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

## Basic Skills Program Event Requirements

Format: 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.

The skater may use elements from a previous level – A .2 deduction will be taken for each element performed from a higher level

Skated on full ice – **Vocal music is allowed** – Time: 1:00 +/- 10 seconds

**Snowplow Sam - Tots**

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

**Basic 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 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

**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 4**

1. Forward outside three turn – R & L from a standstill
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 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 three turn – R & L from a standstill
2. Bunny Hop
3. Forward arabesque spiral on a straight line – L or R
4. Lunge – R or 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 back outside edge landing position, clockwise and counter clockwise
4. Forward inside pivot

**Basic 8**

1. Moving forward outside or forward inside three turns - R and 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

## Free Skate 1-6 Compulsory Event Requirements

In program form, using a limited number of connecting steps, the skating order of the required elements is optional. The skater may use elements from a previous level – A .2 deduction will be taken for each element performed from a higher level. Skated on ½ ice – **No music allowed** – Time 1:15 or less

### Free Skate Level 1 Compulsory

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

### Free Skate Level 2 Compulsory

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

### Free Skate Level 3 Compulsory

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 combination

### Free Skate Level 4 Compulsory

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 combination

### Free Skate Level 5 Compulsory

1. Spiral sequence, FO spiral, FO 3 turn, one backward crossover, BI spiral
2. Camel spin
3. Forward upright spin to back upright spin
4. Loop/loop jump combination
5. Flip jump

### Free Skate Level 6 Compulsory

1. Five step Mohawk sequence – 1 set alternating pattern (refer to Basic Skills Curriculum Free Skate 6)
2. Camel, sit spin combination – min 4 revs total
3. Split jump or stag jump
4. Waltz jump, ½ loop, Salchow combination
5. Lutz jump

## Free Skate 1-6 Music Event Requirements

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, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.

The skater may use elements from a previous level – A .2 deduction will be taken for each element performed from a higher level. **Vocal music is allowed** – Time: 1:30 +/- 10 sec.

### Free Skate Level 1

1. Advanced forward stroking, 4-6 strokes
2. Scratch spin from back crossovers
3. Waltz jump from back crossovers
4. Half flip jump

### Free Skate Level 2

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

### Free Skate Level 3

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

### Free Skate Level 4

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

### Free Skate Level 5

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

### Free Skate Level 6

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



# Entry Form

## 2009 Grand Rapids Open Figure Skating Competition

**PLEASE PRINT!** Forms must be completely filled in before it can be processed.

**E-MAIL ADDRESS REQUIRED**

*Read carefully, talk to your coach, if you enter the wrong event and need to change it for any reason other than our error, you will be assessed a \$20 change fee.*

First Name:		Last Name:		USFSA #:	
Address:			City:		State:      Zip:
Date of Birth:	Age:	Gender: Female <input type="checkbox"/> Male <input type="checkbox"/>		Partner's Name:	
Day Phone:		Evening Phone:		Email:	
Home Club: Do Not Abbreviate				Coach's Name:	
<b>Highest Test Passed</b>		Check if <b>NO</b> standard level tests passed <input type="checkbox"/>		Basic Badge Level:	
Free Skating:		Pair:			

**Please check off event(s) entered. One entry form may be used for all events entered.**

Each member of a pair team must fill out a separate entry form

All skaters entered in an IJS event must complete a PPCS form online

- |  |   |   |  |  |
|--|---|---|--|--|
| <p><b>Senior</b></p> <input type="checkbox"/> Short Program (IJS)<br><input type="checkbox"/> Free Skating (IJS)<br><input type="checkbox"/> Jumps Only<br><input type="checkbox"/> Spins Only<br><input type="checkbox"/> Pairs Free Skate (IJS)<br><input type="checkbox"/> Test Track   | <p><b>Junior</b></p> <input type="checkbox"/> Short Program (IJS)<br><input type="checkbox"/> Free Skating (IJS)<br><input type="checkbox"/> Jumps Only<br><input type="checkbox"/> Spins Only<br><input type="checkbox"/> Pairs Free Skate (IJS)<br><input type="checkbox"/> Test Track  | <p><b>Novice</b></p> <input type="checkbox"/> Short Program (IJS)<br><input type="checkbox"/> Free Skating (IJS)<br><input type="checkbox"/> Jumps Only<br><input type="checkbox"/> Spins Only<br><input type="checkbox"/> Pairs Free Skate (IJS)<br><input type="checkbox"/> Test Track          | <p><b>Intermediate</b></p> <input type="checkbox"/> Short Program (IJS)<br><input type="checkbox"/> Free Skating (IJS)<br><input type="checkbox"/> Jumps Only<br><input type="checkbox"/> Spins Only<br><input type="checkbox"/> Pairs Free Skate (IJS)<br><input type="checkbox"/> Test Track | <p><b>Juvenile</b></p> <input type="checkbox"/> Short Program (IJS)<br><input type="checkbox"/> Free Skating (IJS)<br><input type="checkbox"/> Jumps Only<br><input type="checkbox"/> Spins Only<br><input type="checkbox"/> Pairs Free Skate (IJS)<br><input type="checkbox"/> Test Track |
| <p><b>Open Juvenile</b></p> <input type="checkbox"/> Short Program (IJS)<br><input type="checkbox"/> Free Skating (IJS)<br><input type="checkbox"/> Jumps Only<br><input type="checkbox"/> Spins Only  | <p><b>Pre-Juvenile</b></p> <input type="checkbox"/> Free Skating<br><input type="checkbox"/> Compulsory<br><input type="checkbox"/> Jumps Only<br><input type="checkbox"/> Spins Only<br><input type="checkbox"/> Test Track  | <p><b>Preliminary</b></p> <input type="checkbox"/> Free Skating<br><input type="checkbox"/> Compulsory<br><input type="checkbox"/> Jumps Only<br><input type="checkbox"/> Spins Only<br><input type="checkbox"/> Test Track   | <p><b>Pre-Preliminary</b></p> <input type="checkbox"/> Free Skating<br><input type="checkbox"/> Compulsory<br><input type="checkbox"/> Jumps Only<br><input type="checkbox"/> Spins Only<br><input type="checkbox"/> Test Track  | <p><b>Adult</b></p> <input type="checkbox"/> Pre-Bronze<br><input type="checkbox"/> Bronze<br><input type="checkbox"/> Silver<br><input type="checkbox"/> Gold (IJS)<br><input type="checkbox"/> Masters (IJS)   |
| <p><b>High Beginner</b></p> <input type="checkbox"/> Free Skating<br><input type="checkbox"/> Compulsory   | <p><b>Beginner</b></p> <input type="checkbox"/> Free Skating<br><input type="checkbox"/> Compulsory   | <p><b>Limited Beginner</b></p> <input type="checkbox"/> Free Skating<br><input type="checkbox"/> Compulsory   | <p><b>Artistic</b></p> <input type="checkbox"/> Beginner <input type="checkbox"/> Pre-Juv/Juv<br><input type="checkbox"/> Pre-Pre/Prelim <input type="checkbox"/> Interm-Senior<br><input type="checkbox"/> Adult  |  |
| <p><b>Basic Skills Element (no music)</b></p> <input type="checkbox"/> Snowplow Sam (Tots)<br><input type="checkbox"/> Basic Skills 1<br><input type="checkbox"/> Basic Skills 2<br><input type="checkbox"/> Basic Skills 3<br><input type="checkbox"/> Basic Skills 4<br><input type="checkbox"/> Basic Skills 5<br><input type="checkbox"/> Basic Skills 6<br><input type="checkbox"/> Basic Skills 7<br><input type="checkbox"/> Basic Skills 8 | <p><b>Basic Skills Program (music)</b></p> <input type="checkbox"/> Snowplow Sam (Tots)<br><input type="checkbox"/> Basic Skills 1<br><input type="checkbox"/> Basic Skills 2<br><input type="checkbox"/> Basic Skills 3<br><input type="checkbox"/> Basic Skills 4<br><input type="checkbox"/> Basic Skills 5<br><input type="checkbox"/> Basic Skills 6<br><input type="checkbox"/> Basic Skills 7<br><input type="checkbox"/> Basic Skills 8 | <p><b>Free Skate Compulsory (no music)</b></p> <input type="checkbox"/> Free Skate 1<br><input type="checkbox"/> Free Skate 2<br><input type="checkbox"/> Free Skate 3<br><input type="checkbox"/> Free Skate 4<br><input type="checkbox"/> Free Skate 5<br><input type="checkbox"/> Free Skate 6 | <p><b>Basic Free Skate (music)</b></p> <input type="checkbox"/> Free Skate 1<br><input type="checkbox"/> Free Skate 2<br><input type="checkbox"/> Free Skate 3<br><input type="checkbox"/> Free Skate 4<br><input type="checkbox"/> Free Skate 5<br><input type="checkbox"/> Free Skate 6      |  |

**DEADLINE FOR POSTMARK IS MAY 8, 2010**

**MAIL TO:** Denise Hendershot, 13350 Algoma Ave., Cedar Springs, MI 49319

## Certificate of Competitor by Club Officer

I hereby approve the entry of \_\_\_\_\_ (the competitor) into the 2010 Grand Rapids Open Figure Skating Competition. I further certify that he/she is a full member in good standing of our club, is an eligible skater as defined in the official Rules of US Figure Skating and has passed the appropriate tests to skate the events entered. If you are an individual member, you will certify your own form.

Club Officer Name:	Title:
Signature:	Phone #:

### Certification by Athlete and Parent/Guardian and Authorization for Medical Treatment

**Athlete:** I agree to conduct myself, both on and off the ice, in a manner that will reflect favorable upon this competition and upon the sport of figure skating, and that is consistent with the high standards of the sport. I agree to respect the person and property of others, and in the event I cause injury, damage, or loss to another or to the property of another, I hereby indemnify US Figure Skating, the local Competition Committee, the Greater Grand Rapids Figure Skating Club, and their officers, directors, members, committees, representatives, employees and agents, and agree to hold them harmless against any and all claims that another person may have or which may arise out of such injury, damage or loss, together with any reasonable costs and attorney's fees that may be incurred as results of any such claims, whether valid or not.

**Athlete/Parent/Guardian:** I understand that US Figure Skating and the Greater Grand Rapids Figure Skating Club or organizers of this competition undertake no responsibility for damages or injuries, or loss of property 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, US Figure Skating, organizers of the competition, the Greater Grand Rapids Figure Skating Club and its officers, and their entries shall be accepted only on such condition. As defined in the 2010 US Figure Skating Rulebook (3222).

In the event (I) (parent if athlete is under 18 years of age) or (my son/daughter) am unavailable, I hereby give permission for any emergency medical treatment and further authorize and consent to the release of any pertinent medical information and records regarding the treatment, diagnosis, and/or examination of (myself)/(my son/daughter) to the medical committee of the competition for which I am entered by the physician representative of the medical committee of the sanctioned competition in which (I) (my son/daughter) is entered.

Athlete's Signature	Date
Parent/Guardian's Signature (if Athlete is under age 18)	Date

### Coach's Certification

Coach's Name:	Registered Coach of USFSA: <input type="checkbox"/> Yes <input type="checkbox"/> No	USFSA #:
Signature:	Email:	
Day Phone:	Evening Phone:	Cell Phone:
Address:		City:      State:      Zip:

**Check List:**

- Entry Form
- Check Payable to GGRFSC**
- Certificate of Competitor Form
- PPCS, submitted online [www.usfsonline.org](http://www.usfsonline.org) for **EACH** IJS event
- Competition Wear/Program/Personal Ad Pre-Order Form

**Fees:**

- \$95 First event Juvenile/Open Juvenile – Senior; Adult Gold-Masters
- \$85 First event Limited Beginner – Pre-Juvenile, Showcase,
- Adult Pre-Bronze – Silver
- \$45 Each additional singles event
- \$50 Limited Beginner or Beginner Compulsory as **ONLY** event
- \$120 Pairs event (\$60/skater)
- \$50 First Snow Plow Sam, Basic Skills 1-8 or Basic Freeskate 1-6
- \$25 Second Snow Plow Sam, Basic Skills 1-8 or Basic Freeskate 1-6
- \$25 Late Fee – If submitting after **5/8/10**

**DEADLINE FOR POSTMARK IS MAY 8, 2010**

**MAIL TO:** Denise Hendershot, 13350 Algoma Ave., Cedar Springs, MI 49319

## Competition Wear Pre-Order

If you would like a competition t-shirt or sweatshirt this is an easy way to pre-order your item(s) and pay for everything at one time! Items ordered with a small logo on the front will have the logo located on the upper left breast of the shirt.

<u>Item</u>	<u>Price</u>	<u>Size</u>	<u>Color</u>
<input type="checkbox"/> Hooded Sweatshirt (large logo on front)	\$35	<input type="checkbox"/> Child Small	<input type="checkbox"/> Red
<input type="checkbox"/> Hooded Sweatshirt (small logo on front)	\$32	<input type="checkbox"/> Child Medium	<input type="checkbox"/> Black
<input type="checkbox"/> Long Sleeve Shirt (large logo on front)	\$30	<input type="checkbox"/> Child Large	<input type="checkbox"/> Navy
<input type="checkbox"/> Long Sleeve Shirt (small logo on front)	\$27	<input type="checkbox"/> Adult Small	<input type="checkbox"/> White
<input type="checkbox"/> Short Sleeve Shirt (large logo on front)	\$25	<input type="checkbox"/> Adult Medium	
<input type="checkbox"/> Short Sleeve Shirt (small logo on front)	\$22	<input type="checkbox"/> Adult Large	
<input type="checkbox"/> Competitor list on back	\$10	<input type="checkbox"/> Adult Extra Large	
<input type="checkbox"/> Competitor list on back w/star by name	\$10		

Name of competitor: \_\_\_\_\_ (if requesting star by their name on the back)

## Program Pre-Order

If you would like to pre-pay for a program we are offering a discounted price and you can pay for everything at one time! Programs will be \$5 at the event.

<u>Select</u>	<u>Price</u>
<input type="checkbox"/> Yes, I would like to pre-order a program !	\$3 (\$5 at the event)
<input type="checkbox"/> No Thank You	

Name of competitor: \_\_\_\_\_

## Personal Ad Order

What better way to thank your coach or wish your favorite skater good luck?! Place a personal ad in this year's competition program. Maximum 3 lines - \$10 each Ad or 3 Ads for \$25

Tell us what you want to say: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- 1 Ad for \$10.00  
 3 Ads for \$25.00

## Total

Just return this entire form with your skater's competition entry form with one check payable to GGRFSC. You will receive any clothing items or programs that you pre-order at the registration desk when you check in.

Competition Fees: \$  
Competition Wear: \$  
Program Pre-Order: \$  
Personal Ad(s): \$  
Total: \$\_\_\_\_\_

**RETURN THIS SHEET WITH YOUR SELECTIONS, COMPETITION ENTRY & ONE CHECK TO:**

Denise Hendershot, 13350 Algoma Ave., Cedar Springs, MI 49319

Make check payable to GGRFSC

## Program Advertising Order Form

If you or your business would like to purchase ad space in the competition program or become a Patron Club Sponsor please review the information below.

- Ads will be black and white only
- Email attachments are preferred; send to [sbroussard@greenridge.com](mailto:sbroussard@greenridge.com)
- Please submit ads to Sheree Broussard no later than **June 1, 2010**. Forms and payment may also be mailed to:

GGRFSC c/o Sheree Broussard  
Program and Advertising  
1397 Shaw Ct.  
Rockford, MI 49341

- Any questions about program advertising can be directed to Sheree Broussard through email ([sbroussard@greenridge.com](mailto:sbroussard@greenridge.com)) or by phone (616-866-5058).
- Forms & payment may be sent with competition forms; they will be passed along to Sheree upon receipt.

<u>Ad Size</u>	<u>Size</u>	<u>Price</u>
<input type="checkbox"/> Business Card	2 x 3.5	\$25
<input type="checkbox"/> ¼ page	4 x 5	\$50
<input type="checkbox"/> ½ page	5 x 8	\$75
<input type="checkbox"/> Full Page	8 x 10	\$125
<input type="checkbox"/> Front Inside Cover	8 x 10	<b>SOLD</b> \$175 (premium page)
<input type="checkbox"/> Back Inside Cover	8 x 10	<b>SOLD</b> \$175 (premium page)
<input type="checkbox"/> Back Outside Cover	8 x 10	<b>SOLD</b> \$175 (premium page)

### Patron Club Status Acknowledgement:

<input type="checkbox"/> Platinum Club	\$125
<input type="checkbox"/> Gold Club	\$100
<input type="checkbox"/> Silver Club	\$75
<input type="checkbox"/> Bronze Club	\$50
<input type="checkbox"/> Fan Club	\$25

**Contact Information:** Please print clearly

NAME: \_\_\_\_\_

COMPANY OR ORGANIZATION: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

**FINAL DEADLINE FOR PROGRAM ADS IS JUNE 1, 2010**



## SpringHill Suites® by Marriott® Grand Rapids Airport Southeast

5250 28th St. SE Grand Rapids, Michigan 49512 USA  
Phone: 1-616-464-1130



Ask for a room under the "GR Figure Skating" Block

From the North (I-131 South)

From the South (US-131 North) Driving Directions: Take 131 North to Exit 76 to M6 East. Turn Left on I-96 West. Exit at Exit 43A on to 28th Street West. Make a quick left turn at the first traffic light (Hotel Avenue). There is a Target at this intersection. Follow drive behind Target. Hotel is on the left.

From the East (I-96 West) Driving Directions: Take I-96 West to Exit 43A. Turn Right on 28th Street West. Make a quick left turn at the first traffic light (Hotel Avenue). There is a Target at this intersection. Follow drive behind Target. Hotel is on the left.

From the West (I-96 East) Driving Directions: Take 96 East to Exit 43A. Turn Right on 28th Street West. Make a quick left turn at the first traffic light (Hotel Avenue). There is a Target at this intersection. Follow drive behind Target. Hotel is on the left.

From SpringHill to Patterson Ice Area Driving Directions: Right out of hotel on Hotel Ave. Left on 28th Street (.4 Miles). Right on to Patterson St. venue on right hand side in .3 miles.

### Local Restaurants:

LongHorn Steakhouse (.3 Miles)	Noodles and Company (.3 Miles)
Bob Evens (.3 Miles)	Macaroni Grill (.5 Miles)
Smokey Bones (.5 Miles)	Sun Dance Grill (.7 Miles)

Many more great Restaurants in the Area please see the Front Desk for more info.